

VOLUME 24 NUMBER 4

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JUNE 2016

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LETTER FROM THE EDITOR

A New Issue, New Column, and Call for Contributors

By Dave Iltis

In the June 2016 issue of Cycling Utah/Cycling West, look for a number of great stories on touring, coaching, bike fit, cross-training, advocacy, racing, and more. In each issue, we work to bring together cyclists from across the spectrum, and this issue is no exception. We also seek to publish the most inclusive calendar possible in the 7 states that we currently enjoy a presence: Utah, Nevada, Wyoming, Montana, W. Colorado, and N. Arizona. We continue to expand our reach and distribution each year. If you know of an event that we are not yet listing, please email calendar@cyclin-

utah.com.

If you would like to contribute a story to the magazine or website on any aspect of cycling and summer or winter cross-training, help us to grow the cycling community, please email dave@cyclin- - we'd love to hear from you.

Lastly, we will be rolling out a new additional coaching column in the July issue: Ask Noak, with veteran cyclist and cross-country ski racer Tom Noaker. See our short article about Tom on page 5 for details.

Look for Cycling Utah and Cycling West at your favorite bike shop, or at many local hot spots and bike events!

Hope to see you on the road and on the trails!

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Cover Photo: Galen Carter riding the Bonneville Shoreline Trail on May 26, 2016.

Photo by Wray Sinclair; www.wraysinclair.com

EVENT PREVIEW

Huntsman 140 to Take Place on June 18, 2016 – Ride Raises Funds for Cancer Research

By Dave Iltis

June 1, 2016 – The Huntsman 140 takes place on June 18, 2016 and is one of the premier road tours in Utah. The ride raises funds for the Huntsman Cancer Institute.

We asked organizer Jen Murano-Tucker a few questions about the event.

Cycling West: Tell us about how the ride started – it has a great history!

H140: The Huntsman 140 ride had its beginnings in 2001, when Stage IV head and neck cancer survivor, Jeff Warren set off on an annual journey via his Litespeed Siena from his hometown of Reno, Nevada to the University of Utah campus, surrounded by family members and supporters.

The Huntsman 140 became an official ride in 2010 and now, Warren is joined on this journey by over 900 cyclists, of all distances, many of whom are cancer survivors like himself. Since 2010, the ride has raised over \$1.3 million and 2016 fundraising is already on track to raise over \$500,000 for Huntsman Cancer Foundation (HCF), the fundraising arm of Huntsman Cancer Institute (HCI).

Cycling West: Tell us about the course. What are the ride length options, and start location options?

H140: We have the 30, 55, 75,



In 2015, the Huntsman 140 raised \$415,000 for cancer research. Photo by Charles Uibel

and 140 mile distances for riders of all levels. The 140 out-and-back, 75, 55 & 30 mile all starts and ends on the University of Utah campus at 200 Fort Douglas Blvd, SLC. And our 140 Delta ride starts on Main Street in Delta, UT and finishes with all the other riders at Fort Douglas.

Many of our riders aspire to ride the 140 Delta option because it's not only on quiet back roads, but has 98 miles with only two stop signs and no traffic lights.

Cycling West: The ride benefits the Huntsman Cancer Institute. Can you tell us more about how the funds raised are used?

H140: All funds raised and registration fees through the Huntsman 140 go to Huntsman Cancer Foundation (HCF) to support cancer research at the Huntsman Cancer Institute (HCI). Each rider is encouraged to fundraise \$500.

Research is expensive and it takes a lot of dollars to fund an innovative idea. Most individuals can't fund a research project, but through the Huntsman 140, everyone's collective dollars can change the future, affect lives for good and save loved ones in the future.

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

H140: There is still time to join the ride! Online registration closes on Tuesday, June 14th at www.huntsman140.com

Event Details: June 18 — Huntsman 140, Delta, UT, A road cycling, non-competitive ride with 30, 55, 75, and 140 mile distances that raises funds for cancer research at Huntsman Cancer Institute., Jen Murano-Tucker, 801-584-5815, h140@huntsmanfoundation.org, huntsman140.com



2 riders finish the Huntsman 140 in 2015. Photo by Dave Iltis

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COMMUTER COLUMN

Ogden's Mayor Mike Caldwell Commutes and Advocates for Cycling

Ogden Mayor Mike Caldwell commuted to work every day in 2014.
Photo by Courtesy Mike Caldwell

By Turner C. Bitton

Mayor Mike Caldwell of Ogden began his second term in January of 2016 and is known for his support of cycling, both commuter and mountain. He has been the Chair of the Wasatch Front Regional Council's Active Transportation Committee since 2015. During his tenure as Mayor, Ogden has seen an increase in bicycle-related industry, infrastructure, and the city has adopted a Bicycle Master Plan (covered in my April 2016 issue column).

I recently sat down with Mayor Caldwell to discuss his work as Chair of the Active Transportation Committee and to get his personal advice for bicycle commuters in Ogden and throughout the Wasatch Front.

1. You had a much-publicized goal of commuting to work by bicycle each day that you were in the office in 2014. After a full year of commuting, what advice do you have for new commuters?

I think people just need to get started and figure some of the things out as they go. I had most of the equipment I needed but it was scattered throughout the house and once you get started you figure out what

you need to be comfortable and feel safe. I tended to stay off high traffic areas so I didn't have to worry about or contend with as many cars and I would recommend staying on the same routes where possible, it really helps to know if there are potential hazards such as potholes or school areas that require more attention. High quality lights on the front and back also make a big difference. At the end of the year I rode close to 2,200 miles and had one flat with no accidents; so it was a pretty good year.

2. You've been Chair of the Wasatch Front Regional Council (WFRC) Active Transportation Committee for over a year now. Can you explain what the committee does that benefits bicycle commuters and what your role is as Chair?

The Council acts as a great forum for all city planners, engineers and others to talk about best practices for projects in their communities that will make both cycling and walking safer and more enjoyable. We also work as an advocacy group to make sure that cycling and walking are legitimate forms of transportation and general health in communities. Health care in America is the 7th largest economy in the world and healthier communities that encour-

age more active modes of transportation can really help with that. We meet regularly with key stake holders like our Legislature, UTA and UDOT to find ways to improve the safety of our streets for these ways to move through our communities. We also make long term strategic plans cities can add to their master plans to include some of these upgrades.

3. What would you say is the overall sentiment of the committee as it relates to bicycles? How does the WFRC's work support the new Ogden Bicycle Master Plan?

They are all a very passionate group about getting people outside and more involved in their communities. Interestingly enough, not all of them ride bikes as you might expect. Many of the communities represented have heard loud and clear from their residents that these are very important elements of the community they want to be raising their families in and have made it a priority to work on. WFRC's work supports Master Planning of transportation along the entire Wasatch Front and they were the organization that gave Ogden City a grant to have the study completed.

4. One of the key areas of interest to cyclists are the so-called "Bicycle Networks" that are included in the 2015-2040 Regional Transportation

Plan. Can you explain what these networks are?

Bicycle Networks are just that: a network of connected pathways that go places you want to go and connect all the important gathering places in our communities. The vision is to have all the surrounding communities connected so these pathways don't end at city boundaries. They also allow for racks on UTA busses and space on both Front Runner and Trax, it is a complete ecosystem that is interconnected.

5. What project are you the most excited to have worked on as chair of the committee? Are there any specific projects that you feel readers should be aware of?

UTA is undergoing a study right now to do regional Bike Share programming along the entire public transportation network they have built. First and Last mile are issues they constantly work to address and this is probably the easiest way to solve some of those problems. We were also excited to see Prop 1 dollars eligible for Active Transportation corridors and facilities. [Editor's Note: Proposition 1 passed in Weber County, but not Salt Lake County or Utah County] Master Planning for smaller communities that might not have the budget but need to start making plans has also been a great benefit.

6. What is the most important impact that you being chair has had for Ogden City?

It has allowed us to be much more robust in our planning and aligning of resources in Weber County as a whole. I also felt it was important I practice what I preach which was part of my reason for riding every

day in 2014. Being a regular bike commuter with a very busy schedule brought some attention to its viability.

7. What is your preferred route to work? Are there any infrastructure improvements outlined in Ogden's Bicycle Master Plan that would have made your commute safer or more enjoyable?

I rode through Weber State and followed the recommended roads above Harrison to 26th street and down to the Municipal Building. It was about 5.5 miles each way. One thing we have talked about is road clearing during the snow storms we get in the winter, some of those commutes through heavier snow was definitely more challenging. There are protected and prioritized pathways that are recommended that would have made it safer as people wouldn't be able to park in the designated or protected bike lane. As you know Ogden is very unique and diverse and seeing all the different parts of our community made every ride very enjoyable. Not sure that we can improve on that a lot!

Given recent developments in Ogden and the announcement that Bike Utah is working to establishing Bicycle Master Plans throughout the state, the work of the Active Transportation Committee is more important than ever and will affect the commutes of cyclists for years to come. For more information on the Active Transportation Committee visit www.wfrc.org.

Turner C. Bitton is an avid cyclist and serves on the Board of Directors of several organizations and in many volunteer leadership capacities. He lives in Ogden with his fiancé Chase and their two dogs Charley and Moose.

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ENDURO RACING

Hills and Compton Win Moab Stop of The SCOTT Enduro Cup



Cyclocross star and Colorado rider Katie Compton won the pro women category of the 2016 Enduro Cup in Moab. Photo by Noah Wetzel



Utah's Amanda Cordell flies the trails of Moab in the 2016 Enduro Cup. Photo by Sean Ryan

Moab, UT (May 7, 2016) - The SCOTT Enduro Cup presented by Vittoria launched its first race of the season at the Klondike Bluffs Trail System in Moab, UT. The sold-out event drew 250 athletes to the desert for a day of enduro mountain bike racing, a tailgate barbecue, awards and raffle. Results are in as Nate Hills and two-time champion, Katie Compton claimed the fastest times overall for the men and women's pro/open category.

Event organizers worked closely with the BLM and Grand County

Trail Mix to host the race for a second year at Klondike Bluffs. Racers were organized into five categories for both men and women, including pro/open, expert, vet expert (35+), amateurs and juniors (13-18). Riders in the pro/open and expert categories rode four timed stages descending approximately 3,000 vertical feet with a total mileage of 29 miles. The amateur and junior categories rode three timed stages covering 25 miles.

Nate Hills, 39, of Keystone, CO, beat the spring showers, leading the charge for the pro/open men's category, with a total time of 21:28.84.

Last year's Moab champion, Macky Franklin, 28, slid into second place at 21:43.504. Downhill legend, Mike West, 41, took third at 21:54.334.

"When I started biking, there was only cross country and I have always liked downhill," said West. "Now that I am in the enduro scene, it's what I love the most. It is an all-around race. You have to be able to pedal, you need to be fit, but you also have to have the technical skills to get up and over all the cracks and crannies that cover slickrock. Moab is great, this venue and the SCOTT Enduro Cup is a great place to kick off the season."

Katie Compton, 37, of Colorado Springs, CO, is no stranger to the podium. She once again landed in Moab's first place position for the pro/open women's category, with a total time of 24:12.336. SCOTT Sports athlete Teal Stetson-Lee, 30, finished in second place with a total time of 25:01.920. Cooper Dendel, 24, fell just two seconds behind Stetson-Lee, landing her the third place spot at 25:03.809.

"All of today's stages were fun and fast, and technical," said Compton. "The faster you rode, the more fun they were. There was a solid camaraderie between all the riders, doing the rider transitions together, and just hanging out, having a good time on bikes. That is the most important part for any cycling discipline. Slickrock is great to ride but it definitely takes it out of you."

Pro/Open Men:

1. Nate Hills (21:28.842)
2. Macky Franklin (21:43.504)
3. Michael West (21:54.334)

Pro/Open Women:

1. Katie Compton (24:12.336)
2. Teal Stetson-Lee (25:01.920)
3. Cooper Dendel (25:03.809)

Lauren Bingham, 13, and brother Bryn Bingham, 14, of Sandy, UT, both took home first in the juniors category. "I have been racing since I was six," said Lauren. "Racing with Katie and Teal, it's amazing knowing you are out there racing the same course, and just to see the pros out there [with you]."

New this year, the Vittoria Bolt awarded the fastest downhill time of the third stage. Nate Hills (03:29.626) and Katie Compton (04:03.155) were each awarded a \$100 cash prize. This award will be featured at each 2016 race.

Podium finishers in the pro/open category shared prize money equally divided between men and women. The podium athletes in the expert, amateur and junior categories received gear from SCOTT Sports and Vittoria. All riders were entered into a raffle, with proceeds going to the Grand County Trail Mix. Raffle prizes were provided by SCOTT Sports, Vittoria, ROTOR and G-Form. A special thanks to our bike

New Q & A Coaching Column: Ask Noak

We are happy to announce the creation of a Q&A-style coach's column, which will draw from the experience and athlete success of coach and elite Masters competitor, Tom Noaker. Please help us help you by emailing your endurance training related questions about getting stronger, faster and smarter to dave@cyclingatuh.com with Ask Noak in the subject line.

Tom is board president of the South Summit Trails Foundation. He received a B.A. in Business Administration and Economics from Belknap College in 1971, moving to Oakley via Park City in 1975. After 7yrs in the ski and building trades, he founded Park City's first full time bike shop, New Park Cyclery. He later sold it to Jan's Mountain Outfitters, where he managed the Bike Division until fall 1992. Tom has built a well respected business as an independent sales rep in the bike and ski industries, and continues to reside in Oakley with his wife Nan Chalot-Noaker and their son Dylan, who has attended the University of Utah's EAE Computer Science program.

As a Masters athlete, Tom has won 16 State Championships in cycling across four age divisions, as well as three USAC Mountain Bike National Championships. In 2003 he was selected as Race Team Head Coach for the Park City Young Riders, leaving in 2010 to coach individual athletes at the Junior U18 and U23 elite level. Tom continues to actively compete in Nordic ski racing, and is committed to creating trail opportunities for the South Summit community.

-Mark Deterline

shop partners, Guthrie Bicycles for mechanical support and Chile Pepper Bike Shop for providing the registration and athlete meeting venue.

The SCOTT Enduro Cup presented by Vittoria will hit the trails again in Angel Fire, NM, on June 11-12. Angel Fire is a new venue for the series and the race is a part of the North American Enduro Tour (NAET), making it an Enduro World Series qualifier race.

For registration information, visit endurocupmtb.com. Registration is open to men and women, professional and amateur adults and juniors ages 13-18. Riders can choose to participate in a single race or purchase a season pass. In addition to race entry,

all registration fees include an event T-shirt, lunch and lift tickets (where applicable). In order to collect points to qualify for the Enduro World Series, racers will need to obtain an EMBA license through EWS here.

SCOTT Enduro Cup presented by Vittoria 2016 Race Schedule

- Moab, UT // May 7
- Angel Fire, NM // June 11-12
- Sun Valley, ID // June 23-26, in collaboration with the Ride Sun Valley Bike Festival
- Deer Valley Resort, Park City, UT // Aug. 28

For more information and full results visit endurocupmtb.com

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ADVOCACY

Western Cities and Businesses Awarded Bike Friendly Status

By Charles Pekow

Moscow, ID has proudly joined the list of Bicycle Friendly Communities (BFCs). The spring class of new graduates to Bicycle Friendly America (BFA) status show some continued if spotty progress through the Mountain West area. Only one business in Utah – and the smallest possible one at that – gained Bicycle Friendly Business (BFB) recognition this time. A few communities in the region improved their status. Wood River Valley, ID advanced to gold and Summit County CO improved to Silver.

Moscow earned bronze status, the lowest ring for a BFC (below silver, gold, platinum and diamond). The city's sustainability coordinator, Adam Lane, pushed the program. "I actually lived in three BFCs previously: Sioux Falls SD; Minneapolis; and right before I moved here, Fort Collins, CO;" Lane explained in an interview. "I had seen the benefits the designations brought to their communities and thought it would be good to bring them to Moscow."

LAB praised Moscow for staging events such as Bike-to-Work Day and Bike Month activities. "We are really proud of the fact that over

the last five years, we have had zero bicycle fatalities," Lane beams. Moscow has also achieved an amazingly good 4.1 percent bike-to-work percentage.

"Bronze means they are doing something in each of the 'Es' (engineering, education, encouragement, evaluation & planning) and are doing outstanding in one of them," explains League of American Bicyclists (LAB) Program Manager Bill Nesper. To get a higher status, Moscow will need to improve its Safe Routes to School activities, increase parking, and expand education efforts for adults and non-English speakers "to reach everyone in the community," Nesper notes. While Moscow has added bike lanes on major roads, it should put them on more side streets, he adds.

Lane acknowledges that "I think we could improve our cycling network infrastructure" and says the city is expanding its education efforts for women and other demographic groups. While the bronze status lasts for four years, Lane says he's hoping to improve so fast that Moscow can apply for a higher rank even before that time is up.

Progress in Utah, meanwhile, was as small as it could get – Alta Planning and Design's Salt Lake

City office won silver, the only new awardee in the state this round. And with two employees, it's the smallest business LAB will consider. (Anyone working alone such as this reporter doesn't count.) Other Alta offices around the country have already won BFB status, including gold and platinum. "The application was pretty easy. All we had to do was fill out the questions we were asked," Alta Senior Planner Tom Millar explains. It helped, he said, that the office is located near bike stations, bike lanes and other bicycle facilities. The office building supplies indoor and outdoor bike parking. And the company offers incentives, such as reimbursement for buying new bike parts and riding to work.

With only two employees, the office could report a 100 percent bike to work rate. "Both of us live fairly close to work," Millar notes. And the planners encourage other people to ride to work and apply for BFA status.

Also in the region, Boise and Fort Collins continued their push to become the most BFB cities in America. Intel won silver in Fort Collins, while TerraGraphics Environmental Engineering Inc and CTA Architects Engineers in Boise both won bronze.

Study Looks at Bicycle Use by Low-Income Latino Immigrants

Low-income Latino immigrants remain underrepresented in the bicycle world, a new study suggests. A survey in San Francisco of more than 2,000 of them and interviews with a handful suggest many find affording a bicycle difficult and they are concerned about crime. The Mineta Transportation Institute in May released its findings in Exploring Bicycle and Public Transit Use by Low-Income Latino Immigrants: A Mixed-Methods Study in the San Francisco Bay Area. It's not clear to what degree the findings would apply in other communities, but the institute says that we don't know enough about this demographic group as little

bicycle research has focused specifically on it.

The finding contradicts previous research. But it says Latino immigrants were more likely to ride a bicycle to a day labor site than to a regular job. It says a "significant minority of transit riders value bicycle access to transit, suggesting judicious investment in bike-transit integration is warranted."

Interviewees said they had seen people robbed while on bicycles, mostly at night. They noted, however, that increased police presence lowered crime and fear. And education may provide the key: the report states that "the more familiar immigrants are with bicycling, the more likely they are to see it as a way to overcome barriers associated with transit." Find the study at <http://go.gl/QYx8F2>

-Charles Pekow

Las Vegas' business community seems to be making a push. The Regional Transportation Commission of Southern Nevada moved up to gold. Two Las Vegas employers, the Outside Las Vegas Foundation and REI earned silver. And Coda Group Inc, a Las Vegas architecture/planning/design office with three employees won bronze. REI's Henderson, NV office also won bronze.

For more information, see www.bikeleague.org/bfa

What's on your mind? Send your feedback and letters to the editor to: dave@cyclingatuh.com



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The Huntsman 140 is a fundraising cycling event with 100% of all funds going to fuel cancer research at Huntsman Cancer Institute. This ride is ideal for cyclists of all levels and 2016 promises to be an even more extraordinary! Join us today.

140-, 75-, 50- OR 25-MILE OPTIONS Out-and-back from HCI

140-MILE OPTION From Delta, UT to HCI

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Huntsman Cancer Institute is part of the University Health Care system



BICYCLE TOURING

TransAmerica Touring — It's Not for the Faint of Heart and My Wife Said Yes

Robert and Linda in Manti, Utah on their 190 mile tour of central Utah.
Photo by Courtesy Robert Brigrance

By Lou Melini

Robert Brigrance Jr. was first introduced to the readers of Cycling Utah in 2014 as a bike commuter

shortly before his retirement. In 2015 he traveled along the Adventure Cycling Association's (ACA) Western Express bike trail. We will now see how his high school sweet-

heart and wife of 44 years figures in his bike travel plans in 2016.

Cycling Utah: Robert, bring me up to date. Tell me about the tour across the U.S.!

Robert Brigrance: Initially I gave some thought to riding across the U.S. solo, but despite my wife's support of my goal, I gave it up due to safety issues. It was going to be my first long distance tour. My wife, Linda, was not thrilled about my going solo. So we agreed, I would hook up with other riders.

I was turning 66 in February 2015. I looked on the Adventure Cycling Association website for another rider or two close to my age to join me. I was not interested in going on a group tour. My goal was a TransAmerica tour starting in May with the completion of the ride in August. I found two guys who were starting in San Francisco, CA and ending in Yorktown, VA.

My desire to ride cross-country was to celebrate life—great health, a wonderful wife and two sons, married with families. As I continued to work toward this goal, I began to entertain thoughts of riding for a reason or a cause, something besides celebrating my retirement. My wife reminded me that we had a need within our own extended family. So



Robert Brigrance enjoying breakfast in Manti, Utah on Highway 89
Photo by Linda Brigrance

I decided to raise funds for Alpha-1 Antitrypsin Deficiency. I shared my plans and goal with friends and family, raising an interim \$900.00. I intend to keep my goal of \$1,500.00 alive going forward by completing my cross-country tour.

C.U.: You rode with 2 other people that you did not know! How did that affect your ride?

R.B: We left San Francisco, May 25 but I separated from them in Cimarron, CO. Unfortunately I had not been getting along with one of my fellow riders. It was disappointing to say the least. For anyone considering riding with strangers make your goals and expectations very clear at the outset. My biggest unmet need was not camping more and having to stay on a mileage schedule. We had one rider (who I will call Joe) who would just do whatever the majority decided, so he was easy. Joe and I agreed that we needed to camp more as we all had camping gear. However my problem rider (who I will call Sam) wanted a shower, a bed and three square meals a day. Sam's idea of camping was only when we could not get a room somewhere. He was a credit card tour cyclist who packed a bit more gear for camping. I just failed to ask, how many days a week do you need a diner and motel?

I wanted to ride with an experienced long-distance cyclist and Sam met this need. We spent weeks planning our tour with online video chats and emails. Most of our disagreements had to do with communication early on while riding. One of my top concerns that I did not share online was, "If you can't see the rider behind you, pull over and wait to be sure he was OK." During our planning time prior to our tour, Sam would constantly comment, "You guys will have to hold me back." More often than not, Sam would disappear, leaving Joe and me miles

behind. It did nothing for camaraderie. He and I had two major shouting incidents, which is NOT my nature, dealing with road safety and riding pace. Obviously, Sam and I had not gotten off to a good start. When I decided to go solo, a palpable, huge weight came off my shoulders, like a bird being released from a cage. I did not see our mismatch coming to a head. Safety in numbers is important, but it was not working for me.

I rode solo from Cimarron for 5 days and 4 nights, arriving in Pueblo, Colorado on July 3rd. I found that as at the miles increased, I became more confident about completing my TransAmerica tour solo. The freedom to be responsible for myself was wonderful! However, I decided to end my TransAm ride in Pueblo after a budget review, among other concerns. Tracking my daily expenses, I was staying at way too many motels with my fellow riders that would cause me to exceed my \$3500 budget for the trip. My budget was set on campgrounds, WarmShowers, some camping in the wild, and maybe a motel once a week. Additional factors were boredom of riding everyday, thinking about Linda at home by herself, and the money I could save and use later. I wondered if I could talk her into joining me in Pueblo later in the summer to continue with my cross-country quest. Given my riding experience to Pueblo, I felt that if she and I took it easy and did not push it, she could ride 30 to 50 miles a day. We of course decided not to embrace this idea until I got back home to discuss it further.

I had communicated with Linda during the ride by phone, depending on cell connection about every two days from the start. Linda was positive about my cycling with the other two fellows. However, in retrospect

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Robert Brigance on Highway 132, Fountain Green to Nephi Utah.
Photo by Linda Brigance

she had some concerns about how the three of us would get along, but chose not to interfere with my plans, hoping the three of us would work out any issues on the ride.

C.U.: I read much of your Crazyguyonbike.com journal. Great pictures and overall it sounded like a good trip other than what you wrote above.

R.B.: It was a very good tour all things considered. I had neither saddle or bike issues, no sickness, no accidents, nor thefts. However, I lost my winter riding gloves on the ferry from San Fran to Vallejo when I carelessly placed them on my saddle to secure my bike to the ferry railing, just as we picked up speed. The wind blew them into the water, so I pulled out my back-up pair!

My abbreviated tour did accomplish one important milestone, that being the completion of the most challenging part of my planned cross-country tour. The Western Express (WE) route is extremely difficult and crosses some of the most barren parts of the U.S. If I remember correctly, our elevation gain from San Francisco to Pueblo was 66,000 ft. plus or minus.

We had really good weather for the initial California portion of the tour. We also lucked out crossing Nevada. There were only two cool, rainy days with thunderstorms and strong headwinds. One day, I had to throw all of my foul weather gear on and lie in the sagebrush to stay warm, while waiting out a mid-day thunderstorm! In southern Utah, the weather was hot (90+), so keeping tabs on hydration and electrolytes



Linda Brigance conquers the summit on Highway 132, Fountain Green to Nephi Utah.
Photo by Robert Brigance

C.U.: After finishing the ride in Pueblo, you did a short tour with your wife in late September. It sounds like you started putting the touring bug in Linda!

R.B.: After my return home, Linda and I chose a late September multi-day tour. She would have July and August to prepare and train. My wife shared with me that as much as it was nice to have me home, she was learning to be a more independent cyclist by finding new, local roads to ride from our home in Springville. That experience really helped strengthen

her self-esteem, determination, experience and strength!

She had tried to find other women her age to ride with but finding 60+ year old women to ride with was a challenge, and riding with a local riding 'club' proved difficult. So she ventured out alone and like me, rather enjoys the solitude of riding. Our neighbors knew where she was riding in case of an emergency.

We spent most of July and August just day riding, averaging 30 - 50 miles about three days a week. After a month of our riding together, I told her it was time to launch our multi-day tour. Linda was pretty well convinced, yet a bit hesitant. She

was stressing about long grades and steep kickers that could be part of our planned route. Fortunately, we had the chance to ride up Hobbler Creek Canyon from home and camp for a night with friends from the Utah County Presbyterian churches. We rode fully loaded minus food, 14 miles round-trip from our home. My wife enjoyed the challenge and the experience since she knew the roads and what to expect from traffic, road shoulders and grades.

With that very positive initial

Continued on page 10

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TransAmerica Touring - Continued from page 9

experience, our 4-day, 3-night tour was epic for Linda. One decision that we made was to ride the route ahead of time on my motorcycle. She needed to see what she was in for and it sealed the deal! She was very proud of touring 190 miles round-trip, with wonderful weather, minimal headwinds and comfortable nights. A major achievement was mastering the grinding ascent on Route 132 from Fountain Green to Nephi at 6,387 feet. Afterwards, I told her she was a bona fide bicycle-touring chick. She laughed and said, "Okay!"

The key for Linda was frequent breaks after two to three hours riding. We both realized the 15 minute breaks to walk around, look at scenery, historic sites, and enjoy a snack were a must. If we were passing through a town, we always looked for an ice cream opportunity! Back on the road, we averaged 30 to 50 miles a day with an average of 6 hours on the road with breaks, etc.



Robert Brigance at Ocean Beach, San Francisco, California at the start of the Western Express route.
Photo by Frank Garber



Robert Brigance on Highway 12 near the Devil's Backbone, Boulder, Utah.
Photo by Frank Garber



Robert Brigance taking in the great views at Capitol Reef National Monument in Utah. Bicycle touring gives a perspective that one doesn't get in a car - rather than seeing the scenery, one is absorbed by it.
Photo by Frank Garber

We camped in Levan City Park for free. It has very nice bathrooms and the park was empty with kids back in school. We stayed at the Temple Hills Resort in Manti on Day 2 and in Nephi at Hi-Country RV Park located at the south end of town for Day 3. With only 5 tent sites, it was not the best campground with poorly kept bathrooms and no fire pits for tent camping. It was noisy being very close to the highway and no one was in the office day or evening. There was no phone number to contact anyone for information; the only person to ask anything of was the young college student cleaning the bathrooms.

C.U.: You are contemplating completing your cross-country trip with your wife in 2016. Is she excited about that? What are your thoughts about this?

R.B.: We are giving a cross-country ride some very serious thought and we are cautiously optimistic it will be a GO. We are looking at a mid-April to May 30 timeframe. Linda is looking forward to the challenge, but still concerned about long grades and steep kickers. Life can be much more simple on the road, but there are tradeoffs. I have shared my experiences with her regarding WarmShowers, stealth camping and RV campgrounds from my summer tour experience. She knows what to expect. We both want to get this behind us and hopefully marvel in the achievement, while we still have what it takes. Even if we only make it to Memphis, we will have the last third of the U.S. to look forward to in 2017!

Linda rides with confidence on a Novara Safari 29er that she finds very comfortable. I did a test ride a 36v battery pack for \$800.00 at JigaWatt Cycles in Provo. Linda is looking forward to giving it a try! It has a range of 20-30 miles with a recharge time of 6-8 hours. It's a front wheel drive hub, the battery pack attaches to the down tube. It comes with a handlebar throttle attachment. She anticipates using this when she is just beat and would have to dismount to keep going. We still need to make our

final choice of power packs.

We will start in Pueblo where I left off and ride towards Kansas and Missouri on the ACA TransAmerica route. At Centerville, MO, we plan to go off-route to Fulton, MS and pick up the Underground Railroad route to Mobile, AL. From Mobile we'll follow the ACA Southern Tier to St. Augustine, FL, but go off-route to Jacksonville, FL our final destination. We will visit with my sister for a week or so, ship our bikes and gear, and fly home.

C.U.: What are your thoughts or perhaps advice regarding bike touring as an older couple?

R.B.: As a married couple cooperation is something we know well, and will need to practice daily. We enjoy the outdoors and are low-maintenance people. Self-supported touring requires grit, sacrifice and a

proven endurance. From my recent Western Express tour experiences, we know that the road will dictate how our days will go. But make no mistake it will take a lot of effort, patience and perseverance from both of us. We are both early birds and like to get an early start.

We plan to take one day at a time, enjoy the moment and practice tolerance with our differences and celebrate our individual strengths. Completing a long tour is like going to work each day, except you don't care what day it is. You're hopefully enjoying yourself, but it is work. You ride a good 6 hours, stop for meals, to rest, sight-see, make camp, talk with locals and maintain your bikes. You hit the hay, wake up/eat, plan the daily route, break camp, pack/load panniers, complete bike safety checks and head out. And you get to do this every day for 6 weeks or more. We have also taken a Basic

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A great view in Southern Utah near the Hite Marina.
Photo by Robert Brigrance



Robert Brigrance on Highway 50 crossing the Continental Divide near Sargents, Colorado. The summits crossed when bike touring are accomplishments, and not just a place to shift gears.
Photo by Courtesy Robert Brigrance

First Aid class. And we have our affairs in order for the unexpected that is always out there with an adventure of this magnitude.

Special accommodations due to our age are minimal. We honor each other's requests and needs. We make sure we stretch prior to riding, during and after our daily rides. Depending on the day, we take frequent rest stops every 20-25 miles. I know that late afternoons is when Linda will tire and her patience becomes short, so we plan accordingly. We might reduce daily mileage if the route is strenuous—headwinds, rolling hills, hot weather and/or high humidity. We try to keep our rest breaks short (15 min. max) and always have ample fluids, drinking every 20-30 minutes. Extra creature comforts are: ultra-light folding camp chairs, Thermo-rest (full body) mattress, 3 season down bags and foam pads (two 4" lengths of swimming pool noodles cut lengthwise to fit over our handle bars) for really rough roads. We use a Marmot Limelight 3 person tent with vestibules on both sides for extra space and comfort. We have not made any modifications to our bikes other than the battery pack for Linda's Novara.

Spring 2016 Update

Robert and Linda have resumed the TransAmerica tour, starting in Pueblo, Colorado on their way to Jacksonville, Florida.

A short update from Robert on this section of the tour is below:

We have started our tour from Pueblo, CO to Jacksonville, FL

We have started Part 2 our my cross-country tour and the "we" includes my wife, Linda.

April 28 was our start date from Pueblo, CO after good friends drove us down to stay with Dave and Susan, our hosts. We have been on our tour now for almost five weeks. Our final destination is Jacksonville, FL, sometime mid-to-late June where we will visit my sister.

As of June 1, we are half way. The estimate was a total of 2,056 miles. We have logged 1,084 miles through CO, KS, MO, AR, TN and MS. We are now in Olive Branch, MS and will travel through AL and FL in the next two to three weeks via the ACA Underground Railroad and Southern Tier map system. We have been off the Transamerica maps since Bendavis, MO and will be until Fulton, MS. We expect to ride longer daily distances now that we have passed through the more difficult terrain of the Ozarks.



Robert and Linda Brigrance at a cyclist-only hostel in Ash Grove, Missouri on their 2016 tour. Photo by Courtesy Robert Brigrance

of us.

It has been hard at times and being the stronger rider, I allow Linda to ride at her pace and comfort level. We stress having fun, being honest about our feelings and thankful we are in shape to take this tour on. We take frequent, short breakers and are both trying to maintain weight.

We have camped a lot at city parks and asking farmers for a spot on the back 40. Motels when needed and rest days every 4-5 days have worked out well. Warmshowers hosts have been the best when available and when they work with our schedule.

We have enjoyed not adhering to a set mileage each day and have stopped many a day just because we could. We are self-supported with food, tent and water, especially across the more rural states where convenience stores are sparse.

We have made time to visit family members grave sites in MO and MS, which were special for us both. Everywhere we go, strangers reach out to us and are quite friendly and willing to help as they can. Alpha-1 Antitrypsin Deficiency is part of our "reason to ride," and we are creating awareness we those we along the way.

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COACHING

Bike Fitting for Mountain Bikers

By John Higgins

Google "bike fitting for mountain bikers" and peruse some forums and the results are high on opinion and generalities and low on useful information. As a competitive mountain biker myself, who experienced a transformational riding experience as a result of a bike fit (by someone else), I'm always intrigued by the general attitude of dismissal that mountain bikers have for bike fitting. Would all mountain bikers' benefit from a bike fit? Maybe, which is a yes for some riders and a no for others. Compared to road cycling, there are a lot more variables at play in mountain biking, and fit is only one of those. It's probable that some of the other variables are more limiting to a rider's experience than their bike fit, but that is not to say fit is irrelevant.

Compared to riding a road bike on pavement, mountain biking on trails:

- Is more of a whole body workout and can be a lot more physically demanding
- Requires a more dynamic riding style of being in and out of the saddle and general movement on and over the bike
- Requires a different (arguably higher) level of bike handling skill
- Alternates between efforts of low power (descending when not pedaling) to high power (steep climbs)
- Has more "bike set up" variables including tire choice, tire pressure, suspension settings, saddle height (dropper post)

All this means mountain biking is more demanding on the body, but there is often frequent interruption to a static body position and steady repetitive action that are hallmarks of road cycling, and this often serves

to disguise or mask any issues with a fit position.

The primary drivers of fit on a bicycle are: comfort, efficiency, power, aerodynamics and control.

Comfort is king because if you are not comfortable riding is not enjoyable, and if it is not enjoyable, why ride? OK, some of you will say for the suffering, because you like to suffer. But there is comfortable suffering and uncomfortable suffering. Comfort also impacts all the other fit drivers. What's comfort? The absence of aches and pains, both short term (during and after a ride) and long term (maintain healthy joints, muscles and connective tissue). Aches and pains can be a result of:

- Being out of shape for the duration and intensity of riding you are doing
- From pre-existing injuries, or functional movement limitations from modern lifestyles
- A poor body position on your bike, creating bio-mechanical and equipment - induced stress.

If you cannot go mountain biking without a dose of Advil before, during or after, then something is up. Improving comfort may require getting in shape by not only riding regularly, but also doing off bike strength and conditioning training, which could include body weight movements, weights, yoga or pilates. If discomfort persists when you know you are in shape, then the cause may well be equipment-induced, i.e. your body position on the bike.

Power and Efficiency are going to be determined by your physical and physiological conditioning, pedaling technique, terrain reading and gear selection. If your saddle height is too low or high, then that can detract from optimal power generation, and if you are too cramped or stretched from saddle to bars, then that can detract from efficiency and comfort, but there may be a lot to work on before your bike fit position becomes the limiter.

Aerodynamics is largely irrelevant for mountain bikers, but may factor in slightly for long distance endurance racers.

Control is about being able to safely handle your bike, negotiate the terrain, and stay upright and on the trail. It's about maintaining traction, cornering, descending, climbing, and negotiating obstacles by being able to move your body about the bike by keeping your center of mass low and balanced. Control is almost assumed on a road bike. On a mountain bike it is of critical importance, and should not be overlooked. Other than bike style and geometry, the big factors affecting control are rider skill, bike set up and bike fit.

