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Cover Photo: The Category 3 field rounds a turn in the Sugarhouse Criterium on May 26, 2018 in Salt Lake City, Utah. Photo by Dave Iltis, see more at gallery.cyclingutah.com

### **TRIATHLON**

# San Rafael Classic Triathlon Showcases Closed Course, Beautiful Scenery



Coming out of the water during the San Rafael Classic Triathlon, Photo by Patsy Stoddard

**Bv Dave Iltis** 

Race to be held July 14, 2018 in Huntington, Utah

May 28, 2018 – The San Rafael Classic Triathlon is a fundraiser for Emery County Search and Rescue. The triathlon is in it's 10th year, and this year looks to be another fine event. Held in the beautiful San Rafael Swell region of Utah, a large geologic feature that is a giant dome-shaped anticline of sandstone, shale, and limestone that was pushed

up during the Paleocene Laramide Orogeny 60-40 million years ago 75 by 40 miles (source: Wikipedia) and a perfect backdrop for a triathlon. We asked race organizer Wade Allinson a few questions about the race.

Cycling West: What are some of the highlights of the race?

San Rafael Classic Triathlon: This event is a 100% closed course competition. Competitors do not have to compete with traffic and there is plenty of room in the water. The race starts at Huntington Lake. The entire park is closed for the race. The bike

course leaves the lake area and goes up a road that is closed to other traffic. At the turned around point, the return has some spectacular views of the San Rafael Desert. The run goes around the lake and can be viewed by spectators. We also offer a youth event which is a big hit with families. We offer both an Olympic and Sprint event. The time it takes to finish varies from one hour and fifteen minutes to over two hours.

CW: The event raises funds for Emery County Search and Rescue. Tell us about the organization, what it does, and how the funds are used.

SRCT: This event is sponsored by the Emery County Search and Rescue Team. The team is composed of local volunteers. 100% of the proceeds from this race goes to support search and rescue operations on the San Rafael Desert and Manti La Sal National Forest. Last year our team assisted in over 100 rescue operations. We are one of the busiest teams in Utah. Many of our operations are recue and unfortunately some are body recoveries. Our rescues involve a variety of disciplines that require

Continued on page 5



### **COMMUTER COLUMN**

### Representative Brad Daw Commutes Through Utah County



Brad Daw commutes to work in Utah County. Photo by Brad Daw

### By Turner Bitton

After the close of the 2018 legislative session I caught up with Representative Brad Daw to talk about his experience as a commuter cyclist and legislator. Representative Daw has represented District 60 in the Utah House of Representatives since 2005 with a two year period between 2013 and 2015. District 60 is largely compromised of Orem and has historically been an area with significant growth.

Representative Daw has devel-

oped an interesting profile as a legislator and is known for working on policies ranging from the regulation of payday lenders to medical cannabis. He serves on the Higher Education Appropriations Subcommittee, House Government Operations Committee, House Health and Human Services Committee, Health and Human Services Interim Committee, and the Law Enforcement and Criminal Justice Interim Committee.

Here is our discussion.

Cycling West: You have a reputa-

tion for being a cyclist and supporting cycling issues on Utah's Capitol Hill. Is it accurate to say so? Can you share your personal experiences with cycling?

Brad Daw: I do support cycling issues. Like any other legislation there's always a balancing act, but in general I want Utah to be a place that welcomes and supports cyclists.

I have a bum knee from a severe childhood accident so running is off the table for me. But fitness is important to me and I wanted to embrace an activity that would challenge me without causing undue wear and tear on my knee. Bicycling turned out to be the ideal solution.

CW: I understand that you commute to work by bicycle. If this is true, what route do you take, and what is your motivation for commuting by bicycle?

BD: I do ride in to work more or less twice a week. My ride is the Murdock Trail from on end to the other. It is pretty ideal that I live in Orem and Adobe is at the other end of the trail. I like the commute for numerous reasons but the for me commuting is a great twofer. I get to do something productive beyond just having a workout. I get to actually get somewhere that I need to be for the day.

As a side note, I do not ride home. 20 miles in a day is a good workout for me. I take the FrontRunner home.

CW: I know that you live in Utah County but have you ever commuted to Capitol Hill by bicycle before?

BD: I did once this last session. I think I sent you the route I took in Strava. It was a 47 mile ride and I had a great time doing it. Here's my bike in my parking spot at the capitol.

CW: During the legislative session the Utah House of Representatives passed House Bill 58 – the so-called "Idaho Stop" – which allows cyclists to treat stop signs as yield signs, and stop lights as stop signs. You voted for the legislation and I'm wondering if you have any thoughts on the bill.

BD: Well I just did it this morning. The fact is that if the road is clear I have no problem crossing and I do it all the time.

CW: You have served in the legislature since 2005. Do you feel the environment related to cycling



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Brad Daw's bike parking spot in the Utah State Capitol Building. Photo by Brad Daw

issues has changed? If so, how and what has the impact been on cycling issues?

BD: There's much more of a push on two fronts. One is simply clearing the way for more long distance bike paths like the Murdock and Jordan River Trail. And there is also more of an awareness of competitive cycling. The Tour of Utah is becoming a very big event and I hope it leads to more events both amateur and professional.

CW: Lastly, are there any issues or legislation you expect to see in the 2019 session related to bicycles? Do you plan on sponsoring any specific legislation related to cycling? Is there anything you would like to share with your constituents or our readers?

BD: I'm not aware of anything specific. Most of this seems like it would come under the heading of community and economic development. But if there needed to be some legislation I would most likely want to help it along.

I've always loved biking and hope to be able to do it for a long time and would encourage your readers and my constituents to get out and give it a try.

If you have an idea or individual subject for a commuter column in the West, please email dave@cyclingutah.com

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Getting ready for the swim at the San Rafael Classic Triathlon, Photo by Patsy Stoddard

### San Rafael Classic Triathlon Continued from page 3

specific gear and rescue equipment. Money from this event helps us to support these operations.

CW: What support will you have during the race?

SRCT: This race is put on by the search and rescue team members. This race is heavily supported in terms of manpower which helps us to run a smooth and efficient event. We have support teams in the water and water/aid stations on the run and bike portions of the event.

CW: What sort of options are there for motels and camping? Tell us about the pre-event dinner too.

SRCT: Athletes have a variety of options for camping if they want to come down the night before. Camping is available in Huntington Canyon, Little Bear Campground and Mill Site State Park. There are two local hotels, one in Castle Dale you would like to add? and the other in Huntington. There are several bed and breakfast locations as well. This event is located 15 minutes from Price and hotels are also available there. Friday night we offer a spaghetti dinner. This meal is included with the sign up. Meals for other family members can be purchased as well.

CW: There's a kid's event. This isn't common, tell us more about it.

SRCT: The kid's event is very unique. Most triathlons do not offer kid events. This is a highlight of our

CW: Racers have the opportunity available. Reservations necessary to

to compete against Sheriff Funk. We understand that this is the last time he will be doing the race. What's the scoop with this race within the race?

SRCT: All finishers will receive a finisher medallion. This year Sheriff Funk will be given a head start. Any athlete that passes the Sheriff during the event will be given a unique and limited edition, Emery County Search and Rescue challenge coin.

CW: The race is held in the San Rafael Swell. Please tell us a little about the history of the area.

SRCT: The San Rafael Swell is a great place to have this event. Much of the event is surrounded by public lands. The San Rafael Swell is one of the most scenic desert areas in the State of Utah. This area was first settled in 1879-1880, by Mormon Pioneers. Prior to the Mormons coming to Emery County, this area was inhabited by Fremont and Ute Native

CW: Is there anything else that

SRCT: Members of the Emery County Search and Rescue appreciate your support for this event that is a huge benefit to all visitors of the San Rafael Swell and the Manti National Forest.

### **Event details:**

July 13-14, 2018 — 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 event. The course is substantially offer live music during the pasta dinshortened to make it fun for all levels. ner. Body marking and packet pickup available Friday night. Camping

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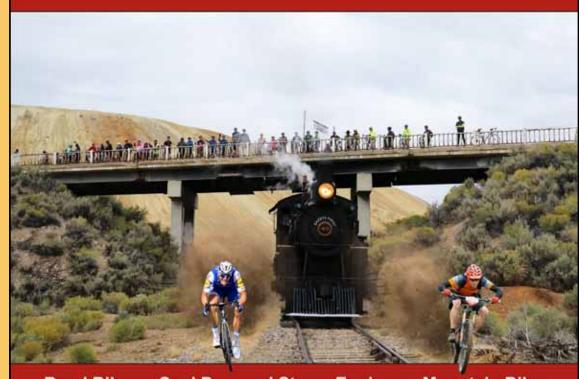
ensure campsite. Held on a closed course. This will be Sheriff's Funk last triathlon. Special prizes and awards will be issued to the athletes, Wade Allinson, 435-609-3126, allinson2@gmail.com, sanrafaelclassic.



On the bike at the San Rafael Classic Triathlon, Photo by Patsy Stoddard

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### **GRAN FONDO NEWS**

# 7th Annual Cache Gran Fondo of Logan, Utah to join the Gran Fondo National Series



At the 2017 Cache Gran Fondo. Photo by Gary Bird, courtesy Cache Gran Fondo

COLORADO SPRINGS, Colo. (May 17, 2018) – The Gran Fondo National Series (GFNS), the largest series of Gran Fondo events in the USA with a nationwide calendar of 13 events, today announced the addition of the Cache Gran Fondo to its 2018 calendar, bringing GFNS estimated attendance to nearly 10,000 riders. Located in the beautiful northern Utah mountain setting of Cache

Valley Utah, the Cache Gran Fondo COLORADO SPRINGS, Colo. ay 17, 2018) – The Gran Fondo cycling-friendly community. The tional Series (GFNS), the largest event is always held on the second Saturday in July which in 2018 is A with a nationwide calendar of July 14th.

