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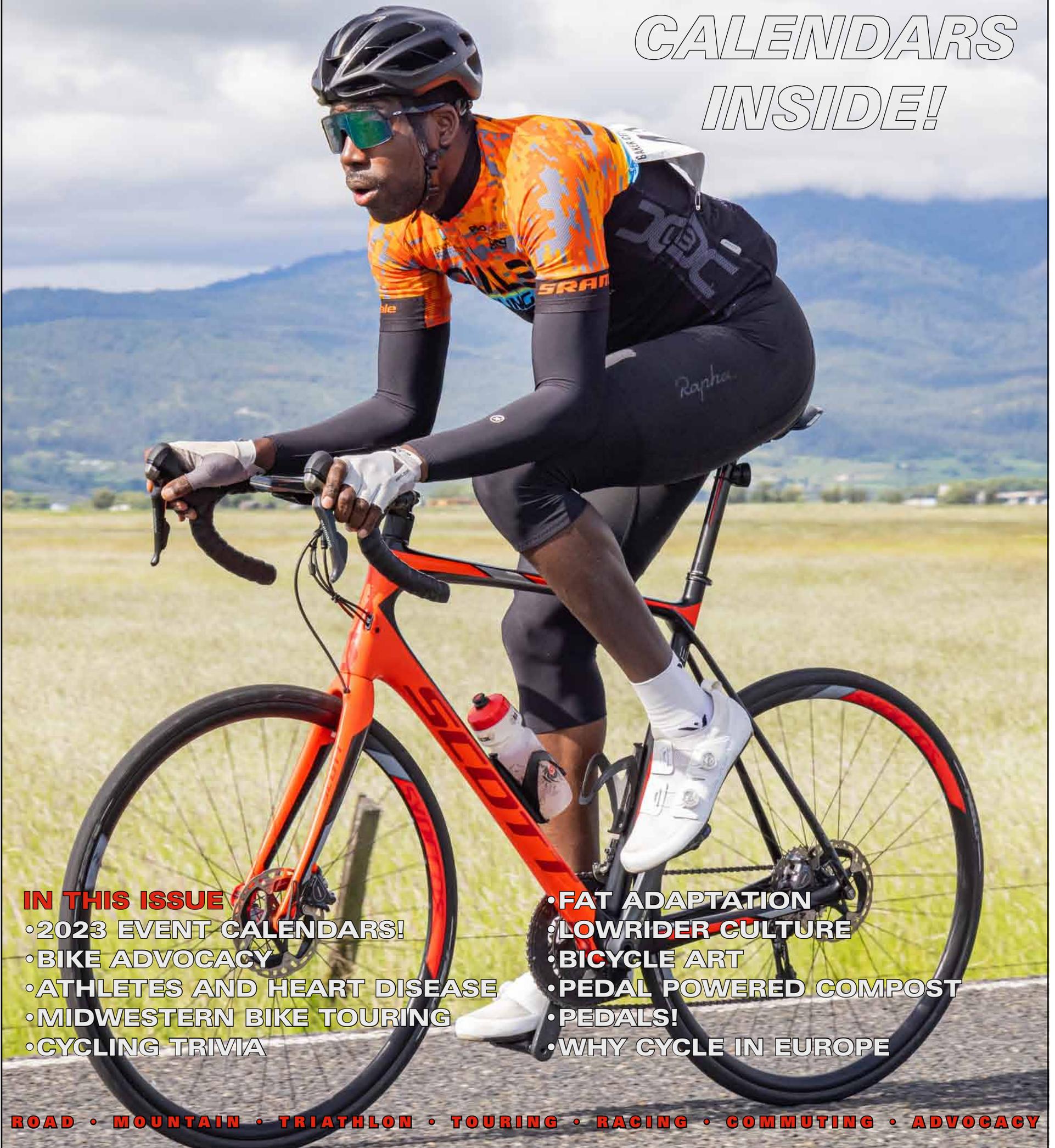
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Dave Iltis, Editor, Publisher, &
Advertising
dave@cyclingutah.com

Assistant Editor: Lisa Hazel
Assistant Editor: Steven Sheffield

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Contributors: Chuck Collins, Charles
Pekow, Dave Iltis, Peter Abraham, Dave
Campbell, David and Denise Ward, Jeff
Levenson, Nancy Clark, Heather Casey,
Tim Lendar, Joey Lovato, Anthony
Nocella, Tom Jow, Nancy Ziegler,
schueyjr, Romy Ilano

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COMMENTARY

Why You Should Ride Your Bike in Europe

By Peter Abraham

Last summer our family went to Prague to visit our daughter Sadie, who's graduated from college and moved to Europe to work as an English teacher. I decided to bring my bike, since I was tacking on a bike business-related work trip to London afterwards.

I'd ridden bikes once before in Europe, 10 years ago, on a trip to Italy. And I visited a bike race (Paris-Bourges) in France in 2004. But this was the first time I'd fully embraced the experience, with my own bike, creating routes on Strava and even riding in a gravel event.

I'm here to tell you that if you love bikes, riding in Europe needs to be on your bucket list. Here's why:

1. Bikes are welcome, mostly. Due to the European continent's ongoing role as the global headquarters of bike racing, there's an acceptance and understanding of bicycles on the road that does not exist in the US. England was an exception, and some of the roads there were narrow with no bike lanes. But on the continent it feels generally safe to be on your bike. If you're in a place like Amsterdam, which is now built around bikes, then you'll feel truly in charge of the road.

2. Riding bikes is a tremendous way to make new friends. Since other cyclists probably share some of the same personality traits — a love of endorphins, adrenaline and gear — you are highly likely to connect with other folks you meet on the road. I believe the bike is the single best cultural bridge ever created.

3. Traveling with your bike might sound intimidating, but it really is not difficult. On the recommendation of my friend Tim Johnson, I purchased a Pika Packworks travel case, which worked really well. I was even able to fit a second set of wheels (for gravel) into the bag. Most airlines charge a \$75 fee for



Henry took me on an incredible 50-mile bike tour of London. I'll never forget it. There are some surprisingly great places to ride, like Richmond Park, in the city. Photo by Peter Abraham

your bike, but you can search fees by airline here. Or use BikeFlights and just ship the bike ahead of time.

4. Riding a bike is the best way to see a new landscape. Traveling in the open air at 15-20 mph is immersive, vivid and educational. You head out for a few hours in the countryside, or the city, and you see so much. There's no glass in between you and what you're looking at. You feel the wind, the sun and maybe the rain. You smell the butcher shop you just rode by, and the sunflowers in the field. I was full of joy during every ride. It's a magnificent experience.

5. It's a great way to try local food. One thing I've learned is that a post-ride coffee and a snack is a universal ritual practiced by cyclists in every country. Why not use your bike to explore new restaurants and

cuisine in whatever country you're in?

6. It does not have to be expensive. While traveling, you can stay in a hotel, rent an Airbnb, crash in a hostel or even camp. Now that gas prices are on the way down, airline tickets to Europe are more-or-less affordable.

Peter started racing bikes in high school and has continued to ride his entire life. He also runs the Abraham Studio (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. Life at a 45-Degree Angle



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LIFE AT A 45-DEGREE ANGLE

The Evolution of a Cyclist



Sandy and Jeff Levenson and their recumbent electric trikes.
Photo courtesy Jeff Levenson

By Jeff Levenson

For those of you looking for advice on diet, product specs, gear theories, or techie stuff in general — move on. Those topics are well covered by all the other articles. This column is more a slice of life type of experience, my experiences on riding a recumbent trike in general, and around Salt Lake in particular. The 45-degree angle is from riding on the right side of roads, many of which are seriously sloped, whether curbed or not.

On a traditional bike, you can lean to the left to compensate for the slope. Although the seat (no saddle) on a trike is more comfortable, you can feel yourself slowly sliding off to the right. If you think a three-wheeler can't tip over...well, it can.

I've done it.

The visual effect is intensified because on a trike, the field of view, especially looking above, is much broader and more 3-D since you aren't riding bent over. When we drive our vehicle along the bike routes we use, the roads look much narrower, even cramped. The upside is that on a trike, cars give you lots of room, many actually going all the way over to the far lane.

This is how you can observe the goings on in a different way, like being in a rolling lawn chair. There was a tree on Utopia Avenue we called the Bicycle Tree. Someone left a BMX bike on it, and as the tree grew, the bike just went higher and higher, about 25 feet off the ground. Recently, the house changed owners, and somebody removed the bright red bike. Haven't seen it in the trash,

so maybe it's repurposed.

There is another home we spotted on 300 East. The new owners tore out the lawn, put in a gravel covering, and promptly put up a sign reading "STOP THE GRAVEL PIT". Go figure.

After reading Lou Borgenicht's article on aging and cycling, I can relate to him. As a kid, I had a 90-pound single speed coaster bike, which was pretty much all there was back then; you could have fun doing skid and drifts while locking up the coaster brake.

For my twelfth birthday, I got a beautiful black Raleigh made in Nottingham, England, courtesy of my grandmother. Hand brakes and a 3 speed Sturmey Archer shifter. Hills no longer a problem! I rode all over, 25 miles or more easily.

Went to college — no cars for freshmen, so got a ten-speed. Got stolen. Back to the campus bus system. Then came the Great Gas Shortage of the early 70's. Got another 10-speed, made in France, to commute. And then ...

About 1980ish, went to the 7-Eleven and there, on the cover of *Bicycling Magazine*, was a concept I instantly fell in love with — a Specialized Stumpjumper mountain bike! Only problem? It cost way over my budget. Found a Schwinn

for half the price (probably twice the weight, too, but since I wasn't into actually jumping a stump that was OK). The local bike club had to take a vote to see if it was OK to be a member and have an MTB. It was. A historical note: they also had to vote on whether to require a helmet on club rides. I was told that sometimes the voting ended up in fistfights.

Then I moved up to Cannondales, an MTB and a touring bike (with the Sachs-Huret Duopar Eco drive train, still considered the finest non-indexed system ever made. Still have it (make me an offer, this is where the aging sets in).

A back injury canceled out the mountain bike in my 50s. Later on, I started slowing down, so we switched to tandems. The first one was a Sears 6-speed, which would easily go downhill at 60 mph, except the brakes weren't really up to it. Still, it was really fun on century rides to blast past club riders and racers on the flats, bright red frame and chrome fenders notwithstanding. Sold it and got a chromoly frame ATB tandem which we actually toured on for many years. Then ...

Age again catching up. Eleven years ago, we bought the trikes, at that time just for fun. We had met a group on trikes in Kellogg, Idaho, for what we found out was the Tater

Tot Ride (it's on Facebook). Five years later, no longer able to swing a leg over the diamond frame, sold the tandem and started riding the trikes full-time. Then ...

Age creeping up again. Electrified the trikes. You still have to pedal to get any serious distance, but the hills aren't killers anymore. Another note: since our brakes are on the two front wheels, it's a real learning process when you have to modulate each brake separately, but at the same time, while screaming down a hill! Compensation — you can jam on the front brakes and not flip over the handlebars, since your weight is mostly on the rear wheel.

A real character back in the day was a fellow named Edmund Phelps. A former racer, he still did centuries in his late 80's. Eventually, there was no one else left in his age category, so he sold his Schwinn Paramount, got a lemon-yellow mountain bike, a lemon-yellow ride kit, and still did 25-50 milers. Joe Brubaker, another club member, went to Spain on an LDS mission, joined a Spanish racing club, did a century, flew home, and then immediately did the Salt Lake Century, all on his 70th birthday. So, back to Lou B. and all the rest of us in our 70's, 80's, and even 90's — whatever you can do, keep doing it as long as you can!

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HEALTH

The Athlete's Kitchen: Yes, Even Athletes Get Heart Disease

By Nancy Clark, MS RD CSSD

As he indulged in a jumbo sugar-covered fried pastry, the athlete unabashedly remarked, "I'm skinny; I can eat this." Well, the truth is even skinny athletes die suddenly of heart attacks and strokes. Heart disease is the number-one killer, ahead of cancer, and accounts for one in four deaths. No one can out-exercise a bad diet.

While we've all heard let food be thy medicine, the latest dietary advice from the American Heart Association (AHA) focusses less on individual foods (such as eggs, meat) and nutrients (fat, sodium) and more on lifestyle and dietary patterns. Given cardiovascular disease (CVD) starts in the womb, adopting heart-healthy eating patterns early and maintaining them throughout one's life is important. Thankfully, the same food plan that invests in heart health invests in sports performance—as well as reduced risk of type II diabetes, mental decline, and environmental issues.

Below are the 2021 AHA dietary guidelines. Because these guidelines are targeted to the "general public," athletes can appropriately make a few tweaks to support optimal sports performance.

1. Adjust energy intake and expenditure to achieve and maintain a healthy body weight

Most athletes do a good job with weight control. Just remember, large portions of even "heart healthy" foods can contribute to weight gain.

2. Eat plenty of fruits and vegetables; choose a wide variety

Fruits and veggies (F&V)—in particular, those with deep colors (such as peaches, berries, spinach, carrots)—offer natural vitamins as well as phytochemicals that improve heart-health. Many F&V are rich in potassium, which has been associated with lower blood pressure. Some F&V (such as arugula, Romaine lettuce, beets, rhubarb) are nitrate-rich and improve blood flow and aerobic performance.

If you have trouble including plenty of fresh F&V in your daily meals, make food prep easier by using frozen F&V. They offer more nutrients than the wilted produce that has been sitting in your refrigerator for several days. Frozen produce is ready to use, reduces food waste, and costs less than fresh. Stock up!

3. Choose foods made mostly with whole grains rather than refined grains

The fiber in whole grains helps feed gut microbes that enhance the immune system and over-all health. While most of your breads, cereals, and pastas should be whole grain, eating refined grains at one meal a day will not undermine your health. That is, if you eat oatmeal for breakfast, whole wheat bread at lunch, and popcorn for a snack, eating white

pasta for dinner fits within the guidelines that more than half your grains should be whole grains.

4. Choose healthy sources of protein: mostly protein from plants (legumes and nuts); fish and seafood; low-fat or fat-free dairy products instead of full-fat. If meat or poultry are desired, choose lean cuts, avoid processed forms

Plant protein is excellent for heart health: lentils, hummus, edamame, tofu, all beans and nuts. The more nuts and nut butters, the lower the risk of CVD and stroke!

The benefits of low-fat and fat-free vs full-fat dairy is controversial and continues to be debated. To date, the AHA reports full-fat yogurt and kefir are positive additions to

your diet. Note: nut milk is actually nut juice—low in protein, lacking in nutrients. The better plant-based alternatives to dairy are soy milk or pea milk.

Processed meats (ham, hot dogs, bacon, sausage, pepperoni, salami) have a stronger link to CVD than

Continued on page 15



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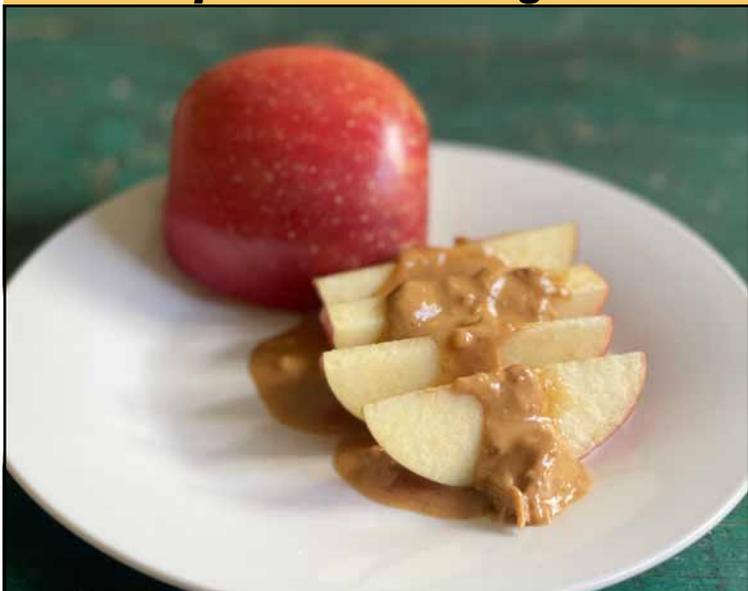


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NUTRITION

Fat Adaptation Strategies For Endurance Athletes

Peanut butter is a healthy source of fat. Photo by Dave Ittis

By Heather Casey

Fat adaptation for endurance sports has been debated for many years. Some experts believe that becoming fat-adapted can improve endurance performance, while others argue it is a fallacy. Let's explore the science behind fat adaptation and its potential benefits and drawbacks for endurance athletes.

What is Fat Adaptation?