Rider skills camps have boomed in popularity in the past few years as many mountain bikers have realized their bikes are way more capable than they are. Bigger gains can be had from learning how to ride your bike better, not by spending up on the latest heavily marketed product innovation. If control is lacking, then it is likely that riding skill is also lacking. Mountain biking is not



A bike fit can lead to more power and better control. Here, Brandon Firth rolls on in the Elite Men category at the Stan Crane Memorial Intermountain Cup on May 30, 2016. Brandon has benefitted for years from a bike fit.

Photo by Angie L. Harker, selective-vision.com

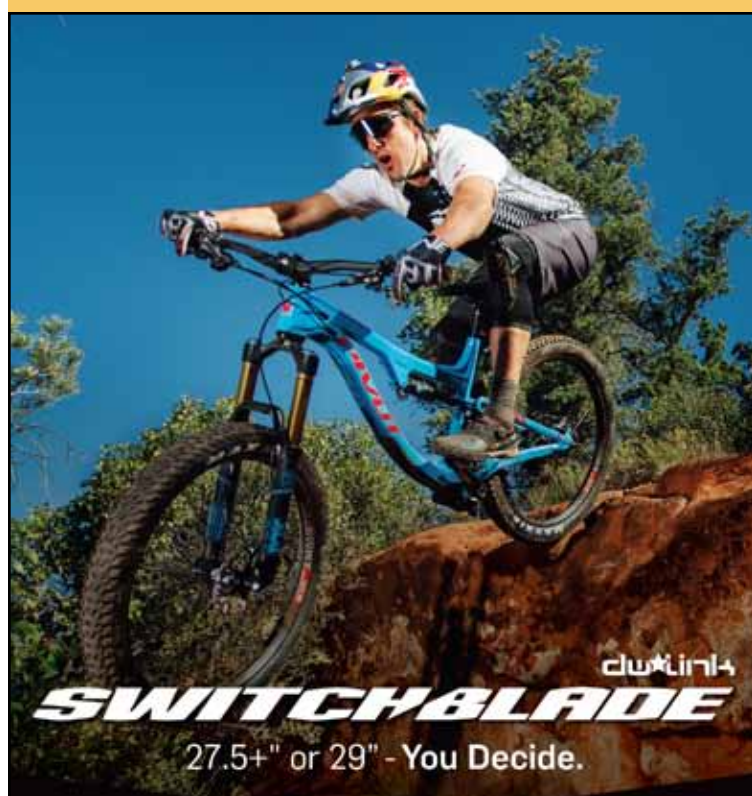
an intuitive natural activity. It takes learning and practice.

Bike set up and bike fit are closely linked, and a thorough mountain bike fit will include attention to set up. Set up deals with the mechanical variables of suspension setting, tire selection and pressure. Bike fit deals with your direct contact points to the bike (feet to pedals; butt to saddle; hands to bars), and your body position on the bike. Being centered and balanced on the bike and able to easily move around over the bike is very important for maintaining control. If your center of mass is too far back, the front wheel will have a tendency to wander. Uphill this will make it harder to maintain a line; and in corners the front wants to slide out. If your center of mass is too far forward you can lose traction climbing, have trouble unweighting the front end to negotiate step-ups or washouts and be more prone to endo-ing on technical descents. Now a lot of this has to do with skill, but a better position makes the application of skill easier,

and with less body input.

So would you benefit from a bike fit? Probably not, if it is your fitness or skills that are holding you back, or you ride easy trails at low intensity for shorter (under 2 hours) time periods. But if you have persistent aches or pains; you have bought a new bike and your bike control feels worse, not better; or you have competitive intentions and want to optimize your potential, then give it some consideration. By all means experiment with your own fit position. Mountain bikers are often self-reliant do-it-yourself types. I'm one of them. I'd rather work on my own bike than take it to a shop, but when I can't figure something out or fix it myself, I'll take it to a shop. Next month – some "how to's" on figuring it out for yourself.

John Higgins rides bikes and runs BikeFit, a bike fitting studio in Salt Lake City for improving bike-body relationships. Contact John@bikefit.com



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(801) 825-8632
[binghamcyclery.com](#)

Bountiful Cyclery

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

Bountiful Bicycle

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

Loyal Cycle Co.

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

Masherz

1187 S. Redwood Road
Woods Cross, UT 84087
(801) 683-7556
[masherz.com](#)

SALT LAKE COUNTY

Central Valley

Blue Monkey Bicycles

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

Canyon Bicycles

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

Cottonwood Cyclery

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

Flynn Cyclery

4640 S. Holladay Village Sq., Suite 101
Holladay, UT 84117
801-432-8447
[flynncyclery.com](#)

Infinite Cycles

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

Summit Cyclery

4644 S. Holladay Blvd
Holladay, UT 84117
801-676-0136
[summitcyclery.com](#)

Salt Lake City

Bicycle Center

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

Bingham Cyclery

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

Contender Bicycles

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

Cranky's Bike Shop

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

Crank SLC

749 S. State Street
Salt Lake City, UT 84111
385-528-1158
[crankslc.com](#)

Fishers Cyclery

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

Gear Rush Consignment

1956 E. 2700 S.
Salt Lake City, UT 84106
385-202-7196
[gearrush.com](#)

Go-Ride.com Mountain Bikes

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

Guthrie Bicycle

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

Highlander Bike

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

Hyland Cyclery

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

Jerks Bike Shop (Missionary Depot)

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

L9 Sports

660 S 400 W
Salt Lake City, UT 84101
877-589-7547
[levelninesports.com/salt-lake-city-utah-ski-shop](#)

Performance Bicycle

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

REI (Recreational Equipment Inc.)

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

Salt Lake City Bicycle Company

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

Saturday Cycles

605 N. 300 W.
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(801) 935-4605
[saturdaycycles.com](#)

SLC Bicycle Collective

2312 S. West Temple
Salt Lake City, UT 84115
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[slcbikecollective.org](#)

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

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1555 So. 900 E.
Salt Lake City, UT 84105
(801) 831-8391
[bikeguyinc.com](#)

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

Wild Rose Sports

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

South and West Valley

Bingham Cyclery

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

Canyon Bicycles

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

Canyon Bicycles

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

eSpokes

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

Go-Ride.com Mountain Bikes

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

Infinite Cycles

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

Lake Town Bicycles

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

REI (Recreational Equipment Inc.)

230 W. 10600 S., Suite 1700
Sandy, UT 84070
(801) 501-0850
[rei.com/sandy](#)

Revolution Bicycles

8801 S. 700 E.
Sandy, UT 84070
(801) 233-1400
[revolutionutah.com](#)

Salt Cycles

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

ThinAir Cycles

1223 E. 12300 S.
Draper UT 84020
801-553-BIKE
[thinaircycles.com](#)

UTAH COUNTY

Alpine/American Fork/Lehi

Pleasant Grove/Lindon

Bike Peddler

24 East Main
American Fork, UT 84003
(801)-756-5014
[bikepeddlerutah.com](#)

Bicycle Motion

77 N. 200 E.
Alpine, UT 84004
385-444-6666
[bicyclemotion.com](#)

Fezzari Bicycles

850 W. 200 S.
Lindon, UT 84042
801-471-0440
[fezzari.com](#)

Infinite Cycles

1678 East SR-92
Highland/Lehi, UT 84043
(801) 523-8268
[infinitecycles.com](#)

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101 N 1200 E
Lehi, UT 84043
877-589-7547
[levelninesports.com/lehi-utah-ski-shop](#)

Timpanogos Cyclery

665 West State St.
Pleasant Grove, UT 84062
(801)-796-7500
[timpanogoscyclery.com](#)

Trek Bicycle Store of American Fork

Meadows Shopping Center
356 N 750 W, #D-11
American Fork, UT 84003
(801) 763-1222
[trekAF.com](#)

Utah Mountain Biking

169 W. Main St.
Lehi, UT 84043
801-653-2689
[utahmountainbiking.com](#)

CYCLING AND THE LAW**The Three Most Important Things to Do Immediately After a Bike Accident**

By Russ Hymas and Ken Christensen

I've had several close calls with distracted drivers on the road. What should I do at the scene if one of them hits me? --Ron B., West Jordan, Utah.

It's a concern shared by many cyclists, Ron. No matter how diligently you follow the law as a cyclist, you cannot control the careless actions of an inattentive motorist. Below we've identified three essential steps to follow to ensure that the damage to your body – and your bike – is covered under your insurance claim.

1. Call 911. If you're hurt, call an ambulance. Don't wait to get the medical attention you need. Even if you don't think you're injured, call the police so a record of the accident is made. Sometimes injuries are not immediately apparent, so it's important to have a police report if needed later. And, make sure to get the medical attention that you need if injuries surface later. We've heard of numerous instances where a driver has admitted fault at the scene to a cyclist, but later told a different story to his insurance company.

2. Find Eye Witnesses. Eye witnesses are often the key to refuting false statements from a driver that the cyclist "came out of nowhere," or "turned right in front of me." Unfortunately, often times these crucial eye witnesses leave the scene before police arrive. Get names and contact information from anyone who may have seen what happened.

3. Gather Information / Take Pictures. It should go without saying, but be sure to obtain the driver's name, contact information, and insurance information! Also get the license plate number, VIN, make, model and color of the car. Note the driver's physical characteristics and demeanor as well. Gathering accurate information is best done shortly after the accident while it is still fresh in your mind. We've seen many times where the outcome of an insurance claim has depended on basic information that would have otherwise been lost or forgotten had it not been written down right away.

As for pictures, remember that documenting the scene of an accident is one of the most important things you can do! Take pictures of your bike and the car that hit you (before they are moved, if possible). Photograph any injuries you have. Take pictures of skid marks, broken glass, damage to other property, anything else that you think may be pertinent to the accident.

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

Salt Lake County Seeks Input on Bike Plan; SLCBAC Seeks New Board Members

As part of the County Mayor's Bicycle Advisory Committee Mission, SLCBAC works closely with the Mayor's office and the Active Transportation office to provide input on development of bicycle infrastructure. Through the end of May and the beginning of June, the Active Transportation department will be holding open house meetings where the public will have the opportunity to directly offer input on their communities and how they would like to see Salt Lake County plan for the next 10-15 years as it grows. Below is a link to the SLCo Active Transportation web page for more information and meeting times: <http://slco.org/planning-transportation/active-transportation/>

The Bicycle Advisory Committee works to assist organizations to improve the safety of bicycle riders and encourage healthy lifestyles. Recently it has partnered with Cypress High and Junior High Schools to add more racks to their developing campus and provide locks for students. Attending monthly meetings is a great way to bring attention to community efforts and needs to improve bicycle infrastructure and resources. Interested citizens can also contact the committee through the County email at: bicycle@slco.org.

The committee is looking to round out its Board by adding another member and it specifically seeks to find a dedicated volunteer from the southwest region of the county (West Jordan, South Jordan, Draper, Bluffdale, Kearns, etc.). Interested participants can either attend a meeting or request a volunteer application through the above email. A list of our remaining meet-

ings for 2016 is posted below.

Wed. Jun. 8, 2016– 2nd Weds in June

Wed. Jul. 13, 2016– 2nd Weds in July

Wed. Aug. 10, 2016– 2nd Weds in Aug

Wed. Sep. 14, 2016– 2nd Weds in Sept

Wed. Oct. 12, 2016– 2nd Weds in Oct

Wed. Nov. 9, 2016– 2nd Weds in Nov

Wed. Dec. 14, 2016– 2nd Weds in Dec

Thanks for helping make May a memorable and successful Bike Month! The summer weather and great resources available make Salt Lake County one of the best places in the country to ride bikes. Please consider how you can continue to improve our great community and participate in the many opportunities to do so.

-Ian Scharine

Forest Service Considers Fees to Park at Popular MTB Trailheads in Cottonwood Canyons

Would you be willing to pay to park your car at a trailhead in the Uinta-Wasatch-Cache National Forest? Would you feel better about it if you knew the money collected would be earmarked for maintenance and improvement of the local trails?

The Salt Lake Ranger District is proposing to collect fees for parking at the trailheads in its domain. These include the Big and Little Cottonwood Canyons; specifically the Mill B South, Cardiff/Mill D South, Donut Falls, Spruces Winter, Guardsman Pass, White Pine, Catherine's Pass, Secret Lake and

Temple Quarry trailheads. Several of these are popular parking spots for mountain bikers. Under law, the United States Forest Service (USFS) cannot charge for admission as the National Park Service can. While USFS can't collect a fee for driving or riding a bike into its land, it can charge for parking and restrict parking to designated fee-for-parking zones.

USFS is taking public comment on its proposal, which tentatively calls for a \$6 three-day pass or \$45 for an annual one good at all Cottonwood Canyons locations. Cottonwood Canyons passes would have reciprocal rights with the passes for American Fork Canyon and Mirror Lake Scenic Byway standard-amenity fee sites.

USFS promises and law requires that the it use any fees collected at Cottonwood Canyons solely

for operations, maintenance and improvements there – the money won't go toward paying down the national debt or financing overseas wars. USFS would not start collecting fees until next June, as it is required to take public comments first then give a six-months notice.

USFS says it may change the amount of the fees, depending on need and public comments. Send your thoughts by Sept. 9 to David Whittekiend, forest supervisor, Uinta-Wasatch-Cache National Forest, 857 W. South Jordan Pkwy., South Jordan, UT 84095. For details see <https://goo.gl/o01Bgd>.

And remember, if USFS does start collecting fees, trail users should keep tabs on how much it collects and how it spends the funds. Don't hesitate to ask what it's doing or suggest ideas.

-Charles Pekow

 Find us on Facebook
facebook.com/cyclingutah
 Follow us on Twitter!
twitter.com/cyclingutah**USDOT Requires MPOs to Consider Bicycles in Planning**

Planners are going to have to work with bicycle advocacy groups from now on. The U.S. Department of Transportation issued a final rule late in May requiring state and metropolitan planning bodies to provide for bicycle transportation facilities as part "of an integrated multimodal transportation system" and consider both current and projected needs. The new rules comply with the Moving Ahead for Progress in the 21st Century Act (MAP-21) and the Fixing America's Surface Transportation (FAST) Act.

Under the regulations, groups with different interests, including bicycling, must be presented "reasonable opportunities" to participate in metropolitan planning processes. The rule applies to metropolitan transportation plans and transportation improvement programs. To see the new regs, view <https://goo.gl/2Eo5ST>.

-Charles Pekow

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for new listings from bike companies!



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TRAIL RUNNING

Getting It

By Tiffany Arcaris and Mark Deterline

Tiffany Arcaris is a force of nature. I met her through friends who had emphasized that she loved running. She had a down-to-earth nature, and I could tell that she took pride in being and having fun, and seeking to do things that were out of the ordinary with likeminded friends.

A week or so after that evening out with friends, she asked me if I wanted to go trail running. I had officially ended my elite amateur bike racing "career" about 18 months earlier, and was enjoying catching up on other interests and hobbies, including things that allowed me to be lazily sedentary for a change. "I think you'd kick my butt," I said, hoping she'd let it go until I could secretly get in some much overdo training. But she kindly would have none of it, "I'll go easy on you."

She stopped a few times along the first (to me) hilly mile, but then we both figured it would be in everyone's best interest if she charged on, flying up to The Living Room look-out point above Red Butte Gardens and the University of Utah. And seriously, I've run with her a few times now on hilly and mountainous trails, and she just powers up ridiculously steep trail, making me feel like I'm standing still.

After racing at a high amateur level for 15 years, I had enjoyed not exercising for several months. Tiffany changed all that; now I was the out-of-shape friend desperately needing someone to push me.

She inspired me to whip myself back into shape, because after all, for much of my life I have talked the talk, but it was time to walk the walk again. About a month later, I ran my longest trail run to that point: 11 super-windy and grueling miles in spectacular Moab. It was more than I was ready for, but I did it and it felt great. I was back on track, feeling good and having fun.

Often it takes a special person and friend in our lives to set us on, or back on, a course that can greatly benefit us. In my case, I was quickly impressed by Tiffany's resoluteness in doing everything she can as well as she can. She loves her job and enjoys doing it well. She values earning a living that affords her, her son and her mom an enjoyable lifestyle, enabling her to integrate into her life an intense passion for trail running and strength training in the gym. That's good stuff; that's something we can all work to emulate in our lives, regardless our chosen sport(s).

With the above as an intro and a little background, I'll let "tiffsmooth" (that's her Instagram handle) share some thoughts on her running experience:

**

For most of my life, I never classified myself as a runner. I've always been athletic and involved in sports, but didn't really get into running until my late twenties. A good friend asked me to do a charity race for a great cause, so how could I say no; I'm a sucker for being there for friends. That was my first 5k, in ice and snow...springtime in Utah. It was

tough. I was shocked how hard three miles seemed. I'm more fit than that, I thought, and was bothered when others passed me. Yeah, I'm slightly competitive...

So, the next week I was asked to do a 10k, of course I said yes, and amazingly improved my time by 40 seconds per mile. (That race was also in the rain.) I immediately realized that running isn't so much a physical test, but more a test of mental strength.

There are many instances in which I dislike portions of my run, or struggle to mentally get into it. But I'm always satisfied when I achieve my goal, and am proud that I've pushed through the moments of mental weakness. Truly, self-doubt is the biggest obstacle in anything you do; you'd be amazed by the power of your thoughts.

My running has transformed over the years from just doing certain races for the satisfaction of knowing I've completed the distance, to having fun doing relays and enjoying the amazing team experience. During one relay I discovered my love for trails, and it was all downhill or uphill from there!

Last year was my year of trail

races. Not having many running friends up to doing trails, I did the majority of those races alone. Each race was incredibly intimidating and involved summiting a peak, which was very new to me. I enjoy the challenge and have gained great respect for trail runners; they are some of the most athletic people I've met.

Sure, there are a lot of social aspects to it, which I love and adore. The people I've met and have grown to love through the joint adoration of running truly amazes me. My ULAS (Utah Lady Adventure Seekers) are the most genuine and supportive group of friends, always up to do a Sunday run, or take road trips to odd and beautiful places just to play on a new trail.

The running community in Salt Lake is so awesome. Recently, I was fortunate to connect with a group I've deemed as my ICP (Insane Clown Posse). These badasses have gotten me back into waking up before dawn for not only a run, but for wild adventures in our beautiful backyard -- the Wasatch Mountains.

Climbing ridiculous vertical before most are out of bed is oddly gratifying. Seeing the sun rise and laughing with people that just "get



Tiffany and friend Stefanie Shumaker adventuring the Great Western Trail -- lots of schwacking and laughs. Photo courtesy Tiffany Arcaris

life," well that's why I now run. We challenge each other, we support one another, we tease, and we take awesome photos. It's fulfilling more than words can say.

The experiences are always phenomenal and challenging, the views always breathtaking, and above all it makes me appreciate all that I am capable of when I put my mind and energy into something.

Tiffany Arcaris is a director at a Fortune 500 company in downtown Salt Lake City. She is a single mom, never misses a softball game, and always strives to enjoy life with good friends and family. She posts great pictures most every day on Instagram: @tiffsmooth, and look for her in ads and testimonials in which she endorses exclusively products she likes and uses herself.

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RACE RESULTS



Mountain Bike Racing

Soldier Hollow, Midway, Utah, Intermountain Cup, May 7, 2016**Place, Name, City, Time****Varsity Boys**

- Cameron Larson, Pleasant Grove, UT 28:14.1
 - Dylan Fairchild, SLIC, UT 38:02.7
 - Tyler Doman, Draper, UT 40:33.3
 - Jake Lamping, Draper, UT 41:57.2
 - Josh Matheson, Pleasant Grove, UT 41:59.2
- Varsity Girls**
- Anika Heilwell, Salt Lake City, UT 15:23.2
 - Shannon Smith, Lindon, UT 18:23.8
 - Kira Crowell, Riverton, UT 20:19.8
 - Megan Kitchens, SLIC, UT 21:49.6
 - Juliann Kecham, Orem, UT 24:52.8

High School JV Boys

- Conner Lacey, Sandy, UT 07:26.6
- Tristan Harris, Liberty, UT 08:41.7
- Ian Abbott, Draper, UT 08:46.3
- Wyatt Maxwell, South Jordan, UT 09:29.3
- Todd Kingsolver, Orem, UT 09:40.2

High School JV Girls

- Katelyn Williams, Riverton, UT 24:11.2
- Taylor Perry, Draper, UT 35:44.7
- Hadley Peay, Alpine, UT 49:43.5
- Maggie Ressa, Syracuse, UT 49:55.8
- Mary Barker, Salt Lake City, UT 53:52.0

Junior High Boys

- Martin Anders, Sandy, UT 36:52.8
- Jack Youngblood, Drive, UT 37:35.8
- Henry Larson, Sandy, UT 39:49.5
- Brinsen Rackham, Pleasant View, UT 40:02.3
- Cade Galbraith, Morgan, UT 40:03.5

Junior High Girls

- Skyler Perry, Draper, UT 44:14.3
- Siri Ahern, Park City, UT 47:01.1

Novice Men

- Grant Herdich, Park City, UT 16:02.1
- Stencil Crumbell, SLIC, UT 16:07.8
- David Richards, North Salt Lake, UT 17:20.5
- Michael Waite, Lehi, UT 21:07.2
- Todd Theurer, Provo, UT 36:28.1

Novice Women

- Gayle Carter, Orem, UT 07:06.3

Shredder Boys 10-12

- Keaton Edwards, Sandy, UT 14:16.5
- Porter Theurer, Provo, UT 16:22.4
- Luke Willden, Kaysville, UT 20:10.6
- Ryan Seegmiller, St. George, UT 22:52.1
- Owen Nelson, Elk Ridge, UT 29:37.5

Shredder Girls 10-12

- Maggie Youngblood, Provo, UT 15:10.2
- Liliane Fulwider, South Jordan, UT 17:16.5
- Audrey Garringer, Park City, UT 17:24.5

Lil Shredders 9 & Under

- Major Niederhuser, Mountain Green, UT 02:49.1
- Max Mueller, Mountain Green, UT 03:06.8
- David James Wood, SLIC, UT 03:13.6
- Katie Kendrick, Eden, UT 03:19.5
- Grady Ritter, Cottonwood Heights, UT 03:27.6

Elite Men

- Justin Lindine, North Ogden, UT 55:16.8
- Anders Johnson, Huntsville, UT 57:29.5
- Drew Free, Draper, UT 57:47.7
- Bryson Perry, Draper, UT
- Jeff Bender, Salt Lake City, UT 01:06.3

Expert Men 19-29

- Drew Palmer-Leger, Park City, UT 35:11.7
- Kodey Myers, Logan, UT 38:45.0
- Kevin Tomas, SLIC, UT 44:26.6
- Todd Davidson, Park City, UT 48:25.7
- Max McClosky, UT 49:02.6

Expert Men 30-39

- Dallin Hatch, Riverton, UT 41:17.8
- Josh Carter, South Weber, UT 43:52.2
- Tom Gosselin, SLIC, UT 44:09.7
- Jeff Wils, North Salt Lake, UT 46:17.1
- Mitchell Young, Syracuse, UT 51:46.0

Elite Women

- Rachel Anders, Sandy, UT 42:16.7
- Nicole Tittensor, Axtell, UT 42:41.8
- Sarah Kaufmann, Park City, UT 44:32.0
- Jen Hanks, Park City, UT 46:41.7
- Meghan Sheridan, Salt Lake City, UT 48:32.2

Expert Men 40-49

- Aaron Phillips, Salt Lake City, UT 33:12.6
- Richard Abbott, Draper, UT 33:37.8

- Christian Faatz, Heber City, UT 37:19.6
 - John Gill, Pleasant View, UT 39:29.8
 - Bob Saffell, Salt Lake City, UT 41:15.7
- Expert Women**
- Kelly Crawford, Ogden, UT 16:08.6
 - Brindi Hansen 22:00.0

Expert Men 50+

- Gary Gardiner, Centerville, UT 41:28.2
- Reed Topham, Salt Lake City, UT 43:41.7
- Joseph Brubaker, Salt Lake City, UT 46:49.0
- David Wood, SLIC, UT 52:09.2

Expert Men 60+

- John Lauck, Bountiful, UT 13:51.1
- Craig Williams, Park City, UT 19:46.5
- Rick Morris, Park City, UT 23:17.3
- Joe Benson, Murray, UT 27:31.7
- Donald Leach, Sandy, UT 32:14.7

Sport Men 19-29

- Brennon Peterson, Sandy, UT 05:37.3
- Tristan Planelles, Salt Lake City, UT 09:51.2
- Jake Meyer, American Fork, UT 14:04.5
- Chase Coleman, Park City, UT 20:00.6
- Ben Nielsen, , UT 20:30.6

Sport Men 30-39

- Aaron Luptak, Salt Lake City, UT 16:13.8
- Scott Bankhead, Kaysville, UT 19:00.3
- Adam Cunningham, Farmington, UT 22:43.6
- Jeffrey Kluge, Park City, UT 25:42.8

Clydesdale (220+ lbs)

- Peter Krebs, Belgrade, MT 33:27.2
- Nathan Branch, Sandy, UT 42:31.5
- Dave Stevenson, Highland, UT 08:54.5

Sport Women

- Lynna Saffell, Salt Lake City, UT 28:19.3
- Kelly Scudder, Riverton, UT 38:45.8
- Danitra Ritter, Cottonwood Heights, UT 41:15.7
- Kelly Baisley, Ogden, UT 45:27.0

Sport Men 40-49

- Jeff Burgner, Heber City, UT 13:17.6
- Jeremy Adcher, Plain City, UT 13:27.2
- Jeremy Johnson, , UT 14:31.8
- Chris Delangis, Ogden, UT 14:47.2
- Shane Jensen, Ogden, UT 15:49.8

Sport Men 50+

- Dell Brown, Orem, UT 15:03.0
- Gregg Bromka, Salt Lake City, UT 16:09.1
- Riley Frazier, Highland, UT 20:11.7
- Gary Bender, Draper, UT 27:05.6
- Joe Barker, Salt Lake City, UT 30:02.7

Wild Horse Dirt Fondo Delle, Utah, May 14, 2016**Wild Horse (76 miles)****Place, Name, Time****Women**

- Meghan Sheridan 4:57:53
- Amy Thornquist 5:23:30
- Robynn Masters 5:28:49
- Ali Knutson 5:42:56
- Nancy Russell 5:49:56
- Kaitlin Barklow 6:43:15
- Laura Patten 6:47:27
- Megan Hill 6:47:47
- Ellen Guthrie 6:47:49
- Collen Ivork 7:41:57

Men

- Roger Arnell 4:41:00
- Adam Brown 4:41:02
- Lucas Seibel 4:52:22
- Gary Wekluk 4:53:54
- Scott Patten 4:55:19
- Paul LaStayo 4:55:20
- Mark Fisher 4:59:07
- Aaron Phillips 5:01:38
- John Allison 5:02:16
- Jeff Flick 5:03:59
- Cory McNeely 5:08:27
- Jeff Sunmison 5:09:59
- Jon Lee 5:17:55
- Michael Kern 5:18:00
- Barry Makarenick 5:18:03
- Joseph Brubaker 5:20:31
- Shane Dunleavy 5:23:30
- Sheldon Thiesen 5:27:06
- Drew vonLintel 5:29:49
- Todd Taft 5:30:42
- Todd Hennemat 5:32:39
- Dan Guiney 5:34:35
- Miguel Payan 5:46:18
- Benjamin Meyerson 5:48:51
- Ammon Pate 5:51:27
- Stephen Hales 5:52:23
- Grant Crowell 5:56:04
- Bruce Hill 6:02:47
- Ben Renard-Wiart 6:04:32

Little Wild Horse (31 miles)**Women**

- Jennifer Oberland 2:16:56
 - Lucy Jordan 2:33:26
 - Britt Cogan 2:38:39
 - Bridget Wekluk 2:59:47
 - Sarah Thoms 3:02:02
 - Wendy Matis 3:08:08
 - Linda LaStayo 3:15:30
 - Lara Fisher 3:15:31
 - Margaret Moore 3:22:51
 - Anita Leach 3:36:41
 - Anna Paulding 3:41:44
 - Paula Guerra 3:41:53
 - Sylvia Backman 3:41:58
 - Amy Cairn 3:42:08
- Men**
- Eric Flynn 1:51:19
 - Mitt Stewart 1:54:11
 - Dell Brown 1:56:58
 - Chris Colgan 2:23:32
 - Chad Bradford 2:23:50
 - Todd Hopkins 2:24:49

- Nils Eddy 2:25:03
- Mark Keeney 2:25:08
- Michael Ryland 2:26:48
- Matt Morton 2:27:07
- Zach Bradford 2:27:51
- Jesse Christensen 2:34:07
- Don DeBlieux 2:34:20
- Kurt Jensen 2:45:28
- Hoyt Robey 2:53:40
- David Demarzio 2:54:40
- Mike Cooper 3:02:00
- Jack Rinehart 3:08:06
- Joel Perkins 3:08:56
- Paul Olson 3:08:59
- Rick Morris, Park City, UT 3:13:18
- Gary Colgan 3:41:45
- Carlos Guerra 3:41:47

- Steve Lloyd 0:03:52.71
- Beau Brinkerhoff [Go-Ride.com/LPG/Rubber](#) Side Down Racing 0:03:57.74
- Michael Ryland 2:26:48
- Matt Morton 2:27:07
- Zach Bradford 2:27:51
- Jesse Christensen 2:34:07
- Don DeBlieux 2:34:20
- Kurt Jensen 2:45:28
- Hoyt Robey 2:53:40
- David Demarzio 2:54:40
- Mike Cooper 3:02:00
- Jack Rinehart 3:08:06
- Joel Perkins 3:08:56
- Paul Olson 3:08:59
- Rick Morris, Park City, UT 3:13:18
- Gary Colgan 3:41:45
- Carlos Guerra 3:41:47

- Lauren Bingham Cannondale 0:04:06.68
- Lia Westerman Guthrie Bicycles 0:04:07.44
- Rachel Anders Competitive Cyclist 0:04:17.50
- Stephenson Turner [Go-Ride.com](#) 0:04:18.62
- Campbell Torres Beek Racing 0:04:20.25
- Shan Peterson 0:04:14.30
- Tony Lemon Salt Cycles 0:04:14.42
- Dan LaRiviere 0:05:56.25

Cat 3 Men 12 & Under

- Jonah Brinkerhoff [Go-Ride.com/LPG/Rubber](#) Side Down Racing 0:04:07.44
- Hunter Goulet 0:04:29.74
- Mikel Gaztambide Lake Town Gravity 0:04:53.40
- Kaden Adams 0:04:56.95
- Fred LaRiviere Outlaw Bike Team 0:05:05.53

Cat 3 Men 13-18

- Simon Hopkins Ziani 0:03:43.84
 - Jaxon Morse Outlaw Bike Team 0:03:53.44
 - Julien Markewitz Laketown Bicycles 0:03:54.07
 - Nick Denwall Cannonball Racing 0:03:56.01
 - Thomas Fendler 0:03:59.97
- Cat 3 Men 19-39**
- Duo-Female**
- Joey Webb 0:03:51.86
 - Colby Bryant 0:03:55.12
 - Jon Birmhall 0:04:01.65
 - Bronnson Turner [Go-Ride.com](#) 0:04:18.62
 - Campbell Torres Beek Racing 0:04:20.25
- Cat 3 Men 40+**
- Shan Peterson 0:04:14.30
 - Tony Lemon Salt Cycles 0:04:14.42
 - Dan LaRiviere 0:05:56.25

Cat 3 Women 19+

- Angela York 0:05:03.86
- Cody Kelley Yeti - Fox 0:03:16.06
- Galen Carter 0:03:24.65
- Jaren Lockwood Go-Ride/Santa Cruz/Deity/Smith Optics 0:03:26.85
- James Sandmirie SLC MTB - Laketown Bicycles 0:03:28.48
- Chris Ridder 0:03:30.37
- Kyle Hickey 0:03:37.57
- Chris Baughman [Go-Ride.com](#) 0:03:40.08
- Claire Batty 0:03:41.47

Pro Men

- Amanda Cordell Lake Town Bicycles - Scott 0:04:03.82
 - CJ Selig Truckero Posse - 5, 10 Shoes 0:04:16.43
 - Ana Rodriguez Skullcandy 0:04:40.74
- Super-D**
- Cat 1 Men 13-18**
- Bryn Bingham Cannondale - Laketown 0:08:23.86
 - Ian Bird Go-Ride 0:08:29.62
 - Logan MCPHie Laketown Bicycles 0:08:47.40
- Cat 1 Men 19-29**
- Zack Ahleem Red Rock Bicycle 0:08:30.27
 - Jake Troy 0:08:31.62
 - Nathan Silberman Get Air - OBP - Maxxis 0:08:48.56
 - Derik Christensen 0:08:51.38
 - Chase Harris 0:09:06.68

Cat 1 Men 30-39

- Dylan Cirulis 0:08:21.06
 - Isaac Legare 0:08:43.94
 - Daniel Grolley Lake Town Gravity Team 0:08:47.61
 - Chris Kading Salt Cycles 0:08:50.02
 - Andrew Farrell 0:09:07.26
- Cat 1 Men 40-49**
- Sheridan Damaug Lake Town Bicycles 0:09:02.37
 - Mark Kugel Bohemian Brewery - LTB - ENVE - GT Bicycles 0:09:04.48

Cat 1 Men 50+

- Cole Chipman Lake Town - Renthal - Spy Optics- Atlas Braces 0:03:28.94
 - Bryn Bingham Cannondale - Laketown 0:03:32.49
 - Logan MCPHie Laketown Bicycles 0:03:33.17
 - Sam Morris Santa Cruz - Laketown 0:03:34.25
 - Ben Reeder Go-Ride/Rat Patrol 0:03:38.41
- Cat 1 Men 19-29**
- James Perry Laketown - SLC MTB 0:03:28.86
 - Derik Christensen 0:03:39.53
 - Chase Harris 0:03:40.86
 - Brook Twitchell Red Rock Bicycle 0:03:42.65
 - Nathan Silberman Get Air - OBP - Maxxis 0:03:42.78

Cat 1 Men 30-39

- Dylan Cirulis 0:03:39.39
- Isaac Legare 0:03:42.15
- Matthew Shirley Wolfman Racing 0:03:42.23
- Brad Mattack 6:29:59
- Tim McKinney 6:30:21
- Cory Spencer 6:32:36
- Peter Masson 6:36:49
- Nick Heiner 6:47:51
- Rob Lang 6:50:30
- Eric Greenwood 6:55:00
- Steven Weaver 6:58:07
- Joe Benson 6:58:56
- Corey Unger 7:21:12
- Andrew Hypto 7:30:04
- Scott Kem 7:43:57
- Drew DeMarco 7:54:45
- JD Ethington 8:19:22
- Travis Gibson 8:19:23
- Ronald Peterson 8:19:24

Cat 1 Men 40-49

- Mark Kugel Bohemian Brewery - LTB - ENVE - GT Bicycles 0:03:37.51
 - Mike Gunn [Go-Ride.com](#) 0:03:41.00
- Cat 1 Men 50+**
- Brent Astrophe 0:03:52.02
 - Damon Kirchmeier Fezzari 0:03:54.23
 - Kevin Dwyer Poison Spider - [Go-Ride.com](#) 0:03:57.37
 - Craig Skinner [Go-Ride.com](#) 0:04:06.77
 - Kent Woodfield Bohemian Brewery - Lake Town 0:04:12.86

Cat 2 Men 13-18

- Max Shepherd Lake Town Gravity 0:03:35.17
 - Devin Jones 0:03:45.69
 - Brennan Torres Cannonball Racing 0:03:45.80
 - Ben Birmhall 0:03:47.44
 - Lorin Whitaker Canfield/Giro/Guayaki Yerba Maté/River Rock Roasting Co/[Strick.com/Zion](#) Cycles 0:03:51.71
- Cat 2 Men 19-29**
- Tyson Henrie Outlaw Bike Team 0:03:39.03
 - Pat Hurley [Go-Ride.com](#) 0:03:41.33
 - Will Fox 0:03:45.76
 - Brian Sweat Bikologi 0:03:50.45
 - Chase Jackson Lake Town Bicycles/Knolly Bicycles 0:03:52.93

Cat 2 Men 30-39

- Joe Winebrenner 0:03:43.31
 - Beau Gunnerson [Go-Ride.com/Vive](#) Juicery/Beau-Gnar Tuned 0:03:47.54
 - Mikal Hanna [Go-Ride.com/Vive](#) Juicery/Beau-Gnar Tuned 0:03:49.42
 - Adam McMurray 0:03:50.24
 - Jesse Sugar 0:03:50.79
- Cat 2 Men 40-49**
- Jason Walker 0:03:48.75

5 Andrew Bird Cannonball Racing 0:09:53.61

- Dustin Carlson Tech-Gnar 0:09:27.32
 - Brian Banta University of Utah Cycling 0:09:28.90
 - Nick Weekes His Mom 0:09:29.96
 - Steve Wilson 0:09:39.37
 - Heleman Garcia 0:09:40.80
- Cat 3 Men 40+**
- Dan LaRiviere 0:09:45.05
 - Anthony Mallen Wolf Pack 0:10:02.28
 - Don Sorensen 0:10:09.93
 - Travis Hudak Rubber Side Down Racing - Go-Ride Draper 0:10:15.93