Named one of the Top Gran Fondos in North America in 2018 by Gran Fondo Guide, the Cache Gran Fondo takes place at 4,500 feet above sea-level in a beautiful mountain valley in Northern Utah. The event offers four routes of 38, 50, 70 and 100 miles. All participants who finish the event receive a big and 'blingy' finisher's medal, along with a light breakfast, lunch from one of five different vendors, and well-stocked support stations. The event also offers thousands in prizes for competitive and non-competitive categories

"Cache Valley is on the border of Northern Utah and Southern Idaho, and the topography is mostly flat farmland, surrounded by majestic 4,000 to 5,000-foot peaks," explains race director and event organizer, Troy Oldham. "The popularity of the ride has really grown, and we believe some of the main reasons are the beautiful scenery, wide-open roads and clean mountain air."

The GFNS nearly doubled the series' number of events and tripled the number of riders in 2018, following a strategic partnership with Haute Route, the most prestigious multiday event series for amateur cyclists worldwide. GFNS will continue to work with Haute Route to grow the sport in the United States.

"We're thrilled to add this popular Western US event, the Cache

Gran Fondo, to the GFNS calendar," said GFNS Series Director Reuben Kline. "Our growth this year has been impressive with nearly double the total number of events from 2017 and we'll continue to look at ways to grow amateur cycling opportunities in the U.S. with our partners at Haute Route."

"As a partner of the Gran Fondo National Series, Haute Route is proud to offer special benefits to the riders of the Cache Gran Fondo," explains Alain Lambert, Executive Chairman of Haute Route in North America. "These benefits are detailed on the Cache Gran Fondo registration page and will expire on Thursday, July 12, 2018 at 12:00pm MST or when registration gets to 1500, whichever comes first, so don't wait to sign up."

Register here or go to <u>www.</u> <u>cachegranfondo.com</u> to learn more about the ride.

#### FULL GFNS CALENDAR 2018

March 3-4 – Malibu GRANFONDO (Malibu, California)

March 24-25 – Gran Fondo Florida (San Antonio, Florida)

May 5-6 – Tour of Georgia Gran Fondo (Helen, Georgia)

June 3 – Highlands Gran Fondo (Butler, New Jersey)

July 14 – Cache Gran Fondo (Logan, Utah)

July 22 – Gran Fondo Asheville (Asheville, North Carolina)

August 5 – Bluewater International Gran Fondo (Sarnia, Ontario)

August 4 – Tour de Big Bear/ HC Gran Fondo (Big Bear Lake, California)

August 4-5 – Boone Gran Fondo (Boone, North Carolina)

August 16-19 – Vermont Challenge (Manchester, Vermont; Stratton, Vermont)

August 26 – Golden Gran Fondo (Golden, Colorado)

September 23 – Gran Fondo Maryland (Frederick, Maryland)

September 29 – Jensie Gran

Fondo of Marin (Marin County, California)

For more information, go to <u>www.granfondonationalseries.com</u>.

Event details: July 14 — Cache Gran Fondo, Logan, UT, 7th annual and bigger than ever. designed for riders of all abilities. Pre-ride light breakfast provided at startline with well-stocked food/support stations. 100 and 50 mile courses follow a scenic and mostly-flat route through Northern and Cache Valley, UT. Both courses include a challenging hill, but very rideable. The finish is held on a closed-off section of downtown Logan with a party and fun festivities including rider gifts, many random prizes, and unique jerseys at or below retail. New rider surprises for 2018, including more hydration spots., Troy Oldham, 435-764-2979, oldhamtroy@gmail.com, cachegranfondo.com

Publisher's Note: [Special discount code for Cycling Utah readers, save \$25 off with Promocode: CyclingUtah2018]

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# Support Your Local Bike Shop!

### **BIKE SHOP PROFILE**

### Two Hoosiers Brings Indiana Pride to Northern Utah



The staff at Two Hoosiers Cyclery in North Logan, Utah. Photo by Ryan Kiel

**By AJ Turner** 

Just over a year ago, Ryan Kiel took a chance and pursued a life-long dream. With over a decade working throughout the bike industry, he set out to open his own bike shop – aptly named after his home state. While many might ask, "What is a Hoosier?" Kiel simply states, "It's not only a tribute to Indiana, it's

synonymous, for me, with hard work and honesty".

With the help of his friends and family, Kiel has just celebrated a successful first year in business. Bringing high-quality service and bikes to the growing North Ogden area, Kiel also plans to be actively involved with the community – on many levels. From supporting local events, to helping out with the local high-school mountain bike teams,



Two Hoosiers Cyclery opened in 2017 in North Logan, Utah. Photo by Ryan Kiel

Two Hoosiers Cyclery is making sure it gives back to the community that helps support its business.

When asked more, Kiel comments, "High school mountain biking is awesome. We employ high school mountain bikers, and their excitement is contagious. My brother and I got our start in mountain biking in high school too, and bikes have been a major part of our lives ever since. We would not be where we are today without them. We offer quite a few

NICA programs because of this."

Along with part and clothing offerings for nearly every segment of cycling, Two Hoosiers Cyclery also has an extensive women's cycling section. In addition to the wide variety of bikes, apparel, and parts available – Two Hoosiers Cyclery also stands behind each of their bike sales with their 'Lifetime Service Plan'. Purchase a new bike from the shop, and you are guaranteed free service for the lifetime of the bike and your

ownership. Kiel mentions, "We're excited about new-bike-day for each and every one of our customers. We think it's only fair we see the relationship through, well after the sale, and we can't wait to hear about all of your rides."

When visiting the shop, it's hard not get the family vibe. Kiel's own father helps and works at the shop, while many of the Kiel's friends and riding partners stop by to pick up a few parts, or just chat about a recent ride.

Feel free to swing by the shop, and keep up to date with their activities, group rides, and sales at <a href="https://www.twohoosierscyclery.com">www.twohoosierscyclery.com</a>

Shop Name: Two Hoosiers Cyclery

Shop Owner: Ryan Kiel Address: 2343 N Washington Blvd, North Ogden, UT 84414 Phone: 385-238-4973

Website: twohoosierscyclery.





### THE METAL COWBOY

### How to Outsprint an Elephant



Joe Kurmaskie riding in Africa. Photo by Dave Welch

#### By Joe Kurmaskie

Excerpt from A Guide To **Falling Down In Public** 

Somewhere in Africa the elephants have a secret grave where they go to lie down, unburden their wrinkled gray bodies, and soar away, light spirits at the end.

-Robert McCammon, Boy's

The elephants seemed more bemused than riled up by our presence on their trails. the giraffes simply turned their necks in slow motion to take a second look. the warthogs, though, they scared like quail flushed from hiding, and every time three or four darted among the bikes in our pack, the guide reminded us that if one rider went down, the rest of us had to push on—bush rules.

Logical. Maybe necessary. But still a little more harsh than one might have reasonably expected of a charity ride.

It was a little past first light on the first day of the Tour de Tuli Mapungubwe route, a weeklong affair through South Africa, Botswana, and Zimbabwe that raises money to send the region's children to environmental education programs.

For 12,900 rand (about \$1,840), riders get a private tent, all meals

plus morning and afternoon snacks (during breaks that, hewing to the remnant traditions of British colonization, were called "tea"), logistical and mechanical support, and expertif sometimes Darwinian-guides.

More than three hundred of us were there in 2009, split into groups of twenty or so. the most aggressive packs, like mine, had to cover up to 120 kilometers of trail a day on everything from singletrack to long stretches of deep sand to somewhat dry riverbeds. More casual riders could take slightly "easier," shorter routes (about eighty kilometers on average).

The night before, as part of our send-off, Botswana's minister of tourism had told us all a fable involving a rat, a snake, a cow, and an old farming couple. the story was an allegory meant to remind us of the connectedness of everything-cyclists, wild game, even Robert Mugabe, the erratic Zimbabwean dictator whose country our trip would enter and exit several times.

Officially, we had permission to cross the border. In reality, official decrees don't carry much weight here—and the worst that might happen was beyond anyone's guess.

Bush rules.

Anyway, I was just hoping for enough connectivity to keep me attached to my group. the crew of stiff-lipped hammerheads I'd been

assigned to was led by a man captaining a full-suspension tandem mountain bike in a way that let you know he was muscling over the sand not despite his stoker wife but because with her on the back he could enjoy some extra burden.

His fixed gaze was a blink or two shy of madness, and he drove us onward until we overtook all but the pack made of retired racers from Europe and South Africa's national cricket champion, who smiled easy but rode harder than anything else moving through the thick sand.

We managed to lose sight of him and the pros on a descent. we accomplished this by keeping our heads down and our cranks blurring all the way past the course marker—a pile of weathered rocks with a faint chalk arrow drawn below it.

"Take a few ticks off the clock, then we're back at it," our leader said by way of announcing a break once we were back on course. It was not yet 8 a.m. I'd choked down half a biscuit and just successfully pleaded with my heart to drop to a rate of 120 beats per minute when the others started saddling up.

"This stretch," barked our leader, "let's really give it a go, lads."

And with that, I drifted off the back until I found myself amid the cyclists who had dubbed themselves the Game viewing group. I wasn't sure what I'd come on this trip forfrom the moment I'd heard about the tour, it had become one of those irresistible but ultimately inexplicable impulses cyclists are prone to—but I did know that I had not traveled eight time zones, to the cradle of civilization, to the very heart of the world, to ride time trials in sand, endure verbal abuse, and engage in a concentrated study of the rear wheel of a bicycle.

The Game viewers absorbed me into their herd like I was a lost fam-

"We asked that everyone start leisurely, then peter out from there," explained my new guides, Sarah and Casper. this was a bit of hyperbole given the demands of the mileage and terrain, there were no hapless cyclists on our trip-but the tone was spot-on.

The married couple (on separate

LOGAN UTAH

bikes) had spent their whole lives in this territory. they cracked jokes and gave us nicknames as they pointed out hidden petroglyphs, ant mounds the size of Buicks, the ten-degreecooler shade of shepherd trees, and the yellow, powdery bark of fever trees, to which the Dutch mistakenly attributed malaria.

In photos I'd seen of previous tours, bandanna-masked guides, wearing carbines slung across their shoulders like messenger bags, emerged Mad Max-style through the kicked-up dust of the elephant trails.