Fat adaptation refers to training your body to use fat as its

primary fuel source during endurance exercise rather than relying on carbohydrates. The theory is that by becoming fat-adapted, athletes can conserve their limited carbohydrate stores and rely more on their abundant fat stores to sustain energy levels during long-duration exercise.

How Does Fat Adaptation Work?

During low-intensity exercise, the body primarily uses fat as its fuel source. However, as exercise intensity increases, the body relies more on carbohydrates to meet energy demands. Following a low-carbo-

hydrate, high-fat diet and engaging in training sessions targeting fat metabolism, athletes can teach their bodies to use fat as a fuel source even at higher exercise intensities.

Potential Benefits of Fat Adaptation:

1. Improved Endurance Performance: By conserving carbohydrate stores and relying more on fat as a fuel source, fat-adapted athletes may be better able to sustain energy levels during long-duration exercise.

2. Better Weight Management: A high-fat, low-carbohydrate diet can help athletes maintain a healthy body weight, which may improve athletic performance.

3. Reduced Risk of GI Distress: High-carbohydrate diets can cause gastrointestinal distress in some athletes during endurance exercise. By relying more on fat as a fuel source, athletes may experience fewer GI issues during training and competition.

Potential Drawbacks of Fat Adaptation:

1. Reduced High-Intensity Performance: While fat adaptation may improve endurance performance, it may come at the expense of high-intensity performance. Carbohydrates are the body's preferred fuel source for high-intensity exercise, and a low-carbohydrate diet may limit the body's ability to perform at high intensities.

2. Nutrient Deficiencies: A high-fat, low-carbohydrate diet may lack certain nutrients, including fiber, vitamins, and minerals. Athletes who follow this lifestyle may need supplements to meet their nutrient needs.

3. Difficulty with Implementation:

Becoming fat-adapted requires a significant dietary and training overhaul, which can be challenging for some athletes to implement and maintain.

Strategies that may help athletes become fat-adapted without hindering their performance:

1. Gradual Transition: Instead of abruptly switching to a high-fat, low-carbohydrate diet, athletes can gradually reduce their carbohydrate intake while increasing their fat intake over several weeks or months. This allows the body to adapt to using fat as a fuel source without causing a sudden drop in performance.

2. Timing of Carbohydrate Intake: Athletes can time their carbohydrate intake around their training sessions to optimize performance. For example, consuming carbohydrates before and during high-intensity workouts can help support performance while allowing the body to remain fat-adapted during low-intensity exercise.

3. Targeted Training: Incorporating targeted training sessions focusing on fat metabolism can help improve the body's ability to use fat as a fuel source. This can include low-intensity, long-duration workouts, high-intensity interval training with short recovery periods, and strength training.

4. Individualization: The effectiveness of fat adaptation may vary depending on the individual athlete's body composition, genetics, and training history. Athletes should work with a qualified sports nutritionist to develop a personalized nutrition and training plan considering their unique needs and goals.

5. Adequate Protein Intake:

While a high-fat, low-carbohydrate diet is often associated with low protein intake, athletes should consume enough protein to support muscle recovery and growth. This can help maintain performance and prevent muscle loss during intense training.

Conclusion:

Becoming fat-adapted for endurance sports can be a viable strategy for some athletes to improve endurance performance and manage body weight. However, it requires a careful balance between reducing carbohydrate intake and maintaining performance. By implementing strategies that support fat adaptation without hindering performance, athletes can reap the benefits of becoming fat-adapted while still performing at their best.

Heather Casey and her husband Pat own Peak State Fit Performance Center located in Salt Lake City, UT where they specialize in bike fitting, coaching, and nutrition services. Heather is a 5 X Ironman finisher including Ironman World Championships in Hawaii. Heather's professional experience includes NSCA, Certified Strength and Conditioning Specialist, Precision Nutrition Master level sports nutritionist, 500-hour Yoga Instructor, PNOE Metabolic Health Specialist. If you'd like more information about sports nutrition services at Peak State Fit, please visit PeakStateFit.com or contact Heather Casey Heather@peakstatefit.com

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BIKE BUSINESS

Pedal-powered Compost Pickup Combats Climate Change with Micromobility



Mike Harrison rides his e-bike with a trailer full of compost through Northwest Reno on the morning of Wednesday Oct. 5, 2022 (Joey Lovato/The Nevada Independent)

Mike Harrison poses at one of the staging points for Down to Earth Compost in Reno on Wednesday Oct. 5, 2022 (Joey Lovato/The Nevada Independent)

One of the specialty trailers Down to Earth Compost uses to collect food scraps from their members in Reno on Wednesday Oct. 5, 2022 (Joey Lovato/The Nevada Independent)

By Tim Lenard and Joey Lovato

in Reno.

Mike Harrison works as a “rot rider” for Down to Earth Composting. That means twice a week, he hitches a trailer to an e-bike and

motors around town collecting compost. It might not be the fastest way to move large quantities of food waste around a city, but Harrison would not have it any other way.

“I do a lot of video work in my other jobs and that’s part of why I like this so much, because it’s the exact opposite. Instead of staring at a screen, I’m out in the world,” Harrison said. “Plus, we’re making good dirt.”

Harrison found Down to Earth the same way a lot of customers do — by noticing the bikes with large trailers riding around town. As a gardener, he was drawn to the mission of promoting composting, and loved the idea of using bicycles.

“I think all of us are going to see more and more e-bikes pulling trailers, hauling a variety of things because it’s cost efficient. I think for the operator, it’s a world of difference,” Harrison said.

The explosion of e-bike technology for commuters has prompted large delivery and logistics companies to look at how the two-wheeled vehicles can help solve the so-called last-mile problem. Often, more than half the cost of a delivery comes from the final mile, the most time-consuming and inefficient part of the process.

A big part of that cost is fuel, something Down to Earth minimizes by doing as much collection as it can on bikes. But the unique bike trailers emblazoned with company logos

also serve as advertising.

“On a snow day last December, I had a couple pull in front of me,” Harrison said. “And they jumped out of their truck and they’re like, ‘We started using you because we saw you riding on a snow day.’”

Members who sign up for at-home collection get their compostable material taken away once a week. In return, they’ll receive compost twice a year — up to 40 gallons total. Harrison said home gardeners especially like this, because it can be difficult to compost successfully in Nevada.

The biggest composting barrier: Nevada’s dry climate. The microorganisms that drive the composting process need a certain amount of water to survive. Oz Kupoglu, CEO of Down to Earth Composting, recommends looking for guides tailored to your climate if you want to try composting at home.

“In Las Vegas, even if you water your compost pile once a week, that might not be enough,” Kupoglu said. “Those little worms need that moist environment so they can come in and do their jobs.”

Kupoglu started as a rot rider, but she took the reins as the company’s chief executive two years ago just as the pandemic was forcing many restaurants to close or transition to a delivery model.

“We were actually one of the luckier businesses,” she said. “We grew a ton because of people cook-

ing at home and wanting to reuse their food scraps rather than just throw them away.”

According to the Environmental Protection Agency, composting provides a number of ecological benefits. First, it produces less methane, a potent greenhouse gas, than sending organic waste to landfills. Second, it can reduce reliance on chemical fertilizers, which are being threatened by the war in Ukraine.

Kupoglu said what she likes about the Down to Earth story is that it started out as a small dream for a couple of people that has blossomed into something much larger.

“It’s really intimidating trying to save the world as one person,” she said. “Five years down the line, we have 750 members now and we collect commercially from certain restaurants as well. So you can make a huge difference.”

It is in that spirit, on a brisk October morning, Harrison lugged the first green bucket of food scraps to his trailer, hopped on the e-bike and pedaled the hilly streets of Northwest Reno to his next pickup.

One stop down, many more to go.

This story was originally published by The Nevada Independent: <https://thenevadaindependent.com/article/pedal-powered-compost-pickup-combats-climate-change-with-micromobility>

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CYCLING CULTURE

Interview with Xris Macias on Lowrider Culture



A green lowrider trike at the Salt Lake Winter Lowrider Bicycle Show. Photo by Anthony Nocella

By Anthony J. Nocella II, Ph.D.

People often don't think of people who build and ride lowrider bicycles as part of the cycling community. Instead, they're considered to be a small offshoot of lowrider car culture; but that's far from all that they are. Anthony Nocella recently interviewed Xris Macias on the topic

of lowrider bicycles, tricycles, scooters, and push cars.

AN: For the past few years, you've helped organize and moderate the Annual Salt Lake Winter Lowrider Bicycle Show at Salt Lake Community College. Can you tell me what the show is about?

XM: The show was about show-

ing local Lowrider bikes, customized by community members who have a passion for lowriding. In the wintertime, most Lowrider cars are put away for protection from the elements, so this is an opportunity to remain indoors in the safety of a temperature-controlled room. But more importantly Lowrider bikes showcase the multi-generational aspect of Lowriders. Because driver's licenses are not yet available to those under-age, building a bike is a good way to enjoy the process with your family and to cruise alongside. This show was also an opportunity to highlight members of the community that spoke about their culture, their families, mentorship, and their love for the artform.

AN: What do you like most about the lowrider bicycle and the lowrider bicycle community?

XM: Lowrider bikes and pedal cars usually belong to the youth in the Lowrider community, I enjoy seeing the names of young children displayed alongside their creation. I enjoy hearing them talk about what they have learned in the process of building a bike or pedal car. I like to make the connection that Lowriding, both the real cars and the bikes, provide a well-rounded education; this artform teaches, science, engineering, math, art, communications, physical ed, teamwork, and so much more!

AN: Xris can you tell me how lowrider bicycles and the cycling industry are related?

XM: The obvious answer is they are both bikes, though you would be forgiven for seeing them side-by-side and thinking they are different vehicles. They differ in their purpose

but share a connection in providing a service for their respective areas. Bicycles that are used for cycling tend to have a distinct purpose; they can be for racing, commuting, mountain biking, general exercise, or other activity.

Lowrider bicycles, are more about the process, they are never really completed. Adding lights, cutting the fork, twisting the frame, painting the seat, polishing the chrome etc. While you can ride most of these bikes, they are for all intents and purposes... impractical. But we don't need to get from A to B, it doesn't matter where we go, as long as we get there Low and Slow. This turns lowrider bikes into more of a symbol for cultural preservation and part of a movement that highlights the creativity of Chicanos as distinct.

I do ride a commuter bike, and I do mountain bike when I can, but there is a different feeling of just slowly cruising a shiny chromed, ape handle-barred bike to nowhere

and waving at the people walking by that I just don't get with 26" wheels on a 10-speed.

AN: How and why do you think lowrider bicycles are important to Latina/o/e/x communities?

XM: Lowrider bicycles, usually start off with a stock bicycle, traditionally a Schwinn or some other beach cruiser, and then become something else entirely. Not as an act of rebellion, but as act of homage to generations that came before. By taking something old and used, and giving new life, they are essentially extending the life of the two-wheeled (sometimes more) vehicle. For many communities of color, and for Latina/o/e/x communities in general, showing respect for our elders and the things they valued is of crucial importance. This sentiment is extended into these creations, while

Continued on page 21

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CYCLING TRIVIA

Critérium du Dauphiné & Tour de Suisse Cycling Trivia!



French rider Charly Mottet, during the 1988 Critérium du Dauphiné Libéré. He would go on to win the overall the following season (1989). Photo by schueyjr (@flickr), CC BY-SA 2.0 <https://creativecommons.org/licenses/by-sa/2.0>, via Wikimedia Commons

By Dave Campbell

Both of these June events are exciting week-long mountainous stage races on their own but also extremely important preparation events for riders targeting cycling's biggest prize: The Tour de France! The Dauphiné Libéré newspaper founded the Critérium du Dauphiné in 1947 to boost sales. French riders have traditionally dominated the race with 30 editions falling to home riders.

The Tour de Suisse began in 1933 and at times has been considered to be the fourth most difficult stage race in the world. Its list of winners includes many of the all-time greats (Bartali, Kubler, Koblet, Saronni, de Vlaeminck, Merckx,

Kelly, Hampsten, Ullrich), so it is not just a preparatory event but one of significant prestige.

Q1. The Dauphiné has had a remarkable number of American winners—five if you count the two later removed for doping infractions. Can you name them all?

Q2. The Dauphiné has served as a preparation for Tour de France contenders for many years. Many riders, in fact, have won the Dauphiné (including Eddy Merckx and Bernard Hinault!) and then went on to win the Tour later that same season. Who was the last rider to do this June/July double?

Q3. Recently, the Dauphiné and Tour de Suisse have overlapped with Tour riders choosing one or the other. This has not always been the

case and in the past riders would ride both in their final preparations. When was the last time a rider triumphed in BOTH?

Q4. Not surprisingly, Switzerland has won the most Tour de Suisse titles at 23, but it has been a few years since a Swiss rider triumphed! Who was the last Swiss winner?

Q5. Who was the last rider to win in Switzerland and then carry that form into victory at the Tour de France?

Answers on page 21

Dave Campbell was born and raised in Lander, Wyoming and now resides in Bend, Oregon. A retired High School Science and Health teacher, Dave won four Wyoming state cycling championships before moving to Oregon to attend the U of O in Eugene. While there, Dave was a collegiate All American and went on to win six Oregon State Cycling Championships as well as a Masters National Road Title on the Tandem. He started writing Trivia in 1992 for Oregon Cycling News and continued the column with the Northwest Bicycle Paper. Dave also writes cycling history at "Clips_and_Straps" on Instagram and announces at cycling events throughout Oregon.

Study: Flexible Posts for Separated Bike Lanes Reduce Cyclist Crashes

Cyclists are more likely to crash in a mixed land use area than in a zone dedicated to a single use, be it recreation or industry. Perhaps counterintuitively, however, the more traffic lanes on the street you're riding, the less chance of a bicycle crash; although this could be due to route choice. And if no parking is allowed on the road (at least on one side), the safer the bicycle rider. Additionally, flexible delineated posts to demarcate separated bike lanes reduced crashes significantly.

These conclusions come from a study sponsored by the Federal Highway Administration designed to provide guidance on placement of separated bike lanes. The study looked at lanes in five cities, including Denver and San Francisco. While separated bike lanes proved safer than traditional ones, the location findings proved the same no matter what type of bike lane.

Find Tech Brief Developing Crash Modification Factors for Separated Bicycle Lanes at <https://highways.dot.gov/sites/fhwa.dot.gov/files/FHWA-HRT-23-025.pdf>

-Charles Pekow

Study: Drivers Don't Look for Cyclists at Intersections

A new, albeit small, study out of Canada shows that one factor that leads to accidents at corners involves drivers not looking for cyclists. Drivers turning right look more often to the left when making a right turn on a red light, and they're more likely to notice walkers than bikers.

Researchers looked at only 26 drivers, half of whom also ride bicycles. They also didn't test real road conditions, only simulations, focusing on where drivers looked.

Experience counts: The drivers who also ride bikes were more likely to look for bicyclists, such as by glancing to the right mirror or over their shoulder.

The study hints that overall drivers may be more cognizant of pedestrians than cyclists because they see more of the former than the latter, likely because walkers more often appear in groups, so they become more visible.

The authors also note that all drivers studied had been driving at least three years and were between 35 and 54. Findings may differ for other demographics, or in areas with different driving rules.

See "How do drivers allocate visual attention to vulnerable road users when turning at urban intersections?" at <https://www.sciencedirect.com/science/article/pii/S2590198223000696>

-Charles Pekow

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MECHANIC'S CORNER

Clip-in Pedals or Flats? Is One Better?



Adidas Five-Ten Stealth rubber sole and flat pedals. By some accounts the gold standard for flat pedal grip. Photo by Tom Jow



The ever consistent performing Shimano SPD pedal and cleat. More or less the same for 30 years. Photo by Tom Jow

By Tom Jow

If you are reading this, you probably ride a bike. Therefore, you likely already have pedals, unless you're doing the toddler Strider thing. So, what more could I possibly tell you about pedals? What if I told you that switching from flats to clips, or vice-versa might improve your riding? Or at least pedaling. (Roadies using clips, your mind is generally already made up)

The Case for Clips

Clip-in pedals (originally known as "clipless", and still called that by roadies) for mountain bikes were introduced to the public in the early 1990's. They were a huge improvement over the toe clip and strap pedals that racers were using at the time. Using a small cleat on the shoe and double-sided spring-loaded jaws on the pedal, this system allowed a solid connection to the pedal while allowing ease of dismount with the twist of the ankle.

Having the feet fixed to the pedals enables the rider to apply power to the pedals through almost the full 360 degrees of crank rotation. When "pedaling in circles" the foot presses down, pulls back at the bottom, pulls up on the back and then pushes forward over the top. Done well, the foot goes around in a smooth motion as if the foot were attached to the crank arm; it's a very efficient way to pedal.