Cat 3 Men 9 & Under

- Alex Mallen Wolf Pack 0:11:15.33
- Fred LaRiviere Outlaw Bike Team 0:11:23.29
- Jack DeVall Mohawk Mafia 0:11:33.25
- Luke Mallen Wolf Pack 0:12:18.65
- River Bell 0:13:13.52

Cat 3 Women 19+

- Bina Skordas 0:10:02.17
- Kathryn McGowan 0:10:23.16
- Gina Grapentine 0:10:36.72
- Dulcinea Nelson 0:11:14.69
- Brandy Horton Bohemian Racing 0:11:51.44

Pro Men

- Kris Baughman [Go-Ride.com](#) 0:08:14.88
- Nic Hadley Go-Ride 0:08:31.00
- Greg Gibson [Truckerco.com](#) 0:08:40.65

Pro Women

- Ana Rodriguez Skullcandy 0:09:10.99
- Erica Tingey 0:10:21.04

Stan Crane Memorial Draper Dueller, Intermountain Cup, Draper Trail Days, Draper, Utah, May 30, 2016**Place, Name, City, Time****High School Varsity Boys**

- Seth Saxton, Draper, UT
- Lance Packer
- Tyler Doman, Draper, UT
- Grant Hillam

High School Varsity Girls

- Morgan Hales, Draper, UT
- High School JV Boys
- Kade Brasher, Holladay, UT
- Ryder Jordan
- Magn Egan, Ogden, UT
- Lance Heaton, Bountiful, UT
- Adam Seegmiller, St. George, UT

High School JV Girls

- Katelyn Williams, Riverton, UT
- Kendyl Nelson
- Lily Crowell, Riverton, UT
- Taylor Perry, Draper, UT
- Hadley Peay, Alpine, UT

Junior High Boys

- Parker Christensen, St. George, UT
- Colton Desmond, Layton, UT
- Luke Heinrich, Salt Lake City, UT
- Brinsen Rackham, Pleasant View, UT
- Henry Larson, Sandy, UT

Junior High Girls

- Ali Jensen, West Haven, UT
- Emalee Carroll, South Weber, UT
- Catherine Best, Park City, UT
- Maggie Youngblood, Provo, UT
- Raleigh Whitemeyer, Mountain Green, UT

Novice Men

2 Brad BELLISTON CAREER STEP 2:30:02
 3 Jarvis HOFFINES SALT LAKE CITY UT 2:40:42
 4 Darren ANDERSON LOGAN UT 2:44:19
 5 Joel DRAXLER CACHE VALLEY BANK 2:46:02
Recreational Men Flat
 1 Brady NELSON EAST FORK BIKES 2:08:07
 2 Allan SUMINALL OREM UT 2:11:08
 3 Phil PATTEN OREM UT 2:11:33
 4 Ryan STOWERS LRC/STOWERS BROS 2:12:02
 5 Jonathan STOWERS LRC/STOWERS BROS 2:12:07
Cat 1/2/3 Women
 1 Alison Frye Ski City Cycling 2:06:57
 2 Laura Patten Ski City Cycling 2:10:57
 3 Kelly Hunsaker PLAN7 DS 2:10:57
 4 Marci Kimball Team TOSH p/b Hyperthreads 2:11:01
 5 Shanin Miller Canyon Bicycles-Shimano 2:11:13
Cat 3/4 Women
 1 Nina Wade Zancanato Racing 2:13:17
 2 Chelsea Wood Team TOSH p/b Hyperthreads 2:13:21
 3 Annette Bowman Team Endurance360 2:13:34
 4 Ingrid Hansen Endurance360 2:13:38
 5 Annie Sullivan Live well p/b bountiful bicycle 2:13:39
Cat 4 Women
 1 Amy Stanfield SLTC 1:52:30
 2 Olivia Moore 1:52:51
 3 Avigail Carter Plan7 DS 1:54:23
Open Junior Women 10-12
 1 Kayleigh Maloney BYRDS 1:28:11
Open Junior Women 15-16
 1 Makayla Prince 1:35:14
Open Junior Women 17-18
 1 Allison Craig SaltCycle Intellitechs 1:21:18
Masters Women 35+
 1 Marci Kimball Team TOSH p/b Hyperthreads 2:13:29
 2 Alison (Ali) Knutson Plan7 DS 2:13:34
 3 Robynn Masters Ski City 2:13:34
 4 Lorri Zenoni Project HERO Utah 2:13:45

Bear Lake Classic Time Trial
Female Open
 1 Marci Kimball 0:17:01
 2 Charcie REBALKIN 0:22:25
Male Open
 1 Rylan SCHADEGG 0:13:30
 2 Jesse DUNN 0:14:02
 3 Michael HAWLEY 0:14:28
 4 Andrew DORAIS 0:14:30
 5 Samuel DEARDEN 0:14:51
 6 Jedd COX 0:15:38
 7 Ian SKURNIK 0:16:04
 8 Dwaine ALLGIER 0:16:15
 9 Chris BROWN 0:16:48
 10 Bart PRESTON 0:17:40
 11 Peter YARBROUGH 0:19:00
 12 Tracy COX 0:20:50
 13 Kevin VALVERDE 0:20:56

Bikes for Kids Stage Race, Daybreak, Utah, UCA Series, May 20-21, 2016
Place, Name, Team, Time
Criterion
Category 3-4 Men
 1 Andrew DORAIS CONTENDER BICYCLES 0:40:25
 2 Mark OTTERSON ZANCONATO RACING 0:40:26
 3 Weston WOODWARD INTERMOUNTAIN LIVEWELL 0:40:29
 4 Liam O'DONNELL CICALA RACING INC. P/B MARK MILLER SUBARU 0:40:55
 5 Casey NIELSEN LTR MULTISPORT 0:40:55
Category 4-5 Men
 1 TJ STONE A BLOC CYCLING 0:30:18
 2 Steve SAXTON ROULEUR CYCLING 0:30:18
 3 Derek GORONSON 0 0:30:20
 4 Christian MORENO SBR CYCLES 0:30:20
 5 Seth SAXTON ROULEUR CYCLING 0:30:20
Junior Boys 10-14
 1 Ryder JORDIN CANYON BICYCLES - SHIMANO 0:32:32
 2 Moses MALONEY BYRDS 0:32:42
 3 Viggo MOORE FFKR ARCHITECTS 0:32:44
 4 Ian FREDERICK FFKR ARCHITECTS RACING 0:33:11
 5 Kaden CHRISTIANSON LTR MULTISPORT 0:34:18
Masters Men Cat 1-2-3-4 45+
 1 Andrew LOCK FFKR ARCHITECTS 0:37:27
 2 Mark MILLER CANYON BICYCLES-SHIMANO 0:37:27
 3 Ian SKURNIK PLAN 7 - SPIN PRESSED - EMO 0:37:27
 4 Cris WILLIAMS VOLO CYCLING CLOTHING - JUMEX - FUJI BIKES 0:37:27
 5 Jon GALLAGHER COLE SPORT 0:37:33
Masters Men Category 1-2-3 35+
 1 Will HANSON SKI UTAH/ PLAN 7 0:38:51
 2 Jared KIRBY N/A 0:38:51
 3 Isaiah JEREZ ALLEGIANT 0:38:51
 4 Seth BRADLEY DNA CYCLING 0:40:53
 5 Tyler HIGLEY BOUNTIFUL MAZDA CYCLING TEAM 0:40:53
Masters Men Category 4-5 35+
 1 Stephen ROGERS ZONE FIVE RACING 0:41:33
 2 Daniel FREDERICK ZONE FIVE RACING 0:41:56
 3 Alan WHEELWRIGHT AMERICA FIRST CREDIT UNION / BIKERS EDGE 0:41:56
 4 Billy RAPPLEYE ZONE FIVE RACING 0:41:58
 5 Marshall STANCLIFF ZONE FIVE RACING 0:41:58
Masters Men Open 35+
 1 Norman FRYE SKI CITY CYCLING 0:39:24
 2 Rick BLACK PLAN7 DS CYCLING TEAM 0:39:24
 3 Charles PALMER FFKR ARCHITECTS RACING 0:39:24

4 Terry STONE A BLOCK CYCLING 0:39:24
 5 Ravell CALL BOUNTIFUL MAZDA CYCLING TEAM 0:39:27
Pro Men-1-2-3
 1 Trevor JACKSON CANYON BICYCLES- SHIMANO 0:51:48
 2 Cortlan BROWN CANYON BICYCLES- SHIMANO 0:51:48
 3 Erik SLACK CANYON BICYCLES- SHIMANO 0:51:48
 4 Michael WILCOX CANYON BICYCLES- SHIMANO 0:51:48
 5 Robert SMALLMAN TEAM ENDURANCE 360 0:52:17
Women Category 3-4
 1 Ingrid HANSEN ENDURANCE 360 0:30:51
 2 Angela HOWE PLAN7 DS 0:30:51
 3 Joan MEINERS TEAM ENDURANCE360 0:31:02
 4 Annette BOWMAN TEAM ENDURANCE360 0:31:04
 5 Shannon TUDDENHAM PLAN7 DS 0:31:04
Junior Girls 10-12
 1 Kayleigh MALONEY BYRDS 0:33:19
 2 Kylie FREDERICK FFKR ARCHITECTS RACING 0:34:00
Masters Women Cat 1-2-3-4 35+
 1 Alison (Ali) KNUTSON PLAN7 DS 0:31:01
 2 Margaret DOUGLASS TEAM ENDURANCE 360 0:31:01
 3 Lorri ZENONI ZONE FIVE RACING 0:31:03
Pro-1-2-3
 1 Mindy MCCUTCHEON CANYON BICYCLES-SHIMANO 0:42:36
 2 Mary EMERSON TEAM TOSH P/B HYPERTHREADS 0:43:04
 3 Anne PERRY CANYON BICYCLES-SHIMANO 0:43:05
 4 Breanne NALDER DNA CYCLING P/B K4 0:43:05
 5 Alison FRYE SKI CITY CYCLING 0:43:10
Road Race
Category 3-4 Men
 1 Weston WOODWARD INTERMOUNTAIN LIVEWELL 2:03:40
 2 Nathan MANWARING TOTAL CARE 2:03:42
 3 Andrew DORAIS CONTENDER BICYCLES 2:03:42
 4 Daxton KENNINGTON INTERMOUNTAIN LIVEWELL 2:03:42
 5 Grant SIMONDS SKI CITY 2:03:56
Category 4-5 Men
 1 Steve SAXTON ROULEUR CYCLING 1:16:07
 2 Derek GORONSON 0 1:16:07
 3 Heriberto FRUTOS CT VELO 1:16:07
 4 Ryan MAUSER ZONE FIVE RACING 1:16:07
 5 Jacob KAPP INTERMOUNTAIN LIVE WELL P/B BOUNTIFUL BICYCLE 1:16:09
Junior Boys 10-14
 1 Ryder JORDIN CANYON BICYCLES - SHIMANO 0:59:36
 2 Moses MALONEY BYRDS 1:00:05
 3 Viggo MOORE AMERICA FIRST CREDIT UNION / BIKERS EDGE 1:00:20
 4 Kaden CHRISTIANSON LTR MULTISPORT 1:01:12
 5 Ian FREDERICK FFKR ARCHITECTS RACING 1:01:32
Masters Men Cat 1-2-3-4 45+
 1 Ian SKURNIK PLAN 7 - SPIN PRESSED - EMO 2:11:16
 2 Andrew LOCK PIMPIN.IN.MIDVALE 2:11:16
 3 Mark TUCSNAK THE BICYCLE WAREHOUSE 2:11:23
 4 Cris WILLIAMS VOLO CYCLING CLOTHING - JUMEX - FUJI BIKES 2:13:47
 5 Mark MILLER CANYON BICYCLES-SHIMANO 2:22:36
Masters Men Category 1-2-3 35+
 1 Will HANSON SKI UTAH/ PLAN 7 2:04:09
 2 Isaiah JEREZ ALLEGIANT 2:05:44
 3 Jared KIRBY PLAN7 DS CYCLING TEAM 2:11:20
 4 Seth BRADLEY DNA CYCLING 2:21:42
Masters Men Category 4-5 35+
 1 Billy RAPPLEYE

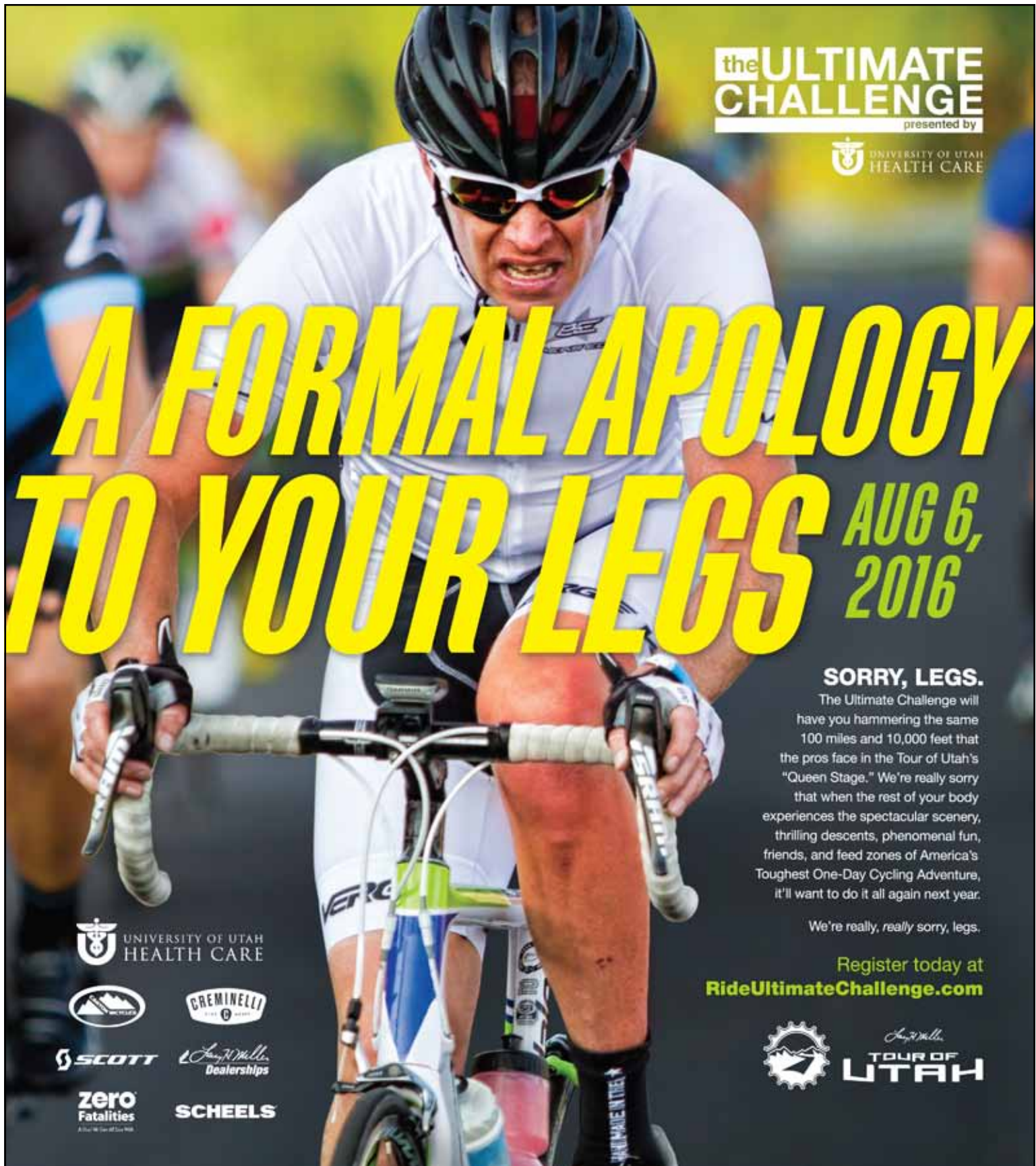
ZONE FIVE RACING 1:44:24
 2 Alan WHEELWRIGHT AMERICA FIRST CREDIT UNION / BIKERS EDGE 1:44:24
 3 Marshall STANCLIFF ZONE FIVE RACING 1:44:24
 4 Kevin SMITH PLAN 7 - SPIN PRESSED - EMO 1:44:24
 5 Dwaine ALLGIER ZANCONATO RACING 1:44:27
Pro Men-1-2-3
 1 Cortlan BROWN CANYON BICYCLES- SHIMANO 2:45:40
 2 Erik SLACK CANYON BICYCLES- SHIMANO 2:47:51
 3 Robert SMALLMAN TEAM ENDURANCE 360 2:51:05
 4 Michael WILCOX CANYON BICYCLES- SHIMANO 2:51:05
 5 Michael HAWLEY 2:51:05
Women Category 3-4
 1 Joan MEINERS TEAM ENDURANCE360 2:05:20
 2 Ingrid HANSEN ENDURANCE 360 2:05:23
 3 Angela HOWE ZONE FIVE RACING 2:05:26
 4 Shannon TUDDENHAM PLAN7 DS 2:07:54
 5 Kelly MCPHERSON INTERMOUNTAIN LIVE WELL 2:41:16
Junior Girls 10-12
 1 Kayleigh MALONEY BYRDS 1:21:52
 2 Kylie FREDERICK FFKR ARCHITECTS RACING 1:34:10
Masters Women Cat 1-2-3-4 35+
 1 Alison (Ali) KNUTSON PLAN7 DS 2:05:18
 2 Margaret DOUGLASS TEAM ENDURANCE 360 2:05:22
 3 Lorri ZENONI PROJECT HERO UTAH 2:25:23
Pro Women-1-2-3
 1 Mindy MCCUTCHEON CANYON BICYCLES-SHIMANO 2:19:18
 2 Breanne NALDER DNA CYCLING P/B K4 2:19:36
 3 Anne PERRY CANYON BICYCLES-SHIMANO 2:20:15
 4 Mary EMERSON TEAM TOSH P/B HYPERTHREADS 2:22:36
 5 Shanin MILLER CANYON BICYCLES-SHIMANO 2:39:23
Time Trial
Category 3-4 Men
 1 Andrew DORAIS CONTENDER BICYCLES 21:04:2
 2 Weston WOODWARD INTERMOUNTAIN LIVEWELL 22:00:8
 3 Jesse DUNN TOTAL CARE 22:42:6
 4 Daxton KENNINGTON SPRADLEY BARR WIND CHILL CYCLING 23:02:8

5 Benjamin DENT SBR CYCLES 23:10:0
Category 4-5 Men
 1 Derek GORONSON 0 22:20:0
 2 TJ STONE A BLOC CYCLING 23:17:0
 3 Anson KIRCHNER PLAN 7 - SPIN PRESSED - EMO 23:19:1
 4 Steve SAXTON ROULEUR CYCLING 23:31:8
 5 Seth SAXTON ROULEUR CYCLING 23:42:3
Junior Boys 10-14
 1 Ryder JORDIN BYRDS 06:00:4
 2 Viggo MOORE TEAM TOSH P/B HYPERTHREADS 06:06:8
 3 Moses MALONEY 0 06:20:0
 4 Kaden CHRISTIANSON PREMIER CREDIT CYCLING 07:09:2
Masters Men Cat 1-2-3-4 45+
 1 Ian SKURNIK PLAN 7 - SPIN PRESSED - EMO 22:49:0
 2 Cris WILLIAMS VOLO CYCLING CLOTHING - JUMEX - FUJI BIKES 24:46:3
 3 Mark TUCSNAK THE BICYCLE WAREHOUSE 24:57:0
 4 Mark MILLER CANYON BICYCLES-SHIMANO 24:58:0
 5 Andrew LOCK PIMPIN.IN.MIDVALE 26:10:7
Masters Men Category 1-2-3 35+
 1 Isaiah JEREZ ALLEGIANT 22:48:4
 2 Will HANSON SKI UTAH/ PLAN 7 22:49:4
 3 Jared KIRBY BOUNTIFUL MAZDA CYCLING TEAM 24:35:2
Masters Men Category 4-5 35+
 1 Tom PACE ZONE FIVE RACING 22:31:6
 2 Ryan CHRISTIANSON 0 23:19:8
 3 Marshall STANCLIFF ZONE FIVE RACING 23:32:8
 4 Billy RAPPLEYE ZONE FIVE RACING 24:12:2
 5 Dwaine ALLGIER ZANCONATO RACING 24:13:8
Masters Men Open 35+
 1 Charles PALMER FFKR ARCHITECTS RACING 23:13:5
 2 Norman FRYE SKI CITY CYCLING 23:14:1
 3 Terry STONE A BLOC CYCLING 23:50:1
 4 Andres MARIQO 24:06:8
 5 Ravell CALL BOUNTIFUL MAZDA CYCLING TEAM 25:16:3
Pro Men-1-2-3
 1 Cortlan BROWN CANYON BICYCLES- SHIMANO 20:57:2
 2 Erik SLACK THE BICYCLE WAREHOUSE 21:47:3
 3 Michael HAWLEY LIVE WELL P/B BOUNTIFUL BICYCLE 21:49:7

4 Trevor JACKSON CANYON BICYCLES-SHIMANO 22:08:9
 5 Robert SMALLMAN TEAM ENDURANCE 360 22:30:0
Category 3-4 Women
 1 Ingrid HANSEN ENDURANCE 360 27:24:5
 2 Angela HOWE PLAN7 DS 27:26:6
 3 Joan MEINERS TEAM ENDURANCE360 27:50:1
 4 Shannon TUDDENHAM PLAN7 DS 31:25:6
 5 Kelly MCPHERSON PLAN7 DS CYCLING TEAM 35:08:7
Junior Girls 10-12
 1 Ingrid HANSEN ENDURANCE 360 07:54:0
Masters Women Cat 1-2-3-4 35+
 1 Alison (Ali) KNUTSON PLAN7 DS 25:54:5
 2 Margaret DOUGLASS TEAM ENDURANCE 360 29:29:1
 3 Lorri ZENONI PROJECT HERO UTAH 31:05:3
Pro Women-1-2-3
 1 Mindy MCCUTCHEON BOUNTIFUL MAZDA CYCLING TEAM 22:52:2
 2 Breanne NALDER 0 23:44:5
 3 Anne PERRY BOUNTIFUL BICYCLE RACING 25:12:3
 4 Mary EMERSON PREMIER CREDIT RACING TEAM 25:29:3
 5 Shanin MILLER CONTENDER BICYCLES 28:58:1

46:26:00
 2 Aaron Jordin Canyon Bicycles-Shimano 46:28:00
 3 ANDREW LOVE ZONE 5 RACING 46:30:00
 4 MARK MILLER CANYON BICYCLES-SHIMANO 46:30:00
 5 GUY ROUNDY S2C/PRIMAL 46:30:00
Masters Men 55+
 1 NORMAN FRYE SKI CITY CYCLING 44:41:00
 2 DARRELL DAVIS CONTENDER BICYCLES 44:42:00
 3 JEFF CLAWSON CANYON BICYCLES - SHIMANO 44:42:00
 4 RICK BLACK PLAN7 DS CYCLING TEAM 44:43:00
 5 TERRY STONE A BLOCK CYCLING 44:43:00
Masters Men 60+
 1 JOHN LAUCK BOUNTIFUL MAZDA CYCLING TEAM 44:40:00
 2 CHARLES PALMER FFKR ARCHITECTS RACING 44:41:00
 3 RAVELL CALL BOUNTIFUL MAZDA CYCLING TEAM 44:41:00
 4 BOB WALKER BOUNTIFUL BICYCLE RACING 44:42:00
 5 JERALD HUNSAKER BOUNTIFUL MAZDA CYCLING TEAM 44:43:00
Masters Men 65+
 1 GARY SIMMONS BOUNTIFUL MAZDA CYCLING TEAM 44:43:00
 2 LARRY PETERSON ENDURANCE 360 44:44:00
 3 HENRY EBELL PORCUPINE RACING 45:11:00
Cat 3/4 Men
 1 PRESTON WEEKS SBR CYCLES 15:20:42
 2 GRANT SIMONDS SKI CITY 15:20:56
 3 CONNOR BARRETT CANYON BICYCLES - SHIMANO 15:21:07
 4 ZACH CALTON SKI CITY 15:21:07
 5 BENJAMIN DENT SBR CYCLES 15:21:08
Cat 4/5 Men
 1 RYAN MAUSER ZONE FIVE RACING 36:55:00
 2 SAMUEL ABBOTT SBR CYCLES 36:56:00
 3 TJ STONE A BLOC CYCLING 36:56:00
 4 JEFF GODDARD GUTHRIE BICYCLE 36:57:00
 5 Xanier Lopez 36:57:00
Masters Men 35+
 1 Justin Belliveau AFCU 35:44:00
 2 SCOTT JOHNSTON ZONE FIVE RACING 35:44:00
 3 BILLY RAPPLEYE ZONE FIVE RACING 35:44:00
 4 ANDREW JUDKINS TOTAL CARE 35:45:00
 5 MORRIS PUSEY BOSTONS 35:45:00
Junior Men 10-14
 1 RYDER JORDIN CANYON BICYCLES - SHIMANO

24:43:00
 2 VIGGO MOORE FFKR ARCHITECTS 25:21:00
 3 Ian Frederick 25:35:00
 4 JACK SHUCKRA FFKR ARCHITECTS RACING 25:36:00
 5 Evan Strickling KUHL 26:06:00
Junior Men 15-18
 1 Santo Evan Balanced Art Mult 24:37:00
 2 VAN HIGLEY KUHL 24:38:00
 3 TY PERKINS BAM JUNIORS 24:39:00
 4 NATE HANSEN CANYON BICYCLES - SHIMANO 24:48:00
 5 BRADEN HUDSPETH CANYON BICYCLES-SHIMANO 24:48:00
Cat 1/2/3/4 Women
 1 MINDY MCCUTCHEON CANYON BICYCLES-SHIMANO 42:45:00
 2 KATIE CLOUSE VISIT DALLAS DNA PRO CYCLING TE 45:08:00
 3 KAT CARR SKI CITY CYCLING 45:08:00
 4 MARY EMERSON TEAM TOSH P/B HYPERTHREADS 45:08:00
 5 Jillian Gardner 45:09:00
Cat 3/4 Women
 1 JILLIAN GARDNER 29:41:00
 2 MEGAN FOLEY BALANCED ART MULTISPORT 29:41:00
 3 Sara Baker Canyon Bicycle 31:28:00
 4 ANGELA HOWE PLAN7 DS 31:32:00
 5 CAMILLA EDSBERG PLAN 7 DS 32:16:00
Junior Women 10-14
 1 KYLIE FREDERICK FFKR ARCHITECTS RACING 26:26:00
Masters Women 35+
 1 MARCI KIMBALL TEAM TOSH P/B HYPERTHREADS 40:15:00
 2 ALISHA DOYLE SATORI INC. 41:33:00
 3 SHANNON TUDDENHAM PLAN7 DS 42:08:00
Masters Women 45+
 1 MARY EMERSON TEAM TOSH P/B HYPERTHREADS 38:47:00
 2 ALISON FRYE SKI CITY CYCLING 38:47:00
 3 SHANIN MILLER CANYON BICYCLES-SHIMANO 38:48:00
 4 MARGARET DOUGLASS TEAM ENDURANCE 360 38:48:00
 5 KELLY HUNSAKER PLAN7 DS 38:48:00



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MOUNTAIN BIKING

Being Haley Batten: An Odyssey Report by One of Utah's Most Impressive Young Athletes



"US Cup Bonelli #2 in California on April 9th. It was a UCI Jr. Series race and I was able to pull off the win in some crazy wet conditions."
Photo by courtesy Haley Batten

By Haley Batten with Mark Deterline

From May 10th-22nd, I was traveling with USA Cycling and eight other Junior riders in France and Germany. We raced Coupe de France Ussel in Ussel, France on May 15th where I placed second in the UCI U19 Junior Women category.

Then we traveled to Albstadt, Germany where we competed in the UCI Junior Series. Not my best race, but I was really happy to place seventh in a very competitive field. After parting ways with the Junior US Team when they made their way home, I continued my European stay for another week with some good friends in Germany. I was able to settle in and relax while getting in some great training and sightseeing.

But time flies!

My family arrived on May 28th, and we have been traveling in Germany and France since,

filling every day with adventures. Currently I am in La Bresse, France with amazing trails all around me. We will move on to Gränichen, Switzerland where I will race again this Sunday. I have been able to ride my bike on beautiful new terrain, and am enjoying every second!

Throughout my life I was surrounded by my very active family, and before I could even walk they led me on many amazing adventures. They brought my brother and me backpacking, camping, hiking, biking, skiing, and really anything outdoors.

As soon as I could participate, being active continued to be a very large part of my everyday life. Biking was one of our family favorites, and we would always go on camping trips with multiple other families. All of the kids would ride together, so I was always pushing myself to keep up with everyone.

My little brother and I also followed my dad around to many of his bike races. Soon, at 8 yrs old, I tried

one out, then another, and another. Soon, by age 11 I was fully hooked on the sport. I continued to battle it out with the boys, then began racing with the Pro Women locally at age 14 or so; gender and age differences didn't ever cross my mind.

I think that being able to push myself at such a young age has really helped me to become the rider that I am today. From there I entered my first out-of-state race and National Championship at age 12, then raced internationally for the first time at age 14. I have continued to travel more and more each year to race, and now find my bike leading me to the most incredible places all over the world. Mountain bike racing has become more than a great challenge and way to push myself to the limits; it has also served as an amazing teacher and tour guide.

I think I am motivated by all of the challenges that cycling brings. I want to know how much better, how much faster, and how much stronger I can get. I want to be the first one to cross the finish line; that is what helps me push myself every day. There is a lot to this sport, and I think that helps me to stay motivated and excited, even through bad days.

First, there is training on the bike. An athlete has to be prepared for whatever a race course could bring, with regard to the strength required, and to the technical abilities called upon by descents. Then there is training preparation off the bike, like nutrition, recovery and mental strength, along with the balancing act of school, social life and so much more. Since there is so much going on and so much to learn, I can really never get tired of this amazing sport. There are so many places to go and goals to achieve, which continue to get me excited for what's to come.

I think the advice that I would

give to young riders, female riders, and really all riders would be to just get out there, adventure and share your passion with others. This sport is lifelong and can teach you so much about yourself and the environment around you. Spread the love and get other people out riding! The more people out on trails, the more awareness we have for the environment, the more trail systems will continue to grow, and the more people will be happy and healthy.

Remember that you can never stop learning; listen to the people around you, find people that inspire you, and ride with people that are better than you. For young and female riders, remember that age and gender are not roadblocks; no matter who you are, you can still find success and joy in anything that you are passionate about.

I am so lucky and grateful to have had so much amazing support all around me throughout my life and cycling career. This sport takes more than just an athlete; it takes an entire team behind them. Park City has incredible trail systems, and organizations that have helped me get out and ride from a very young age. My family and friends have truly given me the help and support I need to make this journey possible.

The Luna Pro Team and our sponsors have helped me to take it to the next level this season. It's truly incredible to have all of the support I need so that 100% of my focus can go into the race or workout at hand.

Dario Fredrick, my coach, has continued to motivate, push, and teach me every step of the way. Without this amazing team of people behind me, I'm not sure where I would be today. So, here's a huge thank you to everyone that has supported me along the way!

CYCLING

New Content on CyclingUtah.com and

CyclingWest.com

Stop by cyclingutah.com or cyclingwest.com and see the latest articles, many of which are web-only and not in the magazine:

A partial list is below with more new content regularly:

- UDOT Plans to Remove Bike Lanes on Redwood Road

- Beaver Dam Gravel Grinder Comes to South East Nevada in June

- Caliente, Nevada to Develop New Mountain Bike Trail System

- Editorial: Salt Lake City Needs To Double Funding for Bicyclists and Complete the Bike Master Plan in 5 Years!

- Weber Pathways Has Fresh Push to Modernize Area Trails

- Nevada's New Basin and Range National Monument Looks to Develop Mountain Biking

- Salt Lake County Bicycle Advisory Committee News for May 2016

- Anders and Lindine Win Soldier Hollow I-Cup: Report, Results, Photo Gallery

- Tour of Utah Announces Full Field of 16 Teams for 2016 Edition

MOUNTAIN BIKE RACING

McCutcheon and Peterson Win Stan Crane Memorial Intermountain Cup



The shredder boys 10-12 category helps young racers start early. Photo by Angie L. Harker, selective-vision.com



Mitchell Peterson (Canyon Bicycles-Shimano) rips it in the dirt and on the road. He's on his way to winning the men's elite race. Photo by Angie L. Harker, selective-vision.com



The High School Junior Varsity Boys fly out of the start. The rise of the Utah High School Cycling League has lead to huge increases in participation in mountain bike racing. Photo by Angie L. Harker, selective-vision.com



Mindy McCutcheon on her way to winning. McCutcheon has been topping the podium throughout the season on the road too. Photo by Angie L. Harker, selective-vision.com

A Photo Gallery by Selective Vision.

The Stan Crane Memorial Intermountain Cup was held on May 30, 2016 in Draper, Utah. It was race number 4 in the XC series. See results on page 16.



Jared Millington finished fourth in the Expert Men 30-39. Race winner Will Hanson is hot on his heels. Photo by Angie L. Harker, selective-vision.com



Guthrie Bicycle has a new Club

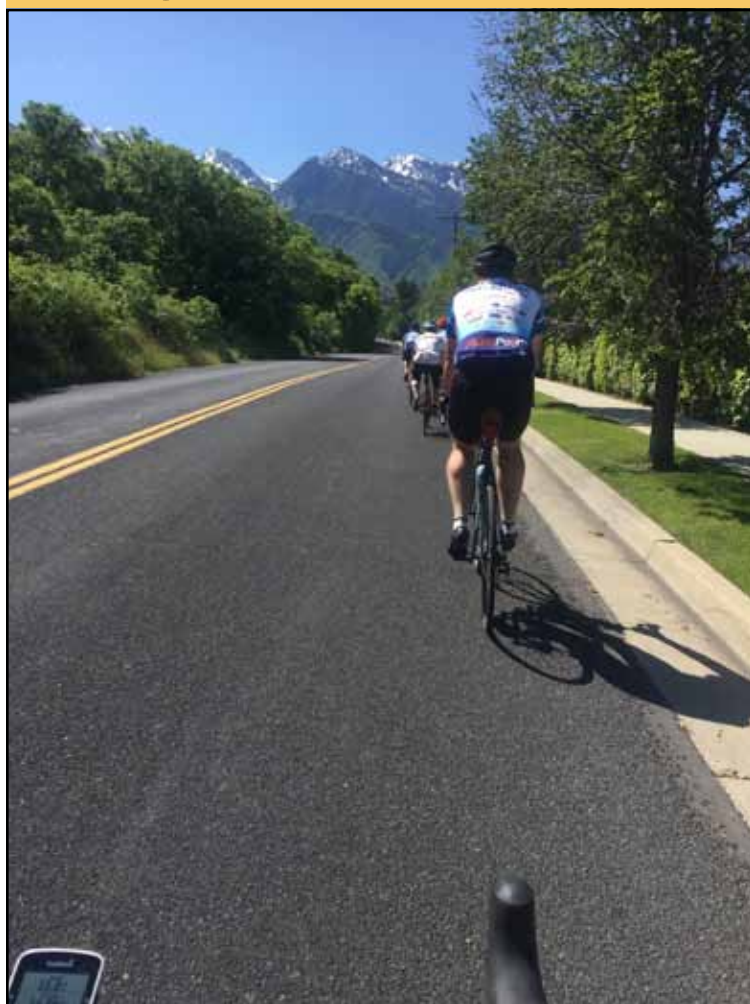
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CUSTOM CYCLING CLOTHING MADE IN ITALY

SPEAKING OF SPOKES

Cycling Salt Lake

David Ward in the front, followed by his brother Nick, Elliot in the Giants jersey, and Ryan.
Photo by Ace Call

By David Ward

The Salt Lake Valley is rich in riding options. Yesterday, I was out riding 75 miles with four others as part of our LOTOJA training. One of our team members, Ace from Pocatello, commented on the nice route I had planned around the Salt Lake Valley, and how Pocatello simply did not offer such options right in the middle of the metropolitan area.

It made me reflect on how Salt Lake really is a cyclist's mecca.

Don't get me wrong. I realize these are nothing quite like rolling along a winding road through a beautiful alpine forest. But you have plan that out and, usually, drive a distance to get to it. What I am talking about is the plethora of options to any rider in Salt Lake as he climbs on his bike and rolls out of his garage for a daily ride.

For yesterday's ride, I had us meet at Hogle Zoo, and from there we headed south along Wasatch Boulevard. Thanks to the bike/ped bridge over I-80, we rolled along

the east side to our first refueling stop, the Chevron on the corner of 1300 East and Draper Parkway, a watering hole for many cyclists. To avoid the traffic on Wasatch and the steep hill just past the mouth to Big Cottonwood Canyon, I took us through a quiet neighborhood cutoff to Danish Road and thence too its southern end near La Caille restaurant. This is, frankly, one of many nice neighborhood stretches to be found in the Salt Lake valley.