I asked Sarah where her guns

"I think a guide shot himself in the foot a few years ago," she said. "So now we use elephant bangers, a can that sounds like gunshot when you pop it. Besides, the animals have thousands of miles of open country to get away. Guns are false security."

She thought a little more, then added, "And they would only piss off Mugabe."

Later in the ride I would witness signs of Mugabe's irrationality that justified Sarah's caution. As we rode through the most remote stretches of the bush—"the back of beyond," it's called-we repeatedly came upon skin-and-bone soldiers propped against shepherd trees.

The dictator had peppered our route with a military presence that could barely stay upright. the soldiers offered tentative waves, and we would stop. Out of empathy or pity, not threat, we gave them food. they had us hold their rusty weapons so they could balance plates on their pointy knees while we coached them not to eat too fast, tears ran down one man's face as he swallowed.

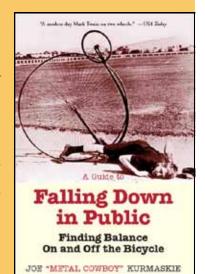
I had to look away.

One day we spotted a cleanrunning watering hole, and without cajoling, taking a vote, or fielding objections, our entire group stripped down and plunged into the cool water. As we lounged, peloton after peloton rocketed by. Some riders shook their heads at our antics.

Others were going too fast to notice us at all.

Bobbing around in the deep pool, washing off layer upon layer of dust—the standard-issue bandannas did little more than keep the grit out of our mouths—we resembled a load of Burning Man refugees dropped in the middle of the bushveld.

Dave Bristow, a travel writer from South Africa, floated near me



and said, "we're still ahead of about a hundred riders.'

His math seemed suspect. Based on the number of groups that had gone by, I was fairly sure we were dead last. I ran the groups again in my head. I swore they'd all rolled through.

"How you figure, Dave?" I asked. He pointed at a cairn one of our bikes had partially covered up and said, "Because the last four groups went the wrong way.'

Something about his shit-eating grin brought the same kind of clarity to this trip that I'd seen in the pool's water before we jumped in. I leaned back, relaxed, and took in an approaching herd of zebra-a herd of zebra for crying out loud! I realized that I'd come on this ride to find a way to own some of my life's moments again.

As a husband, parent, and working stiff, I haven't fully possessed one of my days, let alone a week, since the end of the 1990s. Some part of it all had always belonged to someone else. this trip had called to me because it would allow me to stay out on trails from first light until the shine of a fat moon guided me, dirty, spent, overwhelmed, and blissful, into camp.

It also took place in a daunting, remarkable landscape that was

burning itself into my see-it-all brain. I was going to ride head-up when I wanted and flat-out if I had that urge. I was going to get on my bike the way I used to, with abandon, and, once on it, I was going to find and hold on to whatever passes as joy in a grown man.

But first I had to put my shorts back on and help clear the kudu antelope away from our bicycles.



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the stop at Sentinel ranch was the first time I'd touched pristine, locked-in-place dino bones. Pure childhood heartbreak had arrived the long-ago day I'd learned that the two-story skeletons in museums—the beasts I grew up fearing and fantasizing into Land of the Lost scenarios—were actually plaster of paris.

We'd ridden long and hard to get here, pedaling out of lush riparian woodlands on the north bank of the Limpopo river, through blistering scrub savanna, up the water-carved creases of sandstone hills. Standing over this actual, fully intact dinosaur skeleton was like having a piece of my childhood returned to me on that windswept, red-rock vista. I found myself breathless in a way that would have been embarrassing had I not been able to blame it on the climb.

"My mother found this dinosaur,"
Sarah told us. Her family had owned
this land, formerly the family ranch,
before Mugabe redrew all property
and boundary lines. "It means a lot to
us that we can show you guys these
fossils."

Some of it surely was exhaustion, but our group was subdued near to reverence. I posed for a photo I later titled "Bikes and Bones." In it, I'm filthy and wired and despite showing the first signs of bone-deep fatigue around the edges, I'm shockingly alive. No one had seen that guy in years, including me.

By the time we passed the big herd of sixty to seventy elephants, they had put up with hundreds of cyclists pedaling by their feeding grounds—enough apparently, to turn their customary bemusement into annoyance. Suddenly, the warthogs weren't the most dangerous beasts on the trail. As our group rolled by, a twelve-thousand-pounder began waving its ears repeatedly and throwing sand in all directions. I was one of the final riders trying to slip past.

It charged.

Elephants can go from zero to twenty-five miles an hour in short order. A documentary team filming our ride caught the elephant's shocking first burst of speed on video, and its deafening roar, and its pause as it seemed to sink down on itself, stockpiling kinetic dynamite for what I felt certain would be a closing stomp

of death.

(Bicyclist versus elephant video link: <a href="https://www.youtube.com/watch?v=inUwSSe69YI">www.youtube.com/watch?v=inUwSSe69YI</a>)

What the video fails to capture is my high pitched schoolgirl screams of terror.

the oft-cited phenomenon of everything slowing down during a life-threatening situation didn't play out for me. I was a blur of thoughtless primal fear until I was well beyond the herd. then I was conscious only that I was breathing, though in ragged gasps.

Later, the locals would tell me the elephant's behavior was a mock charge, that if the animal had really meant business it would have tucked in its trunk, so as not to damage the vital equipment, and would have led with its tusks. with not a little amusement, they reminded me that the hyenas that had trapped me inside a port-a-potty at camp the previous evening were actually a more formidable threat.

Driven to intestinal dementia that fateful evening by an adverse reaction to malaria tablets, I'd mistaken the hyena's laughter for cruel-minded cyclists around camp making fun of my plight.

When I'd finally come out of the box for a breather, a circle of a dozen eyes glowing in the darkness sent me back into the stench, where I'd managed a fitful, seated sleep against the port-a-potty wall, a little scared but with my faith restored in my fellow man

The charge might have been mock. My shrill scream was real. So was my joy at being alive.

Following the trails along the Limpopo river and its tributaries, we weaved repeatedly between Botswana and Zimbabwe, sometimes a couple of times a day. One stands out in my mind—one unlike any I'd experienced in all my years of bike travel on five continents. A card table had been jammed into loose sand on the bank of the river.

A matronly woman sat at the table, which held an ink pad and a basket of pomegranates. I approached, and she stamped my pass- port. I looked around. the trail ended here, then picked up on the other side of the Limpopo. the woman offered me neither a pomegranate nor any infor-

mation or advice on the logistics of crossing the border. I shrugged, rolled my bike over to what I hoped would be a shallow section of the river, stuck my shoulder through the frame, and waded across.

Later, with the sun hanging just above high sandstone cliffs, we gathered around what Sarah described as one of the largest baobab trees in Zimbabwe.

She told us that while baobabs may look tough, they're papery throughout—a weakness, but one that expands the tree's place in the ecosystem, as its soft innards are easily carved out to provide homes for wildlife during and after its life cycle. I started to feel philosophical, but opted instead, as I often do, for the physical. I peeled a bit of paper off the tree, smelled the exposed wood, studied the patterns made from jutting branches that resembled Popeye's bulging biceps and forearms

At the guides' suggestion, we all gathered, clasped hands, and formed a circle around the tree to gauge its circumference. there was a moment of silence.

Then Dave, the other travel writer, said what everyone was thinking. "If anyone breaks into a verse of 'the Lion Sleeps tonight,' we will be

forced to lash you to the tree and leave you for the jackals."

I didn't know which thrilled me more—the good company and easy camaraderie of these cyclists, or the idea that there are still places in this world where being eaten by jackals is a going concern.

We were less than fifteen kilometers from the day's host village, a collection of shanties along a dry riverbed where our food and tents awaited. Most of that distance was a short series of rollers backlit by the sunset playing off red rocks.

We raced one another to the river, in light that made deciding what was shadow and what was boulder a fast-moving art form, little acts of faith and bits of skill woven together, the threads that form the tapestry of every good bike ride.

Somehow we made it down in one piece. Pushing our bikes across wet sand in the half-light of dusk, we had just enough in our legs to limp into camp. that was when we heard voices. Distant at first, then gathering and growing louder—joined in song, then we saw them. The entire village had gathered along the parade route for the finishers, and had remained to cheer us, the last riders, in.

The villagers crowded the dusty path, children waving sticks, women

in full dress chanting and singing and fanning themselves, men sporting old Izod shirts and nodding and humming soothing bass lines for each song. Chickens darted by, chased by toddlers. Clusters of teenage boys packed on donkey carts stared at each bike and each rider.

Our group pulled over to hand out hard candy, coins, and water bottles. Brown-bag luminarias had been lit and placed along the path to guide us the final yards. the words of the lyrical Zimbabwe dialect formed a kind of music I'd never heard before. It swelled and surrounded us. It cradled the broken parts of me.

They were singing, singing, and we were listening.

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



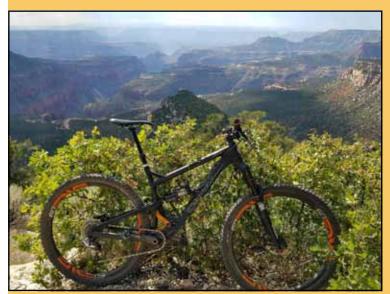


### **MOUNTAIN BIKING**

### 5 Things to Consider When Buying Your First Real Mountain Bike



Nat Holden on a 27.5" wheel size trail bike. Photo by Rae Sutherland



Rae Sutherland's 150mm 29er trail bike. Photo by Rae Sutherland

#### By Christine Dern and Rae Sutherland

So, you've ridden around on an old bike that has been in the garage for 10 years. Or, you jumped on your friend's bike that's way too big for you and attempted to hit the trails but maybe it feels more like the trails are hitting you. Maybe you stare at these mountains that surround us and want to explore them in a way that is different and serene.

Whatever the reason, you are absolutely hooked on this thing called mountain biking and have decided it's time to purchase a bike, but you are just not sure where to start. Hopefully we can help, just a little.

Here are 5 things to consider when you have fallen in love and need something that is all your own.