Being attached to the pedals also allows us to pedal in many different ways depending on how their legs feel. Maybe we want to pedal hard and mash up and down like pistons, or we can pedal "round", applying power around as much of the circle as possible. Maybe we will feel like only pulling up on the backstroke (really it is more unweighting than "pulling"), in which case the other leg goes down automatically; using momentum as much as muscles. We can also be lazy and just let our feet do whatever.

Our pedaling is not only improved on smooth surfaces, but in

the rough stuff as well. In fast terrain we can power through knowing our feet will confidently stay attached. For steep technical climbing we can put the power down knowing we can clip out if our momentum comes to a halt.

The Case for Flats

Platform pedals or "flats" are the easiest pedals to use. Our feet go on without having to clip in, and come off whenever we like, no twisting required. We can use any shoes. This makes it the easiest pedal for beginners. Improving and accomplished riders benefit from using flats as

well. For example, it is easier to start in the middle of a steep climb or at the entry to a technical section. Because we can easily remove our feet, we can be more confident (or at least willing) to attempt to ride more technical terrain. We don't have to be afraid of remaining attached to the bike in the event of a crash.

The Case for Shoes

While flat pedals can be ridden with any shoes, riding any significant distance is more comfortable and more efficient with cycling shoes. Bike shoes are designed with a stiff midsole to transfer power and

to support the arch of the foot. In order to use clip-in pedals, the shoe must have special mounts in the sole for cleats.

Performance minded road riders will want road-specific shoes. These shoes are light and stiff but aren't particularly good off the bike. Mountain bike clip shoes are a beefed-up version of road shoes with tread for walking in the dirt. For overall mountain riding and gravel, these are a good choice. Riders using flats should also use bike specific shoes. Shoes for flats will have a stiff midsole and sticky rubber soles for grip on the pedals.

There is not a right or wrong type of pedal to ride with. Yes, road and mountain bike cross-country racing are best served by clip-in pedals. Even top downhill World Cup racers use clips. However, thinking that we must use clips when serious pedaling is involved is a little closed-minded. Consider that in mountain bike enduro racing, where the riders have to pedal up to the start of the downhill, half of the podium finishers at the 2023 Maydena Enduro World Cup were on flats.

Conclusion

Each pedal does its own thing well. For riders wanting to improve, or just keep things fresh, changing pedals and/or shoes might be a good thing. Ultimately, however, the best pedal is the one that enables the rider to perform their best and have fun.

Got a bike question? Email Tom at runnerrunner.rider@gmail.com

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BICYCLE TOURING**A Midwestern Bike Tour: Illinois to Minnesota**

Riding county roads in the Illinois Prairie. Photo by Nancy Ziegler

By Nancy Ziegler

It has been 45 years since my first bike tour in the Canadian Rockies. And, it has been 6 years since I did the 2300-mile Underground Railroad Route at age 63. I asked myself if I could still do a bike tour successfully as I approached my 69th birthday. I wanted to try.

I chose a familiar area for a ride. I would take Amtrak to Illinois, visit my Mom, and then bicycle back to Duluth, Minnesota, my present home. I would start riding from the family farmstead near Henry, Illinois. It would be around 650 miles by bicycle.

The training was a great challenge because we had snow a couple of times in May this year. I did the best I could with getting out and pacing myself with distance, sprint riding, and short enjoyable rides. Unfortunately, I was not able to get the miles in that normally would give me the assurance of physically being prepared.

I did a lot of cross-country skiing throughout the winter. I was doing 4 or more-mile walks and skijoring with my dog, Anni. The endurance training and leg strength would hopefully pay off for bicycling.

I began to prepare maps and gear even though I had some panic attacks about taking on this adventure. I genuinely believe a person's worse enemy is the propaganda of fear. I just had to stop these negative feelings and go for it.

I packed my smallest panniers in my true minimalist way. I then unpacked them and placed all the contents including the panniers into a very small, lightweight backpack so that I could most easily board Amtrak with the bike in tow. It worked! As it turned out, my farming brother had been having so much rain, he was not in the fields when I arrived at the train depot in Princeton, Illinois. We put the bike and gear in his truck and went to the farm. The only reason my brother was available was because the fields were too wet for farming.

My visit with my Mom was good. I would spend Sunday morning with her and then begin my tour in the afternoon. That, of course, was weather dependent.

Adventure Cycling has a Northern Tier Trans-Continental Bike Route that passes 3/4 mile from our farm. I would use their route, or so I thought. It turned out that, due to the flooding of the Mississippi River and other smaller rivers in central Illinois, I



My rest stop in northeastern Iowa. Photo courtesy Nancy Ziegler

would not be able to stay at my first planned destination. How crazy! The Northern Tier Route would not work here in Illinois.

That was actually fine with me. The county roads in that part of Illinois are very familiar to me. I decided to re-trace the route my sister and I had taken in Illinois on my first trans-con 37 years ago. (I have done three trans-cons.) So much for the Northern Tier Route that first day. Instead of crossing the river at Muscatine, Iowa, I would cross at Clinton, Iowa like Diane and I had done from the other direction. Then, I would try to re-connect to the Adventure Cycling Route in Iowa.

Day 1, 5/26: 62 miles

Due to the fact that I did not start riding on Sunday until 1 p.m., I planned a 60-mile day to Prophetstown. It was near perfect for me. The air temperature was in the lower 70s and there was cloud cover. I rode on those gloriously beautiful, paved county roads. I passed several windmill farms in the midst of the grain farms that were soggy with wetness. The crops should have been yielding green rows of corn and some soybeans on May 26th. But the wetness yielded many fields with ponds of water or just worked dirt with inch tall corn. It was a bit disconcerting because of my farm background.

At one point, I was to turn onto Tampico Road. Tampico is the birthplace of Ronald Reagan. I saw the road sign but was unsure. I stopped

and asked a young farming family who were outside in their barnyard. The little 2-year-old handed me a bottle of cold water. The Dad drew me a map that would be a more direct route to Prophetstown. The Mom told me she wished me well and would send me good energy for safety. I loved this interaction.

The route he gave me was perfect. It led me right onto the road on which was the Prophetstown State Campground. I rode into it seeing the flooded Rock River.

The campground was a bit soggy, and I was the only one there except the campground hosts. I found a high place in flat Illinois and put up my tent. I had ridden 62 miles.

Due to the soggy and the bugs, I actually cooked and ate my meal in the shower/restroom. The facility was spotless and cleaner than my own kitchen.

The next morning, I walked around the campground and saw majestic, healthy ash trees. Perhaps those trees will be so isolated by all the prairie farmland that the ash borer beetle won't find them. I was ready for another day.

Day 2, 5/27: 78 miles

I was pleased to wake up to a dry tent. I had breakfast and took a nice walk around the park. The Rock River was truly in flood stage. I travelled on county roads for the first 25 miles. They were glorious. Soon after I turned onto Route 30, the rain came. I debated: keep riding for a while or stop to put on rain gear. I waited too long. By the time I got the gear on, I was already pretty wet. This was a good thunderstorm. The traffic was low on 30, so I opted for the highway's bridge rather than a less travelled alternative. I was concerned about the conditions of the other route due to all the flooding.

As I was crossing the Mississippi, lightning struck. Yikes! What a place to be: in the middle of a river on a

metal bridge with lightning and rain. Needless to say, I made it across. Meandering through Clinton, Iowa was pretty easy. I even hopped onto a bike trail that ran next to highway 136. At one point, I was unsure whether I was still on 136, my highway for the day. I stopped at a local fertilizer company. All the guys were inside and unable to work due to the rain. I had a good friendly conversation with them pertaining to the terribly wet planting conditions this year. I find it so easy to talk to Midwesterners.

I arrived at Maquoketa Caves State Park fairly early in the afternoon. Due to the fact that this part of Iowa was unglaciated when the last glaciers hit the Midwest 10000 years ago, the caves existed. There were stone arches and numerous caves. It was quite impressive, but I was not interested in crawling into those dark spaces.

As the evening came upon me, Nathan (4 years old) and Emma (7 years old) visited with me. Those two were a sheer joy. They wanted to go inside my solo tent. I would not let them enter and told them it was only for Grandmas. Nathan swatted the bugs that landed on me. We walked back to their campsite and Mom and Dad smiled when they learned how their children helped make my evening.

Day 3, 5/28: 82 miles

I rode in rain all morning. Finally, I got to Cascade, Iowa and was now on the Adventure Cycling's Northern Tier Route. I took my time trying to dry out and get warm in a Subway Cafe where I ate lunch. I detoured off the route to avoid 10 unnecessary miles.

My brother and I had discussed the weather patterns before I left the farm. I had to get north of Dubuque, Iowa in order to get out of the main path of the storms that were covering the Midwest. When I got to Dyersville, I was again riding with tailwinds like the previous days. But, there was a foreboding wall of dark clouds creeping along the southwestern horizon. I had planned to camp at Colesburg that night, but now wanted to get to Elkader where there was a motel.

I stopped by a farm store and Breanna, a 20-year-old farm kid, gave me a better route than what my map had. She told me of an extremely dangerous intersection that had been on my route that would now be

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My bike with my gear and food for the evening. Photo by Nancy Ziegler

avoided. She saved my day because I was only a little past 40 miles and had to get to the motel before 6 when everyone told me the storm would break.

The county roads were perfect. I was on top of a ridge in the driftless area and could see for miles and miles. The farmland had been cultivated, but no crops were yet growing. I later learned that the Iowa farmers were 40% behind in getting the corn in this year. This is grim.

I went down some beautiful hills as Breanna told me I would. Unfortunately, I would have to climb a hill to get to the motel. That really was no big deal. Hills are pretty easy for me. I got into the motel at 6 p.m., the predicted time for the storm to hit. Within 5 minutes of my arrival the skies burst open. I was exhausted. The wonderful owner of the motel called the local restaurant, and I ordered food. He picked it up for me and refused to take any money other than the cost of the food when he brought it to me. He was a good guy with a tidy little motel. I slept well.

Day 4, 5/29: 61 miles

This day I was tired. I started out with rain again. It let up by around 10 a.m. I stopped in Monona and had a better breakfast than the sandwich that I had eaten at 6 a.m. I knew that I needed to take a good rest there. I was weary. I called "Diane in Wisconsin", a friend. She would try to meet me in Marquette. This break was good for me, and I was also excited about meeting Diane. I rode a predominantly downhill stretch into Marquette. We met at a Casey's, a local gas/food chain. I had the privilege and honor of not only getting to see Diane and her dog, Jane. I also got to meet 98-year-old Aunt Mary! She was charming. Those two just made my day. I enjoy just talking to the folks along the way. And I especially love the subculture that exists in the rural Midwest.

Day 5, 5/30: 78 miles

This would prove to be my most challenging day. By this time, I was finding that my body was responding fairly well. My legs did not cause me any muscle soreness. What I was finding is that I would have some soreness in my neck or shoulders or back or crotch. Had I spent more time on the bike before the ride, these problems would not have been eliminated. There were times when my arthritis acted up during the wet days of riding. Overall, I found that I needed to take more frequent breaks.

Then, I said to myself, maybe I was doing that on other rides too.

I was feeling pretty good when I started this day. I was on the Mississippi River Bike Trail along with being on the Northern Tier maps. I entered Minnesota about 25 miles south of La Crescent. It was a pleasant ride until I got to that city. Upon arriving there, I had to jump on the shoulder of 14/61, a major expressway that led to Interstate 90. Was this truly what the Northern Tier had planned? After 1.5 miles, I was on an actual bike trail.

I stopped in Dakota, MN and had lunch under a gazebo that overlooked the flooded Mississippi. I relaxed and enjoyed the moment. Then, the Northern Tier route had me ride on the shoulder of 61, a major expressway. The worse came when the left-hand lane was closed for construction and the vehicles crowded the wide shoulder where I was riding. Adding to that, half of this shoulder was covered with enough debris that I was now sharing the traffic side of the shoulder with all the cars and semis. Then, after a good distance, the construction ended. Cars and semis flew by me at 70mph! Never would I have put any bicyclist on this rode! I truly feared for my life! I had 13 miles of this horrible travel. By the time I got to Winona, I was totally convinced I should bail out on this tour.

I went into a Kwik Trip and got a snack. When I left the store, I just stood by my bike knowing I could not continue to ride on 61 and the Northern Tier through here and have more of the same. I contemplated how I could end the trip. It was sad for me because my body was performing so well. Then, a "bicyclist's angel" came up to me. He was a road cyclist in my age range. I explained to him what was going on with me. We concurred that the Northern Tier Route would continue to be more of the same. He told me to cross

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view of the Mississippi River near La Crescent, Minnesota. Photo by Nancy Ziegler

the bridge and ride the other side of the river in Wisconsin. It took a few moments with this conversation before I realized he gave me a way to continue my tour. He told me how to get across the bridge and then take Wisconsin 35 north. This guy even followed me in the car a bit to make sure I would find the bridge.

Crossing the Mississippi was easy. Riding on low traffic route 35 was actually enjoyable. I pulled into a Holiday gas station and talked to a 70-year-old guy who was cycling the MRT but opted to ride in Wisconsin instead of staying on the bad routing in Minnesota. He was absolutely refreshing. We talked, laughed, and enjoyed our bicycling moment. I then rode on to Merrick State Park and had a most lovely site under giant pines in yet another flooded state park. The campground was open and practically empty.

I showered, ate, and relaxed and was ready to continue my trip, but I would head directly to Duluth and not go back to Minnesota.

Day 6, 5/31: 85 miles

Now, the crazy thing about switching up my route is that I had no Wisconsin map. The state park ranger found an old one in her car and gave it to me. I would simply follow Rte.35. I moved along quite well. I had a nice shoulder and relatively little traffic. I saw the great rocky bluffs that line the Mississippi in this part of Wisconsin. It was warm. I took a detour and crossed the river at Wabasha in hopes of picking up some maps that were sent to me priority mail. They were not there, but that was okay. It was a little scary crossing that bridge...I am not sure why. Soon I was heading north again on 35. When I stopped for lunch, I engaged in conversation with a few people who were impressed with what I was doing. They told me about the "big hill" I would encounter. Yes, it was a big hill, but the heat was causing me more problems than hills. I later

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found it had gotten up to 87 degrees that afternoon. No wonder I had to stop a couple of times and cool down. I rolled into Prescott and found the motel that was there. It was not the finest place, but I did not want to ride another 10 to 15 miles of possible hills to get to a state park. Again, it was nice to relax and have a good shower.

Day 7, 6/1: 94 miles

I rode on county roads that ran parallel to 35 for most of this day. I found that Holiday gas stations had county maps or gazetteers. So, I would figure out how I could keep riding on the county roads. Unfortunately, I trusted a woman in a tourist center who recommended a "new" state park to me. It would be about 4 or 5 miles out of my way. I got there only to learn they had no drinking water, only the lake which I could see from a distance. This meant doing a search for some place to camp.

I googled lodging and learned that there was a place on the other side of Frederic (my nearest town) This would put me at over 90 miles for the day. My legs felt strong. And, in spite of having a stomach ache the first several miles of my day, I was feeling just fine at about 80 miles. I almost stayed in the yard of a single woman and her child. She was very welcoming, but my intuition told me that it was not a good idea. There was something about her bone thin appearance and her story that made me wonder whether there was some sort of addiction problem. I didn't need that. So, I rode to Frederic and found a couple of normal looking women outside a restaurant/bar. I asked if they could help me find the Birchwood Breeze Resort. After a little hesitancy, they gave me good directions, so I took off down the road. I rode past dairy farms and for-



Huge white pines at Merrick State Park, Wisconsin (which was flooded). Photo by Nancy Ziegler

est and eventually got to the lovely, retired folks RV summer resort. It seemed most folks rode around on golf carts here. My neighbor offered me a glass of wine as I set up my tent. It was a wonderful way to end my day.

Day 8, 6/2: 100 miles

No, I really did not plan to ride 100 miles. But, I did it and said Happy 69th Birthday to self. I really desired to stop at Pattison State Park and take another day to finish. That way, I would have had an 80-mile day with about 50 more to my actual house on day 9. But, because of some personal circumstances, I wanted to be back at my house without another day of travel. I could not ride all the way back to my house, so I texted all of my Duluth contacts for a pick-up in town. My friend, Jane, responded and would meet me.

This day was again rather good. I passed though very few towns. I did take my breaks. I thought Dairyland, WI would have a store. No, just a kids' play set in front of the fire department building. I sat inside the little slide set and ate my lunch. I forced myself to snooze and give my body some rest.