Had we been interested in doing some climbing, we could have headed up one of several canyons along this stretch: Millcreek, Big Cottonwood and Little Cottonwood Canyons will test the legs of the most seasoned climber. I have been lucky to ride a lot of the big climbs that feature in the Tour de France, and I can vouch that Little Cottonwood Canyon can match up with any of them for challenge and difficulty. Add to that City Creek, Emigration and Butterfield Canyons, and you have more canyon riding for all different levels of riders than anywhere I know of. And all within an epicenter of 15 miles. Just mount your bike, choose your canyon and roll out from the garage.

From the Delta Chevron, we headed to South Mountain, picked up Highland Drive as it headed to Point of the Mountain, crossed under I-15, and then rode west past the prison and over to Redwood Road. At that point, we continued west along 14400 South.

I lived 30 years in Murray, nearly smack dab in the middle of the Salt Lake valley. During that time, I had time to explore the best routes to bicycle almost anywhere in valley. However, since having moved to Emigration Canyon five years ago, there has been explosive growth

in the southwest area of Salt Lake Valley: the Bluffdale, Riverton and Herriman areas. So once we were on 14400 South, I recognized nearly nothing.

We headed west till 14400 South ended, at which point we kind of felt our way north and west till we finally came to point I recognized, the road (11800 South) which would lead us to Bacchus Highway which we would then take to the Old Bingham Highway. I knew this area well, having raced many district road races on the Herriman course.

What I was pleasantly surprised by, though, were the wide shoulders and designated bike paths on many of the roads built in the last several years. I used to like riding out here, but the narrow shoulders were always a drawback. Now, there are good options for cyclists to ride out here, with good shoulders and bike paths to accommodate them.

Once at the Old Bingham Highway, the plan was to ride east and wind our way back home. What I would have liked to do, but chose not to, was to ride on up to Copperton, one of my favorite destinations years back. I would ride to where the road heading into the Kennecott Copper Mine was closed to traffic, then come back through this lovely old town tucked into the west side, around its park, and then head back east. Yesterday, however, our legs were beginning to feel the toll of the nearly 50 miles we had already ridden so far, so I declined that option, though now I wish we had opted for it.

I love riding the Old Bingham Highway. Going back in the years again, I remember when I would ride it early in the morning, and listen to the meadowlarks sing to me as I passed them by. There were no meadowlarks (too late in the day) as

we made our descent down the Old Bingham Highway. After our second fueling stop, I led our group through the roads I had scoped out over the years to get us east of I-15, and on the route back home.

Doing this ride, and going through areas I used to pedal frequently, it brought to mind the many routes available to cyclists for navigating and enjoying cycling in Salt Lake. I have two daughters living in the Phoenix area, and I have a bike parked there for when I visit. I have gotten to know the area somewhat well. People think Salt Lake has nothing but east/west and north/south streets criss-crossing the valley. But while that is the general layout, it does not hold a candle to Phoenix. If a boring ride is what you seek, go ride the straight, flat streets of Phoenix. You will yearn to return to the cyclists' mecca of Salt Lake.

I suspect that many large urban areas (excepting Phoenix, I am sure) have their little known but enjoyable routes. My experience living in Salt Lake for 40 years convinces me that it takes years of exploring to find them. But they are likely there. In my travels, that is one of the things I really enjoy. Jumping on a bike, exploring the area, and learning to navigate the urban landscape in an enjoyable way.

In riding our half loop around the Salt Lake valley, we racked up 73 miles. Without seeking to climb, we still ended up with 3700 feet of climbing just rolling up and down the topography that comprises this valley.

As an avid cyclist who simply loves to ride, I consider myself blessed to live in such a beautiful and varied valley. I have cycled in this area for 40 years. I know most of the good places to ride, but am still surprised to occasionally find a new stretch to add to my routes. For cycling in a metropolitan area, there is no better than Salt Lake.

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ROAD RACING

Riedesel, Frye Take Antelope Island Crowns



The Antelope Island Road Race, held on Saturday, May 7, 2016, is incredibly scenic. Photo by Ravell Call

By **Ryan Barrett**

The Antelope Island Classic was held on Saturday May 7, a beauti-

ful day for bike racing at one of our most popular venues. The Pro-Category 1-3 Men's Event was won by a super aggressive Tyler Riedesel (Canyon Bicycles). Riedesel was

active in breakways throughout the event and refused to submit after being caught. At the end of the 73 mile event, he held on for a beautiful solo victory. Brent Cannon (Team



Abraham Torres wins the men's 3-4 event at the Antelope Island Road Race Saturday, May 7, 2016. Photo by Ravell Call

Elevate) attacked the field in the last few miles to take second with Joe Waters (Canyon Bicycles) taking the uphill group sprint for 3rd.

The Women's Pro-1-3 43 mile event was less controlled with Alison Frye (Ski City Cycling) taking a commanding win by more than three minutes. Her Ski City team mate Laura Patten lead the next group home in front of Kelly Hunsaker (Plan7 DS).

In the Men's 3-4 field, young rider Abraham Torres notched the win in a bunch finish.

Antelope Island also served as our junior state championships.

Viggo Moore (FFKR Architects) and Kayleigh Maloney (BYRDS) won the 10-12 year old championships. In the 13-14's, it was Moses Maloney (ID- BYRDS) taking the win in front of Utah State Champion Jack Shuckra (FFKR Architects). Garrison Asper (FFKR Architects) won the men's 15-16 race with Makayla Prince taking out the women's 15-16 titles. Cole Warner (FFKR Architects) and Alison Craig (Salt Cycle-Intellitechs) won their respective 17-18 events.

See results on page 16.

Popular Adventure Writer, Joe Metal Cowboy Kurmaskie Pedals Back From The Brink With New Story Collection, Finds Iron Overload Action Network

Hemochromatosis, the world's most common deadly genetic disease – that few have ever heard of – tried to put Joe Kurmaskie, AKA The Metal Cowboy, a popular writer, contributor to Cycling Utah and travel adventurer, in the cemetery.

But it's hard to kill a man who's

pedaled 200,000 miles on five continents; out sprinted charging elephants in Botswana, been hit by the smallest car in Ireland, and lost all his possessions playing darts in an Outback bar... only to win them back in a mountain bike race.

Following a year a treatments that included weekly bloodletting, Kurmaskie's back and using the launch of his latest book, A Guide To Falling Down in Public, to cast light on this orphaned disease that affects 1 in 9. Stories in the new book, told in Kurmaskie's Mark Twain meets David Sedaris voice, highlight the fragility of life and the resilience of the human spirit in motion around the world.

"We all fall down, physically and

metaphorically, but it's the getting up, with style, courage, grace that provide the most boisterous, bit-tersweet and telling stories," said Kurmaskie.

Hereditary hemochromatosis – which causes the body to store dangerous amounts of iron in organs can lead to 12 cancers, liver and heart failure, Alzheimers, diabetes, arthritis and heart attacks - killing Beethoven, Hemingway, Steve McQueen and Patrick Swayze.

"It's an insidious disease mirroring vague symptoms of middle age; fatigue, headaches, joint pain, impotence, but simple screening to detect it was removed from routine blood work in the 1990s, for cost savings by a profit driven medical industry."

Kurmaskie said. "Since only 1 in 4 get early symptoms, it's a nearly silent killer."

The good news? Caught it in time it's treatable, without drugs and offers a normal life expectancy.

"We could prevent upwards of 20 percent of cancers, heart attacks, liver failures, diabetes if we got serious about diagnosing and preventing iron overload. The tactical error this disease made was... not killing me," noted Kurmaskie.

In Kurmaskie's case, the combination of a healthy lifestyle, sharp doctor, regular physicals, luck and tea consumption saved his life.

"This disease should not be left to luck and scavenger hunting style medicine. The loss of life and suffer-

ing from chronic illness is too great." Kurmaskie noted.

Rather than count himself lucky and move on, Kurmaskie founded ironitout.org – an iron overload action network with four specific projects; public awareness, nationwide routine early screening, blood donation acceptance and medical system education and reform.

A Guide to Falling Down In Public is the 5th book in Kurmaskie's Metal Cowboy series and the first in five years. The series has been optioned by Emmy winning producer Chuck Roseberry for Alsea Entertainment. A film and television series is in the works. Find more info at www.metalcowboy.com

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CALENDAR OF EVENTS

Utah BMX

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

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

June 17-19, 2016 — USA BMX Great Salt Lake Nationals, USA BMX National Series, South Jordan, UT, Location: 5200 W, 9800 South. Weekly practices on Tuesdays from May 1 through the end of September. Weekly racing on Thursdays., Dallas Edwards, 801-803-1900, radcanyonbmx@radcanyonbmx.com, radcanyonbmx.com, facebook.com/radcanyonbmx

Advocacy

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

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

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

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

Mooseknuckler Alliance — St. George, UT, We accept all types and styles of riders, most important we want people to ride their bikes and enjoy doing it. Most of us love riding our bikes in all types of weather and in multiple disciplines. The Alliance is located in Southern Utah and has group rides to help people get

out, meet new friends, and most importantly, have fun riding their bikes., Lukas Brinkerhoff, 435-632-8215, lukas@mooseknuckleralliance.org, mooseknuckleralliance.org

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

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

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

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

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

Bike Walk Montana — Helena, MT, Statewide bicycle advocacy organization, Taylor Lonsdale, 406-449-2787, bznbybike@gmail.com, bikewalkmontana.org

Regional Events, Swaps, Lectures

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

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

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

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

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

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

June 4, 2016 — National Trails Day, Park City, UT, Location & Project TBA, Charlie Sturgis, 435-649-6839, charlie@mountaintrails.org, moun-taintrails.org

June 4, 2016 — National Trails Day, Salt Lake City, UT, Volunteer on Trail Projects., Kristen Kenley, (801) 501-0850, kkenley@rei.com, rei.com/sallakecity

June 4, 2016 — National Trails Day, Weber County, UT, Weber Pathways Trail Day. Come out on an build trails! Check website for details., Rod Kramer, 801-393-2304, outreach@weber-pathways.org, weberpathways.org

June 4, 2016 — Road Safety Half Century, Logan, UT, Celebrate Logan earning Road Respect Community Level 2, Ascend, by joining us for a fully supported 50 mile ride. Free Beehive Grill Burgers for lunch! Event start latitude: 41°43'52.59" N, Event start longitude: 111°49'38.24" W, Event Finish: Merlin Olsen Central Park. Begin at 8 am, end at 11 am., Gary Saxton, 435-752-2161, 435-374-8076,

Calendar Guidelines:

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

Submit your event to:

calendar@cycliningutah.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!

logandowntown@gmail.com, logandowntown.org

June 11, 2016 — Bike Prom, Utah Bike Month, Salt Lake City, UT, Bike Prom, the Bicycle Collective's annual fancy shindig. Pierpont Place, 163 W. Pierpont Ave. Wear your prom outfits. Pre-prom ride: 6:00pm starting at Pioneer Park., David Davis, 801-328-2453, info@bicyclecollective.org, bicyclecollective.org, bikeprom.com

July 16, 2016 — Gothead Weevil Release, Salt Lake City, UT, Volunteers are needed to join the Jordan River Commission as we release puncturevine weevils along the Jordan River Parkway. These insects play an important role in managing goatheads on the trail., Laura Hanson, 801-536-4158, lahanson@utah.gov, Jen Parsons-Soran, 801-502-6794, getinfo@river@gmail.com, jordrivercommission.org

August 13, 2016 — Tour de Fat, New Belgium Brewing's Tour de Fat, Boise, ID, Rolling Revival of Sustainable Folly! Various Western Locations., Paul Gruber, 888-622-4044, nbb@newbelgium.com, newbelgium.com/tour-de-fat

September 22, 2016 — World Car Free Day, UT, Ride your bike and leave the car at home!, None , noemail@cycliningutah.com, worldcar-free.net

November 12, 2016 — Henderson Stroll 'n Roll, tentative date, Henderson , NV, Our spin on the Ciclovía phenomenon that is sweeping the globe. Founded in Bogota, Columbia, it's where roads are closed to motorized traffic, allowing the community to come together and enjoy the streets on bicycles, skates, skateboards or simply on foot. The car-free street fair is packed with activities for all ages. Along the route, enjoy children's activities, interactive demonstrations, free fitness classes and games., Charlene Ham, 877-775-5252, bikehenderson@cityofhenderson.com, Annette Mullins, 877-775-5252, bikehenderson@cityofhenderson.com, bikehenderson.org

Regional

Mountain Bike

Tours and Festivals

June 4-5, 2016 — Eagle Outside Festival, Eagle, CO, Massive free bike and product demo. Firebird 40 MTB Race, Clinics, the Mother of a Half 1/2 Marathon, 10K trail run, 5K road event, 1K kids race., Mike McCormack, 970-485-5847, mikemac@eagleoutsidefestival.com, eagle-outsidefestival.com

June 9-16, 2016 — 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, enduro.rv@gmail.com, laramieenduro.org

June 17-19, 2016 — Black Hills Fat Tire Festival, Rapid City, SD, Celebration of single track mountain biking in the Black Hills of South Dakota, Kristy Lintz, 605-394-4168, 605-484-1724, kristy.lintz@rcgov.org, bhfattirefestival.com, rcparcsandrec.org

June 18-19, 2016 — VIDA MTB Series: Phillip S Miller Park, VIDA MTB Series, Castle Rock, CO, Women's mountain bike skills clinics, Sarah Rawley, 503-805-0043, info@vidamtb.com, vidamtb.com

June 18, 2016 — Beaver Dam 49er Gravel Grinder, Beaver Dam State Park, NV, Ride the Rim and see the park from a different perspective. Pedal down an old chaining road that runs along the Park's rim and winds you through Pinyon and juniper trees. The course then swings around back to the main park road and down into Campground B where we end the ride with a BBQ. The course is subject to change based on weather conditions. 35 and 45 mile options., Dawn Andone, 775-728-4460, cathedralgorge_vc@clturbonet.com, beaverdamgravelgrinder.com

June 18-19, 2016 — Knobby Tire Bike Tour, ID, Cynthia Gibson, 208-345-1105, cynthia@idahowalkbike.org, idahowalkbike.org

June 19-September 25, 2016 — Grand Staircase Escalante Singletrack (MTB), Panguitch, UT, 6-days, The Grand Staircase Lower Canyons provide exploring, camping, and backcountry mountain biking. Secluded Trails, private vistas, high mountain lakes & an abundance of wildlife. June 19-24, July 3-8, July 31-Aug 5, Aug 28-Sep 2, Sep 25-30., Kevin Ford, 800-596-2953 x1, 702-596-2953, info@escapadventures.com, escapadventures.com

June 23-26, 2016 — Ride Sun Valley Mountain Bike Festival, SCOTT Enduro Cup presented by Vittoria, Sun Valley, ID, 4 days of Sun Valley's best singletrack and mountain bike fun for riders of all ages and abilities. The festival features free guided rides, clinics, races, a bike expo, beer garden, entertainment and more. June 23: Sheeptown Drag Races (Downtown Hailey, ID) June 24: Opening Party & Prologue Time Trial, Opening Night Concert & Raffles June 25: Day 1 Enduro, Expo & Bike Demos, Kid's MTB Race June 26: Day 2 Enduro, Boulder Mountain Fox Trot XC race, Awards Ceremony, Expo & Bike Demos, Pumptrack State Championships, Jessica Kunzer, 801-349-4612, jkunzer@mtsports.com, Sara Valerious, 847-946-4182, svalerious@mtsports.com, Ray Gadd, ray@visitsunvalley.com, ridesunvalley.com, visitsunvalley.com

June 23-26, 2016 — Crested Butte Bike Week, Crested Butte, CO, World's Oldest Mountain Bike Festival celebrates 36 years with an Amateur Film Festival, Chainless World Championships, Fat Tire 40 mountain bike race, Bridges of the Butte townie tour, Gravity Slave downhill race at Crested Butte Mountain Resort and guided mountain bike rides to premiere trails!, Crested Butte Chamber , 970-349-6438, cbinfo@chamber.com, Eliza Cress, 970-349-6438, events@cbchamber.com, cbbikeweek.com

June 25-26, 2016 — VIDA MTB Series: Keystone Bike Park, VIDA MTB Series Flagship Clinics, Keystone , CO, Women's mountain bike skills clinic, Sarah Rawley, 503-805-0043, info@vidamtb.com, vidamtb.com

July 3-August 19, 2016 — Crested Butte Singletrack MTB Tour, Crested Butte, CO, July 3-8, July 17-22, July 31-Aug. 5, Aug. 14-19. Covers the immensely beautiful, challenging and remote terrain in the Elk Mountains of south-central Colorado. This 6-day tour covers the singletrack CB's locals love best. This tour does not fool around; it delivers prime singletrack, stellar campsites and the best swimming holes the Elk Mountains can serve up. , John Humphries, 970-728-5891, info@lizardheadcyclingguides.com, lizardheadcyclingguides.com

July 8-9, 2016 — Wildflower Trailfest, Snowbasin, UT, Mountain Bike and Trail Running event just for women. Beautiful courses for all abilities. Ride, or run, or both. Age group cash prizes and Finish Line celebration, Stacie Palmer, 801-

Advertisement for Canyon Bicycles. Top: 'ENJOY THE RIDE!' text over a photo of cyclists on a trail. Middle: Canyon Bicycles logo. Bottom: 'GET YOUR NEW BIKE TODAY! SUMMER SPECIALS AT CANYONBICYCLES.COM!' with store locations in Millcreek, Draper, South Jordan, and Provo. Includes logos for Scott and Trek.

Advertisement for the 14th Annual Tour de Tahoe Bike Big Blue & Nine Eleven Memorial Ride. Features a scenic photo of a lake and cyclists. Text: 'Sunday, September 11, 2016', '14th Annual Tour de Tahoe Bike Big Blue & Nine Eleven Memorial Ride', 'Lake Tahoe, Nevada', 'Another opportunity to enjoy the end of the Summer and ride around Tahoe's 72 mile shoreline.', '2000 participants.', 'Register today at: BiketheWest.com' with BiketheWest.com logo.

644-9940, 801-336-6198, wildflowerpedalfest@gmail.com, wildflowertrailfest.com

July 9-10, 2016 — Trek Dirt Series Mountain Bike Camp, Park City, UT, Learn new skills, increase confidence on the bike, or simply enjoy the sport like never before. World class women's only instructional weekend camp for beginner, intermediate, and advanced riders., Penny Deck, 604-484-6238 (Canada), register@dirseries.com, Emily Neuman, 604-484-6238, info@dirseries.com, dirseries.com

July 11-August 26, 2016 — Colorado Trail MTB Tour, Monroe, CO, July 11-15, July 17-22, July 24-29, Aug. 14-19, Aug. 21-26. You'll explore unspoiled landscapes, rush through cool mountain air, drink in 360 degree mountain views and pedal past carpeted fields of wildflowers (which can be handle-bar high). High altitude campsites offer a canopy of bright stars and deep sleep at night. Your experienced guide takes care of all the route finding, planning and logistics., John Humphries, 970-728-5891, info@lizardheadcyclingguides.com, lizardheadcyclingguides.com

July 21-August 14, 2016 — Glacier National Park Bike Park, Whitefish, MT, July 21-26, July 31-Aug. 5, Aug. 9-14. Options for cyclists of all abilities. Ride as much as or as little as desired. There are BIG climbs and bonus mileage options available each day. Both parks provide not to be missed hiking options to waterfalls, verdant meadows filled with wildflowers and mountain summits., John Humphries, 970-728-5891, info@lizardheadcyclingguides.com, lizardheadcyclingguides.com

August 6-7, 2016 — VIDA MTB Series: Snowmass Bike Park, VIDA MTB Series Flagship Clinics, Snowmass Village, CO, Women's mountain bike skills clinic, Sarah Rawley, 503-805-0043, info@vidamb.com, vidamb.com

August 11-14, 2016 — BlomFest, Salmon, ID, The Most Unorganized Mountain Bike Gathering in Idaho is back for its 6th year. This year's Gathering is only 4 days, but has an added bonus: an unofficial, self supported bike packing race on the Continental Divide Trail (CDT). So you have a choice: participate in group rides throughout the Salmon area, or participate in the bike packing race, Max Lohmeyer, 208-756-7613, blom@ridesalmon.com, Marc Landblom, 435 260 0991, marcandblom@gmail.com, ridesalmon.com

August 13-14, 2016 — VIDA MTB Series: Trailside Bike Park, VIDA MTB Series Flagship Clinics, Park City, UT, Women's mountain bike skills clinic, Sarah Rawley, 503-805-0043, info@vidamb.com, vidamb.com

September 2-5, 2016 — Teton Mountain Bike Festival, Alta, WY, 7th Annual, held at Grand Targhee Resort. Come enjoy endless miles of cross-country, singletrack, dirt road, lift-served downhill, jump park, freeride, and an IMBA Epic Trail. Demo next year's 2017 in an ideal alpine riding climate with unmatched scenery. Clinics, hosted rides, shenanigans, TVTAP., info@tetonbikefest.org, Celeste Young, 208-709-8564, celeste@tetonbikefest.org, tetonbikefest.org, grandtarghee.com

September 17-18, 2016 — Trek Dirt Series Mountain Bike Camp, Fruita, CO, Learn new skills, increase confidence on the bike, or simply enjoy the sport like never before. World class women's only instructional weekend camp for beginner, intermediate, and advanced riders., Penny Deck, 604-484-6238 (Canada), register@dirseries.com, dirseries.com

September 23-25, 2016 — MECCA Fall MTB Festival, Wedge Overlook (Near Castle Dale), UT, Registration begins Friday at 1pm followed by a warm up ride at 3pm. Evening meal is provided as is a prize drawing. Saturday begins with a provided breakfast and then all-day, guided rides, ranging from beginner to advanced. End the day with a provided BBQ dinner. Finish up on Sunday morning with a provided breakfast and a guided (or on-your-own) scenic ride. Family-friendly (meal tickets only available)., Kim Player, 435-653-2440, meccabikeclub@etv.net, bikethestwell.org

September 30-October 2, 2016 — Outerbike Fall, Moab, UT, An opportunity to ride next year's bikes and gears on world class trails.

Participants get bike demos, shuttles, lunch, beer, and admission to parties and films. 4-6 pm at the Moab Bike Park, 500 W. and Williams Way., Mark Sevenoff, 800-845-2453, 435-259-8732, outerbike@westernspirit.com, outerbike.com

October 27-30, 2016 — Moab Ho-Down Mountain Bike Festival & Film Fest, Moab, UT, 11th Annual - Mountain bike festival with dual stage endurance race, group shuttle rides, bike films, townie tour with poker run, dirt jump comp and costume party! The festival is a fundraiser for local trails and the bike park!, Tracy Reed, 435-259-4688, info@chilebikes.com, moabhodown.com, chilebikes.com

Utah Weekly MTB Race Series

April 1-August 31, 2016 — Mid-Week Mountain Bike Race Series, Park City, Heber, Deer Valley, Snowbird, Solitude, UT, Races are on Tuesday evenings. Registration begins at 5:00, Kids races at 6:00 and main event at 6:30. April to August. Please check website for dates and venues., Brooke Howard, 385-227-5741, brooke@midweekmtb.com, midweekmtb.com

May 4-August 3, 2016 — Weekly Race Series, WRS, Sundance, Wasatch County, UT, Wednesday nights, May -Aug. Venue alternates between Wasatch County sites and Sundance, 6:30 pm. Pros/Experts 1hr race time, Sports 50mins, Beginners 30-40mins. 2016 Dates: Wasatch County: May 4, 18; June 8, 22; July 6, 20; Aug 3; Sundance: May 11, 25; June 1, 15, 29; July 13, 27, Tyson Apostol, 435-200-3239, 801-223-4849, aces@euclidoutdoors.com, John Woodruff, 801-223-4044, 801-223-4849, johnw@sundance-utah.com, weekly-raceseries.com

Regional Weekly MTB Race Series

June 21-August 16, 2016 — Laramie Mountain Bike Series, Laramie, WY, Tuesdays. Local mountain bike series, great for riders of any age and ability. Starts at Happy Jack Trailhead., Evan O'Toole, info@laramie-tribeseries.com, laramie-tribeseries.com, laramie-tribeseries.com, laramie-tribeseries.com

Utah Mountain Bike Racing

June 11, 2016 — The Chris Allaire Solitude Cup, Intermountain Cup, Solitude Resort, UT, XC race #5 in the series., this race is a long time favorite for many and this year will be no different. Look for some fun exciting racing to happen here on some of the best trails Northern Utah has to offer. Also a great place to tune up before the High School racing starts. Utah State Championships., Darren Goff, 801-475-5463, darren@intermountaincup.com, intermountaincup.com

June 18, 2016 — Dixie 200, Parowan, UT, Self-supported, 200 miles of trail and remote terrain between Bryce Canyon and Brian Head in southern UT. Virgin River Rim, Thunder Mountain, Grandview and several other trails. Start: 7am, intersection of 2nd Left Hand Canyon and Hwy 143., Dave Harris, hairball_dh@gmail.com, 2-epic.com/events/dixie200.html

June 25, 2016 — Fire Road Cedar City, Cedar City, UT, 25k, 60k, 100k distances, starts at Main Street Park at 8am, 7000 ft. total elevation gained for 100km; 4000ft total for 60km. Equal prize \$ for overall men & women in the 100km., Paul Huddle, 760-635-1795, 760-936-7459, huddle@multisports.com, Jordan Bracken, 435-229-5397, 435-703-9880, jordan@rapidcyclingracing.com, Cameron Christensen, 435-586-2770, 801-884-2332, cameron@cedarcity.org, fireroadcycling.com

June 25, 2016 — Wasatch Back, Intermountain Cup, Heber, UT, EXC #2. Beginning at Utah Valley University Wasatch, the course consists

of usually two laps and approximately 35-50 miles. Half distance available, Darren Goff, 801-475-5463, darren@intermountaincup.com, intermountaincup.com

July 4, 2016 — The Rage at Snowbird, Intermountain Cup, Snowbird, UT, XC race #6. Snowbird has done a great job with some new trails and creating trails for real MTB racing with a great mix of fast flow single track, service roads, and a few short technical sections to keep you on your toes., Darren Goff, 801-475-5463, darren@intermountaincup.com, intermountaincup.com

July 8, 2016 — Wildflower Trailfest, Snowbasin, UT, Utah's First and only Mountain Bike Challenge for women. Held at Snowbasin Ski Resort. 3 timed courses. Awards for age group winners., Stacie Palmer, 801-644-9940, 801-336-6198, wildflowerpedalfest@gmail.com, wildflowerpedalfest.com

July 9, 2016 — The Crusher in the Tushar, Beaver, UT, 70 miles of mixed-surface bike racing exploring Southern Utah's Tushar Mountain range on dirt and asphalt. Features 10,500+ of climbing traversing Utah's highest and most scenic roads. You choose the bike, the Tushars choose the winner., Burke Swindalehurst, road-rlt@msn.com, tusharcruiser.com

July 30, 2016 — Brianhead, Intermountain Cup, Brianhead, UT, EXC #3. Beginning at Brian Head Resort in Southern Utah, the course consists of usually two laps and approximately 35-50 miles. Half distance available., Darren Goff, 801-475-5463, darren@intermountaincup.com, intermountaincup.com

August 6, 2016 — MTB Tech Dev #3 at Soldier Hollow, Mountain Bike Technical Development Series, Midway, UT, Juniors only event with multiple mountain bike events: Cross Country, Technical Course, and Single Stage Enduro. Final event in the 2016 series., Michael John Turner, 801-664-6351, mi@summitbikeclub.org, Karl Redel, karl@webeycling.com, mibttech.dev.com

August 13-14, 2016 — Flyin' Brian Downhill and Dark Hollow Super D, Go-Ride Gravity Series, Brian Head, UT, Practice opens on Friday, August 12 at noon. The downhill is on Saturday, August 13. Dark Hollow Super D is on Sunday, August 14., Ron Lindley, 801-375-3231, info@utahdh.org, go-ride.com, utahdh.org

August 13, 2016 — Sundance Spin, Intermountain Cup, Sundance Resort, UT, The Sundance venue is back again this year with some of the best single track Utah has to offer., Darren Goff, 801-475-5463, darren@intermountaincup.com, intermountaincup.com

August 27, 2016 — Draper City Classic Endurance XC, Intermountain Cup, Draper, UT, EXC race #4. Beginning at Andy Balaard Equestrian Center in Draper, the course consists of usually two laps and approximately 35-50 miles. Half distance available, Darren Goff, 801-475-5463, darren@intermountaincup.com, intermountaincup.com

August 28, 2016 — Scott Enduro Cup presented by Vittoria at Deer Valley Resort, Scott Enduro Cup Series, Park City, UT, Last year's race featured a stacked pro field and enthusiastic crowd. 2016 course information coming soon!, Jessica Kunzer, 801-349-4612, jkunzer@mtsports.com, Sara Valerious, 847-946-4182, svalerious@mtsports.com, endurocupmtb.com

September 3, 2016 — Park City Point 2 Point, Park City, UT, A true point 2 point race! Thanks to the plethora of trails in this area, the race will never be on the same trail twice. Over 90% of the race is single-track. 75 miles & 12,000ft of climbing., Jay Burke, 801-330-3214, jay@theppcp.com, theppcp.com

September 3, 2016 — Utah High School Cycling League South Region Race #1, Utah High School Cycling League Race Series, Powder Mountain, UT, Lori Harward, 801-502-8516, 801-885-6884, lori@utahmtb.org, utahmtb.org

September 5, 2016 — 8 Hours of Sundance, Sundance Resort, UT, The 8 Hours of Sundance is going on its 9th year. This has turned into a great local endurance mtn bike event where riders of all ages and skill levels can come test their skills on some of the best single track around. Come join us for a great day of racing and scenery right in your backyard., Czar Johnson, 801-223-4121, 801-223-4849, czarj@sundance-utah.com, John Woodruff, 801-223-4044, 801-223-4849, johnw@sundance-utah.com, sundance-resort.com/summer

September 17, 2016 — Widomaker Hill Climb, Snowbird, UT, Starts in Gad Valley, 10 AM, 3000ft vertical race to the top of the Tram for awards, food and fun., James Zwick, 801-583-6281, sports@sports-am.com, sports-am.com

September 17, 2016 — Utah High School Cycling League North Region Race #1, Utah High School Cycling League Race Series, TBD, UT, Lori Harward, 801-502-8516, 801-885-6884, lori@utahmtb.org, utahmtb.org

September 18, 2016 — Tour de Suds, Park City, UT, 7-mile mountain bike climb from City Park, to the top of Guardsman Pass with a 2,700ft elevation gain., Ginger Ries, 435-649-6839, ginger@mountaintrails.org, mountaintrails.org

September 24, 2016 — Utah High School Cycling League South Region Race #2, Utah High School Cycling League Race Series, TBD, UT, Lori Harward, 801-502-8516, 801-885-6884, lori@utahmtb.org, utahmtb.org

September 24, 2016 — Snowbird Ultra Hill Climb, Snowbird, UT, 8 am start on 9400 S. near 20th East, climb to Snowbird's entry ll. 10 miles, 3500. vertical. Or choose the Ultra Hill Climb option. After the road climb, jump on your mountain bike and climb to the summit of Hidden Peak (14 miles total, 6500' of climbing), Misty , 801-933-2115, misty@snowbird.com, snowbird.com/events/bicycle-hill-climb/

September 25, 2016 — CANCELLED Mt. Ogden 50/100K MTB Race, Snowbasin, UT, 3 race divisions: 25k, 50k and 100k. Held on the trails of Snowbasin Resort., Steve Andrus, 801-620-1014, sandrus@snowbasin.com, Tim Eastly, 801-620-1000, 801-620-1045, Teastley@snowbasin.com, mtogden100k.com

October 1, 2016 — Utah High School Cycling League North Region Race #2, Utah High School Cycling League Race Series, Powder Mountain, UT, Lori Harward, 801-502-8516, 801-885-6884, lori@utahmtb.org, utahmtb.org

October 8, 2016 — Utah High School Cycling League South Region Race #3, Utah High School Cycling League Race Series, TBD, UT, Lori Harward, 801-502-8516, 801-885-6884, lori@utahmtb.org, utahmtb.org

October 10-11, 2016 — Huntsman World Senior Games Mountain Biking, St. George, UT, Must be 50 years or older. Three events: hill climb, downhill, and cross country. Expert, Sport and Beginner Skill Divisions., Kyle Case, 800-562-1268, hwsag@infowest.com, Merrill Barney, seniorsgames.net

October 15, 2016 — Moab Epic, AXS Series, Moab, UT, An MTB Adventure Race - a 20+ or 50+ mile cross country mountain bike adventure. Riders will race on Moab's best single track and jeep roads, in a true MTB adventure., Will Newcomer, 970-403-5320, 2016@gravity-play.com, gravityplay.com, moabepic.com

October 15, 2016 — Utah High School Cycling League North Region Race #3, Utah High School Cycling League Race Series, Snowbasin, UT, Lori Harward, 801-502-8516, 801-885-6884, lori@utahmtb.org, utahmtb.org

October 22, 2016 — Utah High School Cycling League South Region Race #4, Utah High School Cycling League Race Series, Soldier Hollow, UT, Lori Harward, 801-502-8516, 801-885-6884, lori@utahmtb.org, utahmtb.org

October 29, 2016 — Utah High School Cycling League North Region Race #4, Utah High School Cycling League Race Series, TBD, UT, Lori Harward, 801-502-8516, 801-885-6884, lori@utahmtb.org, utahmtb.org

November 4-5, 2016 — Utah High School Cycling League State Championships, Utah High School Cycling League Race Series, Saint George, UT, This race will combine both North and South regions for the State Championships and is open to all students., Lori Harward, 801-502-8516, 801-885-6884, lori@utahmtb.org, utahmtb.org

November 5-6, 2016 — 25 Hours of Frog Hollow, Frog Hollow Endurance Series, Hurricane, UT, Held Sat 10 am to Sun 10 am with the bonus-double midnight lap due to the fallback time change. 13 mile long course in the UT desert combines sweet single track, with some technical sections, and great climbs., Cimaron Chacon, 970-759-3048, info@groraces.com, GROpromotions.com, 25hoursofproghollow.com

March 25-27, 2017 — Moab Rocks, Moab, UT, Incorporates Moab's best classic and new routes and combines them into a 3-day masterpiece of cross-country and timed descents in a fully supported format., Kevin McDonald, 866-373-3376, info@transrockies.com, Kevin McDonald, 866-373-3376, kevin@transrockies.com, transrockies.com

Regional Mountain Bike Racing

June 4, 2016 — USA Cycling Marathon MTB National Championships, Columbia County, GA, Micah Rice, 719-434-4200, mic@uscycling.org, Greg Randolph, uscycling.org

June 4-5, 2016 — Big Mountain Enduro #2, Big Mountain Enduro Series, TBD, CO, Course will be designed to give riders a unique riding experience to include high altitude trails and big descents. Ties backcountry terrain with lift-accessed stages throughout the series. Courses will feature predominantly timed downhill (special) stages linked together by non-timed climbing (liaison) stages., Sarah Rawley, 720-407-6142, sarah@bigmountainenduro.com, Brandon Ontiveros, 303-551-4813, info@bigmountainenduro.com, bigmountainenduro.com

June 4-5, 2016 — Flagstaff Frenzy, Flagstaff, AZ, Cross Country on Saturday and Super D on Sunday, MBAA , 480-442-4229, racing@mbaa.net, mbaa.net

June 4, 2016 — EROCK Sunrise to Sunset, Castle Rock, CO, 2nd Annual at the freshly cut trails of the Philip S. Miller Park in Castle Rock, Colorado. The 6.5 mile course wanders through the hills and drainages surrounding

the park and offers ample viewing from the staging area for team members and spectators. For teams and solos., Mike Heaston, 303-282-9015, 303-635-2815, emgmh@emg-colorado.com, Rocky Mountain Events, Inc., 303-282-9015, info@elephantrockride.com, erockrace.com

June 4, 2016 — Herron Hammer, MBRA Series, Kalispell, MT, Shelli Thomas, thomashell@gmail.com, montanacycling.net

June 8, 2016 — Wood River Cup Race #2, Wood River Cup, Hailey, ID, Hailey Community Bike Park, short track cross country., Billy Olson, 208-788-9184, billy@powerhouseidaho.com, powerhouseidaho.com

June 11-12, 2016 — City Creek Pedalfest, Pocatello, ID, Mountain Bike Race. Kids Race and Spaghetti Dinner Friday night. Saturday, Race Day! Beginner, Sport and Expert Classes (12, 17, 27 miles) Awards, Prizes, Raffle, music, food & fun., LINDI Smedley, 208-251-5915, lindi@cmac.com, pocatellopedalfest.com

June 11, 2016 — Fear, 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, greatbasintrails.org

June 11, 2016 — Knobby 9 to 5, Knobby Tire Series, Avimor, ID, High speed rolling double-track. Tight, technical sagebrush single-track, water crossings, quick steep drops, nasty little granny gear climbs. Single speeders' dream., Hal Miller, 208-869-4055, 208-720-3019, info@brookspokecycling.org, knobbytireseries.com

June 11, 2016 — Lolo 12 Hour, MBRA Series, Western Montana Trail Series, Lolo, MT, Jesse Doll, widdoll@gmail.com, Chris Larson, missoulabikesource@gmail.com, northernpeakslance.com, missoulabikesource.com