### Type of riding:

The most important question to ask yourself, what do you want to ride with this bike? You may or may not know enough yet to answer this question and that's okay. In case you are not yet sure, here are a few related questions to help.

Do you want to ride gravel road or singletrack trail? If you want to mostly ride dirt roads, you will need a lot less \*suspension and may even want to look into a gravel bike or cross-over bike. We won't focus on those here. (\*Suspension: Think of it like a shock absorber that compresses and rebounds to lessen the impact felt from mountainous terrain. The front suspension is the fork, the rear is the shock.)

How often do you think you will realistically be riding? The less you ride, the less money you will want to sink into your bike. If you are jumping in with both feet and will be riding multiple times a week, then splurging to get better \*suspension and \*components for your bike, will make it last longer, function better and overall, make your life easier and more fulfilled. ( \*Components: The moving parts that are attached to the frame of your bike, such as





Angela Wright on a 130mm travel trail bike. Photo by Rae Sutherland

the derailleur, brakes, chainring, etc.)

Do you prefer riding Cross Country (XC) or All Mountain? If you like to ride uphill and really enjoy hammering your thighs into the ground you may like XC. If you want to ride a mix of singletrack and fire roads and are not really excited by fast downhill with \*features, then you will want to look into a bike with less suspension or even a \*hardtail. (\*Features: Obstacles in the trail such as jumps, drops, rocks. \*Hardtail: a bike with only front suspension or no suspension.)

If you like to ride a mix of uphill and downhill, mostly singletrack or lift accessed trails, if the adrenaline pumping through your veins gives you a kick and you want gravity fed, technical terrain, and/or larger features then you will want to look into more suspension, think 130-160mm of travel, front and rear.

### Wheel size:

The options feel endless, but don't worry, they aren't. Read on and we will try to help. Circa 2007 and before, the choice was simpler, 26" wheels for mountain bikes. 29" wheel bikes were available but were not as popular or widely supported. 29" and 27.5" wheels have been growing in popularity since then, so much so, that buying a new 26" bike is almost impossible.

What do these numbers mean exactly? The number is the diameter of the wheel and the tire together, the larger the number, the larger the roll over circumference. Here are the most popular wheel sizes with pros and cons for each.

29" (aka 29er) - A larger wheel means it will roll over obstacles with ease. These are sometimes harder to get rolling because of the larger circumference, but as wheels get lighter and made out of different materials, like carbon, this is less of an issue. They can be harder to turn through tight switchbacks due to longer wheelbase (this can depend a lot on the brand and their 29er \*geometry specs). Many companies also do not make a small or xs bike in this wheel size due to issues with maintaining performance while fitting two large wheels on a small or xs frame. The larger wheel can also make the bike feel like it has more travel than a similar bike in a smaller wheel size. (\*Geometry: the design of a bike frame and the measurements of specifics parts of the frame)

27.5" (or 650b) - These are faster than the 26" wheel and easier rolling over ledges, rocks, etc. They are not so large that they are cumbersome and typically more playful than the larger wheel. You will find them welcoming for all shapes and sizes of people, if you are on a small or xs bike this is a great option.

Mid-fat or Plus 27.5 - The rim size of this wheel is still the same diameter of a 27.5" but the tire is much wider so the rim is wider to accommodate, thus creating a larger rollover circumference. This also makes the bike ride more similarly to a 29er. The larger tires can offer a more cushioned and buoyant feel on the trail and make getting over obstacles easier. If you are looking for a 29er feel in a smaller wheel size or smaller bike size, this is a great option to check out.

26 - Don't even bother, unless that is all you can find or afford, then go for it and don't worry, just have fun.

**Full suspension or hardtail:** This again comes back to the type of riding you will be doing.

Hardtails - Hardtails generally only have front suspension however can be built with a fully rigid front fork as well. Usually a hardtail would be used for cross country riding but also can be a great entry level bike since the lack of suspension can make them cheaper. Hardtails are very efficient since there is no suspension bob while riding and all of your effort gets transferred directly to the rear wheel. That also means all the bumps and technical terrain gets transferred to the rider. This can cause a slightly harsher, less comfortable feel while riding. Learning to ride on a hardtail is great for skill building since you feel everything. So hardtails can definitely make you a smoother rider and capable of jumping on any bike comfortably.

**Full Suspension** - at this point, if you can afford a full suspension, this is where you want to be. Suspension has come a long way and makes the

ride more comfortable and is great for performance. While exploring full suspension options you will find many different price points. Better suspension usually means more adjustability so the suspension can be tuned to you and a much better feel, but also means higher cost. If you are on a budget, suspension is the one place you will not regret spending a little extra.

Choosing \*travel size: It can be confusing to makes sense of all the numbers associate with suspension. We are using the metric measurement of how much travel, or how much compression you have. (\*Travel: The distance in millimeters that the suspension moves when fully compressed.)

If you are choosing XC you will look for between 100-120mm of travel. This gives you some travel, but also keeps the bike light, more travel usually means more weight, and allows for more nimble steering

If you want a bike that can be pretty good at everything, look between 120-140mm. This bike will let you have fun on pretty much all terrain and build your confidence up so you feel comfortable. This is also a good starting point if you do not know what you like just yet. You can use this on all trails and specialize with more or less travel as you ride more.

If you will be spending your time doing above 70% downhill then 140-160mm might be a good range for you. The angles of the bike are designed around more descending so your positioning on the bike is already further back making it easier to maneuver down obstacles. This can make going uphill a little harder because it is harder to keep the front end of the bike on the ground and makes the bike quite a bit heavier.

Also look at the style of bikes your friends or the people you go out with will have. If you are going to be riding with these people a lot, it is a good clue to which bike you might want to buy.

### Buy new or used

Whether you buy used or new depends mostly on your budget, how much can or do you want to spend? That being said, there are many perks that come with buying a new bike if



#### Christine Dern drops in. Photo by Erica Tingey

you buy it at a bike shop. When you go to a shop, you can get professional advice on which bike fits you best and work with the shop to get your bike to fit the way you want. Bike fit can make or break your riding experience. Most shops also offer free service like flat repair or gear, like water bottles or helmets, with a purchase. One more buy-at-a-shop perk, you can often demo bikes and the fee of the demo will go towards a purchase.

Favorite places to buy used bikes include KSL Classifieds, Pinkbike. com, Facebook gear pages, etc. When buying a used bike, it is harder when you are new to the sport. If you don't know what you are looking for, you may easily pay way too much for what you are getting. Don't hesitate to enlist help. Friends who have been riding for a while can help you find

that diamond in the rough. A word of caution on buying a used bike, there are plenty of scammers online and plenty of stolen bikes circulating too. Read up on common scams before purchasing used online.

#### Budget

We saved this for last because it is, unfortunately, the most important aspect of buying a bike. As much as it is painful to say it, don't borrow money to buy a bike, don't buy more than you can afford. Biking is amazing, but it won't pay the light bill or buy you a burrito after a hard ride. Set a budget before you even start looking and stick within that budget. This is where buying used can come in handy, you can often find really great bikes for less.

Whatever you do, plan to test ride as many bikes as possible. This is the

only way to really know what you like. The way you feel when you are riding is more important than anything else. Most shops or bike manufacturers do free new bike demos, just pay attention to Facebook or bike shop websites. Most bike shops also offer demo rentals to take for a day. Another great option is a bike festival like Outerbike. You can try many bikes next to each other and see what fits. When you are looking to spend a good chunk of change on a bike, spending a little extra to get the right bike will be worth it in the long run

We hope this article has helped, even just a little. We believe strongly that getting the right bike for you will help you enjoy the sport as much as we do, and that is beyond description. Best of luck in your bike buying pursuits.

Rae Sutherland is founder of WomenMTB, an organization working to empower women and build community through mountain biking. She has been riding for 17 years and loves every second of it. Christine Dern is currently teaching mountain bike lessons to women with Women in the Mountains. She was a pro downhill racer and loves sharing her love of biking with others. She splits her time between working as a mechanic at Competitive Cyclist, teaching skills clinics with women in the mountains, and exploring the world on her mountain bike.

Find out more at Womenmtb.
org and womeninthemountains.
com



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### **BICYCLE ART**

### The Bicycle Art of Tamia Wardle



Artist Name: Tamia Wardle Name of Piece: Cykel

Medium: Linoleum Block Print

Short Description: Tamia Wardle of twstudioshop is a block print artist based in Salt Lake City, Utah. Each piece of art she creates is based on a drawing or photograph from her environment or from her travels. Her artwork is created by first carving the image using woodcarving tools from a piece of linoleum or similar material. Then, the carved block is inked

and printed onto paper using the pressure of a baren and a wooden spoon. She only prints a small, limited number (called an "edition").