This day, as I progressed to around 80 miles, my legs were sore

Continued on Page 14

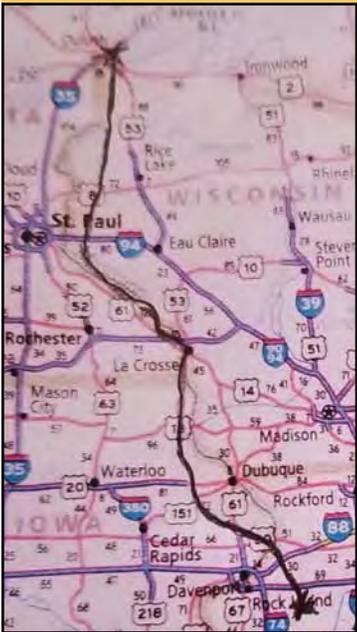
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Midwestern Bike Touring - Continued from page 13



Nancy's Ziegler's bike tour route map of her trip from Illinois to Minnesota.

and tired. The Wisconsin scenery had truly changed. I was no longer in the driftless area. Rather, it was bog and woodland. I stopped at a little tavern and had a snack. It was fun talking to the two that were in there. By the time I got to Pattison State Park, I was tired. I refueled, and elevated my sore legs. I just laid on the ground and rested for a while. I popped a second Tylenol



Open countryside and dairy farms in northwestern Wisconsin. Photo by Nancy Ziegler

and jumped back on the bike. The last 20 miles flew by for me. I rode across the Oliver bridge and hit a bad pothole. That was a sure sign I was back in the Northland. I rode on until I was in Duluth. Jane picked me up and I had a huge smile on my face. The trip was a success! 640 miles in 8 days!

There are many, many thoughts that would fly through my head on a daily basis. There is not a day that I don't find great glory in the beauty of the Midwest's landscape. I love the local culture that is present. Having grown up in the Midwest makes it easy and most enjoyable to ride through the rolling hills and flat plains of this agricultural region of the states. I don't know when and if I will be able to do another bike trip like this. And, if this is my last, it

was through the part of the country that is most dear to my heart.

How many folks can appreciate actually seeing livestock in fields? Oh, the beauty of the rolling acres of earth just makes me feel so blessed. The interesting interactions that happen as I travel just fills my soul. I am ever so thankful each day I am out there riding my bicycle. It brings me such joy and peace. I think of my family, my friends, and not of politics and other social media features of the day. I am just out there. Yes, just out there and loving it.

Trip Details:

Day1: 10 mi. west of Henry, Illinois to Prophetstown St. Rec. Area; Prophetstown, Il. 62 miles
Day2: to Maquoketa Caves St. Pk.; Maquoketa, Iowa 78 miles
Day3: to Elkader, IA 82 miles
Day4: to Lansing, IA 61 miles
Day5: to Merrick St. Pk.; Fountain City, Wi. 78 miles
Day6: to Prescott, Wisconsin 85 miles
Day7: to Birchwood Beach Resort; Frederic, Wi. 94 miles
Day 8: to Duluth, Minnesota (home) 100 miles

Nancy Ziegler is a retired high school teacher living in Duluth, Minnesota. She took her first self-contained bicycle tour in 1974 through the Canadian Rockies and down into Glacier National Park.



Nancy's Ziegler's final stop in Duluth, Minnesota on a 100 mile day (with a smile on her face). Photo by Nancy Ziegler

Study: Drivers View Helmeted Cyclists as Sub-Human

Ever get the feeling motorists think you shouldn't enjoy the rights to the road? In Australia, they may even think you're less than human. The more you look like a cyclist, the lower form of creature they may consider you. If you wear a helmet, they can't see your head, which may make some drivers wonder what species you come from.

"We found images of cyclists wearing helmets or safety vests to have a higher probability of being selected as less human compared to images of cyclists wearing no safety equipment," says The Effect of Safety Attire on Perceptions of Cyclist Dehumanization (<https://www.sciencedirect.com/science/article/pii/S1369847823001018>), a survey of 563 people in Australia.

Helmets were more likely to create a perception of subhumanity than safety vests, as the latter don't obscure eyes or hair – but wearing a vest still made cyclists seem less hominoid.

The authors acknowledge that the respondents may not reflect the entire population of Australia – those answering the survey were generally male, well-educated, and wealthy. The nation's cycling infrastructure isn't as broad as that in the United States, which may affect responses. Respondents were also asked to look at pictures, not relay what they saw on real roads.

Most telling, they were asked to choose which of a pair of pictures looked less human, so they had to pick one as less human.

The authors conclude "we caution against using these results, at this stage, to support a position that measures such as mandatory bicycle helmet laws reduce ridership due to dehumanization"

-Charles Pekow

Study: Bike Lanes Make Cyclists and Pedestrians Safer

A third of cyclist fatalities in Utah take place where cyclists can't find a safe way to get across the road.

Only "7.3 percent of suspected serious bike crashes and only 6 percent of fatal bike crashes occurred in or near a bike lane."

Both of these conclusions come from an analysis of traffic safety data done by the Utah Department of Transportation sponsored by the Federal Highway Administration. The examination found that "32.8 percent of fatal bicycle crashes occurred at an intersection while 26.9 percent occurred 15-600 feet from an intersection." Interestingly, the study found vehicle speed and weather didn't matter in nearly all the cases.

On the other hand, not only do bike lanes help cyclists, they also appear to make pedestrians safer. As the report says "a bike lane creates an additional buffer between vehicular traffic and the shoulder where pedestrians typically walk, particularly in areas without a sidewalk. Additionally, when crossing a road, bike lanes shrink the width of the roadway where motorized vehicles are typically present.

On corridors with a bike lane, pedestrians are given an extra 5-10 feet of shoulder in which to stand while preparing to cross. Additionally, motorists can see pedestrians entering the roadway for a longer period of time before they enter a vehicle lane conflict point."

The authors acknowledge they didn't have adequate data on bicycle volume or knowledge on why bicyclists choose specific routes (high- vs. low-speed lanes, for instance). The report suggests implementing new safety features in certain intersections (medians, fences, lower speed limits, extending sidewalks into auto lanes) and conducting before and after studies.

See "Non-Motorist Fatalities: A Deep Dive" at <https://rosap.nhtl.bts.gov/view/dot/67218>

-Charles Pekow

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Heart Disease - Continued from page 5

lean red meats. The potential adverse effects of red meat on heart health have been attributed to a combination of factors, including saturated fat, heme iron, the gut microbiota, and metabolism of L-carnitine and phosphatidylcholine.

The AHA has historically limited eggs because of their high cholesterol content; currently there is no specific limit on dietary cholesterol. The question arises: Are eggs a contributor to CVD? Or is the bacon or sausage that accompanies the eggs the culprit? The intake of dietary cholesterol and saturated fat tend to increase in parallel (i.e., eating eggs with bacon and sausage). Dietary cholesterol itself is currently less of a nutrient of concern.

5. Use liquid plant oils rather than tropical oils (coconut, palm, and palm kernel), animal fats (butter and lard), and partially hydroge-

nated fats

Replacing hard-at-room-temperature saturated fats (butter, coconut oil) with soft-or-liquid polyunsaturated fat (corn oil, walnuts) and monounsaturated fat (olive, canola oil, peanut butter) has robust scientific evidence of protecting against heart disease by lowering bad LDL cholesterol. This reduces the risk of developing heart disease. In comparison, coconut oil has a high saturated fat content; it raises LDL cholesterol, with little evidence of positive health benefits.

6. Choose minimally processed foods instead of ultra-processed foods

Ultra-processed foods (ramen noodles, cheese curls, commercially baked cookies) are easy to over-consume! Choose more minimally processed, if not unprocessed foods, such as homemade granola bars and trail mix made with nuts & dried fruit.

7. Minimize intake of beverages and foods with added sugars

Sugar comes in many forms: glucose, dextrose, sucrose, corn syrup, concentrated fruit juice, honey, and maple syrup. The same athletes who scrutinize food labels for added sugar often consume lots of sport drinks, gels, and chomps. Simple-to-digest sugar is actually what your body needs during extended exercise, when the theme is survival and not good nutrition. Sugar becomes a problem when athletes skip wholesome meals, get too hungry, start to crave sugary foods, and then eat the whole plate of cookies. Preventing hunger is the key to preventing cravings for sugary foods. Eating a hearty protein-rich breakfast can set the stage for reduced sugar cravings towards the end of the day.

8. Choose and prepare foods with little or no salt

In general, reduced salt intake is linked with reduced blood pressure. That said, most athletes have low blood pressure. They also lose salt (more correctly, sodium) in sweat. Athletes who sweat heavily can

appropriately replace sodium losses by eating salty foods. The leading sources of dietary sodium are processed, restaurant, and packaged foods. If your sports diet is mostly unprocessed foods, it can be low in sodium. If you find yourself craving salt, eat salt!

9. If you do not drink alcohol, do not start; if you choose to drink alcohol, limit intake

The link between alcohol intake and heart disease is complex, depending on how and how much you drink. Athletes are known to drink more alcohol than non-athletes. Alcohol has negative effects not only on heart-health, but also athletic performance and is linked to injuries, violence, digestive diseases, poor pregnancy outcomes, and cancer.

10. Adhere to this guidance regardless of where food is prepared or consumed

Because so many athletes buy takeout foods, healthy eating patterns need to apply to both meals

prepared in and outside of home. Occasional treats are fine; just be sure they are not the norm.

By following the above guidelines, you will be taking steps towards a lifetime of better health, which means better quality of life and happiness. Be wise, choose your foods wisely, and enjoy your active lifestyle.

Reference: Dietary guidance to improve cardiovascular health: a scientific statement from the American Heart Assoc. *Circulation*, 2021; 144

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 for info.

Study: Low-Income People More Like to be Killed in Bike Crashes

Crashes “disproportionately” occur in low-income and minority communities, according to a five-year study in New Jersey. To make matters worse, location data for these unfortunate bike incidents tend not to be coded, making it harder to pinpoint problems and develop solutions.

“Cyclist crashes in low-income neighborhoods were more likely to be fatal – a finding that the authors attribute to lower access to bicycle facilities in low-income areas,” says “Pedestrian and Bicyclist-Involved Crashes: Associations with Spatial Factors, Pedestrian Infrastructure, and Equity Impacts”, appearing in the *Journal of Safety Research* (<https://www.sciencedirect.com/science/article/abs/pii/S0022437523000580>).

The authors conclude that while more data is needed, sidewalks and crosswalks appear to lower risks. Better info would help determine where countermeasures would likely help. The researchers couldn't find adequate data to study about 20 percent of incidents, especially those that didn't involve an auto. Therefore, the study looked only at crashes that involved motor vehicles and pedestrians or cyclists. More complete info on locations of sidewalks and crosswalks, for instance, would also help.

The study looked at four counties in Southern New Jersey between 2016 and 2020.

-Charles Pekow

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hoffsbikesmith.com

The Hub
410 W Pearl Ave
Jackson, WY 83001
307-200-6144
thehubbikes.com

Teton Bike
490 W. Broadway
Jackson, Wyoming 83001
307-690-4715
tetonbike.com

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

Teton Village Sports
3285 W Village Drive
Teton Village, WY 83025
tetonvillagesports.com

Wilson Backcountry Sports
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Wilson, WY 83014
307-733-5228
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CALENDAR OF EVENTS

Calendar Guidelines:

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

Submit your event to:

calendar@cyclingatutah.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, radcanyonbmx.com

Legacy BMX — Farmington, UT, Indoor bmx racing at the Legacy Events center 151 South 1100 West, Farmington, UT., Practice Wednesday 6:00- 9:00; Race Saturday, May through September, Kevin , 801-698-1490, kevin@kikphoto.net, lrbmx.com, radcanyonbmx.com/RadCanyonLegacy_Outdoor_Schedule_2014.pdf

Advocacy

Bike Utah — UT, Utah's Statewide Advocacy Group. They work on education and other bike related advocacy., Bike Utah , 385-831-1515, info@bikeutah.org, bikeutah.org

California Bicycle Coalition — CA, CalBike advocates for equitable, inclusive, and prosperous communities where bicycling helps to enable all Californians to lead healthy and joyful lives., Kevin Claxton, info@calbike.org, calbike.org

Salt Lake City Bicycle Advisory Committee — Salt Lake City, UT, Meetings are the 3rd Monday of the month from 5-7 pm in the SLC Transportation Division Conference room., Salt Lake City Transportation , 801-535-6630, bikesl@slc.gov, bikesl.com

Salt Lake County Bicycle Advisory Committee — Salt Lake City, UT, The SLCBAC committee works to improve cycling conditions in Salt Lake County and is an official committee. Meetings are the second Wednesday of each month from 5:30-7:30 pm and are held in Suite N-2800 of the Salt Lake County Government Center, 2001 S. State St., Salt Lake City, UT., Helen Peters, 385-468-4860, HPeters@slco.org, bicycle.slco.org

Trails Foundation of Northern Utah — Ogden, UT, Weber County's trails group. We are committed to the idea that a non-motorized network of public pathways significantly contribute to our community's economic vitality and quality of life., Aric Manning, 801-393-2304, trfu@trfu.org, trfu.org

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

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

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

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

Trails Alliance of Southern Utah — St. George, UT, TASU, info@tasutah.org, tasutah.org

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

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

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

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

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

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

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

Bike Walk Montana — Helena, MT, Statewide bicycle advocacy organization, Taylor Lonsdale, bnbybike@gmail.com, Doug Haberman, 406-449-2787, info@bikewalk-montana.org, bikewalk-montana.org

Teton Valley Trails and Pathways (TVTAP) — Jackson, WY, Promotes trails and pathways in the Wyddah area of Wyoming and Idaho., Dan Verbaten, 208-201-1622, dan@tvtap.org, tvtap.org, tetonbikefest.org

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

Sweet Streets — Salt Lake City, UT, SLC based advocacy group that works for safer streets, Taylor Anderson, taylor@buildingsaltlake.com, sweetstreetslsc.org

Cycling Salt Lake — Salt Lake City, UT, Advocates for better cycling of all types in Salt Lake City, County, and on the Wasatch Front. Reach out to join our email list serve., Dave Ittis, 801-574-3413, dave@cyclingatutah.com, cyclingatutah.com

Southern Nevada Mountain Bike Association (SNMBA) — NV, The SNMBA advocates for mountain biking across all of Southern Nevada., Alison Cormier, info@snmba.org, snmba.org

Events, Swaps, Lectures

June 8-11, 2023 — Big Gear Show, Denver, UT, An exciting new model of experiential event that showcases up-and-coming gear for specialty retailers, transitioning to a welcoming platform for consumers to learn about brands and gear that get them outdoors. It will be held at the Colorado Convention Center concurrently with (e)volution, Lance Camisasca, lance@thebiggearshow.com, Dave Petri, 336-429-6860, dave@lost-paddle.com, thebiggearshow.com, facebook.com/TheBigGearShow

June 9-11, 2023 — Reno River Roll, Bike Month, Reno Bike Week, Reno, NV, A seven mile family-friendly slow roll along the Truckee

River. Costumes welcome, Truckee Meadows Bicycle Alliance , 775-323-4488, info@bikewashoe.org, bikewashoe.org, renoriverfestival.com/reno-river-roll

Gravel Races and Rides

June 10-10, 2023 — Belgian Waffle Ride - Hendersonville, QUADRUPEL CROWN OF GRAVEL, Hendersonville, NC, Michael Marckx, 760-815-0927, mmx@MonumentsofCycling.com, belgianwaffle-ride.bike

June 10, 2023 — Pine Island Gravel Odyssey, Spearfish, South Dakota, 45, 70, 110, 210 mile gravel ride/race, Perry Jewett, 605-641-4963, ridgeriders@blackhills.com, dakotafiveo.com

June 17, 2023 — Beaver Dam 49er Gravel Grinder, Beaver Dam State Park, NV, Ride the Rim and see the park from a different perspective. Pedal down an old chaining road that runs along the Park's rim and winds you through Pinyon and juniper trees. 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, cahedra@goagvc.com, lcturbone.com, beaverdamgravelgrinder.com

June 17, 2023 — The Pony Xpress Gravel 160, Colorado Gravel Grinder Championships, Trinidad, CO, 160 km, 85 km options. Held on gravel roads north west of Trinidad, CO. Working head and tail light and helmet are required. Maps will be adequate for 85 km but GPS is preferred for 160 km option. 10th Annual, ride through the picturesque Spanish Peaks. This event will also include an electric bicycle class with a start time 30 minutes after the event begins., Phil Schweizer, 877-743-3566, 719-484-0477, phil.koobis@adidas.com, coloradogravelgrinderchampionship.com, pony-xpress/the-race

June 17, 2023 — Dirty Dino Gravel Grinder, Vernal, UT, Come get Jurassic-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, gravel-dino.com, facebook.com/DirtyDino-Gravel-Grinder-103665632203894

June 17, 2023 — 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 Ojeto 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 Riggbach, 928-429-0345, chuskaman@yahoo.com, nava@aves.org, runsignup.com/Race/UT/MonumentValley/MonumentValleyBikeRace