June 11, 2016 — PV Cycle Derby, RME, Elbert, CO, Age groups distances for all abilities, free junior and kids races. XC mtb race. Held at Peaceful Valley Scout Ranch, Thane Wright, 970-401-1422, thanew@rockymountainendurance.com, rockymountainendurance.com

June 11-12, 2016 — Scott Enduro Cup at Angel Fire, Scott Enduro Cup Series, Angel Fire, NM, Jessica Kunzer, 801-349-4612, jkunzer@mtsports.com, Sara Valerious, 847-946-4182, svalerious@mtsports.com, endurocupmtb.com

June 11-12, 2016 — Silver Mountain Enduro - North American Enduro Cup, Montana Enduro Series, Idaho Enduro Series, Kellogg, ID, Held at Silver Mountain Ski Resort, James Lang, 208-571-1853, 208-344-9182, lang83702@yahoo.com, Montana Enduro Series., contact@montanaenduro.com, Christine Wike, christine@montanabicyclingguild.org, montanaenduro.com, idahoenduroseries.com

June 14, 2016 — Gunny Enduro, Grand Junction, CO, 4 mile race down the Gunny Loop of the famous Lunch Loop Trail system. 800ft of descending and 200 feet of climbing., John Klish, 970-744-4450, madracingcolorado@gmail.com, madracingcolorado.com

June 15, 2016 — Wood River Cup Race #3, Wood River Cup, Hailey, ID, Hailey Community Bike Park, short track cross country., Billy Olson, 208-788-9184, billy@powerhouseidaho.com, powerhouseidaho.com

June 17-19, 2016 — Carson City Off-Road, Epic Rides Off-Road Series, Carson City, NV, At the Carson City Off-Road, riders of all skill levels will enjoy big climbs, long singletrack descents and expansive views of Lake Tahoe, the Eastern Sierra Nevada's, and the historic Washoe Valley while being immersed in 3-days of mountain bike culture accented by free live music., Jes Olson, 520-623-1584, info@epicrides.com, epicrides.com

June 18, 2016 — Black Hills Fat Tire Festival MTB Races, Rapid City, SD, This "All Mountain" race will test your strength with a Hill Climb, technical ability with a Super D, all while competing in a 20 mile sprint cross country race., Kristy Lintz, 605-394-4168, 605-484-1724, kristy.lintz@rcgov.org, bhfattirefestival.com, rcparksandrec.org

RIDE A ROCKET

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June 18-19, 2016 — Missoula XC at Marshall Mountain. US Pro XCT, Western Montana Trail Series, Missoula, MT, Steep, technical climbs and descents will alternate between single track, double track, and infrequent dirt road sections. The course features over 850ft of relief per lap; while it is not at extremely high altitude, multiple long, steep climbs per lap will test racers' fitness limits., Ben Horan, 312-502-5997, ben@wmtrail.org, missoulaxc.org, usacycling.org

June 18, 2016 — Lake Tahoe Mountain Bike Race. Tahoe City, CA, Race in the cross country race, 4 hour or 8 hour race as a solo or on a team of 2, 3 or 4 (teams of 3 and 4 apply to the 8hr race only). The course is approximately 12.6 miles. Fast lap times are around 50 minutes. Cross country race is two laps., Todd Jackson, 530-546-1019, todd@bigblueadventure.com, Kiley McInroy, kiley@bigblueadventure.com, bigblueadventure.com

June 19-19, 2016 — Beti Bike Bash Colorado. Beti Bike Bash, Castle Rock, CO. Women's only mountain bike race and festival including: Little Bellas Girls Camp and VIDA MTB Series Clinic. All ages and abilities welcome., Amy Thomas, 720-878-7363, betibikebash@gmail.com, Sarah Rawley, 503-805-0043, info@vidamb.com, betibikebash.com

June 22, 2016 — Wood River Cup Race #4. Wood River Cup, Hailey, ID, Hailey Community Bike Park, Short Track Cross Country., Billy Olson, 208-788-9184, billy@powerhouseidaho.com, powerhouseidaho.com

June 23-26, 2016 — Crested Butte Bike Week. Crested Butte, CO, World's Oldest Mountain Bike Festival celebrates 36 years with an Amateur Film Festival, Chainless World Championships, Fat Tire 40 mountain bike race, Bridges of the Butte townie tour, Gravity Slave downhill race at Crested Butte Mountain Resort and guided mountain bike rides to premiere trails, Crested Butte Chamber, 970-349-6438, cbinfo@chamber.com, Eliza Cress, 970-349-6438, events@cbchamber.com, cbbikeweek.com

June 23-26, 2016 — Ride Sun Valley Mountain Bike Festival. SCOTT Enduro Cup presented by Vittoria, Sun Valley, ID, 4 days of Sun Valley's best singletrack and mountain bike fun for riders of all ages and abilities. The festival features free guided rides, clinics, races, a bike expo, beer garden, entertainment and more. June 23: Sheeppoint Drag Races (Downtown Hailey, ID); June 24: Opening Party & Prologue Time Trial, Opening Night Concert & Raffles; June 25: Day 1 Enduro, Expo & Bike Demos, Kid's MTB Race; June 26: Day 2 Enduro, Boulder Mountain Foxtrox XC race, Awards Ceremony, Expo & Bike Demos, Pumprack State Championships, Jessica Kunzer, 801-349-4612, kunzer@mtparts.com, Sara Valerious, 847-946-4182, svalerious@mtparts.com, Ray Gadd, ray@visitsunvalley.com, ridesunvalley.com, visitsunvalley.com

June 24-26, 2016 — NW Cup #4. Northwest Cup Downhill Series, Kellogg, ID, Downhill race. Held at Silver Mountain Bike Park. Friday will be open practice. Saturday will be split practice by category. Pro/JuniorX seeding Saturday evening. Sunday racing all categories, Scott Tucker, 360-797-4288, scott@nwcup.com, www.nwcup.com

June 25-26, 2016 — Scott Enduro Cup at Sun Valley. Scott Enduro Cup Series, Sun Valley, ID, Two days of full throttle enduro racing on the best of Sun Valley backcountry and resort single track., Jessica Kunzer, 801-349-4612, kunzer@mtparts.com, Sara Valerious, 847-946-4182, svalerious@mtparts.com, ride-sunvalley.com, endurocupmtb.com

June 25, 2016 — WYOCITY American Mountain Bike Challenge. Casper, WY, Two races being held - six hour and three hour race on a trail expected to be 9-10 miles long. Fun to follow - beer & barbecue., John Gianantonio, 307-234-5362, john@visitcasper.com, visitcasper.com, ambc.com

June 29, 2016 — Wood River Cup Finals. Wood River Cup, Hailey, ID, Hailey Community Bike Park, Short Track Cross Country., Billy Olson, 208-788-9184, billy@powerhouseidaho.com, powerhouseidaho.com

June 29-July 6, 2016 — Camp of Champions. Leadville Race Series, Leadville, CO, Ride with past champions and experience every inch of the LT 100 MTB course in Leadville. A question and answer session will offer insight into proper training, diet and race strategy. Camp riders will get tons of camp swag, great food and amazing, unforgettable experience. June 29-July 2, July 3-6., Josh Colley, 719-219-9357, JColley@lifetimfitness.com, Kerrie Bruxvoort, 719-219-9357, kbruxvoort@lifetimfitness.com, leadvilleraceseries.com

July 2, 2016 — Big Hole Challenge MTB Race and Duathlon. Driggs, ID, Mountain bike mass start first, at 10 am, 9.73 miles with 1,160 verticle feet, then either bike a second lap or run 6.13 miles with 938 verticle feet. Awards, Raffle and results at 1 pm held at the South Horseshoe Trail Head. Kids Duathlon at Noon., 5 mi run followed by 1 mi bike, Free entry, Awards to all., Dick Weinbrandt, 208-354-2354, peaked@silverstar.com, peakedsports.com

July 2, 2016 — Phillipsburg 46. Western Montana Trail Series, Phillipsburg, MT, Cross country race., Ben Horan, 312-502-5997, ben@wmtrail.org, wmtrail.org

July 9-10, 2016 — Keystone Big Mountain Enduro #3. Big Mountain Enduro Series, Keystone, CO, Course will be designed to give riders a unique riding experience to include high altitude trails and big descents. Ties backcountry terrain with lift-accessed stages throughout the series. Courses will feature predominantly timed downhill (special) stages linked together by non-timed climbing (liaison) stages., Sarah Rawley, 720-407-6142, sarah@bigmountainenduro.com, Brandon Ontiveros, 303-551-4813, info@bigmountainenduro.com, bigmountainenduro.com

July 9, 2016 — Tamarack Twister. Knobby Tire Series, Tamarack, ID, Hal Miller, 208-869-4055, 208-720-3019, info@brokenspokecycling.org, knobbytireseries.com

July 10, 2016 — Silver Rush 50. Leadville Race Series, Leadville, CO, At 10,000-12,500 feet above sea level, this challenging 50 mile out-and-back course takes racers through the historic mining district on Leadville's East side. This race is known for its long, lung-burning climbs and rocky, steep terrain. Solo or Tandem 50m. Leadville Trail 100 Qualifier., Josh Colley, 719-219-9357, JColley@lifetimfitness.com, leadvilleraceseries.com

July 14, 2016 — Southeast Idaho Senior Games. Pocatello, ID, City Creek Trails; Staging at Centennial Park 6:00pm. Categories: Short, Medium, Long and Single Speed., Dana Olson, 208-233-2034, 208-317-3918, southeastidaho-seniorgames@gmail.com, seidahoseniorgames.org

July 16, 2016 — Tahoe Trail 100. Leadville Race Series, Northstar, CA, 2-loop, 50 kilometer course filled with beautiful views of Lake Tahoe. Solo 50k or 100k. 2-person relay 100k. Leadville Trail 100 Qualifier., Josh Colley, 719-219-9357, JColley@lifetimfitness.com, Todd Jackson, 530-546-1019, todd@bigblueadventure.com, leadvilleraceseries.com

July 16, 2016 — Breckenridge 100. RME, Breckenridge, CO, 100, 68, and 32 mile races., Thane Wright, 970-401-1422, thane@rockymountainendurance.com, rockymountainendurance.com

July 16, 2016 — Seeley Lake 55/35/22. Western Montana Trail Series, Seeley Lake, MT, Cross country race. 3 different courses., Ben Horan, 312-502-5997, ben@wmtrail.org, wmtrail.org

July 17, 2016 — Whitefish Enduro. Montana Enduro Series, Whitefish, MT, Montana Enduro Series contact@montanaenduro.com, Christine Wike, christine@montanabicycle-club.org, montanaenduro.com

July 23, 2016 — Whit Henry Memorial Galena Grinder. Knobby Tire Series, Galena Lodge, ID, XC/Marathon, 22.5 mile loop with 50% single track, start/finish at 7,000 feet with total gain of 3200 in one loop, open category (for racers who choose not to purchase a license) held for the marathon, which is 22.5 mile loops., Hal Miller, 208-869-4055, 208-720-3019, info@brokenspokecycling.org, knobbytireseries.com

July 23, 2016 — Jug Mountain Ranch XC and State Championship Enduro. Idaho Enduro Series, McCall, ID, XC Saturday, Enduro Sunday. Courses divided by ability. No license required. Hotel McCall is available right on the lake, plus plenty of camping nearby., James Lang, 208-571-1853, 208-344-9182, jang83702@yahoo.com, idahoadenduroseries.com, jugmountainranch.com

July 23-24, 2016 — Boomtown Gravel Grinder. Butte, MT, Fully supported event that will start and finish in historic Uptown Butte and will cover the beautiful gravel, dirt (and a few paved roads) south and east of town. Crossing the scenic Continental divide twice, riders can challenge themselves in either the Mother Load 100 mile or the Nugget 50 mile routes while soaking in the breathtaking vistas offered only in Big Sky Country., Kurt Stockton, 406-381-7962, 530-264-6364, info@tourofmontana.org, tourofmontana.org

July 29-31, 2016 — Leadville Stage Race. Leadville Race Series, Leadville, CO, 100M (100 miles over three days), Team Option. Experience the legendary Leadville Trail 100 course over three days. Push the pace to see what you're made of, or use the stages to prepare or qualify for the Leadville Trail 100 in August. This is one amazing party, with daily stage prizes, raffles, unmatched swag, food, beer and live music., Josh Colley, 719-219-9357, JColley@lifetimfitness.com, leadvilleraceseries.com

July 30, 2016 — Butte 100. Butte, MT, Continental Divide Trail, Single Track, Big Sky Country, 100 and 50 mile options, and back again, a 25 mile option., Gina Evans, 406-498-9653, eatdirtpipen@gmail.com, butte100.com

July 30-31, 2016 — Pomerelle Pounder DH. Go-Ride Gravity Series, Albion, ID, Two USAC sanctioned downhill races in two days., Ron Lindley, 801-375-3231, info@utahdh.org, Darren Lightfield, 208-608-6444, wildrockies@mail@yahoo.com, go-ride.com, utahdh.org

July 30-31, 2016 — Big Mountain Enduro/Enduro World Series Aspen Snowmass. Big Mountain Enduro Series, Aspen Snowmass, CO, Course will be designed to give riders a unique riding experience to include high altitude trails and big descents. Ties backcountry terrain

with lift-accessed stages throughout the series. Courses will feature predominantly timed downhill (special) stages linked together by non-timed climbing (liaison) stages., Sarah Rawley, 720-407-6142, sarah@bigmountainenduro.com, Brandon Ontiveros, 303-551-4813, info@bigmountainenduro.com, bigmountainenduro.com

August 6, 2016 — Laramie Enduro. Laramie, WY, Cross Country Mountain Bike Race, 111K (70+/- miles), No repeat course, 8,600ft elevation gain, 7am start at Happy Jack Recreation Area-Hidden Valley Picnic Area, Aaron Lozano, 307-399-4387, racedit@laramieenduro.org, laramieenduro.org

August 6, 2016 — Pierre's Hole MTB Race. National Ultra Endurance Series, Alta, WY, 7th Annual Staging begins at the Grand Targhee Resort, ample lodging and amenities available. 100 consists of 33-mile loop, each lap features approx. 4,000 ft climbing on single and double-track trails. The race course is on an IMBA Epic trails at Grand Targhee. Total elevation for the 100 mile race is approx. 13,000 ft. 100 mile (3 laps), 100km (2 laps), 50km (1 lap) events. The 100 mile race is part of the NUE Series and the 100 k is a new NUE marathon series race., Andy Williams, 800-TARGHEE ext. 1309, awilliams@grandtarghee.com, grandtarghee.com/the-resort/news-events/1863/2014PierresHole50100.php, ph100.org

August 7, 2016 — Big Sky Enduro. Montana Enduro Series, Big Sky, MT, Montana Enduro Series contact@montanaenduro.com, Christine Wike, christine@montanabicycle-club.org, montanaenduro.com

August 13, 2016 — Leadville Trail 100. Leadville Race Series, Leadville, CO, Leadville Trail 100 is one of the most notorious and challenging bike races in the world. 100 mile out-and-back., Josh Colley, 719-219-9357, JColley@lifetimfitness.com, leadvilleraceseries.com

August 13, 2016 — Steamboat Stinger. Mountain Town Challenge Series, Steamboat Springs, CO, Beginning at 8:00am at the Howelson Hill Ski Area right in the heart of Steamboat Springs. The course takes an extended 50 mile detour deep into the beautiful backcountry of Routt County and a total of 3,327ft elevation gain before returning to the transition/finish area. Teams of two are also welcome to race the 1st and 2nd half of the course., Nate Bird, 866-464-6639, note@honestyinger.com, Jon Winkelblech, 970-367-4394, steamboatstinger@honestyinger.com, honestyinger.com/steamboatstinger.html

August 13, 2016 — Nine Mile Ridge Trail Grand Fondo. Plains, MT, Dirt fondo, gravel grinder, Ben Horan, 312-502-5997, ben@wmtrail.org, wmtrail.org

August 20-21, 2016 — Big Mountain Enduro-X. Big Mountain Enduro Series, Steamboat Springs, CO, Course will be designed to give riders a unique riding experience to include high altitude trails and big descents. Ties backcountry terrain with lift-accessed stages throughout the series. Courses will feature predominantly timed downhill (special) stages linked together by non-timed climbing (liaison) stages., Brandon Ontiveros, 303-551-4813, info@bigmountainenduro.com, bigmountainenduro.com

August 20-21, 2016 — 12 and 24 Hours of Flathead. Kalispell, MT, A non-profit race to provide awareness and adaptive equipment to individuals living with paralysis and other life altering disabilities. Tia Celentano, 406-261-1769, info@24hoursofflathead.org, mon-tanacycling.net/schedule?discipline=all&year=2014, www.24hoursofflathead.org

August 27-28, 2016 — Grand Targhee Enduro. Montana Enduro Series, Grand Targhee, WY, There's some seriously fun trails at Wyoming's Grand Targhee Resort, so we're going to race 'em for the fourth stop on the series. It's going to be a weekend long celebration of the Tetons., Andy Williams, 800-TARGHEE ext. 1309, awilliams@grandtarghee.com, Montana Enduro Series contact@montanaenduro.com, Christine Wike, christine@montanabicycle-club.org, grandtarghee.com, montanaenduro.com

August 27, 2016 — Idaho High School Cycling League Race #1. ID, Dylan Gradhandt, 208-340-5200, dylan@idahomt.com, idahomt.com

August 27, 2016 — Copper Mountain MTB Race. RME, Copper Mountain, CO, RME Series Finals. Distances for all levels, free junior and kids races. Distances: Endurance-50 miles, XC-30 miles, Appetizer-20 miles, Jr 15-18 20 miles, Jr 13-14 10 miles, Jr 11-12 5 miles., Thane Wright, 970-401-1422, thane@rockymountainendurance.com, rockymountainendurance.com

September 2-5, 2016 — Teton Mountain Bike Festival. Teton Valley, ID, 7th Annual held at Grand Targhee Resort. Come enjoy endless miles of cross-country, singletrack, dirt road, lift-served downhill, jump park, freeride, and an IMBA Epic trail. Demo next year's 2017 in an ideal alpine riding climate with unmatched scenery. Clinics, hosted rides, and shenanigans., TVTAP, info@tetonbikfest.org, Celeste Young, 208-709-8564, celestey@tetonbikfest.org, tetonbikfest.org, grandtarghee.com

September 2-4, 2016 — Big Mountain Enduro Finals. Big Mountain Enduro Series, Crested Butte, CO, Course will be designed to give riders a unique riding experience to include high altitude trails and big descents. Ties backcountry terrain with lift-accessed stages throughout the series. Courses will feature predominantly timed downhill (special) stages linked together by non-timed climbing (liaison) stages., Sarah Rawley, 720-407-6142, sarah@bigmountainenduro.com, Brandon Ontiveros, 303-551-4813, info@bigmountainenduro.com, bigmountainenduro.com

September 4, 2016 — Rebecca's Private Idaho. Ketchum, ID, 50mi or 100mi gravel grinder put on by professional racer Rebecca Rusch in her hometown of Ketchum, Idaho. The route can be done as a challenging ride or a lung busting, high screaming race up into the mountains surrounding Ketchum and Sun Valley. It is a beautiful route and it all ends in a great down-home party with food, festivities, music, and libations. Colleen Quindlen, 254-541-9661, colleen@rebeccarusch.com, rebeccaspriva-leadaho.com

September 9-18, 2016 — Todd and Ned's Durango Dirt Fondo. Durango, CO, Mountain Bike Fondo on Saturday, Gravel Grinder on Sunday. Various lengths. Ride with Todd Wells and Ned Overend, Gaige Sippy, 970-259-4621, director@ironhorsebicycleclassic.com, toddandnedfondo.com

September 10, 2016 — Barn Burner 104. Flagstaff, AZ, 104 mile mountain bike race, Solo, Duo, Teams, Kaibab and Coconino National Forest. Camping on private land. 26 and 52 mile options. Party afterwards with music, food, and beer, Casey Brown, 480-299-1203, cbrown@lifetimfitness.com, Ryan Sumers, 949-929-7476, rsurers@lifetimfitness.com, barnburnermtb.com, redrockco.com

September 10, 2016 — Stone Temple 8. Curt Gowdy State Park, WY, Tentative start 9AM. This race will be run on the IMBA designed single track trails at Wyoming's Curt Gowdy State Park. Racers will compete for eight hours on an approximately 15.1 mile loop, in teams and as individuals. The start/finish will be located at the Aspen Grove Trailhead parking area, unless conditions require that we relocate the timer's station to a different location., Richard Vincent, 307-760-1917, 307-777-6478, endo_rv@gmail.com, Dewey Gallegos, 307-742-5533, pedalhouse@gmail.com, laramieenduro.org

September 10, 2016 — Jurassic Classic. Lander, WY, Mountain bike race at Johnny Behind the Rocks. Start time - 8:00 am, route lengths from 4-22 miles. All skill levels welcome. Food truck, games, and raffle., Tony Ferlisi, landercycling@gmail.com, landercycling.org

September 10, 2016 — Idaho High School Cycling League Race #2. Galena Lodge, ID, Dylan Gradhandt, 208-340-5200, dylan@idahomt.com, idahomt.com

September 10, 2016 — Bohart Bash. tentative date, MBRA series, Bozeman, MT, This cross-country mountain bike race is on a mostly singletrack loop in the beautiful Bridger Mountains near Bozeman, Alex Lussier, lussera@hotmail.com, Megan Lawson, 406-570-7475, meganmlawson@gmail.com, gallatin-valleybicyclub.org, gascyclingteam.com

September 10-11, 2016 — Vapor Trail 125. Salida, CO, 125 miles, 20,000 feet of climbing, 10 am start, singletrack, Earl Walker, 719-539-9295, earl@absolutebikes.com, Tom, 719-539-9295, tom@absolutebikes.com, vaportrail125.com

September 17, 2016 — Fire on the Rim Mountain Bike Race. Pine, AZ, 15, 30, and 45 mile mtb races near Payson, AZ, Janet Brandt, info@fireontherim.com, fireontherim.com

September 17, 2016 — Idaho High School Cycling League Race #3. Magic Mountain, ID, Dylan Gradhandt, 208-340-5200, dylan@idahomt.com, idahomt.com

September 24, 2016 — JayP's Backyard Gravel Pursuit. JayP's Backyard Series, Island Park/West Yellowstone, ID, 60 or 120 miles near Yellowstone National Park on Forest Service roads. It's an incredible time of year to be in this area and visit YNPI, Scott Fitzgerald, 208-787-2453, scott@fitzgeraldsbicycles.com, Jay Petervary, 307-413-2248, jaypetervary@gmail.com, gravelpursuit.com

September 24, 2016 — Bogus Basin Enduro. Idaho Enduro Series, Boise, ID, James Lang, 208-571-1853, 208-344-9182, lang83702@yahoo.com, idahoadenduroseries.com

September 30-October 2, 2016 — Monarch Crest Enduro. Salida, CO, 5 stage epic backcountry enduro in the San Isabel and Gunnison National Forests., Keith Darner, 719-221-1251, keith@chocolatebunnyproductions.com, chocolatebunnyproductions.com

October 1, 2016 — Tour of the White Mountains. Pinetop-Lakeside, AZ, Arizona's longest standing mountain bike event. At 7,000 feet, The Tour is a grassroots event with laid back vibes among a gathering of bike-minded individuals., Jes Olson, 520-623-1584, info@epicrides.com, epicrides.com

October 1, 2016 — Idaho High School Cycling League Race #4. Avimor or Targhee, ID, Dylan Gradhandt, 208-340-5200, dylan@idahomt.com, idahomt.com

October 8, 2016 — Tamarack Enduro. Knobby Tire Series, Tamarack, ID, Hal Miller, 208-869-4055, 208-720-3019, info@brokenspokecycling.org, knobbytireseries.com

October 15, 2016 — Idaho High School Cycling League Race #5. Avimor or Targhee, ID, Dylan Gradhandt, 208-340-5200, dylan@idahomt.com, idahomt.com

October 21-23, 2016 — USA Cycling Collegiate Mountain Bike National Championships. Snowshoe Mountain, WV, Micah Rice, 719-434-4200, mice@usacycling.org, Chad Sperry, chad@goerge.net, usacycling.org

Utah Weekly

Road Race Series

Rocky Mountain Raceways Criterium Series — Utah Crit Series, West Valley City, UT, 6555 W. 2100 S., Saturdays at 11 am in March 5, 12, 19, 26 - Tuesdays at 6pm April 2 - through September, A and B at 6, C and D at 7 pm, Marek Shon, 801-209-2479, utcritseries@gmail.com, utahcritseries.com

Salt Air Time Trial Series — Utah Crit Series, Salt Lake City, UT, Every other Thursday April - September, I-80 Frontage Road West of the International Center; Starts 4-3-2015, Marek Shon, 801-209-2479, utcritseries@gmail.com, utahcritseries.com

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

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

Uphill Cycling Series — Utah County, UT, Utah County, UT, Every second Saturday year round, Jan & Dec 1:00 pm, Feb & Nov 12:00 pm, Mar &

June 25, 2016 — New Race, UCA Series, TBD, UT, Marek Shon, 801-209-2479, utcritseries@gmail.com, utahbikeracing.com

July 4, 2016 — Bountiful Mazda's Criterium, UCA Series, Bountiful, UT, Criterium, Dirk Cowley, 801-699-5126, dcowley@comcast.net, race-dayeventmanagement.com

July 6, 2016 — Station Park Criterium, Farmington, UT, Fast and technical Criterium, UCA Non-points race and USAC sanctioned., Tyler Servoss, 801-888-3233, tyler@rockwell-relay.com, Tyler Servoss, velo11@gmail.com, stationparkcrit.com

July 9, 2016 — Cache Gran Fondo, UCA Series, Logan, UT, 5th annual Cache Gran Fondo. Starting at the Intermountain Hospital in Logan, riders follow a scenic and fun route through Northern Utah, over Weston Canyon (Idaho) to Malad, Idaho, then back down into Cache Valley, Utah, ending up with a closed finish in downtown Logan with a party and fun festivities. 100 miles and 50 mile course, very well supported and stocked aid stations. Also, UCA race for licensed racers. Masters State Championships, Troy Oldham, 435-764-2979, oldhamtroy@gmail.com, cachegranfondo.com

July 9, 2016 — Cache Gran Road Race, UCA Series, Logan, UT, UCA race for licensed racers. 2016 Masters State Championships starting at the Intermountain Hospital in Logan, riders follow a scenic 50-60 mile route through Cache Valley, Utah, ending with a special racer-only sprint finish on Center Street in downtown Logan. UCA Jerseys and awards plus fun festivities and lunch., Troy Oldham, 435-764-2979, oldhamtroy@gmail.com, cachegranfondo.com

July 23, 2016 — Iron Lung Race, Salt Lake City, UT, 120 mile timed road race starting at This Is The Place Heritage Park and turning around near Snowbasin Resort., Michelle Lyman, 801-941-5526, info@ironlungride.com, ironlungride.com

July 29-30, 2016 — 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, Stevens@SaintstoSinners.com, SaintstoSinners.com

July 30, 2016 — West Mountain Circuit Race, UCA Series, Genola, UT, Jared Eborn, 801-599-9268, jared@extramileracing.com, extramileracing.com

August 1-7, 2016 — Larry H. Miller Tour of Utah, Various, UT, The Tour of Utah is a UCI 2.HC sanctioned stage race for the top men's teams in the world. As America's Toughest Stage Race, the race covers more than 500 miles across Utah, and 52,000 feet of climbing. It is broadcast worldwide on Tour Tracker and is free for spectators., Larry H. Miller Tour of Utah, 801-325-2500, info@tourofutah.com, tourofutah.com

August 13, 2016 — Heber Valley Circuit Race, UCA Series, Heber, UT, Scenic but challenging 8-mile circuits in Heber Valley, Utah. State road race championship for category riders., Mike Meldrum, 801-424-9216, mikesride@gmail.com, Dirk Cowley, 801-699-5126, dcowley@comcast.net, Jared Eborn, 801-599-9268, jared@extramileracing.com, extramileracing.com, racedayeventmanagement.com

August 13, 2016 — Wildflower Hill Climb, Mountain Green, UT, Timed 5.5 mile climb during the 75 mile course option in this women-only cycling event. Age-group cash prizes. Gift for all who complete the climb., Stacie Palmer, 801-644-9940, 801-336-6198, wildflowerpedalfest@gmail.com, wildflowerpedalfest.com

August 20, 2016 — Tour de Park City, UCA Series, Park City, UT, 157 Classic Road Race returns for 2016! 7,500 feet of climbing, 10,750 foot summit. Fully Supported. Start and finish in the same spot., Jared Eborn, 801-599-9268, jared@extramileracing.com, tourdeparkcity.com, extramileracing.com

August 26-29, 2016 — Hoodoo 500, Utah Triple Crown, St. George, UT, 500 mile loop race through Southern Utah. Non-stop or stage race, solo and relay team divisions. 300 mile option as well., Deborah Bowling, 818-889-2453, embassy@planetultra.com, Hoodoo500.com

September 10, 2016 — LOTOJA Classic Road Race, Logan, UT, 34th Annual, 1 day, 3 states, 200-plus mile road race from Logan, UT to Jackson Hole, WY., Brent Chambers, 801-546-0090, brent@lotojaclassic.com, lotojaclassic.com

September 10, 2016 — Utah Tour de Donut, American Fork, UT, 9th Annual event - Most fun you'll have on a bike. Three 7-mile laps, eat donuts to reduce your time. Starts at 8:00 am., Rodney Martin, 801-427-6400, rogatryod@live.com, Ronald Tolley, 480-285-6281, rtolley@clearvisionreserve.com, Utah Tour de Donut, info@utahourdofdonut.com, utah-tourdofdonut.org

September 17, 2016 — Harvest Moon Criterium, UCA Series, Ogden, UT, 4 corner crit in Downtown Ogden around the Municipal Park between 25th & 26th Streets. State Criterium Championships for category riders, Tyler Servoss, 801-888-3233, tyler@rockwellrelay.com, teamexceleartor.com

September 23-24, 2016 — Salt to Saint Relay, Salt Lake City, UT, 420 mile relay race from Salt Lake City to St. George following Hwy 89. Broken into 24 legs. Ride Solo, or as 4 or 8 person relay teams. Men, Women, and Mixed categories., Clay Christensen, 801-234-0399, info@salttosaint.com, salttosaint.com

September 24, 2016 — Snowbird Hill Climb, Snowbird, UT, 38th Annual, 9 am start on 9400 S. near 20th East, climb to Snowbird's entry 11, 10 miles, 3500. vertical. Or choose the Ultra Hill Climb option. After the road climb, jump on your mountain bike and climb to the summit of Hidden Peak (14 miles total, 6500' of climbing.), Misty B, 801-933-2115, misty@snowbird.com, snowbird.com/events/bicycle-hill-climb

October 4-7, 2016 — Huntsman World Senior Games Cycling, St. George, UT, Must be 50 years or older. Four events: hill climb, time trial, criterium and road race. Skill divisions I, II, and III., Kyle Case, 800-562-1268, hwsg@infowest.com, seniorgames.net

October 8, 2016 — City Creek Bike Sprint, Salt Lake City, UT, Race starts at the mouth of City Creek Canyon and finishes at Rotary Park where we will have awards, food, music and fun., James Zwick, 801-583-6281, sports-am.com, sports-am.com

October 8, 2016 — The BURN Bicycle Hill Climb, Copperton, UT, Climb Butterfield Canyon. Also 10 K and half-marathon run., Jared Eborn, 801-599-9268, jared@extramileracing.com, burnrace.com, extramileracing.com

Regional Weekly Road Race Series

Las Vegas Tuesday Night World's — Henderson, NV, Tuesday Night Criterium series starting March 11 B Race - 4:30 PM (25 min) - Beginners or those not comfortable with experienced racers, A Race - 5:00 PM (25 min) - Those who have raced and ready to hammer. Location: 1021 East Paradise Hills Drive, Henderson, NV 89002, Mike Olsen, 702-927-4069, mike@veg-usbikeracing.com, vegusbikeracing.com

May 11-August 3, 2016 — 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 11 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 25 -Crystal Summit, 6:30 pm:7:00 pm: June 15-Scout, July 13-Crystal Summit, August 3-Scout:Categories: End of season awards for men and women's overall winners of these categories: A's, B's, Master's 50+, Triathlete, Recreational (Non TT bike, Eddie Merckx style), Single Speed, and Clydesdale (210 lbs+) and Athena (150 lbs+), Peter Joyce, 208-282-3912, jovcpete@su.edu, Tony Chesrow, 435-671-2506, hebermtrsports@yahoo.com, idahocycling.com

May 17-July 12, 2016 — Expo Idaho SWICA Criterium Series, SWICA Criterium Series, Boise, ID, Local training crit series at Expo Idaho West lot (Glenwood Street south of Hawks Stadium), Tuesdays, May 17-July 5, 2016, and July 13, 2016, Kurt Holzer, 208-890-3118, idahobikeracing@yahoo.com, idahobikeracing.org

June 9-September 17, 2016 — Billings Criterium Series at South Park, MBRA Series, Billings, MT, Criterium races at South Park, Coul Hill, 406-690-6629, coulhill@gmail.com, montanacycling.net, montanaspoke.com

July 19-August 16, 2016 — Half-Bogus Training Ride, Hammer Series, Boise, ID, Weekly Training Ride starts at 6:20pm., Mike Cooley, 208-343-3782, mcooley@georgescycles.com, gcorsoevents.com

Regional Road Racing

June 4, 2016 — Lyle Pearson 200-mile Team Challenge, Boise, ID, 9th Annual - Team relay road race from Boise to Sun Valley, Mike Cooley, 208-343-3782, mcooley@georgescycles.com, georgescycles.com, gcorsoevents.com

June 4, 2016 — Just for the Hill of It, White Bird, ID, Benefit for Syringa Hospital & Clinics Hospice, face the challenging switchbacks of the Old White Bird Grade. Experience 13 miles with a gentle climb starting at Hammer Creek at 1600' and continuing to the summit at 3800'. All ages are welcome to come & join in the fun!, Clarence Chapman, 208-921-1963, cchapman@syringahospital.org, syringahospitals.org

June 11, 2016 — Mike Mercy Memorial - Idaho State Time Trial Championships, Nampa, ID, Poen/Swan Falls Rd, Howard Roose, 208-484-8342, hkroose@gmail.com, idahobikeracing.org

June 11, 2016 — Guanella Pass Hill Climb, Georgetown, CO, 3,050ft in just over 11 miles, Lance Panigutti, lanace@withoutlimits.com, withoutlimits.com

June 15, 2016 — Little Park Road Hillclimb, Grand Junction, CO, Hillclimb #2 up Little Park Road - 1st half., John Klish, 970-744-4450, madracingcolorado@gmail.com, madracingcolorado.com

June 24-26, 2016 — Baker City Cycling Classic, Oregon Women's Prestige Series, Baker City, OR, Three days and five stages in beautiful eastern Oregon, with great support and unparalleled scenery. Over 8,000 ft of climbing over the three days in one of the country's most beautiful cycling regions. Pros and amateurs race the same courses and the women's and men's prize purses are matched by sponsor BELLA Main St. Market., Brian Vegter, 541-325-1689, dvogbr@a.com, bakercitycycling.org

June 24-26, 2016 — Boulder Stage Race, Boulder, CO, TT, circuit race, road race, Lance Panigutti, lanace@withoutlimits.com, withoutlimits.com

June 25, 2016 — SICK Hill Climb, Hansen, ID, This is a timed event, a 22 mile cycling hill climb, summit finish. The climb is a 3000 foot climb. The first 15 miles are gradual and the last 7 miles climbs 1800 feet. Starts at Rock Creek General Store. 3048 North 3800 East. This is a USA Cycling non-competitive event., Ken Stephens, 208-430-4514, sak41@pmt.org, SICK Hill Climb, sbrodbent@bankfirstfed.com, sick-riders.com

June 30-July 3, 2016 — USA Cycling Amateur Road National Championships, Louisville, KY, Elite, U23 and Junior Road National Championships., Micah Rice, 719-434-4200, mrice@usacycling.org, usacycling.org

July 9, 2016 — Sunshine Pass Hill Climb, Boulder, CO, 3000 feet in 9.8 miles including 3 miles of hard pack dirt., Lance Panigutti, lanace@withoutlimits.com, withoutlimits.com

July 9, 2016 — Pedal Through The Corners Criterium, SWICA, Meridian, ID, Non-profit, crowd-funded criterium in Meridian, ID. Riders can enter multiple races including a Fixie Crit (onsite registration only), Men 1/2/3, Women 1/2, Men 3/4/5, Masters 40+, Women 3/4, Entry fee only \$2.70 for preregistration! (USAC service fee), Race start at 2701 E Pine Ave, Meridian, ID 83642, Brian Tromburg, 562-325-9729, teloeventsboise@gmail.com, capitalcitycycling.com

July 12-17, 2016 — USA Cycling Mountain Bike National Championships, Mammoth Mountain, CA, Micah Rice, 719-434-4200, mrice@usacycling.org, usacycling.org