This artwork is based on a photograph she took in Denmark. "Cykel" is the Danish work for "bike". There are only 25 printed of this edition. The image size of this print is 4" x 5". Where People Can Find Out More: Prints like these are available for purchase at her online store: <a href="twstudioshop.etsy.com">twstudioshop.etsy.com</a>. Contact her at <a href="twstudio@comcast.net">twstudio@comcast.net</a> Follow her on instagram @twstudioshop or on Facebook at twstudioshop

3 Jordan RRACKEN 1-38-40 32

Expert Men 40-49

2 Scott ALLEN 1:33:58.34

3 Mick HARRIS 1:34:16.02

4 Matthew PAYNE 1:35:30.84 4 Matthew PAYNE 1:35:30. 5 John GILL 1:37:21.31 **Expert Men 50-59** 1 Bob SAFFELL 1:36:47.25

2 Mike HILEMAN 1:38:00.47

3 Reed TOPHAM 1:38:36.26 3 REED TOPHAM 1:38:36.26 4 Bill HARRIS 1:38:54.81 5 Larry PRITCHARD 1:44:29.36 **Expert Men 60+** 1 Ryan SPAINHOWER 1:18:23.89 2 Dick NEWSON 1:21:04.08

3 Dave MENDENHALL 1:23:05.09

4 Glenn FISENBERG 1:24:56.09

5 Denny TYNAN 1:26:12.07 6 Kurt DUDLEY 1:28:04.09 **Expert Women** 1 Kellie OLIVER 1:16:49.53

1 Christoph HEINRICH 1:32:30.16

**CYCLING UTAH** 

### **RACE RESULTS**



**Mountain Biking Results** 

SCOTT Enduro Cup, SCOTT Enduro Cup Series, Moab, UT, May 5, 2018 Place, Name, Team, Time Pro-Open Men

1 CODY KELLEY Alchemy Factory Racing 00:18:15.970 2 NATE HILLS 00:18:33.833 Z NAIE HILLS UI: 183-38.33 3 CHRIS BOICE 00:18-45.942 4 MIKE WEST 00:18-49.341 5 MITCH ROPELATO STAM-Rock Shox-Monster Energy-Santa Cruz 00:18-49.528 Expert Men 1 ROB BROWN Go-Ride 00:19-41.325 ANNIALD REFAMENT 00:19-43.333

2 ARNAUD PETAMENT 00:19:43.721 3 KEVIN COMBS 00:19:48.194 4 CORY STAM Team EMS 00:19:48.772 5 JOSH GAUBE 00:19:53.963 Vet Expert Men 35+

1 JASON HAWKINS Salt Cycles 00:19:43.741 2 PETE ANDERSON 00:19:52.315 3 TODD SMITH 00:20:28.895 4 ROSS STORFY 00:20:34.465 5 JOSEPH KARPUS 00:20:42.411

Pro-Open Women
1 ILEANA ANDERSON 00:21:37.264
2 LIA WESTERMANN 00:21:45.462
3 COOPER OTT 00:21:49.094 4 LAUREN BINGHAM 00:21:54.961 5 STEFANIE MCDANIEL 00:21:59.002

5 STEANIE MUDANIEL UUZ:1:59.002

EXPORT WOMEN

1 KEDZIE GUNDERSON 00:22:50.466

2 CAITLIN SULLIVAN 00:23:47.755

3 ASHLEY LLOYD 00:24:05.809

4 KIRA CROWELL Sait Cycles 00:24:22.679

5 LILY CROWELL Sait Cycles 00:24:44.541 Vet Expert Women 35+

1 SARAH FORREST 00:23:02.862 2 ROBIN LYONS 00:24:35.279 3 ANGELA ANDERSON 00:25:22.578 4 AHMI BRYANT Salt Cycles 00:26:31.295 5 JULIE JULIAN 00:27:21.309

Amateur Men 1 CHRIAS PAGE 00:17:12.579 2 DUSTIN ALLARD 00:17:12.57 2 DUSTIN ALLARD 00:17:29.264 3 NICK WILKES 00:17:37.240 4 BENJAMIN LUDDY 00:17:49.887 5 NICHOLAS SOTER 00:17:52.870 Junior Men 18 & Under 1 TALUS LANTZ 00:16:14.702 2 LANCE MASON 00:16:42.399 3 DILLION TURNER 00:16:51.806 4 HUNTER RANSOM 00:16:54 080

5 ERIK JORGEN BRYGGER Bicycle Outfitters 00:17:08.918 Amateur Women 1 ASHLYN PUZEY 00:20:44.737 2 EMILIA WINT 00:22:16.670 3 ALYSSA MILLER Colorowdies 00:23:19.408 3 ALYSSA MILLER Colorowdies 00:23:1 4 KAY TUTTLE 00:23:45.043 5 SARAH WILLETT 00:23:53.258 Junior Women 18 & Under 1 AINSLEY HAGGART 00:19:16.798 2 JAZIYN SMITH 00:19:38.855

3 LAUREN OPITTEK 00:21:25.166 4 ALEAH AUSTIN 00:21:51.948 5 OLIVIA GORDON Crested Butte Devo

Wild Horse Dirt Fondo, Delle, UT, May 5, 2018

Place, Name, Time
The Wild Horse Women

1 Breanne Nalder 5:00:55

2 Meghan Sheridan 5:03:24

3 Amp Dunleavy 5:11:44 4 Anne Perry 5:20:20 5 Amy MacDonald 6:23:15 6 Egan Metcalf 7:53:03 7 Jessica Bender 7:53:04

7 Jessica Benuer 7.33.04 8 Maria Oblad 8:10:30 The Wild Horse Men 1 Mark Currie 4:18:15 - Course record! 2 Thomas Cooke 4:21:17 3 Michael Forsyth 4:37:05 4 Aaron Jordin 4:37:30 5 Drew vonLintel 4:41:13 6 Jody Harris 4:43:34 7 Ben Nichols 4:44:17 8 Mark Fisher 4:49:42 9 Scott M. Allen 4:51:45 10 Eric Rasmussen 4:56:02 11 John Allison 4:56:53 12 Jason Olsen 4:58:45 13 Tom Carlson 5:02:07 14 Bill Harris 5:05:22 15 Miles Pitcher 5:08:29 16 Michael Walker 5:09:30 17 Jonny Hintze 5:10:00 18 Scott J. Allen 5:12:36 19 Lucas Seibel 5:14:12 20 Kich Caramadre 3.14.30 21 Stephan Bergen 5:17:08 22 Benjamin Meyerson 5:17:29 23 Tristan Planelles 5:18:49 24 James Howton 5:20:21 25 Sam Sweetser 5:20:39 26 Ian Gonder 5:23:12 27 Patrick Piper 5:24:14 28 Todd Taft 5:25:06 29 Aaron Luptak 5:25:50

31 Tom Carlson 5:29:41 32 Jeff Flick 5:34:24 33 Clint Campbell 5:37:21 34 Jeffrey Kluge 5:37:28 35 Will Nesse 5:38:32 36 Corey Unger 5:39:04 37 Brandon Pierce 5:41:12 38 Ehran Ayan 5:41:13 39 Darren Cottle 5:43:13 40 Shane Dunleavy 5:44:31 41 James Orford 5:44:38 42 Craig Sorensen 5:46:08 43 Jonathan Zurkoff 5:48:51 44 Robert Kennedy 5:49:04 45 Steven Doolen 5:50:44

30 Ammon Pate 5:27:43

2 Tate | ARKIN 42-43 07 5 Mason BROWN 48:50.51 Junior Girls 11-12 46 Sawyer Pangborn 5:52:31 47 Russ Jackson 5:52:34 2 Mva DIXON 44:38.60 48 Jeffrey Juip 5:56:13 49 Bryan Johansen 5:57:27 3 Jane HAIGHT 45:46.72 4 Macv ELLIS 48:18.58 51 Ethan Fisher 5:59:07 6 Tessa LIDDELL 54:37.75 Cat 1 Boys 15-16 52 Grant Herdrich 6:04:35

54 Craig Barnes 6:05:23 54 Craig Barnes 6:05:23 55 Sterling Russell 6:14:52 56 Don Eggert 6:22:34 57 Lawrence Cooper 6:25:10 58 Joe Kammerer 6:25:12 59 Michael Rock 6:25:24 60 Nicholas Lumby 6:25:28 61 Andy Robertson 6:26:53 62 Matthew Nelson 6:30:06 63 Noah Swanson 6:33:01 64 William MacDonald 6:36:24 65 Steve Hansen 6:37:54 66 Aaron Larsen 6:41:43 67 Maxwell Hoagland 6:41:45 68 Christian Gray 6:42:47 69 Jeremy Urwin 6:51:24 70 Dan Leach 6:53:33 71 Jeffrey Kopish 6:56:29 72 Troy Thompson 7:00:41 73 Drew DeMarco 7:06:46 74 Harold Gaubert 7:16:04 74 Harold Gaubert 7:16:04
75 Ray Landry 7:29:41
76 Billy Tenhagen 7:29:42
77 Mark Michaels 7:35:53
78 Kevin Moore 7:38:13 80 Andrew Newcomb 7:41:59 81 Matt Abbott 7:45:38 82 Nick Mullan 7:51:09

Little Wild Horse Women

83 Adam Davis 7:51:10

1 Jennifer Cherland 2:09:34 2 Kaitlin Marousis 2:17:51 3 Monique Simone 2:22:24 4 Kathy Musson 2:41:58 5 Kristy Philippi 2:43:30 6 Alexis Raeder 2:46:28 7 Lydia Kluge 2:47:53 8 Marcy Allen 2:48:41 9 Sarah Thoms 2:49:39 10 Sey Lau 2:50:45 11 Erin Sweetser 2:52:41 12 Ginni Larsen 2:53:33 13 Linda Lawless 3:06:06 14 Margaret Moore 3:08:48 15 Sylvie Backman 3:12:44 16 Kate Martis 3·12·45 17 Paula Guerra 3:12:47 18 Robin Nash 3:13:00 20 Sophie Penner 3:20:49 21 Julie Epperson 3:21:01 22 Marta Heilbrun 3:21:05 23 Kerri Russell 3:35:16 24 Melinda Greenwood 4:04:44 25 Hannah Moore 4:18:02 26 Carlie Haacke 4:18:03 27 Sarah Moles 4:20:23 28 Nancy Roth 4:20:25