June 17, 2023 — CHAFE 150 Gravel Grinder, Sandpoint, ID, Syringa Cyclery , 208-610-9990, syringacyclery@gmail.com, Jane Huang, chafe150@outlook.com, chafe150.org

June 21-25, 2023 — Oregon Trail Gravel Grinder, Sisters, OR, Chad Sperry, grinderinfo@breakawaypro.com, oregongravelgrinder.com

June 23-25, 2023 — Big Horn Gravel, Gypsum, CO, BigHorn Gravel , info@bighorngravel.com, bighorngravel.com

June 24, 2023 — Ruby Roubaix Gravel Gran Fondo, Lamolille, NV, Gravel Fondo! See the Ruby Mountains like you've never seen them before during this one-day bicycle ride or race beginning and ending in scenic Lamolille, 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@rubyrubaix.com, rubyrubaix.com

June 24, 2023 — Soho Bike Fest Gravel Race, USA Cycling Pro XCT, Heber, UT, This unsanctioned, mass start event will consist of six short but challenging laps around Soldier Hollow with approximately 350 feet of gain each three mile lap for a total of 18 miles. The course will consist of mostly gravel roads and a little single track and pavement thrown in to make the event All Road. The race will be a preview of the new Mini Yeti that is featured during the Wasatch All-Road that will be held at Soldier Hollow on September 16, 2023., Todd Hageman, sobobikefest@gmail.com, sobobikefest.com

July 1, 2023 — Truckee Tahoe Gravel, 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@bikemonkey.net, truckeediffondo.com

July 1, 2023 — Garden City Gravel: West 9 Mile, Missoula, MT, West Nine Mile takes you over some scenic Montana double track, just outside of Missoula around Huson, Shaun Radley, 406-219-1318, montanacyclocross@gmail.com, montanacyclocross.com/events/the-cyclinghouse.com

July 8, 2023 — Crusher in the Tushar, Life Time Grand Prix, Beaver, UT, 70 grueling miles exploring Southern Utah's Tushar Mountains on a mix of dirt, gravel, and asphalt. Features 10,000+ of climbing traversing Utah's highest

and most scenic roads. Join us for the original mixed-surface gravel and road classic!, Treva Worrel, crusher@thevents.zendesk.com, tusharcrusher.com

July 8, 2023 — 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, joep@pancake-ride.com, pancake-ride.com

July 8, 2023 — Ochoco Gravel Grinder, Prineville, OR, Chad Sperry, grinderinfo@breakawaypro.com, oregongravelgrinder.com

July 22, 2023 — Crooked Gravel, Winter Park, CO, Want to ride the high alpine gravel of Grand County? Check out Crooked Gravel in Winter Park. Choose between two 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, Scott Olmsted, 720-819-7306, support@theridecollective.com, theridecollective.com

July 22, 2023 — The Rift Gravel Race Iceland, Hvalsöllum, Iceland, The Rift is a 200 km (125 miles) off-road bike race through the dark lava fields in the highlands of Iceland. It traverses the continental rift between North America and Eurasia - a rift that grows one inch every year. The growth is evident with vast lava fields all around creating a surreal landscape. A landscape that is remote, rugged and unpredictable!, The Rift , 011-354-626-3332, info@therift.bike, therift.bike

July 22, 2023 — MCBC Dirt Fondo, Marin Headlands, CA, The classic route takes riders from the Marin Headlands to the top of Mt. Tam and back on a crisscrossing selection of trails and fire roads. 45, 32, and 24 mile options. Post-ride Stable Party, Well-stocked energizer stations, Dirt Fondo Goodie Bag, Course Marshals & Sweeps, SAG & radio support., Tom Boss, tom@marinbike.org, marinbike.org/dirtfondo/

July 22, 2023 — MCBC Dirt Fondo, Sausalito, CA, 45-mile journey from the Golden Gate to Mt. Tam and back. There is amazing scenery along the whole route and a good mix of trails, fire roads, and tarmac! Friendly faces will greet you at 4 rest stops on the way out as well as on the return and world-class support on course, including marshals, mechanics and SAG, Tom Boss, 415-456 3469, info@marinbike.org, marinbike.org

July 29, 2023 — 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 Peteravary, 307-413-2248, jaypeteravary@gmail.com, gravelpursuit.com

August 4-6, 2023 — The Last Best Ride Gravel, Whitefish, MT, Big Horn Sheep Long Course 92 miles, 8,000 feet climbing, Mountain Goat Short Course 48 miles, 4,800 feet climbing. Both courses offer stunning views, pristine Montana gravel, and an awesome finish line party in downtown Whitefish., Jessica Cera, 619-573-5176, ridewhitefish@gmail.com, thelastbestride.com

August 5, 2023 — Dirty Bear Gravel, Big Bear Lake, CA, 50 mile gravel ride, part of the Tour de Big Bear, Chris Barnes, 951-970-6720,

909-878-0707, bigbearcycling@gmail.com, bigbearcycling.com/tour-de-big-bear-cycling-west/, bigbearcycling.com

August 5, 2023 — Bear Howard Gravel Race, Flagstaff, AZ, 100 mile, 60 mile, and 30 mile Gravel Ride, Approximately 100 miles of prime gravel riding in the shadow of the "Peaks" of N. Arizona. Consider it a tour of Flagstaff, taking in views of Kendrick, Sitgreaves and of course the San Francisco Peaks. With 6,000 ft of elevation gain, this is no walk in the park. The primary traffic is cattle, so it's time to giddy up!, Dustin Phillips, sablemind1@gmail.com, sableevents.com

August 6, 2023 — 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, withoutlimits.co

August 19, 2023 — Morganzo 55 Gravel Grinder, Belgrade, MT, Gravel grinder, 55 miles, unsupported. Start time: 8am, Location: corner of Dry Creek Rd & Theisen Rd just north of Belgrade, MT, Sheli Thomas, thomasshelli@gmail.com, Kirk Ahlberg, info@morganzo55.com, montanacycling.net/morganzo55.com

August 19, 2023 — Garden City Gravel: MslaseelyMsla, Missoula, MT, Gold Creek proper to Seeley Lake and then back. No vehicles, just you and the woods. It's been one of the more popular gravel routes to ride and we are proud to bring this new route to the event format, Shaun Radley, 406-219-1318, montanacyclocross@gmail.com, montanacyclocross.com/events/the-cyclinghouse.com

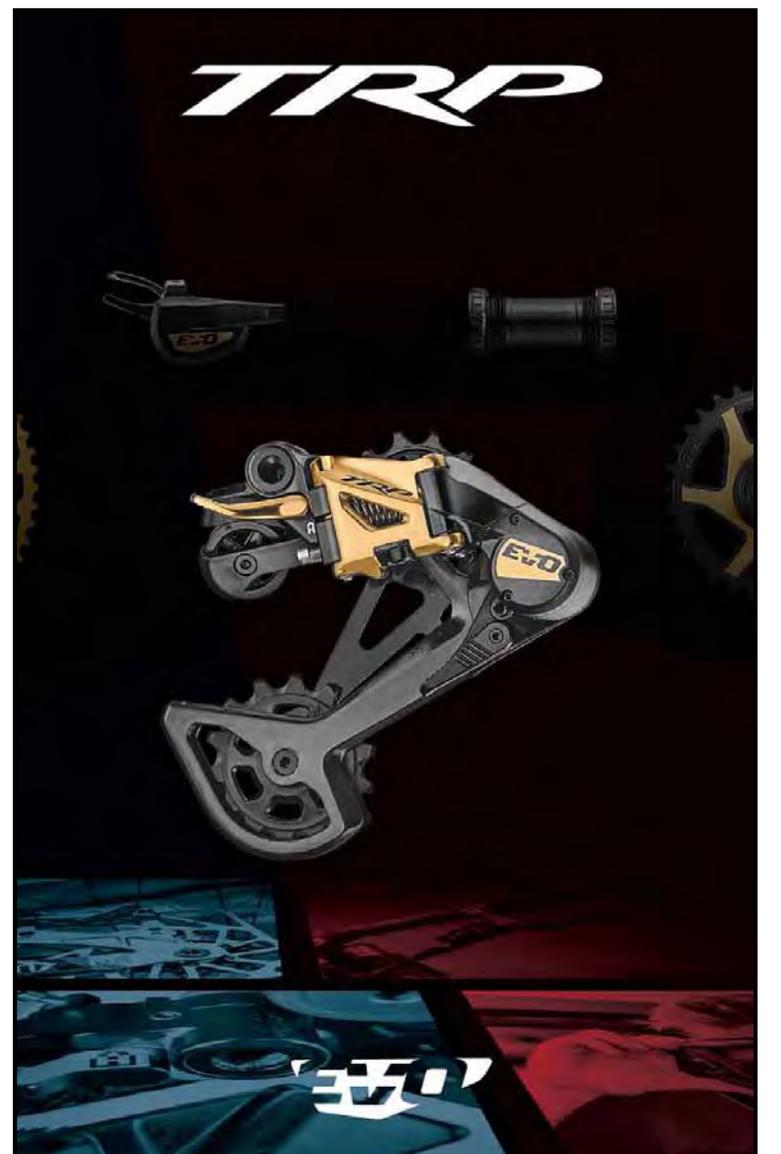
August 20, 2023 — SBT GRVL Gravel Grinder, Steamboat Springs, CO, 6:30 am on Yampa Street, Steamboat Springs, CO. Four distances: 37/64/104/142 miles with 2000/4000/6000/9000 feet of climbing, respectively. Mixed surface with the majority on hard packed gravel roads, Amy Charly, 970-215-4045, info@sbtgrvl.com, sbtgrvl.com

August 21, 2023 — 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 , bsheadquarters@gmail.com, bigskyspectaculaire.com

August 25-26, 2023 — Garmin Gravel Worlds, Lincoln, NE, Self-Supported, Grassroots Style Gravel Race, 50K, 75 mile, 150 mile, 300-mile options. New Run Options of 50k, 25k, or 10k. Options for Double doing run and bike events., Gravel Worlds Info, info@gravel-worlds.com, Jason Strohhorn, jason@gravel-worlds.com

August 26-26, 2023 — 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, mmx@MonumentsofCycling.com, Brooke Twilchell, fbrooke@cedarcity.org, belgianwaffle-ride.bike

August 31-September 3, 2023 — 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





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100-mile Gravel Grinder (or 50-mile option) mountain bike race & ride in the scenic Pioneer Mountains of Central Idaho, with renowned mountain bike champion and endurance athlete Rebecca Rusch. The weekend activities are centered around giving back to non-profit organizations that foster diversity, equity, and inclusion in cycling. Join the "Queen of Pain" on this beautiful route that ends in a great down-home party with food, festivities, music, and libations. Colleen Quindlen, 254-541-9661, colleen@rebeccarusch.com, rebeccasprivaiteidaho.com

September 3, 2023 — Fistful of Dirt Gravel Grinder. Cody, WY. A gravel bike race of grand proportions. With the Good (22 Miles), The Bad (65 Miles), or The Ugly (105 Miles), there will be a distance fit for everyone. Free gourmet burgers and beer on Friday for participants during packet pick-up. The race is Saturday followed by a dang good after-party featuring food trucks and live music. Janie Curtis, 307-213-0756, howdy@fistfulofdirt.com

September 9, 2023 — WYO 131 Gravel Grinder. Wyoming Gravel Grinder Series, Lander, WY. Step back into the Wild West and immerse yourself in the high desert, historic mining towns, and breath-taking views at Wyoming's premier gravel ride. This is the ultimate bucket-list gravel ride. This rugged ride is well known for its 5 STAR gravel in the most remote and least densely populated regions of the West. The 131 mile distance is one of the toughest gravel races in the U.S. with over 10,000 feet of climbing, minimal support and podium prize money! Two other distances, a 40-mile and 80-mile course, offer riders a shorter and equally gorgeous gravel experience. Gwen Robson, 307-330-3002, wyo131gravel@gmail.com, wyo131.com

September 9, 2023 — Gunni Grinder. Gunnison, CO. An epic 118 mile race/ride starting in and finishing near downtown Gunnison, CO and follows some of Gunnison County's most challenging, remote and scenic gravel and dirt roads. If you don't have the miles but still want a challenge, The Gunni 60 (ish) and Gunni 30 will give riders a taste of what gravel riding in Gunnison County is all about. Although some paved roads are necessary, the vast majority (about 90%) of the course will be on gravel and dirt roads. Some of these roads receive little to no maintenance and can change drastically after heavy rains and/or snowfall. Riders are encouraged to be fully prepared for any and all conditions. The route is remote and therefore, will include signage to help prevent riders from getting off course. Joel Gimmelf, 512-751-8940, Joel@racerevolutions.com, thegunnigrinder.com

September 9, 2023 — 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, kevinsemery@gmail.com, [facebook.com/Fitzgeralds-Joyride-Formerly-pioneer-400-416571405832253/](https://www.facebook.com/Fitzgeralds-Joyride-Formerly-pioneer-400-416571405832253/)

September 9, 2023 — Ride the Cog. Hayden, CO. fundraiser for the Hayden Museum, Hayden Museum, 970-276-4380, haydenmuseum@zirkel.us, ridehthecog.com

Mountain Bike Tours and Festivals

June 15-19, 2023 — Granite Ridge Girls and Stone Temple Coed Mountain Bike Camps. Cheyenne, WY, Curt Gowdy State Park. 2 1/2 day girls camp June 9-11, 4 1/2 day coed camp June 12-16, ages 12-18. Riding skills and education sessions. Richard Vincent, 307-760-1917, 307-777-6478, rv@gmail.com, laramieenduro.org

June 24-25, 2023 — Tahoe Mountain Bike Festival. Meyers, CA. Celebrating riding bicycles on dirt in beautiful Lake Tahoe. Tahoe MTB Festival, meysmtb@gmail.com, tahoemtbfestival.com

June 30-July 1 — Boise Mountain Bike Festival. Boise, ID. Held at Eagle Bike Park and Bogus Basin Resort, Group rides (XC, Trail, DH, Gravel); Meet and greet local bike shops and learn about their weekly rides and community involvement; Skill Demonstrations: Watch the pros along with QandA; Coaching: Day-of sign up for small group coaching sessions; Whip-Off Jam Big Air by pro riders; Raw Slalom Challenge; Fundraiser/Raffle: Bike giveaway, swag giveaway, Over 13k in giveaways; Food and Beer vendors; Be active in the Boise mountain bike community. Boise MTB Festival, boisemtbfestival.com

July 9-September 1, 2023 — 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 rates. The mountains are gorgeous, the riding is invigorating, and the scenery is second to none. This is your year for Glacier! 6-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@lizard-headcyclingguides.com, lizardheadcyclingguides.com

July 22, 2023 — Wildflower Trailfest. Powder Mountain, UT. NEW DATE! 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, wildfloweroutdoor.com

July 22, 2023 — Pedal for the Park. Leadville, CO. A fundraiser for our new bike park project, Cloud City Wheelers. info@cloud-citywheelers.com, cloudcitywheelers.com

August 18-20, 2023 — 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@westernspirir.com, outerbike.com

September 1-3, 2023 — 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 profes-

sional 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 Tetons. TVTAP, 208-201-1622, info@tetonbikfest.org, Tony Ferlisi, 208-201-1622, tony@tetonbikfest.org, tetonbikfest.org, grandtarghee.com

September 9-11, 2023 — Women's White Rim Mountain Bike Clinic 1. Moab, UT. Join us for 3 days of intermediate riding with professional coaches, beautiful hikes, and gourmet meals made by Holiday's guides. Karen Johnson, 800-624-6323, 801-266-2087, karen.holidayriver@gmail.com, Natalie Osborn, natalie.holidayriver@gmail.com, bikeraft.com

Utah Weekly MTB Race Series

April 12-August 2, 2023 — Weekly Race Series. WEATHER PERMITTING, 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, 435.565.4602 (Wasatch), 801-223-4849 (Sundance), racess@weeklyraceseries.com, weeklyraceseries.com

May 16-August 1, 2023 — Mid-Week Mountain Bike Race Series. Wasatch Front, Wasatch Back, Salt Lake Valley, Utah Valley, UT, Tuesday, Wednesday, and Thursday nights. Locations TBD. Fun, competitive mountain bike racing for all ages and abilities. XC races and Mini Enduro races, Bike Utah, 385-831-1515, info@bikeutah.org, Trilby Cox, 385-831-1515, trilby@midweekmtb.com, midweekmtb.com