July 13-16, 2016 — Southeast Idaho Senior Games, Pocatello, ID, Hill Climb, 5k and 10K Time Trials, 20 K and 40 K Road Races, Criterium, Dana Olson, 208-233-2034, 208-317-3918, southeastidahoseniorgames@gmail.com, seidahoseniorgames.org

July 15-17, 2016 — Salida Cycling Classic, Salida, CO, TT, circuit race, road race. Part of the Rocky Mountain State Games. Colorado Masters Road Championships, Lance

Panigutti, lanace@withoutlimits.com, withoutlimits.com

July 16, 2016 — Andersen Banducci Twilight Criterium, National Criterium Calendar, Boise, ID, 28th Annual, NCC race., Mike Cooley, 208-343-3782, mcooley@georgescycles.com, Dirk Cowley, 801-699-5126, dcowley@comcast.net, boisewillightcriterium.com, gcorsoevents.com

July 17, 2016 — Idaho State Criterium Championship, Hidden Springs, ID, Start/Finish at Hidden Springs Community-Village Green at 9 am., Kurt Holzer, 208-890-3118, kurtholzer@hotmail.com, lostrivercycling.org

July 23, 2016 — Bob Cook Memorial Mount Evans Hill Climb, Evergreen, CO, This is an arduous 28 mile bicycle race and gran fondo that ends on the highest paved road in the United States. Bob Cook holds the record for the race: 1 hour, 54 minutes, 27 seconds., Jennifer Barbour, 303-503-4616, execdir@teamevergreen.org, Kim Nordquist, 303-249-6168, kimmordquist@msn.com, bicyclerace.com

July 30, 2016 — Targhee Hill Climb, Driggs, ID, Time trial starts at 10 am with 30 second intervals. Starts at Peaked Sports in Driggs, climbs Ski Hill Road and ends half a mile from the Grand Targhee Resort. The course covers 12 miles and 2,200 vertical feet. Awards, Raffle and results 1 pm at Peaked Sports. Net proceeds benefit Teton Valley Trails and Pathways., Dick Weinbrandt, 208-354-2354, peaked@silverstar.com, peakedsports.com

July 31, 2016 — Teton Pass Hill Climb, Wilson, WY, 8:30 AM road race (4.7 miles, 2284 ft. vertical), 10:30 AM MTB race (5.6 miles, 2870 ft. vertical), cash prizes for top 3 men and women combined racers, Raffle and party following., Dick Weinbrandt, 208-354-2354, peaked@silverstar.com, Forest Dramis, jacksonholecycling@gmail.com, hvcycling.org

August 6-7, 2016 — Idaho Senior Games, Boise, ID, 5k and 10K Time Trials, 20 K and 40 K Road Races, Qualifying year for 2017 National Senior Games, Mike Thornton, 208-861-8000, idahoseniorgamesinfo@gmail.com, idahoseniorgames.org

August 13, 2016 — Lamolille Canyon Hill Climb, Lamolille, NV, 11th annual. Road Race hill climb, 12 miles, 3000ft hill climb in Ruby Mountains. Race starts at 9am. Post event picnic and awards in Lamolille Grove, 11:30am., Annette White, 775-842-9125, annette.white42@gmail.com, elkvelo.com

August 20, 2016 — Bogus Basin Hill Climb, Boise, ID, 42nd Annual, Mike Cooley, 208-343-3782, mcooley@georgescycles.com, georgescycles.com, gcorsoevents.com

September 10, 2016 — Race to the Angel, Wells, NV, Hill climb, 31st Annual. The race is open to riders on mountain and road bikes, runners, walkers and triathletes: individual or team (Sprint Triathlon - 750m swim, 5K run, 20K bike). The half marathon course begins at the Wells City pool and climbs approximately 2,784 feet to Angel Lake in the East Humboldt range of the Ruby Mountains. The half marathon course is entirely on pavement., Wells Chamber, 775-752-3540, wellschamber@wellsnevada.com, Robert Johnson, 775-340-5943, rubymountainrelay@gmail.com, racetotheangel.org, rubymountainrelay.com

September 12-18, 2016 — World Human Powered Speed Challenge, Battle Mountain, NV, Cyclists from around the world will gather on SR305, perhaps the fastest stretch of road in the world to see who is the fastest cyclist in the world. The 2013 record was 83.13 mph!, Al Krause, 707-443-8261, a.krause@sbcglobal.net, ihpva.org, whpsc.org

September 16-17, 2016 — Billings Omnium Weekend, MBRA Series, Billings, MT, State Championship Time trial Friday, Hogback road race Saturday, Criterium Saturday Night, Phipps Park., Coul Hill, 406-690-6629, coulhill@gmail.com, montanacycling.net, montanaspoke.com

September 17, 2016 — Hogback Classic, MBRA Series, MT, The Third Annual Hogback Classic is STAGE 2 of the 2016 Billings Omnium Weekend (TT on Friday night, Crit on Saturday night), Coul Hill, 406-690-6629, coulhill@gmail.com

September 24, 2016 — Mt. Charleston Hill Climb, Las Vegas, NV, 17.5 miles, 5357' of climbing, finish at Las Vegas Ski Resort, Begins at the base of Highway 156. 8 am. Mass start., David McDonough, 702-823-1680, broskenspokenikeslv@gmail.com, broskenspokenikeslv@gmail.com

September 24, 2016 — Telluride 200 Gran Fondo, Telluride, CO, 13th annual, From the high mountains of Telluride, cyclists descend past hillsides of quaking aspens along a route that passes through millions of years of geologic record, ultimately finding themselves at the base of striated sandstone cliffs reaching up to 1,000 feet overhead. Benefits the Just for Kids Foundation., Heidi Lauterbach, 970-729-1372, m2dbikeride@gmail.com, Victoria Lovely, 773-590-6499, vblovely@yahoo.com, m2dbikeride.com

September 24, 2016 — Man vs Machine, Williams, AZ, The Grand Canyon Railway, in partnership with Grand Canyon Racing, will fire up its steam engine 4960 - a 310-ton behemoth built in 1923 - to take on hundreds of intrepid bicyclists on a 53-mile course that will climb 2,023 feet starting at the South Rim of the Grand Canyon to iconic Williams, AZ, finishing on historic route 66., PJ Borman, 602-296-8313, info@grandcanyonracing.com, grandcanyonracing.com

September 24, 2016 — Bear Lake Omnium, UCA Series, Montpelier, UT/ID, Jared Eborn, 801-599-9268, jared@extramileracing.com, bearlakeendurance.com, extramileracing.com

October 1-2, 2016 — Nevada Senior Games, Las Vegas, NV, 5-10K time trials, 20-40K road races, start: Intersection of Interstate 15 and Highway 93 Approx. 10 miles North of Las Vegas, Tim Jones, 702-994-6205, tjones@cox.net, nevada.fusesport.com

October 1-2, 2016 — Nevada Senior Games, Las Vegas, NV, 5-10K time trials, 20-40K road races, start: Intersection of Interstate 15 and Highway 93 Approx. 10 miles North of Las Vegas, Tim Jones, 702-994-6205, tjones@cox.net, nevada.fusesport.com

Utah Road Touring

June 4, 2016 — Ride the Gap Century, Parowan, UT, Enjoy cooler weather in the high country of beautiful Southern Utah. Fun and fast with a mileage option for every rider. Nothing like a small town with big fun! Enjoy open roads and very little traffic., Ryan Gurr, 435-674-3185, info@spingeeeks.com, Margaret Gibson, 435-229-6251, margaret@spingeeeks.com, ride-southernutah.com

June 4-5, 2016 — Utah Bicycle Touring Society's Overnight Bike Tour, Salt Lake City, UT, 10th annual overnighter. This event is for new and experienced bicycle travelers. We will bicycle in a self-sufficient manner to Rock Cliff Recreation Area to camp overnight, and then return Sunday., Lou Melini, 801-487-6318, lvmelini@comcast.net, Cheryl Soshnik, 4356499008, csoshnik@yahoo.com

June 9-11, 2016 — Road Respect Northern Utah Tour, Road Respect Bike Tour, Wasatch/Summit/Davis Counties, UT, The Road Respect Bike Tour is a series of organized rides (free to public) focused on roadway safety and respect between cars and bikes. Ride details with routes on the website provided. 6/9/16: Wasatch County, 6/10/16: Summit County, 6/11/16: Davis County, Kerri Gibson, 801-243-7571, kjgibson@utah.gov, Jack Lasley, 801-450-8232, jlasley@utah.gov, roadrespectutah.org

June 11, 2016 — American Diabetes Association Tour de Cure, Brigham City, UT, Tour de Cure is an incredible experience riding through the World's Greatest Bird Refuge. Join 1000 riders, 250 volunteers, many spectators and sponsors for a finish line celebration at Heritage Arts Festival on Brigham City's Main Street. If you have diabetes you are a Red Rider. Route options of 1 mile Family Fun Loop, 12, 33, 55, 75, and 100 miles., Drew DeHaan, 801-363-3024 x7071, DDeHaan@diabetes.org, diabetes.org/utahour

June 11, 2016 — Provo A Go-Go, BCC SuperSeries, Draper, UT, Start Draper Park, ride past point of the mountain, thru Provo to Spanish Fork and back on a loop route. Free event, self supported with shorter 30 and 60 mile options. Store stops enroute. Possible

BOB COOK MEMORIAL MT. EVANS HILL CLIMB THE BOB COOK MEMORIAL MT. EVANS HILL CLIMB SATURDAY, JULY 23, 2016 GRAN FONDO PLUS USA CYCLING CATEGORIES CLIMB THE HIGHEST PAVED ROAD IN AMERICA CLIMB FROM 8700' TO 14240' EMBRACE THE CLIMB AND REGISTER TODAY! MT. EVANS, COLORADO BICYCLERACE.COM

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CACHE VALLEY CENTURY COMMON GROUND OUTDOOR ADVENTURES A BENEFIT RIDE FOR PEOPLE WITH DISABILITIES MILE OPTIONS 35 • 60 • 100 Saturday, August 27th, 2016 Richmond, UT www.cachevalleycentury.com

- Sunday option., Don Williams, 801-641-4020, roadcaptain@bccutah.org, bccutah.org
- June 11, 2016 — Wasatch Front Series**, Salt Lake Randonneurs Brevet Series, Saratoga Springs, UT, Starts in Saratoga Springs, out to the West Desert and around the Oquirrh Mountains and/or around Hobbie Creek & Utah Lake. 130, 200 or 400 km (83 to 250 mile) options. A brevet is a timed ultra distance event, Richard Stum, 435-462-2266, richard@eogear.com, saltlakerandos.org
- June 16-24, 2016 — Rocky Mountain Tour**, Cross Country Challenge, Salt Lake City, UT, The Rocky Mountain Tour travels 593 miles in 8 cycling days (9 total). Ride through the Wasatch Range and over the Rocky Mountains from Salt Lake City UT to Pueblo CO., Bill Lannon, 888-797-7057, ride@ameri-cabycycle.com, abbike.com
- June 18, 2016 — Three Kings Cycling Event**, North Salt Lake, UT, Can you conquer the Kings? Held in North Salt Lake, the Three Kings challenge riders up three awesome climbs; over \$1,000 in prize money!, Matt Jensen, 801-550-0778, mattjensens@gmail.com, threekingsnslcity.org
- June 18, 2016 — Huntsman 140**, Delta , UT, A road cycling, non-competitive ride with 25, 50, 75, and 140 mile distances that raises funds for cancer research at Huntsman Cancer Institute., Jen Murano-Tucker, 801-584-5815, jmurano@huntsmanfoundation.org, huntsman140.com
- June 25-26, 2016 — Bike MS: Harmons Best Dam Bike Ride**, Bike MS, Logan, UT, Join thousands of cyclists from around the region and celebrate 30 years of Bike MS: the premier fundraising cycling series in the nation raising funds for a world free of MS. The Bike MS experience offers route options ranging from 45 to 150 miles over two days and is friendly to all abilities with rest stops every 8-12 miles. Camping, meals, and entertainment based out of Cache Valley Fairgrounds (400 S 500 W) in Logan., Melissa Mathews, 801-424-0112, melissa.mathews@nmss.org, bikemsutah.org
- July 2, 2016 — Tour de Riverton**, Riverton, UT, 16th Annual, Part of Riverton Town Days. Fun family ride. 25 mile loop through Riverton and Herriman., Brad Rowberry, 801-523-8268, tdr@infinitecycles.com, tourderiverton.com, infinitecycles.com
- July 9, 2016 — Mt. Nebo Climb**, BCC SuperSeries, Nephi, UT, Memorial Day - Meet at Nephi City Park. Ride to Santaquin and climb Mt Nebo north to south 70 mile loop. Self-supported free event - bring extra water; short supply on the mountain., Don Williams, 801-641-4020, roadcaptain@bccutah.org, Doug Jensen, 801-815-3858, siccycycler@gmail.com, bccutah.org
- July 9, 2016 — Cache Gran Fondo**, Logan, UT, 100 and 50 mile gran fondo style ride & tour. This UCA event features canyons, hills, long flats & beautiful Cache Valley vistas. Benefit for Logan Regional Hospital, run by Headspin Events. Grand Prize: Free Motion Tour de France bike + \$1000s dollars in rider prizes. Troy Olaham, 435-764-2979, olahamtrov@gmail.com, cachegrantfondo.com, loganospitalfoundation.org
- July 15, 2016 — Antelope by Moonlight Bike Ride**, Antelope Island, UT, 23rd Annual , 10pm. Open to participants of all ages and starts at the Antelope Island's White Rock Bay. The half way point is the historic Fielding Garr Ranch where refreshments are served. The entire route is 24 miles on an asphalt road. Neka Roundy, 801-451-3286, neka@co.davis.ut.us, daviscountyutah.gov, antelopebymoonlight.com
- July 16, 2016 — Desperado Duel**, Panguitch, UT, Come and experience the flattest and best 100 mile course and 50 mile option, we have also added a grueling 150 mile option for those training for the big 209 in September. Enjoy the scenery and virtually no traffic. Desperado Duel is one of the best Gran Fondos in Utah., Ryan Gurr, 435-674-3185, info@spingeeeks.com, Margaret Gibson, 435-229-6251, margaret@spingeeeks.com, ride-southernutah.com
- July 16, 2016 — Good News Jail and Prison Ministry Fundraiser Bicycle Ride**, Park City, UT, Join us for coffee at 9:00 am at the Shepherd of the Mountains Church. Self-paced ride starts at 10:00. Funds donated go to keep Chaplains in the Salt Lake County Jail. Park City venue includes a ride on paved parkway trails, around a farm, meadows, woods, over bridges, under a tunnel and circling a park. Everyone is invited, all skill levels are welcome. Lunch and T-Shirt provided with \$35 entry donation., Mary Challier, 385-468-8409, 801-518-2840, mary.challier@goodnewsjail.org, goodnewsjail.org
- July 16, 2016 — Golden Spike**, Salt Lake Randonneurs Brevet Series, Harrisville, UT, Self Supported 125 mile (200km) ride out to Golden Spike National Monument and back. A brevet is a timed ultra distance event., Richard Stum, 435-462-2266, richard@eogear.com, saltlakerandos.org
- July 16, 2016 — Giro Donna**, North Salt Lake City, UT, A women only ride, 100 km course commencing and ending at Legacy Park. A few miles on city streets, enter Legacy Parkway Trail and Denver & Rio Grand Trail systems prior to circling through West Davis and Weber Counties. 50 km option. Flat with a few rollers, supplied aid stations, and SAG vehicles., Jared Eborn, 801-599-9268, jared@extramileracing.com, girodonna.com, extramileracing.com
- July 23, 2016 — North South Century - Freedom Ride**, BCC SuperSeries, Salt Lake City, UT, Location: Tanner Park. Start the holiday weekend with 100 miles all in SL county. Stops for water and food. Free event., Don Williams, 801-641-4020, roadcaptain@bccutah.org, Tom Coffey, 801-737-3241, lech2zurs@msn.com, bccutah.org
- July 23, 2016 — South Sevier Ram Ride**, Monroe, UT, 15 miles, 25 miles & New this year is a 50 mile . Start time is 6:00 a.m. 1 block west of Monroe City Park., Heather Newby, 435-201-0138, Heather.N@jonesanddemille.com
- July 23-30, 2016 — 109 West**, Moab, UT, 7 day tour with single and multi day options, Trisha Moran, 970-626-9913, trisha@cyclewithalpine.com, 109west.com
- July 23, 2016 — Iron Lung Ride**, Salt Lake City, UT, 32, 80, or 120 mile options out and back starting at This Is The Place Heritage Park and turning around near Snowbasin Resort. Challenging climbing, with plenty of rollers and flats to recover. Bring the family and make this part of your Pioneer Day celebration. Utah Triple Crank qualifier, along with Rockwell Relay and LOTOJA., Michelle Lyman, 801-941-5526, info@ironlungride.com, ironlungride.com
- July 29-30, 2016 — 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@SainstosSinners.com, SainstosSinners.com
- July 29-30, 2016 — Raspberry Ramble Series**, Salt Lake Randonneurs Brevet Series, Logan, UT, Self-supported. Starts in Logan and climbs up Strawberry Canyon (LoToJa route). Longer routes then go around Bear Lake before heading north to Soda Springs and finally out to Golden Spike Natl Monument. 300, 400 & 600 km (125 to 375 mile) options. A brevet is a timed ultra distance event, Richard Stum, 435-462-2266, richard@eogear.com, saltlakerandos.org
- July 30, 2016 — Park City Chalk Creek 100 SuperSeries**, BCC SuperSeries, Park City, UT, Free self-supported event. Start Treasure Mtn Middle School, Legs to Kamas, Coalville, Chalk Creek and back. Sunday option., Don Williams, 801-641-4020, roadcaptain@bccutah.org, bccutah.org
- July 30, 2016 — Fiesta Days 50 - Blue Haven Half Century**, Spanish Fork, UT, Provides support for fallen police officers families. The Blue Haven Foundation is proud to announce our partnership with Spanish Fork Fiesta Days! As part of the celebration Blue Haven has organized a 50 mile bike ride and a 10 mile family fun ride with proceeds going to the Spanish Fork Police Department and to the Blue Haven Foundation. The 50 mile timed event will be routed from the South parking lot of Spanish Fork High School around West Mountain and back, Blue Haven Foundation , 801-380-7400, info@bluehavenfoundation.org, facebook.com/events/1719346748340800/, rungsingup.com/Race/UT/SpanishFork/BlueHavenHalfCentury
- August 6, 2016 — Hotter than Heck - Utah Valley Century**, Orem, UT, 31st year of a Century Tour around Utah Lake, 100, 62.5, and 30 mile options, starting and ending in Orem at Lakeside Park, Allan Sumnall, (801) 225-0076, allan@sbrutah.com, Spencer Erickson, 801-513-8848, spencerickson@gmail.com, hotterthanheck.com
- August 6, 2016 — The Ultimate Challenge Presented by University of Utah Health Care**, Salt Lake City, UT, Ride like the pros! Challenge yourself to ride the Tour of Utah's Queen Stage, finishing at Snowbird Ski and Summer Resort. 109 miles, Larry H. Miller Tour of Utah , 801-325-2500, info@tourofutah.com, tourofutah.com, rideultimatechallenge.com
- August 6, 2016 — Promontory Point 120**, BCC SuperSeries, Ogden, UT, 5 Points Ogden to Brigham City, Corrine, Golden Spike, Tremont and back 60-100, and 120 miles. Self-supported, with shorter loop options available. Free event., Don Williams, 801-641-4020, roadcaptain@bccutah.org, Jen Green, 435-563-1212, pecan314@xmission.com, bccutah.org
- August 6, 2016 — RAW (Ride Around the Wellsvilles)**, Logan, UT, The Logan Rotary Club's Ride Around the Wellsvilles will begin at the Rotary Pavilion at Willow Park, with a choice of a 23, 66 or 96 mile ride. Benefits local youth with new bikes and helmets, and internationally, provides clean drinking water., Ben Jarvis, 435-757-0376, LoganRotaryRAW@gmail.com, rotaryraw.com
- August 13, 2016 — Wildflower Pedalfest**, Morgan, UT, Fully-supported, women-only cycling event. 4 course options (20, 30, 50, 70 miles). Finish line celebration, catered lunch, live band, raffle, massages, expo and more., Stacie Palmer, 801-644-9940, 801-336-6198, wildflowerpedalfest@gmail.com, wildflowerpedalfest.com
- August 13, 2016 — Twin Creeks 100**, BCC SuperSeries, Coalville, UT, Start Coalville to Lost Creek Dam, with rolling course back to Coalville, then climb Chalk Creek. Self-supported. 50 mile option first leg. Free event. Saturday route this year., Don Williams, 801-641-4020, roadcaptain@bccutah.org, bccutah.org
- August 13, 2016 — Heber Valley Series**, Salt Lake Randonneurs Brevet Series, Heber City, UT, Self Supported loop ride in Heber Valley and to Evanston. 125 or 190 mile (200 or 300km) options. A brevet is a timed ultra distance event., Richard Stum, 435-462-2266, richard@eogear.com, saltlakerandos.org
- August 16-20, 2016 — The US Challenge**, Logan, UT, Fully-supported Gran Fondo that takes cyclists from Logan to St. George, Utah in 5 days. Weaving along the Wasatch range, riders tackle some of the most picturesque and challenging landscapes the state has to offer. Individuals or relay team options. Or register to ride just one of the five days, Jordan Arey, 801-644-0546, jordan@spin-utah.com, theuschallenge.com
- August 20, 2016 — Tour de Park City**, Park City, UT, Fully supported Tour starting and finishing in Park City. 157 miles through Northern Utah's beautiful mountain valleys. A rolling picnic!, Jared Eborn, 801-599-9268, jared@extramileracing.com, tourdeparkcity.com, extramileracing.com
- August 20, 2016 — Ride for the Kids**, Syracuse, UT, Partnered with Make-A-Wish Foundation, ride out to Antelope Island. Ride options from 25-50-100 miles, depending on the skill level of the rider. Ride begins at the Syracuse RC Willey, 1693 W 2700 S at 8:00am. Breakfast and lunch will be provided, as well as tons of prizes for our raffle., Devin Kingsbury, 801-663-3267, syracusetag@gmail.com, Brent Jones, 801-774-2801, 801-645-0247, brent.jones@rcwilley.com, rcwilley.com/dp/2015-Ride-for-the-Kids-15p
- August 21, 2016 — Upland Roller 100**, BCC SuperSeries, Wanship, UT, Wanship Trailhead thru Coalville Echo over Hogsback to East Canyon, Morgan and back. Self-supported 30-50 mile options also. Free event., Don Williams, 801-641-4020, roadcaptain@bccutah.org, bccutah.org
- August 27, 2016 — Cache Valley Century Tour**, Richmond, UT, 35, 60, or 100 mile options. Proceeds benefit Common Ground, a Logan, Utah non-profit. Funds support their adaptive cycling program. Richmond to Preston, Idaho and back through scenic terrain., Bob Jardine, 435-713-0288, 435-757-2889, info@CacheValleyCentury.com, Sammie Macfarlane, 435-713-0288, Sammie@cgradventures.org, CacheValleyCentury.com
- August 27, 2016 — Summit Challenge**, Park City, UT, Riders of all ages and abilities will hit the pavement for a 100, 52, or 16-mile road ride event in support of the National Ability Center's mission. All three fully-supported routes of this event follow paved roads in and around the beautiful Park City mountainside. This exciting event promises to serve up a challenge for a wide range of cycling levels and abilities. And don't forget - all Summit Challenge riders who have a disability can register and ride for free!, Julia Rametta, 435-649-3991, events@discover-nac.org, Whitney Thompson, 435-649-3991, whitney@discover-nac.org, summitchallenge100.org, discover-nac.org
- August 27, 2016 — Interlaken 100**, Pineview, UT, Interlaken 100 is a fully supported ride from Pineview to Bear Lake (via Monte Cristo). With over 5,600 vertical feet of elevation gain Interlaken 100 is not your typical century ride. Whether you are looking for a challenging ride or preparing for something even bigger this is the ride for you., Jon Bingham, 801-613-7520, bike.interlaken@gmail.com, interlaken100.com
- August 27, 2016 — Man of STIHL**, North Salt Lake, UT, 62-mile (100km) fully supported metric century bike ride. Release the hero within you as you support the Davis Education Foundation. Enjoy beautiful autumn scenery as you ride on the East and West sides of Davis County from North Salt Lake to Clearfield and back., Marc Croft, 801-295-4141, marc@croftnow.com, Skye Whitlock, jsunsky@gmail.com, ManoofSTIHL.org
- August 27, 2016 — Castle Country Century**, Scofield, UT, Train for LoToJa or just have fun with this fully supported ride as you travel up and over Huntington Canyon, through Huntington hugging the edge of the San Rafael swell. Pass through the towns of Cleveland, Elmo, Wellington and Price to finish in Helper. All the while conquering 5,300ft of ascent and 7,200ft of descent on this ride. Ride departs at 8 am., Cory Jensen, 801-824-8455, coryvjensen@gmail.com, carbonrec.com
- September 3, 2016 — Hooper Horizontal 100**, BCC SuperSeries, Salt Lake City, UT, West Point Park (SLC) to West Weber and Hooper, self-supported century, 30 and 65 mile options. Free flattest 100 on the schedule. Last one before LOTOJA., Don Williams, 801-641-4020, roadcaptain@bccutah.org, Greg Allen, 801-450-1861, greg.allen@mhfn.com, bccutah.org
- September 4-10, 2016 — Tour of Southern Utah**, St. George, UT, 7-day tour including Zion, Bryce, Capitol Reef and More. 60-100 miles per day., Deborah Bowling, 818-889-2453, embassy@planetultra.com, planetultra.com
- September 10-16, 2016 — Ride with Jan Ullrich**, St. George, UT, 7-Days of Cycling through Aspen, Crested Butte, Ouray, and Telluride with cycling legend Jan Ullrich. Tour includes road biking, mountain biking, and superb lodging., John Humphries, 970-728-5891, info@lizardheadcyclingguides.com, lizardheadcyclingguides.com
- September 10, 2016 — To the Moon and Back Century Ride**, Tabiona, UT, Come and enjoy the High Uintahs. There are four ride options: Century, 75, 50, and 25 mile. All 4 rides will cover the back roads of Duchesne County that has very minimal traffic. Overnight camping is available. The ride will be based out of Tabiona, Utah. Elevations from 6,522 to 8,150. This ride is fully supported. All proceeds will go to the Rapha House, a non-profit organization that helps rescue children from trafficking and sexual exploitation., Karen Redden, 435-828-0467, karen.redden@uintah.net, active.com/tabiona-ut/cycling/races/to-the-moon-and-back-2015
- September 17, 2016 — Wonder Woman Century**, Payson, UT, Join us in our fully supported all women's ride, choose between the 15, 30, 70 or 100 mile options. Remember that every woman is a wonder woman!, Mahogani Thurston, 801-318-1420, wonderwomanride@gmail.com, Carolina Herrin, herrin.carolina@gmail.com, wonderwomanride.com
- September 17, 2016 — Actavis + Allergan CF Cycle For Life**, Coalville/Morgan, UT, Fully supported, beautiful autumn ride with five route options - 20, 40, 60, 80 and 100 miles. All funds raised go to the Cystic Fibrosis Foundation., Laura Hadley, 801-532-2335, 801-558-8310, lhadley@cflf.org, Amanda Livnat, 801-532-2335, alivnat@cflf.org, Jessica Rose, 801-532-2335, jrose@cflf.org, cycle.cflf.org
- September 17, 2016 — Coldwell Banker Parkway Pedal**, tentative date, West Valley City, UT, A casual ride along the Legacy and Jordan River Parkway to benefit The Autism Council of Utah. Utah Cultural Celebration Center in WVC. 1355 West 3100 South West Valley City, UT, 70, 55, 40, 30, 25, and 10 mile options., Chris Jensen, 801-563-7670, 801-940-1447, chris.jensen@utahhomes.com, parkwaypedal.com
- September 23-24, 2016 — Bike the Bear Century**, Garden City, UT, 100 and 50 miles. Begins at Parking Lot behind church in Garden City, UT. Support the Trapper Trails Council, BSA with a ride around the scenic Bear Lake on the Utah/Idaho border., Nelson Palmer, npalmer@comcast.net, Tom Jensen, 801-475-7488, tom.jensen@scouting.org, trappertrails.org/bike
- September 24, 2016 — Goldlocks Utah**, Goldlocks Bike Ride, Provo, UT, Goldlocks is a women only bike ride, with a gorgeous new route and beautiful fall weather! With 100, 80, 60, 40, and 20 mile route options, Goldlocks has a route that is "just right" for everyone!, Dani Lassiter, 801-635-9422, info@goldlocks-ride.com, goldlocksride.com, goldlocksride.com
- September 24, 2016 — USEA Ride 4 Respect**, Kaysville, UT, A comfortable metric century ride through scenic countryside through Weber and Davis County. Enjoy an exciting mixture of plains and hills throughout Northern Utah. Fully supported, lunch provided with all paid registration., Tim Bell, 385-347-7589, tbell@useautah.org, useautah.org
- October 1, 2016 — Moab Century Tour**, Moab, UT, Road cycling in scenic Moab, Utah with 40, 60, and 100 mile route options. Ride benefits cancer survivorship programs., Beth Logan, 435-260-8889, 435-260-2334, info@skinnytireevents.com, skinnytireevents.com
- October 1, 2016 — Legacy Fall Flat 100 SuperSeries**, BCC SuperSeries, Centerville, UT, Free self-supported event. Start Foxboro Park NSL, flattest 100 ever up Legacy Parkway bike path to Ogden area and loop back. Shorter leg options of 25 and 30 miles., Don Williams, 801-641-4020, roadcaptain@bccutah.org, Greg Allen, 801-450-1861, greg.allen@mhfn.com, bccutah.org
- October 15, 2016 — SoJo Bike Tour**, SoJo Race Series, South Jordan, UT, SoJo isn't just for runners! Our non-competitive Bike Tour offers a beautiful ride that begins in Daybreak and continues along the Oquirrh Mountains before winding through Herriman and South Jordan, Wendy Thomas, 801-253-5236, whomas@sjc.utah.gov, Matt Dodge, 801-253-5236, mdodge@sjc.utah.gov, SoJoMarathon.com
- October 22, 2016 — Fall Tour de St. George**, St. George, UT, Tour around southern Utah and see some of the most scenic views as you climb to Veyo and go through Gunlock State Park as well as all the beautiful colors throughout this 35, 75, or 100 mile ride. This event is one of our best Gran Fondos in southern Utah., Ryan Gurr, 435-674-3185, info@spingeeeks.com, Margaret Gibson, 435-229-6251, margaret@spingeeeks.com, ridesouthernutah.com

Regional Road Touring

- June 4, 2016 — Buena Vista Bicycle Festival**, Buena Vista, CO, Scenic and easy to challenging routes 35, 50, 62 and 97 mile ride options in Beautiful Arkansas River Valley at the Feet of 14,000 Ft Mounts Pincetown, Harvard and Yale. Exceptionally well supported with afternoon party and band., Tim Lopez, 719-594-5655, 719-622-0439, bikefest-info@bvbv.org, Aaron Rosenthal, 719-594-5655, bikefest-info@bvbv.org, Chris Quoyesser, 719-398-9257, chris@emakersoc.org, bvbv.org
- June 4, 2016 — Palisade Gran Fondo**, Palisade, CO, Fully supported Gran Fondo through the famous orchards and vineyards of western Colorado and the rugged Reeder and Purdy Mesas. 40 and 68 mile options., Jennifer Slinney, 970-819-1101, 510-910-1608, palisadevelo@gmail.com, palisadegrantfondo.com, palisadecoc.com/co/palisadegrantfondo
- June 5, 2016 — America's Most Beautiful Bike Ride - Lake Tahoe**, Stateline, NV, 25th annual, in conjunction with the Leukemia & Lymphoma Society Team in Training program. Fully supported with rest stops, Tech support and SAG. 100 mile century, 72 miles, boat cruise, and 35 mile fun ride., Curtis Fong, 800-565-2704, 775-771-3246, taft@bikethestwest.com, bikethestwest.com, bikeandstahoec.com
- June 5, 2016 — Subaru Elephant Rock Cycling Festival**, Castle Rock, CO, The unofficial start to the Colorado cycling season. You will not want to miss the excitement and camaraderie of the 29th annual pilgrimage to Castle Rock for the Rocky Mountain region's premier cycling festival. Whether you are 6 or 60, prefer to ride on the road or dirt, there is a course for cyclists of all abilities. All of the rides start and finish at the Douglas County Fair Grounds. Stick around for the party at the Rock post-ride picnic and cycling expo., Mike Heaston, 303-282-9015, 303-635-2815, emgmh@emgcolorado.com, Rocky Mountain Events, Inc., 303-282-9015, info@elephantrockride.com, elephantrockride.com, emgcolorado.com, wordpress/?page_id=10

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RIDE FOR THE KIDS
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AUGUST 20, 2016
 Starting at RC Willey Syracuse
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 SPONSORED BY THE ROTARY CLUB OF LOGAN UTAH

August 6, 2016
 26, 66 and 96 Mile Bike Ride along or around the Wellsville Mountain Range

Ride begins and ends in Logan, Utah.
 Proceeds will help communities world wide by providing clean water, sanitation, and locally by providing bikes for local youth.