The Little Wild Horse Men

1 Aaron Phillips 1:53:34 2 Aaron Lael 2:00:36 3 Bruce Hill 2:00:45 4 Sean Paladini 2:02:00 5 David Wetter 2:03:52 6 Bryce Knudson 2:05:22 7 David Gontrum 2:05:24 8 Fric Greenwood 2:06:16 9 Tate Larsen 2:09:38 9 Tate Larsen 2:09:38 10 James Allen 2:10:30 11 Troy DeLong 2:11:11 12 Rush Peterson 2:14:00 13 Jason Bleyl 2:14:22 14 Mark Wiggins 2:15:18 15 Todd Hopkins 2:15:18 16 Chad Bradford 2:16:45 17 Todd Kelley 2:17:54 18 Scott Goodell 2:19:58 19 Dru Whitlock 2:22:24 20 John Wojciechow 2:23:29 21 Matt Morton 2:24:13 22 Lawrence Woolson 2:25:39 23 Jeremiah Higley 2:26:20 24 Nick Heiner 2:27:39 25 Louis Riel 2:28:32 26 John Karren 2:30:08 27 Michael Rylant 2:30:13 28 Chris Haeter 2:30:25 29 Brian Daniels 2:30:53 30 Ryan Larsen 2:32:00 31 Donald Morris 2:32:47 32 Kurt Jensen 2:34:00 33 Bryan Shedden 2:35:06 34 John Overbaugh 2:38:59 35 David Nichols 2:41:22 36 Mark Goddard 2:42:22 36 Mark Goddard 2:42:22 37 Dag VanMann 2:41:59 38 Brady Wirick 2:44:27 39 Adrian Sellers 2:48:32 40 Mike Cooper 2:49:40 41 Joshua Mork 2:58:08 42 Jason Remus 3:00:28 43 Dave Nash 3:07:21 43 Dave Nash 3:07:21 44 Jonathan Fields 3:10:34 45 Jeff Remus 3:11:43 46 Carlos Guerra 3:12:46 47 Gregory Bahn 3:14:01 48 Ron Penner 3:20:50 49 Lane Valum 3:21:04 50 Jim Kearns 3:22:29 51 Thor Yount 3:26:16 52 Michael Yount 3:26:17 53 Don DeBlieux 3:31:14 54 Ethan Payne 3:35:17 5 Aaron Heberer 3:42:1-

4 Jake YACKLE 23:21.64 57 Patrick Hald 4:21:32 Cat 1 Women 17-18 1 Madeline ROBBINS 26:50.69 Soldier Hollow Pro XCT, Midway, UT, May 5-6, 2018 Cross Country Place, Name, Time Junior Boys 11-12 1 Nicholas KONECNY 41:11.34 3 Easton MCGREW 46:04.65 4 Barrett BELANGER 47:27.27 1 Lauren AGGELER 43:55.74 1 Kate INDART 18:10.73 3 Abby SWALL 19-27 10

1 Riley AMOS 58:03 26 3 Bjorn RILEY 59:20.72 4 Wren POWERS 59:20.80 5 Blake WRAY 59:21.61 Cat 1 Girls 15-18 1 Sydney PALMERLEGER 1:09:23 2 Ruth HOLCOMB 1:10:10 3 Madigan MUNRO 1:11:28 4 Tai Lee SMITH 1:12:18 4 Iai Lee SMITH 1:12:18 6 Hattie RANSOM 1:13:05 UCI Junior Women 17-18 1 Madeline ROBBINS 1:06:56 2 Mila LEGER REDEL 1:09:30 3 Morgan HALES 1:09:46 4 Alexis BOBBITT 1:10:34 5 Camilla LIDDELL 1:11:08 Cat 1 Men 17-18

1 Britton PARKINSON 1:00:27

2 Jackson MIERS 1:01:17

3 Mason PARKINSON 1:02:16

4 Andrew CONOVER 1:02:25 5 Connor FULLMER 1:02:59 UCI Junior Men 17-18
1 Kevin VERMAERKE 1:05:42
2 Quinn SIMMONS 1:06:41
3 Paul FABIAN 1:06:41 5 Seth SAXTON 1:07:11 Cat 1 Men 19-29 Cat 1 Men 19-29
1 Grayson HUGHES 1:21:49
2 Dane FALBERG 1:23:15
3 Richard DRAPER 1:26:06
4 Spencer CIAMMITTI 1:29:01
5 Ben KOOIMAN 1:30:46 Cat 1 Women 19-29 1 Emily GUFFIN 1:19:16

Cat 1 Men 30-39

1 Bruce DEPPE 1:26:08

2 Cody STEPHENSON 1:29:09

3 Brendan MONEY 1:35:40

Cat 1 Men 40-99 1 John OSGUTHORPE 1:22:16 2 Kvle DIXON 1:23:42 3 John SALSKOV 1:24:20 4 Eric TRUMAN 1:28:11 5 Devin ASBURY 1:30:08 Cat 1 Women 40-49 1 Liv JENSEN 1:21:44 Cat 1 Men 50-59 1 Christoph HEINRICH 1:24:07 2 Scott JOHNSON 1:28:49 3 Robert SAFFELL 1:30:06

1 Zan TREASURE 1:29:16 2 Kurt BARTON 1:27:51 **UCI Pro Men** 1 Nicola ROHRBACH 1:32:13 2 Keegan SWENSON 1:32:36 3 Ryan STANDISH 1:33:01 4 Russell FINSTERWALD 1:33:27 5 Richard Cypress GORRY 1:33:31 UCI Pro Women

1 Maghalie ROCHETTE 1:31:24

2 Evelyn DONG 1:32:01 3 Sofia GOMEZ-VILLAFANE 1:33:53 4 Savilia BLUNK 1:34:17 5 Alexis SKARDA 1:37:53

Cat 2/3 Boys 15-16 1 Rvan DEPUE 36:43.26 2 Brayden WHATCOTT 36:46.89 3 Zach DESPAIN 37:41.69 4 Chase HANSEN 37:46.64 5 Ried INDART 37:56.77 Cat 2/3 Men 17-18 1 Jaxon COLES 37:17.25 2 Adam PENDLETON 37:32.93 3 Alex CANTRELL 37:47.06 4 Jason MUFF 38:26.56 4 Jasun Murr 38.20.30 5 Thomas ZENGER 38:59.20 Cat 2/3 Women 30-39 1 Spring BASTOW 1:06:16 2 Lauren ZIMMER 1:09:47

Junior Boys 9-10 2 Owen HAWKES 32:42.13 Junior Girls 9-10 1 Rowan ENGELING 42:28.21 2 Isabel Hadley 49:10.00

Place, Name, Time
Junior Boys 11-12

Nicholas KONECNY 12:21.15 2 Jackson BOBBITT 13:13.14 3 Ethan Hadley 13:23.13 4 Nolan MUFF -1 Lap Junior Girls 11-12 1 Daisy MILLER 12:40.07 2 Viola KONING 13:11.51 Junior Boys 13-14 1 Tag BROADERIP 13:25.45 2 Colter GAERTNER 13:26.92 3 Rilev JABER 14:12.09 4 Kit KUHNS 12:13.44 5 Holden ARCHIF 12:55 31 Junior Girls 13-14
1 Lauren AGGELER 12:22.15
2 Mya DIXON 13:12.24 3 Jane HAIGHT 13:45.78 4 Molly MILLER 14:06.05 5 Tessa LIDDELL -1 Lap Cat 1 Men 17-18 5 Ian MILLENNIUM 23:23.01

4 Alexis BOBBITT 28:05.45 Cat 2/3 Men 15-18 1 Ammon HORTIN 19:18.52 2 Ryan DEPUE 19:22.96 3 Alex CANTRELL 19:45.47 4 Ried INDART 19:52.31 5 Thomas ZENGER 19:59.74 Cat 2/3 Women 15-18 1 Mikaela ECHO 18:06.58 2 Emma HERSCHBACH 18:45.91

2 Brian ZIMMER 20:05.51

3 Jake MCFARLIN 20:36.47 Cat 2/3 Women 19+ 1 Spring BASTOW 17:29.91 2 Lauren ZIMMER 17:53.06 B Heather HEMINGWAY-HALES 18:27.41 UCI Pro Men

1 Benjamin SONNTAG 24:25.79

2 Russell FINSTERWALD 24:25.85 3 Jerry DUFOUR 24:26.01 4 Sandy FLOREN 24:26.17 5 Lukas VROUWENVELDER 24:26.73 UCI Pro Women

1 Maghalie ROCHETTE 23:52.13

2 Sofia GOMEZ-VILLAFANE 23:55.18 4 Evelyn DONG 23:58.78 5 Alexis SKARDA 24:00.96 Junior Boys 9-10

1 Myles PERRY 13:22.68

2 Tre Lundberg 12:40.83

3 Ethan Aggeler 12:13.31 Junior Girls 9-10 1 Isabel Hadley 11:28.80 Cat 1 Junior Men 15-18 1 Riley AMOS 15:53.68 2 Blake WRAY 15:58.33 5 Nye YACKLE 16:02.15 Cat 1 Junior Women 15-18 1 Tai Lee SMITH 16:08.52 2 Ruth HOLCOMB 16:09.22 3 Sydney PALMERLEGER 16:09.25 4 Skyler PERRY 16:10.34 5 Madigan MUNRO 16:10.37 Cat 1 Men 19+

1 Dane FALBERG 15:59.53 2 Mark FLIS 16:01.27 3 Spencer CIAMMITTI 16:02.07 4 Grayson HUGHES 16:02.12 5 John SALSKOV 16:02.80 Three Peaks Revival ICup, Intermountain Cup, Cedar City, UT, Solo Women 1 Ami Stuart 6:57:15 7 May 19, 2018
Place, Name, Time
Lil' Shredders (9 & Under)
1 Collin PARKER 4:14.82
2 Collin JOHNSON 4:15.82 2 Megan Hill -1 lap 6 2 Megan Hill - I Iap 6 3 Kristin Wright - 2 Iaps 5 4 Anna Guthrie - 2 Iaps 5 5 Laura Howart - 3 Iaps 4 6 Brindi Lucas - 4 Iaps 3 Solo Men 39 & Under 3 Nash THOMPSON 4:31.82 4 Luxton RICH 4:33.77 1 James Driscoll 6:25:11 8 5 Milo PETERSON 4:34.38 2 Gahe Norda 7:09:15 8 Shredders Boys (10-12) 1 Mason ANDERSON 18:53.88 2 Jakob HARR 19:23.86 3 Sam RAINER 20:06.91 5 Tyler MENLOVE 20:44.15 Shredders Girls (10-12)

JV Girls 1 Mia MENLOVE 1:26:45.74

2 Avery WALLIN 1:31:13.13

Varsity Boys
1 Luke HEINRICH 1:32:42.14
2 Porter HAWKES 1:32:43.14
3 Andrew DRAPER 1:32:43.24