Regional Weekly MTB Race Series

May 23-August 19, 2023 — Gallatin Valley Summer Series. Bozeman, MT. Weekly series that includes road races, time trials, criteriums, mountain bike races and more. Most events on Tuesdays. Alex Lussier, lussiera@hotmail.com, Phil Rotherman, phil@rothconst.com, Mollie McKiernan, mollie.mckiernan@gmail.com, Patrick Wessel, patrickwessel@yahoo.com, gallatinvalleybicycleclub.org

Utah Mountain Bike Racing

June 10, 2023 — Wasatch 50. Intermountain Cup Endurance Series, Soldier Hollow, UT, endurance cross country mtb race, Margaret Gibson, 435-229-6251, margaret@redrockbicycle.com, intermountaincup.com

June 23-25, 2023 — Soho Bike Fest. USA Cycling Pro XCT, Heber, UT, Cross Country, time trial, and STXC races. Part of the Pro Cross-Country Tour. UCI sanctioned too. Come out and watch the top pros or race your race. Gravel race too! Todd Hageman, sohobikefest@gmail.com, sohobikefest.com

June 24, 2023 — Fast Times at Richfield ICUP. Intermountain Cup, Richfield, UT, Check back for complete details., Margaret Gibson, 435-229-6251, margaret@redrockbicycle.com, intermountaincup.com

July 1, 2023 — Brian Shredder Downhill. Go-Ride Gravity Series, Brian Head, UT, Downhill, Ron Lindley, 801-375-3231, info@utahdh.org, utahdh.org

July 8, 2023 — Eden Epic. Eden, UT. On the trails above beautiful Ogden Valley, the Eden Epic is a truly "epic" mountain bike adventure. With a focus more on the adventure than the finishing times, this is an epic adventure that has a place for those looking to push themselves. Clay Christensen, 801-234-0399, info@enduranceutah.com, edenepic.com

July 15, 2023 — Soldier Hollow ICUP. Intermountain Cup, Soldier Hollow, UT, Margaret Gibson, 435-229-6251, margaret@redrockbicycle.com, intermountaincup.com

July 22-23, 2023 — 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., Robert Herber, robert@bigmountainenduro.com, bigmountainenduro.com

July 29, 2023 — El Doce at Pow Mow. Powder Mountain - Eden, UT, NEW DATE! 12/6 Hour Endurance Mountain Bike Race at Powder Mountain, Utah. Solo, Duo and 3-4 Teams. 15.2 mi course lap with ~1900' elevation gain, IMBA-designed trails., Eric Bauman, 801-399-1773, eric@goalfoundation.com, Reide Thompson, 801-399-1773, reide@goal-foundation.com, eldoceut.com

August 4-5, 2023 — 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, roamutah.com, abajoenduro.com

August 5, 2023 — 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, intermountaincup.com

August 12, 2023 — Sundance Showdown Downhill. TENTATIVE DATE, Go-Ride Gravity Series, Sundance Resort, UT, USAC sanctioned Downhill, Ron Lindley, 801-375-3231, info@utahdh.org, go-ride.com, utahdh.org

August 19, 2023 — Odyssey at Brian Head Endurance. Intermountain Cup Endurance Series, Brian Head, UT. The Odyssey takes what was the idea of the Brian Head Epic and twists it into a crazy hard day that will have you giggling on the flowy descents and cursing on the climbs. It will challenge you both technically, physically and mentally. It's 47 miles with 6900 feet of elevation gain incorporating the ripper descents of Dark Hollow and Bunker Creek, the rugged Lower Ponds trail and plenty of climbing in between all above 8500 feet. It will most likely be one of the most challenging and most fun days you've ever had., Margaret Gibson, 435-229-6251, margaret@redrockbicycle.com, intermountaincup.com

September 2, 2023 — 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, thepc2p.com

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

June 8-11, 2023 — 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, montanacyclocross.com/events/

June 10, 2023 — Fears, Tears, and Beers Enduro. Ely, NV. Enduro mountain bike event. Timed sections mostly downhill, combined time wins. Men's and women's events for all classes. Fun run, beginner, sport, and expert classes., Kent Robertson, 775-289-

6042, 775-296-2162, krobeg@mwpower.net, Kyle Horvath, 775-289-3720, kyle.horvath@elynevada.net, elynevada.net/fears-tears-and-beers/

June 10, 2023 — Salida Big Friggin Loop. TENTATIVE, Colorado Endurance Series, Salida, CO. This self-supported endurance ride is mixed with gravel and singletrack. There will be the base loop and long loop to choose from with the long loop passing through the ghost town of Futurity with a brief hike-a-bike., Bailey Newbrey, .

June 10-11, 2023 — Big Mountain Enduro. Big Mountain Enduro Series, Sunrise Park, AZ, Robert Herber, robert@bigmountainenduro.com, bigmountainenduro.com

June 17, 2023 — Lake Tahoe Mountain Bike Race. Tahoe City, CA. Join us for a day mountain biking in Lake Tahoe on some sweet trails and singletrack. New courses for 2023. Juniors and all NICA riders welcome. 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, Kiley McInroy, kiley@bigblueadventure.com, bigblueadventure.com

June 17-18, 2023 — 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, EWS 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!, Scott Tucker, 360-797-4288, scott@nwcup.com, North American Enduro Cup, contact@naenduro.com, naenduro.com

June 17, 2023 — The Bailey Hundo. Buffalo Creek, CO. 10th year for the race. The HUNDO is 100 miles with 10,000 vertical feet, the HUNDiO is 50 miles with 6,000 vertical feet, in the Buffalo Creek trail system - permitted by the USFS., Jennifer Barbour, 303-503-4616, jen@teamevergreen.org, baileyhundo.org

June 17, 2023 — 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, rideirector@src.com, srcctt.webflow.io, src.com

June 17, 2023 — Taos Guac-Amole Challenge Mountain Bike Race. New Mexico Off Road Series, Taos, NM, Jan Bear, 505-670-4665, janbear@gmail.com, Taos MTB, TaosMTB@gmail.com, nmors.org, taosmtb.org/race

June 18, 2023 — 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, revolutionenduro.com

June 21, 2023 — Mid Week Melee - Race 2. Morrison, CO. Three distances to choose from including: the Elite Mini Course (1.3 miles), Short Course (4.3 miles), and Long Course (4.8 miles)., Dave Muscianisi, 303-817-6523, events@rattleracing.com, rattleracing.com/event/mid-week-melee-2/

June 21-25, 2023 — Mid Week Bike Week. Crested Butte, CO. Since 2016, we've had one goal - to host the BIGGEST KIDS' BIKE PARTY ON THE PLANET right here in Crested Butte, Colorado, the birthplace of mountain biking. Junior Bike Week is the only multi-day mountain bike festival that exclusively celebrates 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, 970-556-4085, director@juniorbikeweek.com, juniorbikeweek.com

June 23-25, 2023 — 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, nwcup.com

June 23-26, 2023 — Four Seasons of Horsetooth Challenge. Fort Collins, CO. This is a grassroots un-event with no entry fees and no real start times and is ridden on the two solstices and equinoxes in Horsetooth Mountain Park and Lory State Park., Four Seasons of Horsetooth Challenge, 4soh.org

June 23-25, 2023 — NW Cup Downhill Series (Mt. Hood). Northwest Cup Downhill Series, Mt. Hood, OR. Downhill race. Held at Silver Mountain Bike Park. Friday will be open practice. Saturday will be split practice by category. Pro/JuniorX seeding Saturday



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evening. Sunday racing all categories, Scott Tucker, 360-797-4288, scott@nwcup.com, nwcup.com

June 24, 2023 — 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, twistedturtleracing.com

June 24, 2023 — 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@lifefitness.com, leadvillrace.com, lutsen99er@lutsen99er.com

June 24, 2023 — Bear Bait 8, Casper Mountain, WY, 5th annual, 860 feet of elevation gain per lap with a total distance of 8 miles., Keith Wharton, 307-253-7511, fattishracing@gmail.com, bearbait8.itsyourrace.com/event.aspx?id=8803

June 24, 2023 — 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, jmiller@winterparkresort.com, winterparkresort.com/things-to-do/competition-center/summer-programs/winter-park-classics-bike-race-series

June 25, 2023 — Send It at Jug Mountain Ranch Enduro, Wild Rockies Series, McCall, ID, Enduro MTB race, Alex Phipps, 208-841-4120, alex01phipp@gmail.com, twistedturtleracing.com

June 29-July 2, 2023 — 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@lifefitness.com, leadvillrace.com

June 30-July 2, 2023 — 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, nwcup.com

July 2, 2023 — G3 (Grand Gear Grind), Winter Park, CO, 3-day mountain bike stage race in Winter Park, Colorado, Dave Muscianisi, 303-817-6523, events@rattleracing.com, g3race.com

July 4, 2023 — 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, Vince Hutton, 970-547-4321, 970-453-1734, vinceh@townofbreckenridge.com, breckenridgerecreation.com/races-programs/races/firecracker-50, mavsports.com

July 5-9, 2023 — USA Cycling Cross-Country Mountain Bike National Championships, TBD, Bear Creek Resort, PA, Mountain bike national championships and high school cycling festival, Chuck Hodge, 719-434-4200, chodge@usacycling.org, usacycling.org

July 8, 2023 — Telluride 100 Mountain Bike Race, Telluride, CO, 100/50/30 mile MTB race, Tobin, 970-417-1751, tobin@behling.com, telluride100.com

July 8-9, 2023 — Big Mountain Enduro, Big Mountain Enduro Series, Durango, CO, BME Stop #4: The BME comes to Winter Park in 2023. Taking place on August 28th-29th, this ever-popular event will feature Purgatory Bike Park downhill terrain and high alpine singletrack which is made for hard core mountain bike enthusiasts., Robert Herber, robert@bigmountainenduro.com, bigmountainenduro.com

July 8, 2023 — Colorado State MTB Championship, Bailey, CO, The course deliv-

ers 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 Muscianisi, 303-817-6523, events@rattleracing.com, rattleracing.com/event/fangdango/

July 9, 2023 — 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@lifefitness.com, leadvillrace.com

July 9, 2023 — Powderhorn Enduro, Revolution Enduro Series, Powderhorn, CO, one day, lift service race, David Scully, 970-846-5012, david@revolutionenduro.com, revolutionenduro.com

July 12-August 9, 2023 — Highlands Ranch MTB Race Series, Highlands Ranch MTB Race Series, Highlands Ranch, CO, The Highland National Circuit will be held on the 21st of July, Rocky Gulch Circuit will be held on the 28th of July, Badlands Circuit will be held on the 4th of August, and the Wildcat Circuit will be held on the 11th of August., Patrick Gojan, 303-471-7048, racedirector@hiraonline.org

July 15, 2023 — Whit Henry's 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, twistedturtleracing.com

July 15, 2023 — Tahoe Trail 100, Leadville Race Series, Northstar, CA, Ride 50K or 100K of rocky summits, breathtaking pine forests and beautiful Lake Tahoe views. 100K riders can qualify for the Leadville Trail 100 MTB, Josh Colley, 719-219-9357, yupho-riaccontact@gmail.com, Todd Jackson, 530-546-1019, todd@bigblueadventure.com

tahoetrailmtb.com, yupho-riacproductions.com

July 15-16, 2023 — Downieville Classic, Lost Sierra Triple Crown, Downieville, CA, Race or ride the epic 26.5 mile point-to-point cross-country to the Sierra Crest and back to town, or take in a double dose with 15 miles of the Downieville Downhill in the All Mountain World Championships, followed by an epic party. Named one of the top 10 mountain bike festivals by Outside magazine., Sierra Trails, info@sierratrails.org, downievilleclassic.com

July 15, 2023 — 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@lifefitness.com, leadvillrace.com

July 22, 2023 — 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, butte100.com

July 22, 2023 — Helena Enduro, Montana Enduro Series, Helena, MT, Montana Enduro Series, contact@montanaenduro.com, Eric Sivers, eric@montanabicycleguild.org, montanaenduro.com, montanabicycleguild.org

July 22-23, 2023 — 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 single-track 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 pines with plenty of space 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, ElCapitan@ZiaRides.com, ZiaRides.com

July 22, 2023 — Winter Park Sunrise to Sunset, 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, Scott Olmsted, 720-819-7306, support@theridecollective.com, theridecollective.com

July 23, 2023 — Race Montana Triathlon and Duathlon, Great Falls, MT, Sprint Triathlon with 50-meter pool snake swim. Solo or Team. New - Duathlon (1.5-mile run / 12.2-mile bike / 3.1-mile run). Want a taste of triathlon? "Try A Tri" Triathlon (100-meter swim, 3-mile bike, and 1-mile walk/run). Youth Long and Short Course. Participants get a free pass to the Electric City Water Park., Ron Ray, 406-761-2222, info@racemf.com, racemf.com

July 28-30, 2023 — Leadville Stage Race, Leadville Race Series, Leadville, CO, 100M (100 miles over three days), Team Option. Experience the legendary Leadville Trail 100 course over three days. Push the pace to see what you're made of, or use the stages to prepare or qualify for the Leadville Trail 100 in August. This is one amazing party, with daily stage prizes, raffles, unmatched swag, food, beer and live music., Paul Anderson, 719-219-9364, panderson4@lifefitness.com, leadvillrace.com

July 29, 2023 — Laramie Range Epic, Laramie, WY, The Laramie Range Epic (Formerly the Laramie Enduro) will have two course options, 30/60ish miles. 80% singletrack from smooth and flowy to steep and technical. Choose the One & Done to do one lap, or the Laramie Range Epic to do two laps. Aid stations with fresh food, water and performance nutrition. Legendary after-party with live music, awards, cash pay-outs, raffle, free refreshments and warm, fresh food! Limited on-course camping and room specials, Dewey Gallegos, 307-742-5533, lracedirector@gmail.com, laramierangeepic.com

July 29-30, 2023 — Pomerelle Pounder Downhill, Go-Ride Gravity Series, Albion, ID, Two USAC sanctioned downhill races in two days., Ron Lindley, 801-375-3231, info@utahdh.org, go-ride.com, utahdh.org

July 29, 2023 — 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, twistedturtleracing.com

July 29-30, 2023 — 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, revolutionenduro.com

July 29, 2023 — Super Loop, 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, jmiller@winterparkresort.com, winterparkresort.com/things-to-do/competition-center/summer-programs/winter-park-classics-bike-race-series

August 4-5, 2023 — Trestle Gravity Series: Races 1 and 2, Trestle Gravity Series, Winter Park, CO, Jen Miller, 970-726-1570, jmiller@winterparkresort.com, winterparkresort.com/things-to-do/competition-center/summer-programs/trestle-gravity-series

August 4-6, 2023 — 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, nwcup.com

August 5, 2023 — Pierre's Hole MTB Race, National Ultra Endurance Series, Alta, WY, 13th Annual! Registration opens February 20, 2023. 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 trails at Grand Targhee. The 100 k is a part of the NUE marathon series race, Andy Williams, 800-TARGHEE ext. 1309, awilliams@grandtarghee.com, grandtarghee.com/pierres-hole-50-100-mountain-bike-race/

August 5-6, 2023 — Emerald Mountain Epic, Mountain Town Challenge Series, Steamboat Springs, CO, A mountain bike race/trail running race over 26 miles of beautiful Routt County singletrack with a total of roughly 3,500ft elevation gain. Solo (two laps) and duo team (one lap per rider) options available., Sarah Glassmeyer, 712-898-6571, emeraldminepic.org, emeraldminepic.org

August 5, 2023 — 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, janbea@gmail.com, Pat, 505-730-2615, pamenides.orniel@gmail.com, nmors.org, oakflatsmtb.com

August 5-6, 2023 — 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., Robert Herber, robert@bigmountainenduro.com, bigmountainenduro.com

August 5, 2023 — Snowmass 50, Snowmass, CO, This race will highlight a 25 mile single-track 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, [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 5, 2023 — 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., Nick Ybarra, 701-570-9138, nick@experienceland.org, experienceland.org

August 12, 2023 — 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@lifefitness.com, leadvillrace.com

August 12, 2023 — Enduro Pescado Whitefish Enduro, Montana Enduro Series, Whitefish, MT, Montana Enduro Series, contact@montanaenduro.com, Eric Sivers, eric@montanabicycleguild.org, montanaenduro.com

August 12-13, 2023 — Keystone Enduro, Revolution Enduro Series, Keystone, CO, David Scully, 970-846-5012, david@revolutionenduro.com, revolutionenduro.com

August 13, 2023 — Colorado Trail Race, Durango, CO, Group Start date and time, 4:AM, Sunday, August 13th, 2023, Durango, Jefe Branham, JWOOKIEONE@HOTMAIL.COM, jwookieone.com/2023-colorado-trail-race-what-ya-need-to-know/

August 19, 2023 — 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, debbleyork38special@gmail.com, york-38special.org