June 11, 2016 — Bike for Kids Idaho Falls, Idaho Falls, ID, Kids Crit Series and 5K run., Kristy Mickelsen, 208-522-1205, 208-680-9397, kristy@bikeforkidsidaho.com, bikeforkidsidaho.com

June 11, 2016 — Fremont Area Road Tour (FART), Lander, WY, 13 to 100 mile options, includes breakfast, bbq, t-shirt and bottle, in conjunction with Brew Fest, Nyssa, fart@landercycling.org, Tony Ferlist, landercycling@gmail.com, landercycling.org

June 11, 2016 — Lemhi Valley Century Ride, Salmon, ID, 100 miles or 100 kms through the picturesque Lemhi River Valley., Maria Huntman, 208-303-0106, mhuntman@hotmail.com, lemhivalleycenturyride.weebly.com/

June 11, 2016 — Bingham County Idaho Relay for Life, Kellogg, ID, 50 and 100 mile options. Limited Sag, rest/food stations at 25, 50, and 75 miles. Starting in Kellogg to Plummer and back. We will ride 50 or 25 miles west and return. 3rd annual. Benefits the American Cancer Society, Sharon and Steve O'Brien, 208-317-8375, 208-681-3602, sharonelizabethobrien@hotmail.com, friendsofcdastrails.org

June 11, 2016 — Aspen Gran Fondo, Aspen, CO, Aspen Silver Cycling will be staging the Aspen Gran Fondo, a 50 mile group ride. The route will have something for everyone with its steep climbs and rolling hills, flat sections and gorgeous scenery., Sandra Doebler, 970-429-2093, sandra.doebler@cityofaspen.com, Toni Case, 970-429-2098, toni.case@cityofaspen.com, aspenrecreation.com/granfondoaspen.com

June 12-July 6, 2016 — Great Alaska Highway Ride, Dawson Creek, BC, AK, Ride the full length of the notorious Al-Can Highway from Dawson Creek BC to Delta Junction Alaska. A fully supported calming and cycling adventure, with a few motel nights., Pedalers Pub & Grille, 352-353-8712, tours@pedalerspubandgrille.com, pedalerspubandgrille.com/bike-tours/alaska/Great_Alaska_Highway_Ride.htm

June 18, 2016 — Spinderella, Pocatello, ID, Ladies-only ride featuring five scenic routes, from 10 to 100 miles. Roll-out begins at 6:00 am at Ross Park in Pocatello, ID., DaNae Young, 208-221-9300, spinderella33@gmail.com, spinderellaride.com

June 18, 2016 — The Great Owyhee Ride Against Hunger, Ontario, OR, 50 mile, 62.5 miles, or 100 miles, experience all that Scenic Rural Oregon has to offer! Start:Historic Train Depot in Downtown Ontario, tour through the rustic country side, experience the majesty of the High Desert landscape, and make your way towards the stately Owyhee Dam before circling back towards town., Kurt Holzer, 208-890-3118, kurtholzer@hotmail.com, Kevin Goade, 208-739-1545, tarmacdog@gmail.com, greatowheeride.com

June 18, 2016 — George's Community Training Ride #5, Boise, ID, Mike Cooley, 208-343-3782, mcooley@georgescycles.com, georgescycles.com, gcoorsevents.com

June 24-25, 2016 — Jackson / Yellowstone, Salt Lake Randonneurs Brevet Series, Ashton, ID, Self-supported with overnight gear drops. 375 mile (600km) ride through Yellowstone and Jackson Wyoming. The start point is tentative. A brevet is a timed ultra distance event., Richard Stum, 435-462-2266, richard@eogear.com, salltakerandos.org

June 25, 2016 — RATPOD (Ride Around the Pioneers in One Day), Dillon, MT, RATPOD is a 130-mile one-day charity ride for Camp Make-A-Dream (a cost free cancer camp). The ride takes place in the beautiful Big Hole Valley of SW Montana., Jennifer Benton, 406-

549-5987, info@ratpod.org, ratpod.org, camp-dream.org

June 25, 2016 — Holly Frontier Tour de Prairie, Cheyenne, WY, Course heads west out of Cheyenne along Happy Jack Road - WYO 210, past Curt Gowdy State Park and through Medicine Bow National Forest, to the Lincoln Memorial at the I-80 Rest Area. 3,000ft of elevation gain. Courses ranging from 10-100 miles, start at Lions Park, road course only., Jim Wollenburg, 307-637-6423, jwollenburg@cheyennecity.org, cheyennecity.org

June 25, 2016 — Ride for Hope, Kuna, ID, Ride through the scenic Snake River Valley and West Heritage Byway to help give poverty-stricken kids in India the hope for a better life. 18, 30, 62.5 mile options. Margo Riggs, 208-608-2527, rideforhope.ccb@gmail.com, rideforhope.net

June 26, 2016 — Ronde Van Ketchum, Ketchum, ID, A fun ride/tour around almost every hill within Ketchum, North of Ketchum, Sun Valley, and Elkhorn. The full course is just over 128km, and includes 1521m of climbing. Preregistration is required. \$25 cash only at durance or the Perch, by Friday at 6:00pm. Pizza and refreshments after the ride at 1500., Richard Feldman, 208-726-7693, feldman@durance.com, usacycling.org, durance.com-map_ronde.html

July 1-3, 2016 — Femme Velo, Whitefish, MT, Join us for femme/VELO women's cycling weekend in Whitefish, MT featuring a dinner round-table, expo with free workshops and clinics, and our 160km, 100km, 50km all-women's ride., Nicole Adamson, 406-381-7962, nicole@femmevelo.cc, tourofmontana.org

July 2-3, 2016 — Gran Fondo Kootenai, Libby, MT, A two-day, point-to-point, "stage" fondo featuring fully supported riding through the spectacular landscapes of Montana's remote northwest corner. Located on National Forest Scenic Byways, our routes take in the stately Cabinet Mountains, serene Lake Kooconusa, and the legendary Yaak Valley. Proceeds benefit charities in Libby, Eureka, and Troy, Montana., John Weyrich, 406-241-2829, john.veyrich@yahoo.com, gfkootenai.com

July 9, 2016 — Goldlocks Boise, Goldlocks Bike Ride, Meridian, ID, Fully supported, non-competitive, women only bike ride. Beautiful route, yummy food, pretty t-shirt, good lookin' Papa Bears., Dani Lassiter, 801-635-9422, info@goldlocksride.com, goldlocksride.com, goldlocksride.com/events/gid/info

July 9-10, 2016 — The Triple Bypass, Evergreen, CO, This challenging ride is over 120 miles with 10,000' of climbing and travels over 3 beautiful mountain passes from Evergreen to Avon, CO., Jennifer Barbour, 303-503-4616, execdli@tearnevergreen.org, Jennifer Barbour, 303-503-4616, triplebypass.org, triplebypass.org

July 10-22, 2016 — B.E.A.R.S. - Bicycling the Extraordinary Alaskan Roads, Anchorage, AK, Explore a variety of Alaskan landscapes, from Denali to Prince William Sound. Fully supported trip with both camping and great food., Pedalers Pub & Grille, 352-353-8712, tours@pedalerspubandgrille.com, pedalerspubandgrille.com, alaska-bicycle-tours-bears-cycling-tour

July 16, 2016 — Absolute Bikes Taylor House Benefit Century Ride, Flagstaff, AZ, Benefit ride in the high-altitude cool pines of Northern Arizona. There are 30, 45, 65, and 95 mile route options., Anthony Quintile, 928-779-5969, flagstaff@absolutebikes.net, Ashley Hammarstrom, 877-527-5291, Ashley.hammarstrom@nahealth.com, absolutebikes.net/taylor

July 16, 2016 — Gran Fondo Taos-Mora-Angel Fire, Taos, NM, 7:00 am start. 105, 84, or 46 miles. Five aid stations. Beautiful scenery. Ride for fun, ride for time; all riders welcome! Proceeds from this event will go to the Taos Sports Alliance, whose goal is bringing more sporting opportunities to Taos County youth. Start/finish for all three distances is at the Taos Youth and Family Center, 407 Paseo del Canon East, Taos NM, 87571., Jennifer Buntz, 505-306-1443, granfondotaos@gmail.com, taosportsalliance.com, dukecitywheelmen.org

July 16-August 23, 2016 — Washington Bicycle Ride, Goldendale, WA, Crosses high plains before descending into Yakima River Valley. Climbs into the Cascade Mountains into the Gifford Pinchot National Forest. The ride brings one close to Mt. Saint Helens and continues down to the Columbia River Gorge National Scenic Area before ascending back to Goldendale., Sanna Phinney, 541-382-2633, 541-410-1031, info@bicycleridesnw.org, bicycleridesnw.org

July 17-22, 2016 — Tour de Wyoming, Sheridan, WY, 20th Annual. Start and end in Sheridan, Wyoming with overnight stays in Buffalo, Ten Sleep, Meeleetsse, Basin, and at the Bear Lodge near Burgess Junction. Our route takes

us up and over the Bighorn Mountains not once, but twice., Amber Travky, 307-742-5840, atrayvsky@wyoming.com, cyclewyoming.org, tourdewyoming.org

July 27-August 7, 2016 — Klondike Gold, Fairbanks, AK, Travel from Fairbanks back in time to cycle the route of the Klondike Gold Rush, in reverse from historic Dawson City, Yukon to Skagway, Alaska. Fully supported camping tour with a few nights in motels., Pedalers Pub & Grille, 352-353-8712, tours@pedalerspubandgrille.com, pedalerspubandgrille.com/yukon-bike-tour-klondike-highway-cycling

July 30-August 6, 2016 — Oregon Bicycle Ride, Astoria, OR, Tour of northwest Oregon. Crosses the mouth of the Columbia River, visits sites famed by Lewis and Clark, includes ferry back into Oregon, and rides through northwest forests and countryside. Cyclists will have time to tour wineries, play at beaches, and learn about the area's history., Sanna Phinney, 541-382-2633, 541-410-1031, info@bicycleridesnw.org, bicycleridesnw.org

July 30, 2016 — Cascade 4-Summit Challenge, Cascade, ID, Options include 75, 60, 50, 30 or 8.2 Mile Options. Course covers two mountain passes along Warm Lake Road. The ride starts at the American Legion Hall in downtown Cascade and proceeds down Main Street to Warm Lake Road. Money raised by the Cascade to Warm Lake Four Summit Challenge will support various charitable and community projects within the area of Cascade. Ride support will be handled by George's Cycles of Boise, and post ride barbecue, beer garden and music will be hosted by the Community of Cascade., Mike Cooley, 208-343-3782, mcooley@georgescycles.com, gcoorsevents.com, 4summitchallenge.com

August 6-13, 2016 — Ride Idaho, Ketchum, Sun Valley, ID, 7-Day fully supported, non-competitive roadbike tour with SAG support, mechanics, showers, beer garden, entertainment, 400 miles of spectacular scenery. Tent and Porter Service available. Ketchum/ Sun Valley, Craters of the Moon, Arco, Terrelton/ Mud Lake, Driggs, Jackson Hole, Wyoming, Irwin/Swan Valley, Idaho Falls, Earl Grief, 208-890-4434, 208-830-9564, egrief@cableone.net, rideidaho.org

August 6, 2016 — Sawtooth Century Tour, Sun Valley, ID, Benefit for the Wood River Bicycle Coalition. Road bike tour from Ketchum to Alturas Lake and back. 50 or 100 mile tour options. Aid stations along the way., Brett Stevenson, 208-720-8336, wrbcbrett@gmail.com, woodriverbikeride.org

August 6, 2016 — Copper Triangle Alpine Classic, Copper Mountain, CO, 11th Annual. The Copper Triangle has long been considered one of Colorado's classic alpine road rides. Graced with breathtaking scenery, gorgeous roads and three challenging climbs, the ride exemplifies cycling in the Colorado Rockies. The course is 78 miles, with an elevation gain of almost 6,000 feet over three mountain passes., Mike Heaston, 303-282-9015, 303-635-2815, emgmh@emgcolorado.com, coppertriangle.com, emgcolorado.com/wordpress/?page_id=10

August 13, 2016 — Le Tour de Kooconusa, Libby, MT, Fully supported 83 mile bike ride which tours the breathtaking shoreline of Lake Kooconusa. Ride finishes with a Blues Festival Finale. Fundraiser for Search & Rescue. Starts at 8 am., Dejon Raines, 406-291-3635, dejon_raines@hotmail.com, Pam Boyke, 406-293-3556, info@lefourdekoocoonusa.com, lefourdekoocoonusa.com

August 13-14, 2016 — Bike MS - Wyoming's Bighorn Country Classic, Bike MS, Sheridan, WY, Alexis Johnson, 303-698-5403, alexis.bradley@nmss.org, Molly Palmer, 307-433-8664, womingbikems@nmss.org, bikemswyoming.org

August 13, 2016 — Tour of the Valley, Grand Junction, CO, The Tour is not a race; we encourage you to set your own pace and enjoy beautiful Western Colorado. Several route options available including the 100 mile route that takes riders over the Colorado National Monument. Start and finish at the NEW Community Hospital located at 2351 G Road (just west of Canyon View Park), Morgan Taylor, 970-644-3491, webquest@gjhosp.org, secure.yourcommunityhospital.com/Community_Hospital_Foundation_Tour_of_the_Valley.cfm

August 13, 2016 — George's Community Training Ride #3, Boise, ID, Mike Cooley, 208-343-3782, mcooley@georgescycles.com, georgescycles.com, gcoorsevents.com

August 20, 2016 — HeART of Idaho Century Ride, Idaho Falls, ID, 25, 62, and 100 mile options. Entry fees cover entry, t-shirts, fully stocked rest stops, and post ride BBQ. Route is flat to rolling, easy to moderate difficulty. Benefit for the

Art Museum of Eastern Idaho., Miyai Griggs, 208-524-7777, 208-766-6485, mabe@heartmuseum.org, theartmuseum.org/Century.htm

August 20, 2016 — Pedal For Patients, Fruitland, ID, The ride starts and ends at Saint Alphonsus Fruitland Health Plaza in Fruitland, Idaho. 910 NW 16th St. Lunch, rest stops, and sag wagons will be provided along with plenty of food. 100, 68, 40, or 20 mile ride options. Avid racers and family friendly., Ken Hart, 541-881-7295, hr@trinity-health.org, pedalforpatients.com

August 20, 2016 — Cycle Magic Valley, Twin Falls, ID, A 12, 30, 50, or 100 mile bicycle ride for all levels. There is a family friendly 12 mile route that takes you out to Meander Point. The 30 mile route heads out west, north of Filer, through farm country. All of the routes are on rural paved roads in Southern Idaho. The ride is fully supported with a bbq and ice cream at the finish line. Goody bags & finisher medals for the 30, 50 & 100 mile routes. Finisher ribbon for the 12 mile route., Denise Alexander, dalexander@fiertel.com, mavtec.org/race/cruisin-magic-valley/

August 20, 2016 — Four Peaks Gran Fondo, Pocatello, ID, One Day: 82 miles, Four Peaks: 7800ft total elevation gain. Climb the 4 peaks of the Portneuf Valley; Crystal, Scout Mountain, Pebble Creek, Buckskin. The hill climb portions are timed with timing chips. Downhill portions are not timed. Cumulative climb times will be combined to determine rank., Kaylee Pooley, 208-232-8996, barriesskiandkaylee@gmail.com, 4PGF.com

August 21-September 2, 2016 — Yellowstone National Park Bike Tour, Belgrade, MT, August 21-26 & August 28-September 02, 2016. Tour includes 5 nights of lodging, 6 days of meals, guide service, entrance fees, daily lunch en route, energy food, liquid refreshments, shuttles, and mechanical support., John Humphries, 970-728-5891, info@lizardheadcyclingguides.com, Travis Tucker, 970-728-5891, travis@lizardheadcyclingguides.com, lizardheadcyclingguides.com

August 25-28, 2016 — Yellowstone/Grand Teton Randonnee, Salt Lake Randonneurs Brevet Series, Ashton, ID, Self Supported 620 mile ride (1000km) with overnight stops. Goes into Yellowstone and Grand Teton National Parks. 600 km (375) options. A brevet is a timed ultra distance event., Richard Stum, 435-462-2266, richard@eogear.com, salltakerandos.org

August 28, 2016 — MS Wine Ride & Vintage Bike Showcase, Kuna, ID, Ride 35-50 miles through the beautiful scenery of the Indian Creek Winery in Kuna, Idaho and raise money for multiple sclerosis through the National MS Society Utah-Southern Idaho Chapter. Enjoy a catered lunch afterwards at the winery., Megan Nettleton, 208-336-0555, Megan.Nettleton@nmss.org, georgescycles.com, bikereg.org

September 3-5, 2016 — Oregon Gravel Adventure, Philomath, OR, Participate in our 3-day fully supported tour exploring minimally traveled roads where the surface may differ from various shades of asphalt to hard-packed gravel in the Oregon Coast Range., Sanna Phinney, 541-382-2633, 541-410-1031, info@bicycleridesnw.org, bicycleridesnw.org

September 10, 2016 — Cascade Lake Gravel Grinder, Cascade, ID, This event is a long-distance bike ride starting in Cascade, Idaho and continuing over U.S. Forest Service roads through the Boise and Payette National Forests. The route traverses through the beautiful mountain range just west of Lake Cascade. 35, 57, or 76 mile options. Sag wagon will pick up any riders still on the course at 5:00pm., Mike Cooley, 208-343-3782, mcooley@georgescycles.com, 4summitchallenge.com, gcoorsevents.com

September 10, 2016 — Idaho Poker Ride Pedal for Paws and Claws, Boise, ID, A Benefit Ride for: West Valley Humane Society. Starts and ends at MWI Veterinary Supply 3041 W. Pasadena Dr. in Boise. 4 route choices, 15, 30, 63, 100 miles. Lots of prizes! Fabulous swag bag!, Robyn Kneelk, 208-871-0951, rkneelk@mwianimalhealth.com, idahopokerride-4pawsandclaws.org, pedalforpawsandclaws.org

September 11, 2016 — Tour de Tahoe - Bike Big Blue, Lake Tahoe, NV, 14th Annual ride around Lake Tahoe's 72 mile Shoreline with the Juvenile Diabetes Research Foundation International. This ride is also a Memorial Nine-Eleven ride. Fully supported with rest stops, tech support and SAG. 72 miles, 4300 ft vertical gain. Boat cruise and 35 mile fun ride., Curtis Fong, 800-565-2704, 775-771-3246, tgft@bikehewest.com, bikehewest.com

September 11-30, 2016 — Santa Fe Trail Bicycle Trek, Santa Fe, NM, 21st Year. Camping Trip. Ride all or part of the Santa Fe Trail (approx. 1100 miles) on paved public roads only. All gear carried by truck. After the first four days, riders can leave the group at any place along the route., Willard Chilcott, 505-982-1282, willard@cybermesa.com, SantaFeTrailBicycleTrek.com

September 11, 2016 — Jordan's Ride, Eagle, ID, Jordan's Ride is a charity bicycle ride benefiting SIDS/SUDC research and support for the families affected by the tragic loss of their child. This ride was created in honor of Jordan Michael Zappia who passed away at 16 months to Sudden Unexpected Death in Childhood (SUDC). Jordan's Ride is hosted by Barefoot Media Ministries' Boise radio station, 89.5 KTSY FM and Metamorph Events. Jordan's Ride is fully supported with rest stations, SAG wagons, and on-site medical personnel., Jordan's Ride, 208-459-5879, jordansride.org

July 23, 2016
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September 16-17, 2016 — Grind de Galena. Pocatello, ID, 110 miles, 2 day group ride, Kaylee Pooley, 208-232-8996, barriesskiand-sports@gmail.com, barriessports.com/2016-grind-de-galena.html

September 17, 2016 — Tahoe Sierra Century. Squaw Valley, CA, 30-60-100 mile routes with 3000-7200 vertical gain. Great support and spectacular views from Squaw Valley Ski Resort, to Lake Tahoe, Donner Lake, and over Donner Summit., Nancy Lancaster, rideirec-tor@tahoesierracentury.com, Sue Rae Ireilan, rideirec-tor@tahoesierracentury.com, tahoesierracentury.com

September 17, 2016 — Tour de Vineyards. Palisade, CO, Come join this 25-mile ride through Colorado's Wine County just prior to the Colorado Mountain Winefest., Mike Heaston, 303-282-9015, 303-635-2815, emgmh@emgcolorado.com, tourdevineyards.com

September 18, 2016 — Edible Pedal 100. Carson City, NV, 10 mile, 50 mile and Nevada 150K ride options. Start: Bowers Mansion Regional Park, Washoe Valley, NV. Challenging course, fully equipped ride stops, SAG, water bottle, maps, post ride BBQ, priceless views, camaraderie and an unbeatable sense of accomplishment., Don Iddings, 775-393-9158, ride@ediblepedal100.org, ediblepedal100.org

September 18-October 1, 2016 — Trans Utah Spring Tour. Travis Tucker, 970-728-5891, travis@lizardheadcyclingguides.com, lizardheadcyclingguides.com

September 24, 2016 — Gran Fondo Bear Lake. Montpelier, VT/ID, 100, 75, 50 or 25 mile fully supported ride from Montpelier, ID. A climb to Minnetonka Cave and prize awaits each 100-mile rider and a backyard barbecue welcomes every finisher. Utah's best century ride... is in Idaho! Jared Eborn, 801-599-9268, jared@extramileracing.com, beatakeendurance.com, extramileracing.com

September 24, 2016 — Mountains to the Desert Bike Ride. Telluride, CO, 13th Annual Mountains to the Desert Bike Ride. From the high mountains of Telluride, cyclists descend past hillsides of quaking aspens along a route that passes through millions of years of geologic record, ultimately finding themselves at the base of striated sandstone cliffs reaching up to 1,000 feet overhead and onwards to the beautiful desert landscape of Gateway. Mileage options: 70, 100 & 130. This ride benefits the Just For Kids Foundation, Heidi Lauterbach, 970-729-1372, m2dbikeride@gmail.com, Victoria Lovely, 773-590-6499, vblovely@yahoo.com, m2dbikeride.com

September 24, 2016 — Royal Gorge Century. Canon City, CO, 100 mile, 62.5 mile, and 50 k Bike rides and community beer festival, Gordon Eckstrom, director@bikesandbrews.org, bikesandbrews.org

September 25-October 1, 2016 — OATBRAN. Lake Tahoe, NV, 25th Annual One Awesome Tour Bike Ride Across Nevada! Silver celebration of Riding Across Nevada, following the Legendary Pony Express Trail on U.S. Hwy. 50. 5 days of riding, 420 miles from Lake Tahoe to Great Basin National Park. Fully Supported motel style tour., Curtis Fong, 800-565-2704, 775-771-3246, tgift@bikethestwest.com, bikethestwest.com

October 1, 2016 — No Hill Hundred Century Bike Tour. Fallon, NV, 30 mile, 60 mile, and 100 mile tour, fully supported. Event swag, gift bags, lunch (for metric and century riders), post event BBQ at noon for all riders. Check in at start 7:00-8:30 am, Churchill County Fairgrounds., Danny Gleich, 775-423-7733, dgleich@churchillcounty.org, churchillcounty.org/parksnrec/index.php?ctr=152, churchill-countycyclists.com

October 1, 2016 — Santa Fe Gourmet Classic. Santa Fe, NM, Fun, challenging 60 mile bike tour with delicious, creative Southwest style foods at 5 gourmet refueling stops. The non-competitive ride winds through Santa Fe and into the surrounding areas. Elevation gain is about 1,800 feet. Ride is limited to 150 riders. Breakfast begins at 8AM. Most riders finish between 3- 4 PM., Kathleen Davis, 505-795-3286, 408-499-0775, lavimz@gmail.com, safegourmetclassic.com

October 1, 2016 — ICON Tour of the Moon. Grand Junction, CO, 5th Anniversary Metric Century or Classic 41 mile loop over the beautiful canyons of the Colorado National Monument made famous by the Coors Classic and American Flyer movie., Mike Heaston, 303-282-9015, 303-635-2815, emgmh@emgcolorado.com, Scott Olmsted, tourinfo@tourofthemoon.com, emgcolorado.com/wordpress/?page_id=10

October 8, 2016 — West Yellowstone Old Faithful Cycling Tour. West Yellowstone, MT, West Yellowstone to Old Faithful and back, 60 miles past golden aspen, bugling elk, majestic bison, gurgling geysers, and steaming hot pots, supported ride., Moira Dow, 406-646-7701, tou@cycleyellowstone.com, cycleyellowstone.com

October 8, 2016 — Goldilocks Vegas. Goldilocks Bike Ride, Las Vegas, NV. The only women exclusive ride event in Nevada. Cyclists can choose from a 20, 40, 60, 80, and 100 mile ride all featuring downhill, flat, and rolling terrain. Hand-crafted necklaces are awarded to finishers, as well as a high-quality custom technical shirt, absolutely free race photos, exceptional 'Papa an Mama' beer course support, and delicious food., Dani Lassiter, 801-635-9422, info@goldilockside.com, goldilockside.com/events/glv

October 8, 2016 — Park to Park Pedal Extreme Nevada 100. Kershaw-Ryan State Park, NV, Road bike starting at Kershaw-Tyan and takes peddlers through the towns of Caliente and Pioche, and through three other state parks: Cathedral Gorge, Echo Canyon, and Spring Valley and back to Kershaw-Ryan State Park. 3 rides available: 100, 60 and 40 mile options., Dawn Andone, 775-728-4460, cathedralgorge_vc@cturbonet.com, Jonathan Bruner, 775-726-3564, kershaw@cturbonet.com, [lincolncountynevada.com/exploring/biking/park-to-park-pedal/](http://parktoparkpedal.com/)

October 8, 2016 — Gila Monster Gran Fondo. Silver City, NM. With four distances to choose from, everyone can find their challenge. Gran Fondo 103 miles, Gough Park, Silver City 8:00am. Medio Fondo 70 miles, Gough Park, Silver City 8:00am. Micro Fondo 50 miles, Hi-Spot, HWY 152 8:30am. Nano Fondo 32 miles, Camp Thunderbird, HWY 35 8:30am., Jack Brennan, 575-590-2612, brennan5231@comcast.net, fourofthehiglia.com

October 29, 2016 — Ride 2 Recovery Honor Ride Orange County. Honor Ride, Orange County, CA. Presented by A Road Bike 4U, Honor Ride OC offers two amazing routes with the longer heading out to the ocean with scenic views and great climbing! All routes will be fully supported with SAG and fun rest stops along the way., Linda Glassel, 609-792-0709, 818-888-7091, bindag@ride2recovery.com, Jack Shepard, 818-888-7091 Ext. 106, honorrideinfo@ride2recovery.com, ride2recovery.com

October 29, 2016 — Death Valley Century. Death Valley, CA. Entry includes chip timing with overall and age category results posted to the web; fully stocked checkpoints along the route with water and a great selection of food and snacks; roving SAG support; entry into Death Valley National Park. Start at The Ranch at Furnace Creek Resort., Deborah Bowling, 818-889-2453, embassy@planetultra.com, planetultra.com

November 12, 2016 — Ride 2 Recovery Honor Ride Las Vegas. Honor Ride, Las Vegas, NV. Starts and rides down Las Vegas Boulevard with a full escort down the strip! 2 routes will be available with the longer heading out towards Henderson., Linda Glassel, 609-792-0709, 818-888-7091, bindag@ride2recovery.com, Jack Shepard, 818-888-7091 Ext. 106, honorrideinfo@ride2recovery.com, ride2recovery.com

Multisport Races

June 4, 2016 — Daybreak Triathlon. Salt Lake Triathlon Series, Salt Lake City, UT. The only open water Olympic distance race in the greater Salt Lake Valley. Get ready for the best spectator swim around with a point to point swim, a killer bike course near the Oquirrh Mountains and a run around the lake that is unparalleled., Cody Ford, 801-558-2503, cody@ustrisports.com, ustrisports.com

June 4, 2016 — Adventure Xstream Buena Vista. AXS Series, Buena Vista, CO, Solo, and 2 person teams will kayak, trek, rappel, and mountain bike., Will Newcomer, 970-403-5320, 2016@gravityplay.com, gravityplay.com, axs-racing.com

June 4, 2016 — Tri the Heights Sprint Triathlon. Cottonwood Heights, UT, 400m swim, 10.9mile bike, 5K run. Awards will be given 1st-3rd in all male/female overall, age divisions, and weight divisions. Relay teams too., Warren Hallmark, 801-943-3190, warren@cottonwoodheights.com, cottonwoodheights.com

June 4-5, 2016 — XTERRA Deuces Wild. XTERRA America Tour, Show Low, AZ. Off road triathlon, 800m open water lake in Fool Hollow Lake, 24km mountain bike leg, 8km trail run. Begins at 7:45 a.m. Depending on water level, athletes will begin the race in the water or on the boat ramp., Raena Cassidy, 877-751-8880, info@xterraplanet.com, TriSports Racing, 520-884-8745, info@trisportsracing.com, deuceswildtriathlon.com/events/xterra-deuces-wild

June 4, 2016 — Queen City Triathlon. East Helena, MT, 1000 yard pool swim, a flat 12 mile bike course, and a 3 mile run on a packed dirt path., Joe Hamilton, jhamilton@bresnan.net, Jason Steichen, jason.steichen@gmail.com, bigsqbykikes.com/events/queen-city-triathlon/

June 4, 2016 — Paddle, Pedal, Paddle. Jordanelle, UT, 5 miles on stand-up paddle board, 10 miles on the bike, 5 more miles on the board, Trent Hickman, 801-558-9878, parkcitysup@gmail.com

June 11, 2016 — Rock Cliff Tri at Jordanelle. RACE TRI, Heber, UT, Held at Jordanelle Reservoir. Race shirts and finisher medals. Olympic and sprint distances., Aaron Shamy, 801-518-4541, 801-358-1411, info@raceetri.com, raceetri.com

June 11, 2016 — East Canyon Triathlon. TriUtah Points Series, Morgan City, UT. Welcome to the 4th annual East Canyon Triathlon! This race boasts stunning scenery with a fast, technical bike course, and hometown hospitality like no other, with both sprint and intermediate/Olympic distance races to choose from. This event is a two transition point to point race beginning at beautiful East Canyon Reservoir. The sprint bike is downhill and fast. The Olympic bike course has two short challenging hills followed by a downhill fast descent to Morgan City. Both distances offer a scenic run along the Weber River and local neighborhoods., Dan Aamodt, 385-228-3454, info@trirutah.com

June 11, 2016 — Tiny Tri. Park City, UT, Kid friendly Tiny Triathlon for youth ages 7-15, 9:30am. 100 meter pool swim, 3 mile bike and 1 mile run., Holly Erickson, 001-612-703-3320, hollerickson12@gmail.com, parkcityrecreation.org

June 13-16, 2016 — Great Basin Tri Clinic. tentative for 2016, Murray, UT, Beginner/Novice Youth Tri Clinic, ages 7-12. Clinic will cover all three triathlon disciplines of swim, bike, run plus transition, nutrition, and hydration. Primary focus is skill in each area. Clinic will run four mornings from 9:00am-noon. USA Triathlon sanction pending. USAAT certified head coach., Jo Garuccio, 801-566-9727, 801-557-6844, jg@gagegroupssports.com, greatbasincoaching.com

June 17, 2016 — The Lunatic Triathlon. Price, UT. Held under the Full Moon! Choose between a Kids Triathlon, 5k run, Run-Bike Duathlon, Mini-Sprint Triathlon, Sprint Triathlon, Unicycle Triathlon or an off road Singletrack Triathlon., Scott Merrell, 435-650-0345, scott@lunatictrifun.com, lunatictriathlon.com

June 18, 2016 — XTERRA Lory. XTERRA America Tour, Bellvue, CO, 1/2 mile swim in the clear waters of Horsetooth Reservoir (Eluk 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, lance@withoutlimits.com, withoutlimits.co/#/!_xterra-lory

June 25, 2016 — DinoTri. Vernal, UT, Sprint and Olympic Distance Triathlon. Race starts with an open swim at Red Fleet state park. The bike starts with a crazy hill climb out of the park and heads into town for a run and finish at Utah State Extension., Emilee Johnson, 801-520-0921, vernaldinotri@yahoo.com, dinotri.com

June 25, 2016 — XTERRA Tahoe City. XTERRA America, Tahoe City, CA. Qualifying race for the XTERRA USA Championship. Triathlon and Duathlon and Sprint triathlon., Todd Jackson, 530-546-1019, todd@bigblueadventure.com, Kiley McClroy, kiley@bigblueadventure.com, bigblueadventure.com/event/xterra-lake-tahoe/, xterraplplanet.com

June 25, 2016 — Mountain Man Triathlon. Alpine, WY, 600 m swim across the Snake River!, 17km Gravel/Road bike leg through the East Alpine Foothills, and 7km trail run along the Greys River. Benefits Alpine Fire & EMS, Star Valley Search & Rescue and Star Valley Medical Center Charitable Foundation, Pam Wolfley, 307-885-5956, wolfley@svmcwy.org, mountainmantriathlon.org

June 25, 2016 — All Together Triathlon. Orem, UT. An event to help create a playground for children of all abilities, the All-Together Triathlon offers a Super Sprint, Mini Sprint, and relay option so there is something for everybody! Starts at 8:00 am (transition opens at 6:00) at the Scera Park Pool. Super Sprint: (400 yard Swim, 7 mile Bike, 1.5 mile Run, Repeat); Mini-Sprint: (400 yard Swim, 7 mile Bike, 1.5 mile Run, Done); Super Sprint Relay: Teams of 2 - 6 (400 yard Swim, 7 mile Bike, 1.5 mile Run, Repeat), Scott Swift, 801-229-7186, alltogethertriathlon@gmail.com, alltogethertriathlon.com, runnercard.com/roadrace/public/raceGroup/975666

June 26, 2016 — Boulder Sunrise Triathlon. Boulder, CO. Scenic course, sweet swag and all for a good cause! Includes olympic, sprint, duathlon, and 5k., Craig Towler, 318-518-7303, info@bbsctri.com, Michelle Lund, michelle@bbsctri.com, bbsctri.com

June 26, 2016 — Bozeman Tritons Triathlon. XTERRA America Tour, Bozeman, MT, Race Director., race@xterraplanet.com, bozemantrifitons.org, trifitons.org

June 26, 2016 — Ironman 70.3 Coeur D'Alene. Coeur D'Alene, ID, 303-444-4316, cda70.3@ironman.com, ironman.com/triathlon/events/americas/ironman70.3/coeur-d-alene.aspx#axzz3aCvV0c4p

July 2, 2016 — Cache Valley Super Sprint Triathlon. Logan, UT. Come out and compete on an established and fast course in either the Sprint or Olympic distance categories., Joe Coles, 801-335-4940, jo@onhillevents.com, cvsst.com, onhillevents.com

July 2, 2016 — Big Hole Challenge MTB Race and Duathlon. Driggs, ID. Mountain bike mass start first, at 10 am, 9.73 miles with 1,160 vertice feet, then either bike a second lap or run 6.13 miles with 938 vertice feet. Awards, Raffle and results at 1 pm held at the South Horseshoe Trail Head. Kids Duathlon at Noon. 5 mi run followed by 1 mi bike, Free entry, Awards to all., Dick Weinbrandt, 208-354-2354, peaked@silverstar.com, peakedsports.com

July 9, 2016 — Echo Triathlon. TriUtah Points Series, Coalville, UT. Join us for one of Utah's most popular triathlons! Combine the competition with warm July temperatures, a scenic ride in Utah's unique Echo Canyon, and a run on the Historic Rail Trail and you have the perfect event for both seasoned athletes and beginners. Following the event enjoy hometown cooking and hospitality as the annual antique car cruise-in takes place in downtown Coalville, Ut., Dan Aamodt, 385-228-3454, info@trirutah.com, trirutah.com

July 9, 2016 — Blanding Hillman Triathlon. Blanding, UT. Swim .50 mile, Bike 15 miles, Run 3.2 miles, (Kids' triathlon July 20), Recapture Reservoir Race starts at 7AM. There will also be a kids' Hillman on July 10 at 6pm at the Health and Wellness Building., Stephen Olsen, 801-243-3559, 208-258-3145, stephensolzen@gmail.com, hillmantriathlon.info

July 9, 2016 — West Yellowstone Mountain Bike Biathlon. West Yellowstone, MT. Match class division for experienced biathletes and a Sport class for novices that includes a safety clinic and loaner rifles. All racers must provide their own mountain bike and wear a helmet., Moira Dow, 406-646-7701, info@skirunbikemi.com, skirunbikemi.com, rendezvouskitrails.com/events

July 9, 2016 — Rigby Triathlon. Rigby Lake, ID. Sprint and Olympic Triathlon, and Duathlon., Michael Hayes, 208-521-2243, events@pb-performance.com, pb-performance.com

July 10, 2016 — Valley Girl Triathlon. Liberty Lake, WA. Sprint distance., Marla Emde, 509-953-9924, 509-939-0552, marla@emdesports.com, emdesports.com

July 15-16, 2016 — San Rafael Classic Triathlon. Huntington, UT. Huntington State Park, Olympic distance tri, Olympic team relay, Sprint Tri, Sprint team relay, spring swim/bike duathlon, sprint bike/run duathlon, youth tri. Friday night activities offer live music during the pasta dinner. Body marking and packet pickup available Friday night. Camping available. Reservations necessary to ensure campsites. Held on a closed course, Wade Allinson, 435-609-3126, allinson2@gmail.com, sanrafaelclassic.com

July 16, 2016 — XTERRA Mountain Championship. XTERRA America Tour, Avon, CO. The last of four regionals in the XTERRA America Tour, featuring sprint and championship distance off-road triathlon options., Raena Cassidy, 877-751-8880, info@xterraplanet.com, xterraberkelecreek.com

July 16, 2016 — The Toughman Utah Half Long Course Triathlon 70.3. RACE TRI, Herriman, UT. Long course tri - 1.2 mile swim, 56 mile bike, and 13.1 mile run. Part of the Toughman Series., Aaron Shamy, 801-518-4541, 801-358-1411, info@raceetri.com, raceetri.com, toughmantri.com

July 23-24, 2016 — Donner Lake Triathlon. Truckee, CA, Kids TRI, Sprint TRI, Half TRI, AquaBike, Olympic TRI, Todd Jackson, 530-546-1019, todd@bigblueadventure.com, Kiley McClroy, kiley@bigblueadventure.com, bigblueadventure.com, donnerlaketri.com

July 24, 2016 — Tri Boulder. BBSC Twin Tri Series, Boulder, CO. Challenge yourself at mile high elevation, Sprint, Olympic distances., Craig Towler, 318-518-7303, info@bbsctri.com, Michelle Lund, michelle@bbsctri.com, bbsctri.com

July 29-30, 2016 — Doxa by Iron Cowboy. Duchesne, UT. The only overnight team triathlon relay put on by the Iron Cowboy. Teams of 1-12 travel 285 miles in a non-stop triathlon relay., Alan Sheffer, 801-669-7504, 801-836-9610, info@daxaraces.com, daxaraces.com

July 30, 2016 — Burley Idaho Lions Spudman Triathlon. Burley, ID. The race starts at 7 am with the world's fastest 1.5K swim (current-aided) then a 40K Bike and 10K run., Cade Richman, info@spudman.org, spudman.org

July 30, 2016 — Layton Tri. Layton, UT. Rinse Ride Run Repeat is the theme to this event. This course is a mini sprint but for the full sprint repeat the course. It also has a youth triathlon and full course relay triathlon., Joe Coles, 801-335-4940, jo@onhillevents.com, onhillevents.com

July 30, 2016 — Adventure Xstream Summit County. AXS Series, Frisco, CO. Solo's or teams of 2 will mountain bike, kayak, trail run, and orienteer in either a 3-6hr "sprint", or 6-12hr "sport" course., Will Newcomer, 970-403-5320, 2016@gravityplay.com, gravityplay.com, axs-racing.com

July 30, 2016 — XTERRA Aspen Valley. XTERRA America, Kodiac Ski Lake, WY, 1200m swim, 2-Lap 12 mile mountain bike, and finishes with a 5K run., Lance Panigutti, lance@withoutlimits.com, withoutlimits.co

August 6, 2016 — XTERRA Winter Park. XTERRA America Tour, Columbine, CO. A cold and grassy adventure swim of 1000m, followed by a classic 13.5 mile mountain bike, and finally a challenging 4 mile run that follows the first 4 miles of the bike course. The finish is arguably the most scenic in all of XTERRA at the beautiful Columbine Point. Bike and run courses will be on the single track, double track and no track trails of the southwest side of Snow Mountain Ranch. A big ole' party at the finish with food, drinks, and great prizes., Paul Karlsson, 303-960-8129, info@digdeepsports.com, digdeepsports.com




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August 6, 2016 — XTERRA Santa Fe, XTERRA America Tour, Santa Fe, NM, XTERRA West Championship, 1.5k swim / 30k mountain bike / 10k trail run, XTERRA Sport, 750m swim / 15k mountain bike / 5k trail run, Raena Cassidy, 877-751-8880, info@xterraplanet.com, xterraplanet.com