4 Jaxon COLES 1:35:40.78 5 Adam PENDLETON 1:38:45.35

Varsity Girls

1 Natalie QUINN 1:14:39.82

2 Torrey TURNER 1:23:23.52

3 Grace JENCKS 1:24:35.40

4 Madeline TANNER 1:25:50.59 5 Courtney CUSTER 1:29:21.96

2 Jacob VALLEJO 1:08:03.91 3 Warren FINLAYSON 1:08:07.07 4 Samuel JOHNSON 1:09:35.20 5 Andrew BEDELL 1:09:46.80

Fresh/Sophmore Girls 1 Layla WALKER 1:29:36.61

2 Alisha BACON 1:32:33.37 3 Ada FENDI FR 1:37:59 92

4 Ellie HARRIS 1:39:42.70 5 Taylor BECKER 1:43:42.03

6 Brooklyne CUSTER 2:02:44.76

Novice Men 1 Edward PRINCE 1:16:14.25

2 Will SHELDON 1:17:27.41 3 Tyler HOOPES 1:18:10.66 4 Keawe NALUAI 1:21:25.66 5 David STEVENS 1:22:58.39

Novice Women 1 Shannon PAYNE 47:28.72

2 Tessa WHATI FY 48:54.30

6 Tralaye MATTHEWS 1:09:02.70

1 Cat KALWIES 1:21:34.48

3 Jamie FOWLES 1:26:35.40

Open Sport Men 1 Braden LARKIN 1:09:23.63

2 Ryan KEATING 1:13:42.44

3 Cory THOMPSON 1:13:55.36

4 Brione ROBERDS 1:17:50 96 5 Kelby CALDWELL 1:28:45.08 6 Michael ROSE 1:30:50.48 Sport Men 35-49

2 Joel ZENGER 1:08:50.20

3 Aaron PAPA 1:09:17.23

4 Matt HUNT 1:10:34.28 5 Jeramie THOMPSON 1:10:54.34 **Sport Men 50+** 1 Jim JENKINS 1:18:40.78

2 Aaron MULLINS 1:23:11.91

4 James KISIELEWSKI 1:27:37.26 5 Gordon GARRETT 1:36:59.61

3 Kevin SMITH 1:24:43.04

Open Expert Men 1 Joe DRAPER 1:34:47.74 2 Chandler HARR 1:36:28.70

2 Mikkel WILLIAMS 1:24:41.14

3 Clare EGGETT 50:20.06

Sport Women

Freshman/Sophmore Boys 1 Porter MITCHELL 1:07:31.93

2 Gabe Norda 7:09:15 8 3 Sam Sweetser -1 lap 7 4 Niels Wheelwright -1 lap 7 5 Jamen Bennion -2 laps 6 Solo Men 40+ 7 Conrad Guymon\* 6:43:29 6 1 Alvin Bailey 6:45:47 6 2 John Shirley -1 lap 5 3 Alan Domonoske -1 lap 5 4 Scott Lucas -2 laps 4 5 Cameron Hill -2 laps 4 Solo Men 60+ 4 Katherine JOHNSON 23:12.10 1 Joseph Brubaker 5:40:57 6 2 Kelly McGrew -1 lap 5 5 Meghan FOWLES 25:33.98 Junior High Boys 1 Monte MCDONALD 39:54.67 3 Lawrence Woolson -1 lap 5 4 Craig Williams -3 laps 3 2 Isaac HORTIN 39:58.63 2 ISaac HONTIN 39.38.05 3 Maddux LEONARD 40:38.88 4 Noah HUNT 41:24.96 5 Parker WILLIAMS 42:17.48 Solo Men Singlespeed 2 Rvan Cobourn -1 lap 5 **Junior High Girls** 3 Troy Norda -2 laps 4 1 Zoe KNUDSEN 50:05.78 Duo Coed 2 Kenna STOWE 55:09.11 3 Jayde MATTHEWS 55:22.78 4 Jerzy MATTHEWS 57:21.42 5 Keltsy FOWLES 57:58.87

1 KC Holly & Chris Holly Mayan Apocalypse 6:33:39 8 2 Travis Gillian & Sarah Kaufmann K Cycling Coaching / Roleur 6:36:25 8 3 Parker Tyler & Michael Burton Park City Bike JV Boys 1 Thomas ZENGER 1:07:28.94 Demos 6:59:30 8 2 Aidan DEAN 1:07:38.16 3 Sage VENZ 1:07:48.15 4 Elijah LARKIN 1:08:25.80 5 Parker CHRISTENSEN 1:08:32.14 4 Tom Martins & Laura Martins Team Martins -1 lap 7 5 Tanya Swenson & Jordon Swenson Just Go!!

-1 lap 7 6 John Mcilmoil & Kristi Mcilmoil We're 2 old for this -2 laps 6 **Duo Women** 

1 Nikki Tittensor & Anne Perry Bizbing 6:02:18 7 2 Erika Powers & Meghan Sheridan EPMS 3 Abi Alread & Christine Mullins Girls with Gears -1 lap 6 4 Chiana Rossiter & Sara Cochella Yanni&Laurel

Duo Men
1 Spencer Davies & Jack Youngblood
#ourmomsthinkwearefast 6:19:36 8
2 Harry Holbrook & Colton Desmond Certified

Senders 6:47:50 8 3 Josh Griffin & Ed Griffin Griffin 6:53:12 8 4 Sean Beaty & Simon Kelly Goldman Duo -1 Iap 7 5 Reed Abbot & James Rees Mad Dog/4 Life

Dynamic Duo -1 lap 7 **Trio** 1 Andy Creert, Tim Butler & Andy Van Akin Three Amigos 643:10 7

2 Luke Anderson, Scott Blomquist & Heber A
Rolling Blunder 7:03:54 7

3 Denny Tynan, Nick Birch & Joe Benson CrankingBros -1 lap 6

4 Rebekah Brain, Jonathan Brain & Steve Br

Boomerangs -1 lap 6 5 Gavin McCarrel, Jim Wedge & Joshua McCar Team Clammy Chamois -1 lap 6

team (Jammy Chamois - 1 ap 6 6 Daniel Terry, Andrew Day & Mike Macchia Goldman Trio - 2 laps 5 Junior Trio 1 Joseph Saser, Kyle Blomquist & Carter A Rolling Thunder 6:37:33 8 2 Torrey Turner, Mason Jacketa & Natalie F Double Unicycles -2 laps 6



Road Racing Results

Antelope Island Classic, UCA Series, Antelope Island, UT, May 5, 2018 Place, Name, Team, Time Cat 1/2/3 Masters Men 35-44 1 David Bagley Zanconato Racing 3:05:26 2 Jesse Gaudet 3:05:31 3 Ricky Bangerter Zancanoto Racing 3:06:01 4 Tyler Higley 3:06:04 5 Eric Ellis Unattached 3:06:18

Cat 1/2/3 Master Men 45-54

1 Jeff Sargent Plan7 DS Cycling Team 3:05:23

2 Justin Wilson Intermountain Live Well 3:05:25

3 Vigen Sarkisian 3:05:26

4 Mark Schaefer Maddog Racing 3:05:32 5 Chris Butler St. Luke's Sports Medicine/Lost 3:05:38 Cat 3/4 Men

I Ren Stevenson Team Endurance 360 2:08:19 2 James Mott Hyperthreads 2:08:20 3 Viggo Moore SBR Cycles Racing 2:08:20 4 Andrew Robinson Extra Mile Racing 2:08:20

5 Taylor Edwards Zone Five Racing 2:08:21 5 Taylor Edwards Zone Five Racing 2:08:21
Pro 1/2/3 Men
Roger Amell 52:41.8
2 Jason Castor Contender Bicycles 52:43.2
3 Todd Hageman 52:44.0
4 Justin Rose Team <u>Bobs-Bicycles.com</u> 52:44.1
5 Kevin Turchin Monster Media Racing 52:44.7 Pro 1/2/3 Women
1 Lindsey Stevenson 2:12:38
2 Ingrid Smallman Zone Five Racing 2:19:16 3 Aliesha Larsen DNA Cycling Team 2:19:22 4 Eleise Hinton Zone Five Racing 2:25:41 4 Elese Hinton Zone Five Rading 2:25:41 Junior Girls 10-12 1 Mackenzie Meirowitz 1:13:59 2 Hannah Lesher Epic Cycling Team 1:32:52 Junior Boys 10-12 1 Ryder Goff 1:24:42 2 Rider Unknown 1:27:52 Junior Girls 13-14 1 Meg Speider 1:29:44 2 Kylie Frederick Zone Five Racing 1:29:53 Junior Girls 15-16

Junior Boys 15-16 1 Ian Frederick Zone Five 1:42:53 2 Emily MAUGHAN 1:17:35.28 2 Jonathan Aldred 1:42:57 3 Max Jager 1:55:52 Junior Women 17-18 3 Jennifer WILSON 1:45:01.58 Elite Women 1 Kc HOLLEY 1:47:30.16 2 Erika POWERS 1:49:14.55 3 Emily GUFFIN 1:50:03.06 Junior Men 17-18

4 Spring BASTOW 1:52:47.22 5 Melissa BROOKS 2:15:07.90 1 Niels Wheelwright Intermountain LiveWell 1:36:56 6 Leed WESTROPE 2:21:11.05

Ladion SBR Cycles Racing 1:37:07

Cat 3/4 Women

1 Adrienne Tyler Zanconato Racing 2:09:21

2 Karissa Lamb 2:15:06 Elite Men

1 Jules GOGUELY 2:00:37.42

2 Gabe NOORDA 2:01:07.44

3 Chris HOLLEY 2:01:33.75

Cat 5 Men 1 Mark Smith Myeloma Crowd Cycling Club 4 Spencer MAUGHAN 2:02:20.26 1.54.04 2 Bradon Martin RAD RACING 1:54:12 3 Mike Broderick Zone Five Racing 1:54:20 Wasatch 360 6 Hour Race, Heber, UT, May 26, 2018 Place, Name, Team, Time, Laps