August 19-20, 2023 — Snowmass Enduro, Revolution Enduro Series, Snowmass, CO, Encompassing thousands of feet of descent, you won't want to miss this lift served, two day, gravity filled Enduro., David Scully, 970-846-5012, david@revolutionenduro.com, revolutionenduro.com/snowmass-colorado-enduro/

August 19-20, 2023 — Idaho Senior Games, Eagle, ID, Held at Eagle Cycle Park, Cross Country and Hill Climb events, Mike Thornton, 208-861-8000, idahoseniorgamesinfo@gmail.com, Katie Heidrich, 951-733-5198, katie@ornigoevents.com, Stewart Hindman, 208-461-8877, idahosg.cycling@gmail.com, idahoseniorgames.org

August 26, 2023 — 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, bigskybiggie.com

August 26, 2023 — La Tierra Torture Mountain Bike Race, New Mexico Off Road Series, Santa Fe, NM, fast and flowy course, Jan Bear, 505-670-4665, janbea@gmail.com, nmors.org, core-crew.com

August 26, 2023 — 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

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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, lakecityalpine50.com

August 26, 2023 — Tipperary, 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, jmiller@winterparkresort.com, winterparkresort.com, things-to-do/competition-center/summer-programs/winter-park-classics-bike-race-series

September 1-3, 2023 — Trestle Gravity Series: Downhill Race 3, 4, and 5. Trestle Gravity Series, Winter Park, CO, Jen Miller, 970-726-1570, jmiller@winterparkresort.com, winterparkresort.com, things-to-do/competition-center/summer-programs/trestle-gravity-series

September 3, 2023 — Dakota Five-0, Spearfish, South Dakota, 50 miles. A lollie-pop loop, begins in Spearfish City Park with a mass, neutral roll out, and leaves town to the west up Tinton Road., Perry Jewett, 605-641-4963, ridgeiders@blackhills.com, dakotafiveo.com

September 8-10, 2023 — NW Cup Downhill Series (TBA), Northwest Cup Downhill Series, TBA, TBA, Downhill race. Held at Whitefish Bike Park. Friday will be open practice. Saturday will be split practice by category. Pro/JuniorX seeding Saturday evening. Sunday racing all categories, Scott Tucker, 360-797-4288, scott@nwcup.com, nwcup.com

September 9, 2023 — 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, horvath@elynevada.net, elynevada.net

September 9, 2023 — Pocatello Fall Ultra, Pocatello, ID. Join us for the premier ultra mountain bike race in Southeast Idaho. Participate in a 100K or 50K ride in one of America's best mountain biking areas. 100K RACE:- Over 9,000 ft. of elevation gain- Over 45 miles of singletrack on the 100K course.- Looped course, 80% Singletrack/50K RACE:- Over 6,500 ft. of elevation gain- Looped course, ALL singletrack., Scott Peterson, 208-681-6910, Scottpetemall@gmail.com, pocatellofallultra.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, utahcritseries@gmail.com, utahcritseries.com

DLD (DMV) Criterium — Utah Crit Series, West Valley City, UT. Weekly Training Crit at the Driver's Training Center, 4700S, 2780W., A 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, utahcritseries@gmail.com, utahcritseries.com

Emigration Canyon Hillclimb Series — Utah Crit Series, Salt Lake City, UT. Starts north of Zoo 7.4 miles to top of Emigration. First rider off at 6:30. Every other Thursday April through August, Marek Shon, 801-209-2479, utahcritseries@gmail.com, utahcritseries.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@mdsc.com, Ben Kofeod, benhof@hotmail.com, Travis Dunn, travis.dunn@usu.edu, loganraceclub.org

Utah Road Race Series — Utah Crit Series, Salt Lake City, UT. Fridays, June 10, July 22, August 12, Aug 26, Marek Shon, 801-209-2479, utahcritseries@gmail.com, race2wheels.com

Utah Road Racing

June 9-10, 2023 — Kokopelli Moab to St. George Relay, Moab, UT. 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., Clay Christensen, 801-234-0399, info@enduranceutah.com, kokopellirelay.com

June 17, 2023 — The Longest Day - Ride for Alzheimers, Tremonton, UT. Raise funds for the Alzheimer's Association, Starting at 7

am at Schuman Park in Tremonton, we will stage our 2nd annual 100 mile route with rest rooms and aid stations throughout Box Elder County., Kirk Johnson, 801-513-9728, kirkj78@gmail.com, act.az.org/site/IR?pg=team&fr_id=16164&team_id=804071

June 23, 2023 — 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

June 24, 2023 — Utah Hill Climb - Snowbird, UCA Series, Snowbird, UT. Dirk Cowley, 801-699-5126, dcowley@comcast.net, utahcyclingevents.com

June 25, 2023 — Need for Speed Time Trial, UCA Series, Salt Lake City, UT. State TT Championship, Dirk Cowley, 801-699-5126, dcowley@comcast.net, utahcyclingevents.com

July 8, 2023 — Cache Gran Fondo, UCI Gran Fondo World Series, USA AND Gran Fondo National Series, Logan, UT. Qualifying event in the Western US for the GFNS (USACycling Gran Fondo National Championship), and a true Gran Fondo where riders of all abilities are invited to participate. Chose from distances of 35, 53, 76 and 104-mile courses on Saturday through a fun, low-traffic, and scenic route in Cache Valley, UT. The finish is a festival for all riders, with race prizes, recreational rider prizes, Troy Oldham, 435-764-2979, oldhamtroy@gmail.com, cache-granfondo.com

July 13, 2023 — Ogden Twilight Criterium p/b EMPYR, UCA Series, Ogden, UT. Location: Stockman Way and Exchange Rd, USCF, Collegiate, and High School Fat Tire categories, Clinton Morley, 505-379-0216, clint@thresholdsports.org

July 15-16, 2023 — Salt Lake Criterium, American Criterium Cup, 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, Eric Gardiner, 801-660-9173, saltlakecrit@gmail.com, saltlakecriterium.com

July 15, 2023 — Southeastern Utah Bike Challenge, Montezuma Creek, UT. The race route is one way from Montezuma Creek, UT (262) to McCracken Mesa, UT (N5099) to Hatch Trading Store (N5099) to Cahone Mesa, UT (N5099) left on Mesa Ranch Road. Registration: 6 am - 7 am on race day, Race starts - 7:15 am, Delbert Dickson, 435-220-0668, ddickson@unhsinc.org, Gilbert Ben, 970-529-3515, .

July 22, 2023 — Powder Mountain Hill Climb, Utah State Hill Climb Series, UCA Series, Eden, UT. Dirk Cowley, 801-699-5126, dcowley@comcast.net, utahcyclingevents.com

July 28-29, 2023 — 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, saintstosinners.com

July 29, 2023 — Mirror Lake Highway Road Race, UCA Series, Kamas, UT. 150 miles across some amazing country roads and up Mirror Lake Hwy thru beautiful pine and aspen forest, across the highest paved pass in Utah at 10,700 feet, and back on country roads in wide open country. It is a road race, a gran fondo (for those who only want to ride) and can be done as 2 or 3 person relay. Fully supported. Start and finish in Kamas, Troy Huebner, 801-427-0852, Troy.Huebner@SnapOne.com

August 5, 2023 — East Canyon Echo Road Race and Fun Ride, UCA Series, Henefer, UT. 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, spots@sports-am.com, sports-am.com

August 19, 2023 — 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, wildfloweroutdoor.com

August 25-28, 2023 — 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, planetultra.com, hoodoo500.com

September 9, 2023 — LOTOJA Classic Road Race, Logan, UT. 41st 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, lotoja.com

Regional Weekly Road Race Series

May 10-August 9, 2023 — 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 27Hill 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 Merck style), Single Speed, and Clydesdale (210 lbs+) and Athena (150 lbs+), Peter Joyce, 208-282-3912, lovcy@pete@su.edu, Tony Chesrow, 435-671-2506, hebermlsports@yahoo.com, idahocycling.com

May 16-July 18, 2023 — 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, obccwebdesign@yahoo.com, idahobikeracing.org

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

June 13-17, 2023 — USA Cycling Amateur Road National Championships, Roanoke, VA. Elite, U23 and Junior Road National Championships., Chuck Hodge, 719-434-4200, chodge@usacycling.org, usacycling.org

June 22-25, 2023 — USA Cycling Professional Road, ITT, and Criterium National Championships, Knoxville, TN. Chuck Hodge, 719-434-4200, chodge@usacycling.org, usacycling.org

June 23-25, 2023 — Baker City Cycling Classic, 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, Ace Bollinger, 509-679-5003, acebollinger@nwl.net, Brian Cimmiyotti, 541-371-3303, 509-374-8424, scottscycleandsports@gmail.com, bakercitycyclingclassic.com

July 2, 2023 — Leesville Gap Road Race, Williams, CA. 62 miles for everyone up and over storied 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, velopromo.com

July 8, 2023 — Boise Twilight Criterium, American Criterium Cup, Boise, ID. 36th 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, boisettwilightcriterium.com

July 8, 2023 — 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, Kim Nordquist, 303-249-6168, kimnordquist@msn.com, bicyclerace.com, teamevergreen.org

July 8, 2023 — Watsonville Criterium, Watsonville, CA. Robert Leibold, 209-604-1354, velopro1@gmail.com, velopromo.com

July 9, 2023 — 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 at 9am, Linda Lloyd, 208-514-3077, george@georgescycles.com, georgescycles.com

July 15-16, 2023 — River City Cycling Classic, Spokane, WA. Omnium. Time trial and road race on Saturday, a criterium on Sunday, Racers can compete in events individually

CYCLING TRIVIA June 2023 Trivia Answers from page 10

- By Dave Campbell**
1. The first was Greg Lemond in 1983 (Ironically awarded the win after the fact due to a doping infringement by Frenchman Pascal Simon), followed by Tyler Hamilton in 2000, Lance Armstrong in 2002/03 (stricken late-doping), 2006 Levi Leipheimer (again stricken later), and finally Andrew Talansky, in a very impressive ride over Chris Froome and Alberto Contador in 2014.
 2. Welshman Geraint Thomas in 2018.
 3. 1985 was the year and it was one of my all-time favorites: Phil Anderson of Australia. He went into the Tour a favorite but placed 5th, tying his best result ever.
 4. Cobbled Classics and Time Trial specialist Fabian Cancellara! "Spartacus" won a fairly non-mountainous edition back in 2009!
 5. Colombian Egan Bernal accomplished this feat in 2019. This will be a big year for the talented South American as he battles to recover his form following a terrible crash and return to the Tour.

Lowriders - Continued from page 20

still being able to put your own spin on it. For Mexican-Americans and Chicanos specifically, many of us want to preserve our culture that has historically been lost or erased, thus a bicycle is one reflection of creating a new identity.

AN: What makes a bicycle a lowrider bicycle?

XM: While there is no explicit definition of a Lowrider bicycle, its almost obvious when you see one.

The main characteristic is that there is no main characteristic. These are highly customized, lowered to the ground, sometimes with actual spring-loaded or air-pumped hydraulics that can lift the entire thing off the ground, mimicking their flashy auto counterparts. Some common features include elongated banana seats, shiny metal-flaked paint jobs, murals, whitewall tires, over-spoked rims, twisted chrome frames, and all kinds of accessories. Many times these bikes reflect a vehicle from the car club, or a specific theme of the family that built it. Lowrider bikes do not shine on

with no need to pass one event to qualify for the next; race 1, 2, or all 3 events, Nathan Gallahan, 208-771-2099, nathan.gallahan@gmail.com, rivercitycycling.org, facebook.com/RCCyclingClassic

August 5, 2023 — Emmett-Roubaix Road Race, Emmett, ID. Justin Ward, 208-322-8042, sales@bobs-bicycles.com, idahobikeracing.org

August 5, 2023 — Warnerville Time Trial, Knights Ferry, CA. Robert Leibold, 209-604-1354, velopro1@gmail.com, velopromo.com

August 6, 2023 — Patterson Road Race, Tracy, CA. Robert Leibold, 209-604-1354, velopro1@gmail.com, velopromo.com

their own; they are a physical manifestation of stories, art, and culture.

AN: What can bicycle shops do to be more inclusive to the lowrider bicycle community?

XM: There needs to be an understanding that this has been around for decades and is only growing ever more popular. I would love to see cycling shops display local Lowrider bikes as a sort of proof-of-concept of the things that can be done to a bike. I think it would be great to see more bicycle parts being sold/traded at these stores, and lastly, perhaps sponsorship of Lowrider bike events. What if we took a famous brand of racing or commuter bike and hired a local Lowrider bike artist to put their touch on it? What would that look like? I would be excited for the possibilities.

Anthony J. Nocella II, Ph.D. is a full-time professor at Salt Lake Community College, author of numerous books, trail runner, triathlete, competitive cyclist, and in his free time works at Hangar 15 Bicycles Millcreek.

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August 12, 2023 — The Broadmoor Pikes Peak Cycling Hill Climb. Colorado Springs, CO. This is an epic hill climb on Pikes Peak, America's Mountain, starting at 9,390 feet and finishing 12.42 miles later at 14,115 feet with an elevation gain of 4,725 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, Jeff Mosher, 719-634-7333 Ext 1005, jeff@thesportscorp.org, PikesPeakCyclingHillClimb.org

August 12, 2023 — Dunnigan Hills Road Race. Dunnigan, CA, Robert Leibold, 209-604-1354, velopro1@gmail.com, velopromo.com

August 13, 2023 — 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, velopromo.com

August 19-20, 2023 — Idaho Senior Games. Kuna, ID, 5k and 10K Time Trials both at 9 a.m. date corresponds to order of listing, 20 K Aug 5 and 40 K Aug 4 Road Races at 10 a.m., qualifying year for National Senior Games. Held at S. Cole Road & Hubbard/10 Mile Creek Rd., Mike Thornton, 208-861-8000, idahoseniorgamesinfo@gmail.com, Stewart Hindman, 208-461-8877, idahosg.cycling@gmail.com, idahoseniorgames.org

August 19, 2023 — San Ardo Road Race. San Ardo, CA, Robert Leibold, 209-604-1354, velopro1@gmail.com, velopromo.com

August 20, 2023 — University Road Race. Santa Cruz, CA, Robert Leibold, 209-604-1354, velopro1@gmail.com, velopromo.com

August 23-27, 2023 — USA Cycling Masters and Paracycling Road National Championships. Augusta, GA, Shawn Brett, 719-434-4200, sbrett@usacycling.org, usacycling.org

August 26, 2023 — Winters Road Race. Winters, CA, Robert Leibold, 209-604-1354, velopro1@gmail.com, velopromo.com

September 2, 2023 — Athlone Time Trial. Merced, CA, Robert Leibold, 209-604-1354, velopro1@gmail.com, velopromo.com

September 4, 2023 — II Giro di San Francisco. San Francisco, CA, 46th annual Labor Day Criterium on the Embarcadero. Challenging six corner course that has hosted some of the best in the nation. 9 separate events including kids challenge. USAC licensed., Robert Leibold, 209-604-1354, velopro1@gmail.com, velopromo.com

Utah Road Touring and Gran Fondos

June 10, 2023 — Huntsman SportsFest - Run. Ride. Play. Support Cancer Research. Salt Lake City, UT. An epic ride supporting Huntsman Cancer Institute (HCI). Distances: 15, 53, 75, 102, 135 & 140-miles. 100% of all funds support the mission of HCI. Jen Murano-Tucker, 801-584-5815, jmurano@huntsmanfoundation.org, huntsmansportsfestival.com

June 16-17, 2023 — 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, Ken Moss, 801-833-2782, rb@saltlakerandos.org, saltlakerandos.org

June 17, 2023 — RAW (Ride Around the Wellsvilles). Logan, UT, The Logan Rotary Club's Ride Around the Wellsvilles will begin at 129 North Main, The Sportsman, 65 mile ride. Benefits local youth with new bikes and helmets, and internationally, provides clean drinking water. Bike Rodeo tool, Gary Saxton, 435-752-2161, 435-374-8076, logan-downtown@gmail.com, rotaryraw.com

June 24-25, 2023 — 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 out of Cache Valley Fairgrounds (400 S 500 W) in Logan., Melissa Matthews, 801-424-0112, Melissa.Matthews@nms.org, Sara Allsuag, 774-254-2668, sara.allsuag@nms.org, Renata Sahagian, 619-763-8128, Renata.Sahagian@nms.org, bikemsutah.org

June 30, 2023 — Antelope by Moonlight Bike Ride. Antelope Island, UT, 10:00 pm. Open to participants of all ages, Antelope Island Marina to Fielding Garf Ranch and back. Experience Antelope Island after-hours under the full moon, Antelope by Moonlight, 801-451-3237, antelope@idaviscountytah.gov, daviscountytah.gov/moonlight, antelopebymoonlight.com