August 7, 2016 — XTERRA Flathead Off Road, XTERRA America Tour, Kallispell, MT, Takes place at Foy's Lake and Herron Park. Includes a 1.5 km (.93 mile) swim, 40 km (24.8 mile) bike race, and 10 km (6.2 mile) run., Raena Cassidy, 877-751-8880, info@xterraplanet.com, xterraplanet.com, K Schaefer, 406-751-4100, kschaefer@krmc.org, kallispellregional.org/summit/recreation-events/events/xterra-flathead

August 7, 2016 — Wunder Woman Triathlon, Medical Lake, WA, Sprint and Olympic distances., Marla Emde, 509-953-9924, 509-939-0552, marla@emdesports.com, emdesports.com

August 12-13, 2016 — Emmett's Most Excellent Triathlon, Emmett, ID, Kid's Tri on Friday, Olympic/Aquabike, Sprint on Saturday., Kristen Seitz, (208) 365-5748, gcrd@gemcoun-tyrecreation.com, gemcoun-tyrecreation.com, Lara Loveall, 208-867-6763, emmetttri@live.com, emmetttri.com

August 13, 2016 — Jordanelle Triathlon, TriUtah Points Series, Park City, UT, Enjoy everything from the wildlife and boardwalks on the river bottoms in Rock Cliff Recreation Area at Jordanelle to the local country backdrop of the towns of Francis and Woodland., Dan Aamodt, 385-228-3454, info@triutah.com, triutah.com

August 13, 2016 — TriathaMom, Riverton, UT, Women only triathlon at the Riverton Country Pool. 300 yard swim, 12 mile bike ride, and 5k run. Carnival style cheering section provided for families of participants., Cody Ford, 801-558-2503, cody@ustrisports.com, Dani Lassiter, 801-635-9422, info@goldilocksides.com, gotriathamom.com

August 13, 2016 — Tiger Trout Tri, Price, UT, USA Triathlon triathlon at Scofield Reservoir with Olympic and Sprint distances. Incredible Venue., Joe Coles, 801-335-4940, joeh@onhillevents.com, onhillevents.com, tigertrouttri.com, onhillevents.com

August 13, 2016 — Herriman Black Ridge Triathlon, RACE TRI, Herriman, UT, Sprint Triathlon: there are two triathlon areas, with T1 at the reservoir and T2 at nearby Butterfield Park. Athletes will swim 500 yards in the reservoir then ride a 14 mile clockwise loop down around Herriman City and into Butterfield Park to begin their 5K run loop along the footpaths and return to Butterfield Park for the finish. The race is capped at 400 athletes., Aaron Shamy, 801-518-4541, 801-358-1411, info@racetri.com, racetri.com

August 20, 2016 — XTERRA Lake Tahoe, XTERRA America, Incline Village, NV, XTERRA, Sprint, and Duathlon. Course Distance: Full Course: 2X 750 meter swim laps with a 50 meter beach run, 22 mile bike, 6 mile run. Bike Tunnel Creek, and then onto the Flume Trail, which overlooks Lake Tahoe to the Tahoe Rim Trail. Both the Short and Long course complete the 22 mile bike, approximately 4000 feet of climbing. The trail running course is relatively flat, fast and scenic., Todd Jackson, 530-546-1019, todd@bigblueadventure.com, Kiley McInroy, kiley@bigblueadventure.com, bigblueadventure.com, bigblueadventure.com/event/xterra-lake-tahoe/, xterraplanet.com

August 20, 2016 — Polson Triathlon, Polson, MT, Olympic Distance Triathlon. 1.5 km, two-lap triangular swim in Flathead Lake. 40km bike, loop course through the valley southwest of Polson. 10km run single loop course through scenic Polson., Matt Seeley, 406-871-0216, 406-883-9264, seeleyspeedwagon@gmail.com, polsontriathlon.com

August 20, 2016 — Varsity Tri, Ogden, UT, Great First Triathlon! Super Sprint Triathlon at Weber State University. Aimed at Varsity Boy Scouts to finish their triathlon pin, but open to anyone., Jon Hansen, 801-657-1845, info@varsitytri.com, varsitytri.com

August 21, 2016 — XTERRA Wild Ride Mountain Triathlon (American Tour Points), XTERRA America / Wild Rockies Series, McCall, ID, Ponderosa State Park at Payette Lake, 3/4-mile swim, a 18.5-mile mountain bike and a

6.2-mile trail run, mass start at 9 am in the Park and the finish line festivities begin at noon with the racer feed and music. Kids triathlon to follow--2 different lengths, 13 and under., Darren Lightfield, 208-608-6444, wildrocksemail@yahoo.com, wildrockiesracing.com, xterraplanet.com

August 21, 2016 — Ironman Coeur D'Alene, Coeur D'Alene, ID, 303-444-4316, cda@ironman.com, ironman.com, ironman.com/triathlon/events/americas/ironman/coeur-d-alene.aspx#axzz3qCbV0c4p

August 27, 2016 — Vikingman, Heyburn, ID, Downstream Snake River Swim, Loop Bike Course, flat and fast run - lots of opportunities for your fans to cheer you on! half, Olympic, and Sprint distance triathlons, Duathlon, Aquabike and a Half Marathon., Alan Fluckiger, 208-431-2232, info@vikingman.org, Rodney Hansen, 208-346-0736, rodney@vikingman.org, vikingman.org

August 27, 2016 — XTERRA Buffalo Creek, XTERRA America Tour, Bailey, CO, The XTERRA Buffalo Creek Triathlon features a 1500m Swim, 22 mile mountain bike, and 5m run, Lance Panigutti, lance@withoutlimits.com, withoutlimits.com

August 27, 2016 — Helaman DCC Sprint Triathlon, Sandy, UT, Draper Coordinating Council Sprint Triathlon, Jennifer Koplin, 801-556-2350, jenniferkoplin2013@gmail.com, drapersports.com

August 27, 2016 — Boulder Sunset Triathlon, Boulder, CO, Scenic course, sweet swag and all for a good cause! Includes olympic, sprint, duathlon, and 5k., Craig Towler, 318-518-7303, info@bbsctri.com, Michelle Lund, michelle@bbsctri.com, yourcausesports.org

August 27, 2016 — Race on the Rock, Rock Springs, WY, Race along the base of White Mountain and through portions of this mining town. Super Sprint, Sprint, and Olympic Distance options., Traci Ciepiela, 307-922-1840, tciepiela723@yahoo.com, raceontherock.weebly.com

August 27, 2016 — Shark Attack Super Sprint and Kids Triathlon, TriUtah Points Series, Springville, UT, This super sprint open water triathlon consists of a time-trial start with a 250 yard swim, 5 mile bike, 1.5 mile run, repeated up to 4 times! You get to choose your distance! Plus, the amazing kids tri is for those little guppies 10 and younger!, Dan Aamodt, 385-228-3454, info@triutah.com, triutah.com

August 27-28, 2016 — Lake Tahoe Triathlon, Tahoma, CA, Kids TRI, Sprint TRI, Half TRI, AquaBike, Olympic TRI, Duathlon. Held at Ed Z'berg Sugar Pine Point State Park, Todd Jackson, 530-546-1019, todd@bigblueadventure.com, Kiley McInroy, kiley@bigblueadventure.com, bigblueadventure.com

September 5, 2016 — Youth and Family Triathlon, Murray, UT, A family triathlon! Ages 5-80+. Distances and actual course vary depending on age group. Please see website and race page for more info., Jo Garuccio, 801-566-9727, 801-567-6844, jo@agegroupsports.com, greatbasincoaching.com

September 5, 2016 — South Davis Labor Day Triathlon, South Davis Racing Series, Bountiful, UT, Swim 350 yds; Bike 12 mi; Run 3.35 mi, relay: Split the Sprint between 2-3 racers. Novice: Swim 150 yds; Bike 2.4 mi; Run 1.5 mi Beginner Tri Clinic/ Group Ride (optional): Saturday, August 29 @ 8:00am (free to registered participants), Start: 8:00am, Awards: 10:30 am Location: South Davis Recreation Center; 550 N 200 W, John Miller, 801-298-6220, john@southdavisrecreation.com, Cindy Hunt, 801-298-6220, cindy@southdavisrecreation.com, southdavisrecreation.com, labordaytri.com

September 10-17, 2016 — Bear Lake Brawl Triathlon, Laketown, UT, Event is on two dates. 9/17 is the Half/Long 70+ and 9/10 is the Sprint and Olympic event., Joe Coles, 801-335-4940, joeh@onhillevents.com, bearlakebrawl.com, onhillevents.com

September 10, 2016 — Camp Yuba Sprint Triathlon, RACE TRI, Yuba State Park, UT, These Sprint and olympic triathlons are all about indian summers, camping, and good ol' fashion swimming, biking, and running. All of the campsites in the state park will be reserved for triathletes and their families., Aaron Shamy, 801-518-4541, 801-358-1411, info@racetri.com, racetri.com

September 10, 2016 — I Can Triathlon, Sandy, UT, Alta Canyon Sports Center, 9565 S. Highland Drive - 400m swim, 9 mile bike and 5K run., Lois Spillion, 801-568-4602, ispillion@sandy.utah.gov, sandy.utah.gov/government/parks-and-recreation/alta-canyon-sports-center/special-events.html

September 10, 2016 — Adventure Xstream Glenwood Springs, AXS Series, Glenwood Springs, CO, Solo, and 2 person teams will kayak, trek, rappel, and mountain bike., Will Newcomer, 970-403-5320, 2016@gravityplay.com, gravityplay.com, axsracing.com

September 10, 2016 — Kokopelli Triathlon, BBSC Red Rock Triathlon Series, Hurricane, UT, Sand Hollow State Park, with Sprint, Olympic, and Kids' distances., Craig Towler, 318-518-7303, info@bbsctri.com, Michelle Lund, michelle@bbsctri.com, bbsctri.com

September 10, 2016 — XTERRA Fruita Triathlon, XTERRA America Tour, Pagosa Springs, CO, 1200 m swim/12 mile bike/4.5 mile trail run. Begin at Highline Lake, with a swim from the beach, from there a bike course with single and double tracks within Lake State Park and will be followed by a run across the rolling trails overlooking Highline Lake., Raena Cassidy, 877-751-8880, info@xterraplanet.com, Darrin or Jill, 303-642-7917, darrin@racingunderground.com, racingunderground.com/desertsedgetri/XTERRA_index.html

September 17, 2016 — XTERRA USA National Championship and Pan American Championship - XTERRA Utah, XTERRA America Tour, Ogden, UT, XTERRA Utah, two distance options: 750m / 19K mountain bike / 5K trail and 1.5k swim / 30k mountain bike / 10k trail run; XTERRA USA Championships (invite-only): 1.5k swim / 30k mountain bike / 10k trail run., Raena Cassidy, 877-751-8880, info@xterraplanet.com, xterraplanet.com, xterratah.com

September 17, 2016 — Utah State Triathlon Championship, TriUtah Points Series, TBD, UT, This is the culmination of all your hard work for the 2016 season! serious awards and prizes, festival, and the crowning of the Utah State age group champions. Kids, Sprint, Olympic and Long Distances., Dan Aamodt, 385-228-3454, info@triutah.com, triutah.com

September 17, 2016 — Las Vegas Triathlon, BBSC Double Down Series, Boulder City, NV, 19th Annual, now produced by BBSC Endurance Sports at the largest reservoir in the United States, Lake Mead., Craig Towler, 318-518-7303, info@bbsctri.com, Michelle Lund, michelle@bbsctri.com, bbsctri.com, las-vegas-triathlon/c5j6

September 24, 2016 — Rush Duathlon, Rexburg, ID, Run-bike-run, Bob Yeatman, 208-359-3020, 208-716-1349, boby@rexburg.org, Jeff Crowther, 208-372-2395, jeff.crowther@rexburg.org, rushtriathlon.com, rexburg.org

October 8, 2016 — Huntsman World Senior Games Triathlon, St. George, UT, Triathlon. Must be 50 years or older. 450 Meter Outdoor Swim, 20K Bike, 5K Run. It's the best little triathlon in the world., Kyle Case, 800-562-1268, hwsg@infowest.com, seniorgames.net

October 22, 2016 — Powell 3 Triathlon Challenge, Big Water, UT, USA Triathlon and Olympic Distance at Wahweep Marina, Lake Powell. This event is USA Triathlon sanctioned and is a great event for those looking for the beauty of a triathlon with incredible Red Rock landscapes., Joe Coles, 801-335-4940, joeh@onhillevents.com, powell3.com, onhillevents.com

October 22, 2016 — Pumpkinman Triathlon, BBSC Double Down Series, Boulder City, NV, Point-to-point race begins in Lake Mead National Recreation Area and ends in Boulder City, with Sprint, Olympic, and Half Courses; costumes welcome., Craig Towler, 318-518-7303, info@bbsctri.com, Michelle Lund, michelle@bbsctri.com, bbsctri.com, pumpkinman.com

November 5, 2016 — Telos Turkey Triathlon & 5K, T3TRI EVENTS, Orem, UT, Splash distance triathlon which includes a 5K Run, 12 Mile Bike, and 350 Meter Swim in that order. Located at the Orem Rec Center., Shaun Christian, 801-769-3576, 801-678-4032, shaun@t3triathlon.com, Nicholle Deniro, 801-769-3576, nicholle@t3triathlon.com, t3triathlon.com

ADVOCACY

Wasatch Bike Plan

By Phil Sarnoff, Executive Director – Bike Utah

Last month we discussed the drastic population increases that are projected for the four Wasatch Front counties over the next 35 years. To review, populations in these four counties will increase anywhere from 52% (Davis County) to 136% (Utah County) by 2050. More comprehensive data from this study can be found here: www.utahfoundation.org/uploads/r720.pdf

In response to these projections, Bike Utah has launched the Wasatch Bike Plan.

The goal of this campaign is to create the future of transportation along the Wasatch Front by initiating bicycle and pedestrian master plans in every community in all four Wasatch Front counties.



Bicycle and pedestrian master plans are the first step in assessing current conditions for bicycling and walking. This planning process involves the public, elected officials, and municipal staff to provide a way forward in improving existing facilities and recommendations for new facilities. At Bike Utah, we believe that bicycles are one of the best answers to avoiding a future where the Wasatch Front is so reliant upon motor vehicles.

In order to make bicycling a reasonable transportation mode for everyone along the Wasatch Front, every community needs to be engaged. Our lives don't stop at city borders and neither can bicycle routes and infrastructure.

A goal without a plan is just a wish. We are beyond wishing for more people to start riding bicycles. It is time to get every community active in creating a better bicycling future along the Wasatch Front.

As you will see on the map, there are numerous communities in these four counties that have not made a concerted effort to implement new facilities for bicycling and walking. We want to work with these communities to start them on the path towards creating a network that provides transportation choices for all residents.

If you live in one of these communities, feel free to reach out to us so we can get involved in helping your community get started. Send us an email at info@bikeutah.org

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MECHANIC'S CORNER

Replacing Internal Cables Is Not Impossible

Various tools required to thread internal cables and brake lines.
Photo by Tom Jow



Example of a cable housing stop inside the bottom bracket shell. Impossible to insert with bottom bracket in place.
Photo by Tom Jow



Plastic liner exiting cable stop port.
Photo by Tom Jow



Cable liners shown in the bottom bracket shell.
Photo by Tom Jow

By Tom Jow

The modern carbon fiber frame is a work of art. With swoopy curves and smooth joints, what really makes them beautiful is the lack of cables outside the frame. What the internal cables lends to beauty may also add to complications for service.



Open tube full cable housing style. The housing fits in between shell and bottom bracket.
Photo by Tom Jow



Rubber frame grommet keeps cable housing in place and seals frame opening. Open tube style.
Photo by Tom Jow

Replacing the cables, however, does not have to be an exercise in futility. What is required are the correct tools, an understanding of the specific type of cable routing and some patience.

Until the development of carbon frames, there were not that many bikes that used internal cable routing. As such, there were no tools that could be purchased for the job. Every mechanic had his/her own special collection of instruments for each task. These collections would include spokes bent into hooks



Guiding cable housing through a chainstay port.
Photo by Tom Jow

and curves, teflon liners of various lengths, cables with just the right bend and so forth. Much to the benefit of all mechanics, Park Tool Company has developed the IR-1 cable routing kit. This kit consists of a powerful magnet and three cables with various tips. Another essential tool to have is a bright headlamp.

Before we tear into things, it's a good idea to consider what we are dealing with. There are several different types of routing used by frame manufacturers. There can be open tube, where the cable or housing runs free inside the frame tubes, or sleeved. The sleeve type has a tube that runs full length from opening to opening. The cable housing runs full length through this tube. It is the rare manufacturer that does this for all cables.

The open tube style can be of two sub types: full housing or interrupted housing. A frame with open tube that runs full housing has an opening into the head tube or down tube. The rear derailleur cable then passes through the bottom bracket and into the drive side chainstay to exit near the rear derailleur. The front derailleur housing usually stops inside or under the bottom bracket. The interrupted type has a housing stop near the head tube and the rear derailleur, with a cable guide under the bottom bracket. This guide may be under a cover plate.

Now, before we begin, it's time to make a game plan. What cables are we going to thread first? Do we need access inside the bottom bracket shell? How long will our cable housing be? Does the right shifter cable go on the right side or the left? These questions are important to answer



Cables of an interrupted cable routing exiting the downtube in front of a cable guide.
Photo by Tom Jow

because, for example, some frames require access inside the bottom bracket in order to run cables. This little detail throws off my standard procedure because I like to install the bottom bracket and cranks first, before the fork, stem, handlebars and, importantly, shifters and brakes. Because of this, I have had to come up with some different ways to do things.

New constructions are usually the easiest. If it is open tube with full housing, I like to run the housings first, and leave them long. It may be necessary to run a blank cable first to act as a guide for the cable housing. Then install the steering, the controls and derailleurs in order to hold that all in place. I've had more than one front derailleur slip out of its stop inside the bottom bracket after the bottom bracket has been installed. If the frame uses interrupted housings, I like to measure and cut the housing first. Next a cable with a liner is installed all the way through. Then pull the cable out. Now the liner can be used as a guide for the final cable installation.

For replacing cables on a fully constructed bike, in most cases a liner can be placed on the end of a cable, and thread it in as the old cable is pulled out. To replace a rear derailleur cable with interrupted housing, first remove the short piece of housing between the derailleur and the frame. Install a liner on the end, and slowly pull the cable out while at the same time inserting the liner. Be careful around the bottom



Using a magnet to pull a cable out of a downtube port.
Photo by Tom Jow

bracket guide, the liner can get hung up here and without knowing it, the cable may get pulled out of the liner leaving you high and dry without a guide. The procedure for replacing full housing is dependant on the frame. Mountain bikes generally do not run the cable housing through the bottom bracket. In these cases it's easy enough to pull out the old inner wire, install a fresh wire as a guide, and then remove the old housing, leaving the fresh wire in the frame to use as a guide. If, however, you have a frame, mountain or road, that runs the cable housing through the bottom bracket, save yourself some frustration and remove the bottom bracket first.

If you are still reading at this point, this where patience becomes

important. Even though up to this point it may sound easy, getting cables threaded through a frame can be anything but. If a frame has removable ports or stops, removing them can make it much easier to shine the light in, and fish around with whatever hook or magnet tool you may have. Frame ports can be much easier than say, rear derailleur openings because the ports and the tube are larger making it easier to work around inside. The hook of a spoke works great for pulling a cable or housing out if you can get it close to the hole. A magnet is really handy here because it can grab the cable through the tube and can then be maneuvered to the opening. If the port is large enough just stick the magnet inside the frame.

The other reason for patience is performing this task the first time. And then the second. How many times does a home mechanic replace his/her cables? Once a year? Twice? It takes me three or four times to get a system down, and I might build five of the same bike in one week. All that being said, replacing internal cables is not impossible nor hateful necessarily. With the right tools, a plan and a strong do it yourself attitude this maintenance task can be nearly as enjoyable as any other.

Got a bike question? Email Tom at 1tomjow@gmail.com.

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GRAVEL GRINDERS

Arnell and Sheridan Win Wild Horse Dirt Fondo



Eric Flynn (in front) won the Little Wild Horse. Photo by Chris Magerl



Meghan Sheridan broke the women's course record and won \$250 for the Utah High School Cycling League, plus a bonus of \$100 for herself. Photo by Chris Magerl

By Chris Magerl

Hot and windy greeted the riders who took on the challenge of The Wild Horse in the Cedar Mountain Wilderness on Saturday, May 14. The normal high for that date is 61. The temperature topped out above 80 on event day.

Tough conditions and a tough course, but despite that, records fell, riders smiled, wild horses were spotted, and many found views and roads they had never before encountered. All only one hour west of downtown SLC.

The Wild Horse benefits the Utah League High School MTB Scholarship Fund. The Scholarship Fund makes it possible for kids who might not otherwise be able to come

up with a bike, cycling clothing or entry fees to join in on the fun. In addition to a contribution to the Scholarship Fund, all aid stations and the finish line were staffed by Utah League teams, all of whom received a direct contribution to their team.

The wild horses made few appearances, but a small herd ran alongside one rider before dropping him and heading off into the scrub. There was also another sighting near the second aid station, on the far southwest portion of the course. And there were at least eight horses about 1/4 mile west of the route's turn near Aragonite.

The long route throws down 76 miles of dirt and gravel, with 5,000 feet of vertical. The Little Wild Horse, run largely on the same route, had a more reasonable 31 miles and 1,800 vertical. The views to the

west of snow-covered mountains in Nevada are worth the pedaling effort. Both routes cross wagon ruts left in 1846 by the Donner-Reed wagon train party as they headed toward a bad outcome in California.

Last year's male winner, Roger Arnell, was back, but this time on a cyclocross bike. Last year he chose a mountain bike. His time this year was about 2 1/2 minutes slower, at 4:41, but the result was the same. Arnell came into the final 50 meters with Adam Brown, and came around Brown for the win.

The TrueNorth Wealth Challenge offered riders a chance to raise more money for the Utah League Scholarship Fund. TrueNorth Wealth was offering a \$500 donation to the the Fund if the first place male and first place female broke last year's course records. Roger Arnell fell just shy of that. Meghan Sheridan smashed last year's time, earning \$250 for the Scholarship Fund and taking home a \$100 bonus, as well.

Every ride in The Wild Horse and Little Wild Horse crossed the line and took their turn at the prize drawing table. Prizes were based on random draw, not results, so middle or even back of the pack riders had as much chance as the fast folks at coming home with awesome goodies from Kuhl, NoTubes, Feedback Sports, Scott, TRP, Black Diamond and others. Then it was time to step away from the bike and step up to tacos, watermelon and chairs under big shady tents. Riders hung out for hours cheering later finishers and recounting their day.

Watch for The Wild Horse in the spring of 2017 and come see what all the buzz is about.

More information and photos can be found at RideWildHorse.com



Roger Arnell leads Adam Brown into the finish. Photo by Chris Magerl



Tired riders relax at the end of the day. Photo by Chris Magerl



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Pounding the pavement on our way to some dirt.
Photo by Lukas Brinkerhoff

By Lukas Brinkerhoff

You could say I was seated but that would signify I intended to end up where I was. I guess I did. I mean I planned the whole thing, but I didn't mean to be right there, right then, seated where I had more or less collapsed into the dirt. There was a picnic table about thirty feet away, but for some reason falling down

next to a rock in the dirt is where I ended up. I had my Mooseknuckler Cycling Alliance flask on one side and a bag of Dorito's on the other.

The Ponderosa Pines towering over my rock provided the perfect relief from the sun that had been boiling my brains for the past hour or so as we climbed the last six miles to camp. Six miles and 2000 feet of up can make you tired. It can also make you do things like fall down next to



There are few things better than a long road ahead.
Photo by Lukas Brinkerhoff

a rock and not move for a couple of hours. There was also a little breeze that kept everything just this side of warm or in other words heavenly.

I couldn't have imagined anywhere else that I wanted to be.

As a child, I always struggled to imagine what I wanted to be when I grew up. I was smart enough to recognize that no, not everyone can be whatever they want. I spent a lot of time contemplating that question and couldn't ever decide on a profession or, in reality, anything that I felt I could dedicate my entire life to. It just wasn't something that existed or that I could fathom. I knew what I liked to do, but I had no idea what I wanted to do.

Over the years I've met the occa-

sional person who without asking I knew what they were all about. There was no question. Their passion was what they followed and they did so with such fervor as to remove any doubt as to what that passion was. Their entire life revolved around this one thing. If they worked a job,

they did so to save money for that one thing they were doing. If they had a family, the entire family either accepted that this was who they were or was so enthralled with that passion that they were swung completely into the dream as well.

I've met precious few people that



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Singletrack is always worth the effort.
Photo by Lukas Brinkerhoff

I can place in this category.

Oak Grove Campground is not a place that you would write home about. Or at least, it wouldn't fall into the category of places that you should make a huge effort to ensure you see before you die. It's pretty. It sits at the base of Pine Valley Mountain and provides some relief from the summer temperatures on the southern side of the state. If I was going to be honest, and I am, it was only our destination because of those three characteristics and its proximity to St. George.

We left from our doorstep. The plan was simple, pedal for as long as it took to get to Oak Grove. Camp. Maybe do some hiking if we felt up to it. And then pedal home the next day. We packed everything that we thought we would need except the beer. The beer was going to be brought up by a friend. I mean, carrying a cooler on your bike can be a bit heavy. But everything else was packed, tied to or jammed into our bikes.

We knew the hard part was going to be the last climb up to the campground. Six miles, 2000 feet. For

some reason, we always seem to forget that to get to Oak Grove you have to pedal the Turkey Farm Road which climbs from town and keeps climbing for the first 14.5 miles. Then drops for a mile or so and repeats the climb back up eventually finding a pinnacle just above the turn off that would take us to our end destination. Meaning we pretty much climbed all day before even getting to the turn off that we were all worried about.

That last hill was a beast. It was worsened by the heat and lack of shade. Said heat and lack of shade

made my head boil. I don't know if you've ever experienced a boiling head, but it's uncomfortable. So much so that it will make you remove your helmet and pray for a headwind just so you can get cooled down. And in extreme cases, you might even find yourself jumping into frigid streams just to find some relief. Luckily, there was a frigid stream that we could use for said purpose on our last climb of the day and like children we splashed and played in the water.

It's a simple question. That one we are all asked as children, what do

you want to do with your life?

If we were all to follow our passion, it would be simple. The input would equal the output. Our passion, that one thing that we truly believe in and will give our left nut for, would be easily identifiable in everyday life. The problem is that for most of us, it's not. We wish it were, but we spend more time tweeting about our passions than actually doing them. Maybe it's the culture or maybe it's the fact that following your passion can be scary. It's kind of like playing with fire. It's easy to get burned and most of us spout off passions like first graders with no concept of what

it means to follow them. And then we sit in front of TVs pretending that we have lived.

I don't claim to be one of those people whose passion burns bright and no one questions what they are about. No, I don't think that is me, but as I sat propped up against a boulder being shaded by pine trees, there was no doubt about what I wanted to do with my life.

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

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BICYCLE ART***The Bicycle Art of Darrell Driver***

Title: Until the fuse Dies

Medium: Oil
Size: 24"x36"

Narrative for Painting: Jar of Fireflies, arrows coming from the skies, accompanied by 13 monarch butterflies, a well orchestrated disguise, events king wears polk-a-dotted ties, they rely on the mighty polar thighs... Until the fuse dies

To view or purchase prints or originals of Darrell Driver's art at: www.darrelldriver.com

RIDE OF THE MONTH

North Weber Basin Ramble



A rider chills, relaxing that right arm, while heading into Plain City on Pioneer Road. Photo by Wayne Cottrell

By Wayne Cottrell

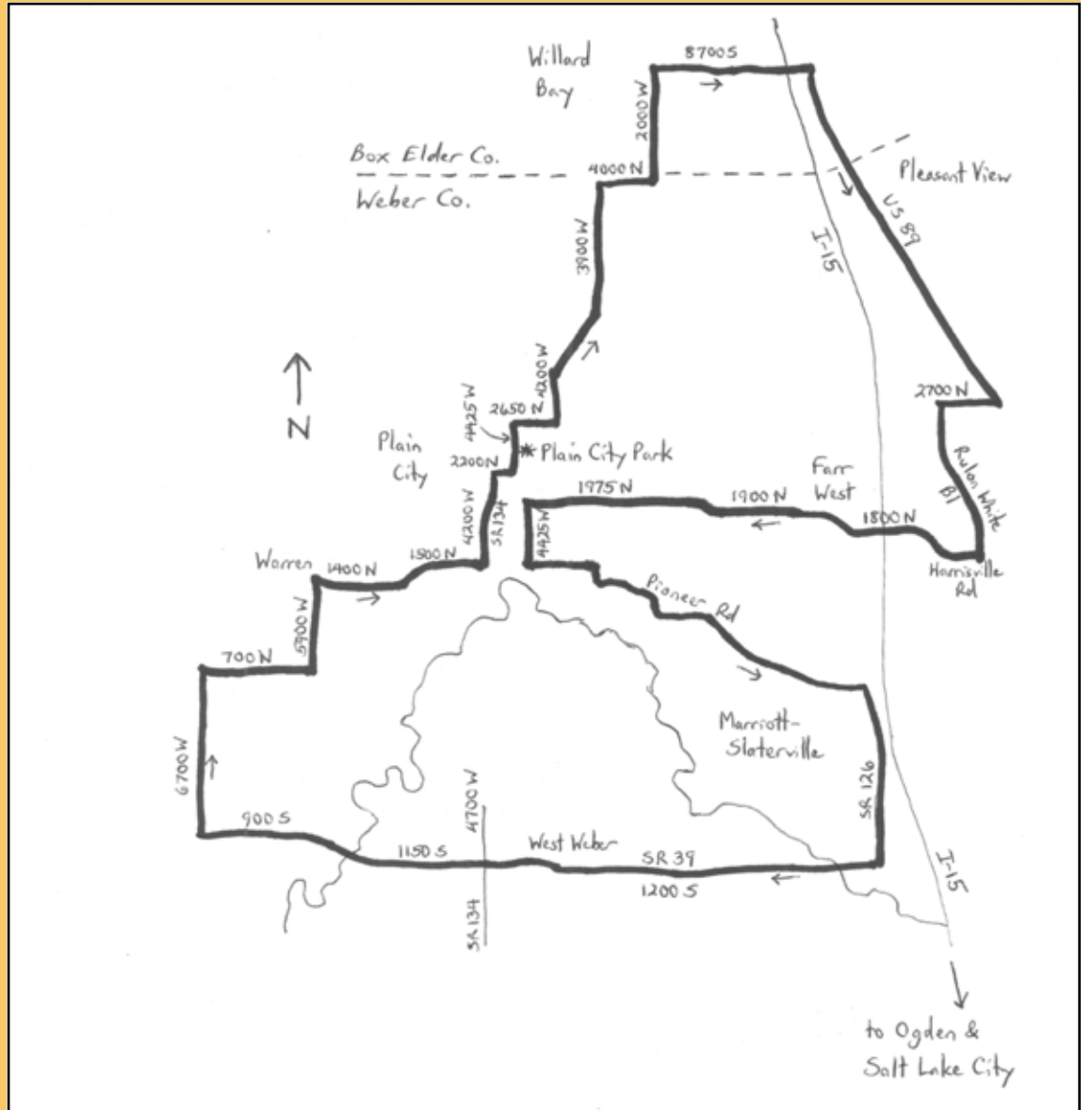
Although Weber County's population has grown by over 50% in the past 25 years, things tend to get quiet in the area west of I-15, to the northwest of Ogden. The North Weber Basin Ramble is a 33.8-mile ride on the roads in this area. The ride is nearly pancake flat, with an elevation differential of just 90 feet, and only one hill of any note. The heaviest traffic volumes were on roads having adequate shoulders. These included U.S. Highway 89 in Pleasant View (6,900 vehicles per day), 2700 North in Pleasant View (14,500 vehicles per day), and Rulon White Boulevard in Farr West (6,100 vehicles per day). The other roads in the ride have narrow shoulders, with the busiest being State Route (SR) 126, with 8,700 vehicles per day north of SR 39. Use caution on all roads having narrow shoulders. There are a few railroad crossings along the way, all of which had been improved (i.e., not the old, bumpy kind).

The ride passes through the cities of Farr West, Marriott-Slaterville, Plain City, and Pleasant View, as well as the unincorporated communities of Warren and West Weber. The route visits Box Elder County for a short stretch. Start the ride in Plain City, at Plain City Park, located at 2350 North and 4425 West. Plain City had a population of 5,887 in 2012. Settlement began in 1859, and was based on 1.25-acre lots. Head north on 4425 West. The road bends right

at mile 0.4, becoming 2650 North. At the end of 2650 North, turn left and head north on 4200 West. After passing by a few residences, 4200 West bends to the right (mile 1.0), leaving the city. After crossing the Little Mountain Rail Trail, the road bends to the left, becoming 3900 West. It is a straight shot northward, as you ride along the fringes of the Willard Bay Wildlife Management Area (to the left). At the end of 3900 West, turn right onto 4000 North and head east. Next, turn left onto 2000 West (mile 3.35) and head north – enter Box Elder County. You are bound to see a few boaters and anglers, as the South Recreation Area of Willard Bay State Park is on the left. The road curves to the right at 8700 South, to head east. After passing under I-15, 8700 South climbs the only true hill of the ride (at a gentle 2.4% grade), to meet US 89.

Turn right onto US 89 and head southeast. The highway is one-way (in your direction!) for just under one mile. Return to Weber County at mile 7.05, entering Pleasant View, and reaching the highest elevation of the entire ride (4,308 feet). Pleasant View had a population of 8,340 in 2012, and is primarily a bedroom community. Turn right onto 2700 North (mile 9.4) and head west. Turn left onto Rulon White Boulevard (1500 West; mile 9.95) and head south. As this road serves an industrial area, it is lightly-used after hours. Rulon White served as Ogden's mayor (1950-1951). Turn right onto Harrisville Road (mile 11.45) and enter Farr West. This city had a population of 6,122 in 2012, having doubled since 2000. Despite the geographical-sounding "Farr West," the city's name actually pays homage to Mormon (LDS) pioneers Lorin Farr (former president of the Weber LDS stake) and Chauncey W. West (former presiding bishop of Weber County). Harrisville Road curves to the right, becoming Farr West Drive, and then to the left, becoming 1800 North. Pass under I-15, and continue heading west. The road makes a couple of alignment shifts along the way. By the time you have re-entered Plain City, you are on 1975 North.

At 4425 West (mile 15.7), you



Map of the North Weber Basin Ramble Ride. Map by Wayne Cottrell

have the option of bailing out of the ride by turning right and returning to Plain City Park. You are otherwise halfway through. For those who are game, turn left and head south on 4425 West. Next, turn left onto Pioneer Road and head east. Leave Plain City and enter the city of Marriott-Slaterville. This city, one of Utah's newer ones (incorporated in 1999), had a population of 1,727 in 2012. A number of descendants of famous hotelier J. Willard Marriott reside here. Pioneer heads south southeast, with a couple of sharp right and left turns along the way. Turn right onto SR 126 and head south. At 1200 South (mile 21.4; SR 39), turn right and head west. Leave Marriott-Slaterville after crossing over the Weber River. Enter the community of West Weber; its population of several hundred was little different from its 1887 total of 700. Infrastructure improvements along SR 39 and westward as of this writing suggest that the area is preparing for growth, though, after some 125 years! SR 39 ends at 4700 West; the road continues as 1200 South, and then as 1150 South (and 900 South) after curving to cross the meandering Weber River again. Turn right at 6700 West (mile 27.55) and head north.

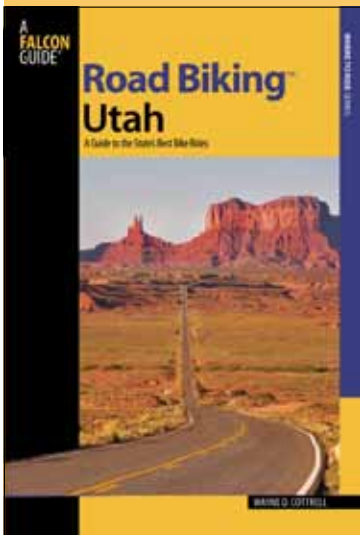
6700 West reaches the lowest elevation of the entire ride (4,218 feet), as you are just 12 feet above the surface elevation of the Great Salt Lake. Turn right onto 700 North and head east; at the end of this road, turn

left onto 5900 West and head north. Next, turn right onto 1400 North and head east, entering the community of Warren. This settlement, named in honor of Lewis Warren Shurtliff (former local stake LDS president) is nearly seamless with Plain City, which you re-enter at 5200 West. The road jogs to the left and right, becoming 1500 North. Turn left at 4700 West (SR 134) and head north. The road passes by Fremont High School, which may be best-known as the alma-mater of David Hale, who played for two seasons with the NFL's Baltimore Ravens. SR 134 turns right at 2200 North to head east. Next, leave SR 134 by turning left onto 4425 West. From here, it is two blocks to Plain City Park, and the end of the ride.

For more rides, see Road Biking Utah (Falcon Guides), written

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

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



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