July 8, 2023 — Cache Gran Fondo. UCI Gran Fondo World Series, USA and Gran Fondo National Series, Logan, UT, Qualifying event in the Western US for the GFNS (USACycling Gran Fondo National Championship), and a true Gran Fondo where riders of all abilities are invited to participate. Chose from distances of 35, 53, 76 and 104-mile courses on Saturday through a fun, low-traffic, and scenic route in Cache Valley, UT. The finish is a festival for all riders, with race prizes, recreational rider prizes, Troy Oldham, 435-764-2979, oldhamtroy@gmail.com, cachegrantfondo.com

July 15, 2023 — Iron Lung Ride. Huntsville, UT, 40, 80, or 100 mile options out and back starting in Huntsville with a solid climb up Old Snowbasin Road, down Trappers Loop, through Morgan and out to the top of Big Mountain. Challenging climbing, with plenty of rollers and flats to recover. Utah Triple Crank qualifier, along with LOTOJA and Kokopelli Relay., Michelle Lyman, 801-941-5526, info@ironlungride.com, ironlungride.com

July 28-29, 2023 — Saints to Sinners Bike Relay. Salt Lake City, UT, Fundraiser relay road race from Salt Lake to Las Vegas. Over 500 miles with elevations from 1500 to 10500 feet. Race in teams through the night, fundraiser event for ALS/Lou Gehrig's Disease., Steven

Tew, 801-822-4870, Steven@SaintstoSinners.com, Chad Neusmeyer, 801-856-7018, chad@saintstosinners.com, SaintstoSinners.com

August 12, 2023 — To the Moon and Back Century Ride. Tabiona, UT, Located in the High Uintas, four ride options: 150 miles, Century, 75, 50, and 25. Ride back roads of Duchesne County, very minimal traffic. Free overnight camping. Elevations from 6,522 to 8,150. Fully Supported Ride. 100% of proceeds go to Rapha International., Kandice Elinson, 208-206-4953, moonandbackride@gmail.com, tothemoonandbackevents.com

August 19, 2023 — Sevier Valley Rooster Ride. Richfield, UT, Sevier County's Rooster Ride tours scenic central Utah. The chipped event includes fully stocked rest stops, medals, tee shirts, and custom DNA cycling socks. Riders of all skill levels can find something to enjoy between the 37 mile, 62 mile, or 100 mile rides. Elevation gains vary from 1,015 - 4,287 feet., Amy Myers, 435-893-0457, 844-469-8724, amymyers@sevier.utah.gov, roosteride.net

August 19, 2023 — Wildflower Pedalfest. Morgan, UT, A non-competitive, women only road bike ride. All ages and levels welcome. The 65 mile course option has a timed hill climb with prizes., Nick Bowsher, 801-610-9422, info@wildfloweroutdoor.com, wildfloweroutdoor.com

August 26, 2023 — Cache Valley Century. Richmond, UT, 35, 60, or 100 mile options. The ride contributes to Common Ground, a Logan, Utah non-profit. Funds support their adaptive cycling program. Richmond to Preston, Idaho and back through scenic terrain. Great last century before LoToJal, Troy Oldham, 435-764-2979, oldhamtroy@gmail.com, CacheValleyCentury.com

August 26, 2023 — Summit Challenge. Park City, UT, Riders of all ages and abilities will hit the pavement for a 100, 80, 50, 25, or 16-mile road ride event in support of the National Ability Center's mission. All routes are fully supported and follow paved roads in and around the beautiful Park City mountainside. This exciting event promises to serve up a challenge for a wide range of cycling levels and abilities. And don't forget - all Summit Challenge riders who have a disability can register and ride for 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., Madison Lambdin, 435-649-3991, 435-200-0990, madison@discovernac.org, summitchallenge100.org, discovernac.org

August 26, 2023 — 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, 55, 80, 100 Miles. Supporting the Cystic Fibrosis Foundation in its mission to find a cure for CF., Laura Hadley, 801-532-2335, 801-558-8310, lhadley@cff.org, Erin Hurtado, 801-532-2335, ehurtado@cff.org, fightcf.cff.org/site/IR?fr_id=8753&pg=entry

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

June 10, 2023 — Tour of Two Forests. Santa Clarita, CA, 200 mile ride, Deborah Bowling, 818-889-2453, embassy@planetultra.com, planetultra.com

June 11-17, 2023 — Ride the Rockies. Fort Collins, CO, Explore Colorado's Rocky Mountains by bicycle! The 2023 tour will be a brand new route showcasing the state's unmatched scenery and breathtaking mountain views. Ft. Collins, Estes Park, Allenspark, Grand Lake, Withner Park, Gilpin County, Ft. Collins, Ride the Rockies, info@ridetherockies.com, ridetherockies.com, venturesendurance.com

June 11, 2023 — 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, alz.org/ride

June 17, 2023 — Spinderella. 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, spinderella33@gmail.com, spinderellaide.com

June 17, 2023 — CHAFE 150 Gran Fondo. Sandpoint, ID, The 150 mile route is a grand loop around the Cabinet Mountains through gorgeous lake and river valleys, encompassing one upriver leg, two downriver legs and one huge lake! In addition, CHAFE offers magnificent 100, 80, 40, and 25 mile routes for riders of any level, Syringa Cyclery, 208-610-9990, syringacyclery@gmail.com, Jane Huang, chafe150@outlook.com, chafe150.org

June 24, 2023 — 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 Mak-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, ratpod.org, campdream.org

June 24, 2023 — 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., Aliea Eadie, 307-757-7166, aednie@cheyennecommunityrecreationandevents.nmotive.com, events/register/superday-2022-tour-de-prairie

June 24, 2023 — 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, Michael Bayer, challenge@altaalpina.org, altaalpina.org

June 24-25, 2023 — 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@nms.org, Erika Barnum, 303-698-6127, Erika.Barnum@nms.org, bikemslosangeles.org

June 24-25, 2023 — Bike MS: Los Angeles Coastal Challenge. Bike MS, Ventura, CA, Choose your start line and build your own adventure. Start in Ventura for an easy 30 miles along the river path or Santa Monica for breathtaking 62 miles along PCH or take the challenge and do 105 miles for a combo of mountain and coastal riding. Everyone will come together for the finish line and party at the San Buenaventura State Beach Park to celebrate with food, drinks, music and fun! Overnight in Ventura then enjoy the beauty of Ventura County's coastline and the hills and lakes of Ojai., JJ Hoffman, 323-839-6414, janette.hoffman@nms.org, bikemslosangeles.org

July 15-21, 2023 — Tour de Wyoming. Buffalo, WY, Bike tour through Wyoming with daily distances from 55 to 70 miles, Amber Travky, 307-742-5840, atravsky@wyoming.com, cycletourwyoming.org, tourdewyoming.org

July 15, 2023 — 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, tourdesteamboat.com

July 15, 2023 — 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!, Melissa Edwards, 530-694-2475, info@deathride.com, deathride.com

July 15-16, 2023 — 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 thrilling 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, rishan@cascade.org, cascade.org/node/6801

July 22, 2023 — 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, Kim Nordquist, 303-249-6168, kimnordquist@msn.com, triplebypass.org

July 29, 2023 — 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, santacruzcyling.org

August 5, 2023 — Tour de Big Bear. Big Bear Lake, CA, 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, bigbearcycling.com/tour-de-big-bear-cycling-west/, bigbearcycling.com

August 5, 2023 — Copper Triangle Alpine Cycling Classic. Copper Mountain, CO, There's never a bad time to train for a true alpine cycling classic like Copper Triangle. Start high in the Rocky Mountains and only go up from there on the 79-mile loop cresting three Colorado mountain passes - totaling 6,500 feet in elevation gain. New in 2022: A friendly QOM & KOM of Vail Pass, with podium presentations for the top 3 men & women, Scott Olmsted, 720-819-7306, support@theridecollective.com, theridecollective.com

August 5, 2023 — Marin Century. Novato, CA, 62 and 100 Mile options with a Mt. Tam option too, Marin Cyclists, 415-823-5047, info@marincyclists.com, marincyclists.com

August 12, 2023 — Stonewall Century Bicycle Ride. La Veta, CO, 20th 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, Kerrie Meyer, kerrie@meyley.net, spcycling.org

August 12, 2023 — Enchanted Circle. TENTATIVE, Red River, NM, The Enchanted Circle Bicycle Tour is a scenic, southwest cycling experience with rolling hills, fast descents and rewarding climbs. Chose between an 85-mile ride or the iconic 100-mile century along the Enchanted Circle Scenic Byway,

this New Mexico course travels through some of the most spectacular peaks in New Mexico, Scott Olmsted, 720-819-7306, support@theridecollective.com, theridecollective.com

August 19, 2023 — 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. Proceeds from the ride fund scholarships for student in school district 91., Lara Hill, myhillsidehome@gmail.com, www.heartofidaho.org

August 20-September 1, 2023 — Yellowstone National Park Bike Tour. Belgrade, MT, Multiple dates. Experience the world's first national park! 6-day tour, 5-nights lodging, meals include: 4 dinners, 5 lunches, 5 breakfasts, guide service, entrance fees, daily lunch en route, energy food, liquid refreshments, shuttles and mechanical support., John Humphries, 970-729-5891, info@lzardheadcyclingguides.com, lzardheadcyclingguides.com

August 26, 2023 — Venus de Miles. Lyons, CO, Venus de Miles is Colorado's original and largest all-women's road ride and finish festival. In its 16th year, Venus de Miles welcomes all skill levels and is a strong supporter of sisterhood and women's cycling. 30-mile, 66-mile, and 100-mile course options. Fundraiser for Greenhouse Scholars, Greenhouse Partners, 720-769-9998, info@venusdemiles.com, venusdemiles.com

August 27, 2023 — 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, granfondonationalseries.com/gran-fondo-golden/

September 9, 2023 — 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, elynevada.net/race-the-rails

September 9, 2023 — American Diabetes Association's Tour de Cure Colorado. Lone Tree, CO, Join TDC 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, MTaylor@diabetes.org, SReeves@diabetes.org, BrittanyBurcham@diabetes.org, diabetes.org/coloradoourdecure

September 9, 2023 — Tour of the Moon. 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, Scott Olmsted, 720-819-7306, support@theridecollective.com, theridecollective.com

September 9-16, 2023 — 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 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@discoverklamath.com, ridetherimoregon.com

Multisport Races

June 10, 2023 — Ironman 70.3 Boulder. Boulder, CO, boulder70.3@ironman.com, ironman.com

June 17, 2023 — XTERRA Lory. XTERRA America Tour, Bellvue, CO, 1/2 mile swim in the clear waters of Horsetooth Reservoir (Etuk 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@withoutrimits.com, withoutrimits.com/#!_xterra-lory

June 17, 2023 — REXBURG RUSH TRIATHLON. TRI Peaks Events, REXBURG, ID, Held at Wakeside Lake in REXBURG, this triathlon will include BOTH Sprint & Olympic distances. This race is a first in a 3 race series happening in Eastern Idaho—DO THE TRIFECTA in 2023!, Mike Taylor, 208-201-6269, TriPeaksEpicEvents@gmail.com, Brian Magleby, 208-520-9400, TriPeaksEpicEvents@gmail.com, tripeaksvents.com

June 24, 2023 — Jordanelle Triathlon. TriUtah Points Series, Park City, UT, 22nd annual. Enjoy everything from the wildlife and boardwalks on the river bottoms in Rock Cliff Recreation Area at Jordanelle to the local country backdrop of the towns of Francis and Woodland., Dan Aamodt, 385-228-3454, race@triatl.com, triatl.com

June 24, 2023 — 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 is at Commons Beach on the shore of Lake Tahoe., Todd Jackson, 530-546-1019, todd@bigblueadventure.com, Kiley McInroy, kiley@bigblueadventure.com, bigblueadventure.com, adventuresportsweektahoec.com/compete/tahoe-off-road-triathlon/

June 25, 2023 — Boulder Sunrise Triathlon. Boulder, CO, Join us in celebrating the start of summer in the triathlon capital of the country, Boulder, CO. Includes olympic, sprint, Relay, duathlon, Aquabike, 10k, and 5k., Craig Towler, 318-518-7303, info@bbsctri.com, Michelle Lund, michelle@bbsctri.com, bbsctri.com/bouldersunrise

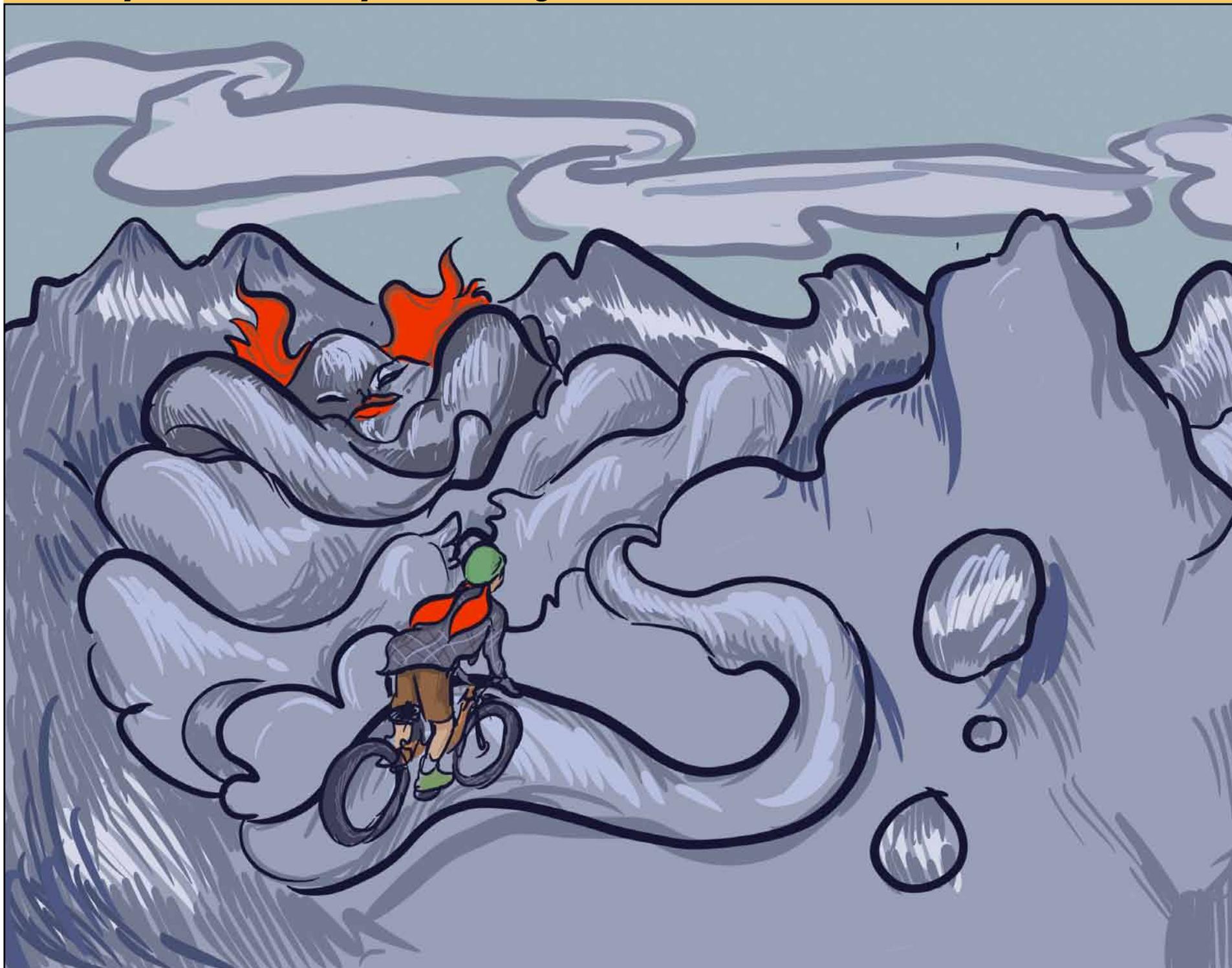


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BICYCLE ART

The Bicycle Art of Romy Ilano: Magic in Marin



Name of artist: Romy Ilano

Title of piece: Magic in Marin

About the artist: Romy got heavily into gravel and mountain biking

during the start of the pandemic shortly after her dad died of covid. She never realized how many beautiful spaces away from cars were a short bike ride away from the Civic Station BART train in San Francisco, and how wonderful the

bicycle community is.

Medium: Digital

Brief artists statement: Pushing your limits in Marin can drive one into a dizzy state. It's such a different

cycling away from all the SUVs that impatiently mow people down on Marin and SF roads and climb into the silence.

Where can people find or buy your art:

Zazzle <https://www.zazzle.com/miromi+gifts>

Website or social media for your art: <https://www.miromi.com>

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