4 Lars Morris Myeloma Crowd Cycling Club 1:54:34 5 Nick Marriott 1:58:42

Cat 5 Women

1 Jamie Linde 1:49:46
2 Sara Jones Roost Racing 1:49:46
3 Jessica Hansen Zone Five Racing 1:50:00

5 Lisa Meerts 1:50:31 Cat 4/5 Masters Women 35+

1 Nina Wade Zanconato Racing 2:09:23 2 Liz Apking Zone Five Racing 2:09:49 3 Shannon Tuddenham PLAN7 DS 2:14:49 4 Wendy Pinsom 2:16:50 5 Kelly McPherson Zone Five Racing 2:28:21 6 Brooke Quaintance 2:40:07

b Brooke Qualmance 2:40:07 Cat 17/2/3/4 Masters Women 50+ 1 Alison Frye Ski City Cycling 2:09:32 2 Kelly Hunsaker PLAN7 DS 2:09:33 3 Mary Emerson 2:09:36 4 Margaret Douglass 2:10:44 5 Lorri Zenoni Project HERO Utah 2:17:17 5 Lorn Zenoni Project HERO Utah 2:17:17

Cat 4/5 Masters Men 35+

1 Nate Furman 2:14:46

2 William Black Intermountain Live Well 2:14:46

3 James Derrick Zanconato Racing 2:14:50

4 Michael Russell Zone Five Racing 2:14:52

5 Joseph Camire LRC 2:14:54 Cat 1/2/3/4 Masters Men 55-

1 Mark Schaefer Maddog Racing 17:51.6 2 Rob Van Kirk CT Velo 17:54.2 3 Curtis Madsen America First Credit Union 17:55.6

4 Andrew Lock Plan 7 17:55.7 5 Roger Malinowski St. Luke's Sports Medicine/ Lost 17:56.6

Cat 4/5 Men

1 Will Marringa Mi Duole 1:52:15

2 Zach Petersen Pavestone Capital Cycling Team

3 Jared Mevers 1:52:17

3 Jared Meyers 1:52:17
4 Anthony Lemon 1:52:18
5 Charlie Hagen Fitzgerald's Bicycles 1:52:18
Pro 1/2/3 Women
1 Lindsey Stevenson 2:12:38
2 Ingrid Smallman Zone Five 2:19:16 3 Eleise Hinton Zone Five 2:25:41

Sugarhouse Criterium, UCA Series, Salt Lake City, UT, May 26, 2018 Place, Name, Team, Time Cat 1-5 Men 35-44

1 Cam Candelaria Zone Five Racing 49:08.8 3 Greg Guest Zone Five Racing 49:09.0 4 Kevin Turchin Monster Media Racing 49:09.1 5 Nate Furman 49:09.2 Men 45-54

1 Jason Castor Contender Bicycles 48:52.3 2 Kyle Brown Plan 7 DS 49:00.7 3 Vigen Sarkisian - 49:56 8

4 Scott Martin X-men 50:12.6 5 brent cannon Team Elevate 50:13.1 **Men 55-59** 1 Mark Schaefer Maddog Racing 42:10.3

2 Stephen Tueller Bountiful Mazda Cycling Team 42:55.0

3 Paul Hughes FFKR Architects Racing 42:55.5

Men 60-64

1 Dirk Cowley FFKR Architects 42:52.1 2 Norman Frye Ski City Cycling 42:52.8 3 Jerald Hunsaker Bountiful Mazda Cycling

Team 42:53.0 4 Charles Palmer FFKR ARCHITECTS RACING

42:54.1 5 Bob Walker Bountiful Mazda Cycling Team 44:36.6

Men 70+
1 Larry Peterson Endurance360 42:57.1
2 gary simmons Bountiful Mazda Cycling team 45:09.0

Cat 1/2/3/4/5 Boys 12 & Under 1 Jackson Hawley 32:19.5 2 Dallin Lesher Epic Cycling Team 32:19.5 Boys 13-14
1 Johann Moore 32:19.3

2 Ezra Higley X-men 32:19.3 3 Leo Martin Xmen 32:19.3

Step Martin Amen 32:19.3 **Boys 15-16**1 Zach Despain 32:17.2
2 Ian Frederick Zone Five Racing 32:17.2
3 Henry Larson Hangar15 32:17.2 **Men 17-18** 

1 Braden Hudspeth 32:19.2 2 Michael Wilson SBR Cycles Racing 32:19.3

2 Preston yardley Team Endurance 360 58:56.9 3 Viggo Moore SBR Cycles Racing 58:57.2 4 Logan Newman Cicada Racing 58:57.6

5 Andrew Robinson Extra Mile Racing 58:57.9 Cat 4 Men

1 Daniel Frederick Zone Five Racing 46:25.4

2 mike oblad MILLBROOK RACING 46:25.5

3 Jeff Turk SaltCycle-Kestrel Wellness 46:25.7 4 Tony Peterson Bountiful Mazda Cycling Team 46:25.8

1 Nicholas Dorsett 42:59.7 2 Evan Brady 43:06.9

3 Boyd Timothy Zone Five Racing 43:07.0 4 Jose Medina 43:07.9 5 Nat Harward Intermountain LiVe Well 43:08.9

Pro/1/2 Men
1 Bryce Olsen LiVeWell p/b Harristone 15:39.6 2 Jules Goguely Hangar 15 Bicycles 15:39.9 3 Cortlan Brown Hangar 15 Bicycles 15:40.1 4 keaton rich Cicada Racing 15:40.2 5 Heriberto eddy Frutos Team UpCycle Boise

Cat 1-5 Women 35-49

1 Nina Wade Zanconato Racing 29:39.3 2 Marci Kimball PLAN7 DS 29:40.9 3 Colleen Neider Plan 7 30:50.3 4 Alisha Doyle A Bloc 30:57.0 5 Shannon Tuddenham Plan7 DS 32:01.1

Women 50-59

1 Mary Emerson Plan7 DS 30:38.7

2 Kelly Hunsaker PLAN7 DS 30:38.8

3 Alison Frye Ski City Cycling 30:40.9 4 Lorri Zenoni 30:42.3 5 Hiedi Roundy 31:07.7

1 Margaret Douglass 30:41.1 Cat 1/2/3/4/5 Girls 12 & Under 1 Mackenzie Meirowitz Extra Mile Racing 32:19.4 2 Hannah Lesher Epic Cycling Team 32:19.5 3 Nina Martin 32:19.5

Girls 13-18

1 Maren Kelly Turbo Sports Youth Crew 32:19.3

2 Ananya Iyengar BAM 32:19.5

Cat 4 Women

Cat 4 Women
1 Megan Foley 22:52.0
2 Jamie Linde 26:37.0
3 maria oblad Millbrook Racing 26:38.9
4 Clarissa Johnson 26:55.1
5 Shannon Tuddenham 26:55.1

Cat 5 Women

1 Adrienne Tyler Zanconato Racing 24:56.8

2 Elaina Lindberg Extra Mile Racing 26:36.6

8 Bridget Fower Zanconado Racing 26:37.2

4 Jenna Goodrum 26:38.5

5 Aspen Hassell Extra Mile Racing 26:40.2

Pro/1/2/3 Women PTO/17/3 women
Lindsey Stevenson Zone Five Racing 05:25.9
2 Marci Kimball PLAN7 DS 05:25.9
3 Ingrid 5 mallman Zone Five Racing 05:26.1
4 Breanne Nalder PLAN7 DS 05:26.2
5 Emily Birch Zone Five Racing 05:26.2

We have tons of race photos posted at gallery.cyclingutah.com including Sugarhouse Crit **RMR** Crit **East Canyon Road Race** 

### BICYCLE SHOP DIRECTORY

### Southern Utah

Brian Head/Cedar City

**Brian Head Resort Mountain Bike Park** 329 S. Hwy 143 P.O. Box 190008 Brian Head, UT 84719

(866) 930-1010 ext. 212 brianhead.com

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

### <u>Hurricane</u>

Over the Edge Sports

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#### <u>Moab</u>

Chile Pepper (435) 259-4688 (888) 677-4688

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**Moab Cyclery** Moah IIT 84532

**Poison Spider Bicycles** 

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**Rim Cyclery** 94 W. 100 North Moab, UT 84532 (435) 259-5333

### Monticello

**Roam Industry** 265 N. Main St. Monticello, UT 84535 (435) 590-2741

#### <u>Price</u> **BicycleWerks**

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<u>St. George</u>

**Bicycles Unlimited** 90 S. 100 E. St. George, UT 84770 (435) 673-4492 (888) 673-4492

IBB Cyclery & Multisport

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

Rapid Cycling 705 N. Bluff Street

St. George, UT 84770 435-703-9880

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

Red Rock Bicycle Co. 446 W. 100 S. (100 S. and Bluff) St. George, UT 84770 (435) 674-3185

### <u>Springdale</u>

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

### **Northern Utah**

Al's Cyclery / Al's Sporting Goods 1075 N Main Street, Suite 120 Logan, UT 84341 435-752-5151

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131 E 1600 N North Logan, UT 84341 (435) 753-7175

Sunrise Cyclery 138 North 100 East Logan, UT 84321 (435) 753-3294

Wimmer's Ultimate Bicycles

Logan, UT 84321

#### Park City/Heber

Cole Sport 1615 Park Avenue Park City, UT 84060 (435) 649-4806

**Contender Bicycles** 1352 White Pine Canyon Road Park City, UT 84060 435-214-7287

**Jans Mountain Outfitters** 

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

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

Park City Bike Demos

Park City, UT 84060

Slim and Knobby's Bike Shop

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

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

Silver Star Ski and Sport

1825 Three Kings Drive Park City, UT 84060

Storm Cycles 1764 Uinta Way, Suite C1 Park City, UT 84098 (435) 200-9120

White Pine Touring

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

<u>Vernal</u> Altitude Cycle

580 E. Main Street Vernal, UT 84078

### **Wasatch Front WEBER COUNTY**

Eden/Huntsville/Mountain Green **Diamond Peak Mountain Sports** 

(801) 745-0101

<u>Ogden</u>

Bingham Cyclery 1895 S. Washington Blvd. Ogden, UT 84401 (801) 399-4981

**2nd Track Sports** 1273 Canyon Road Ogden, UT 84404 801-466-9880, ext. 2

Shiftworks 2267 Grant Ave, Suite G-12 Ogden, UT 84401 385-389-2596

**Skyline Cycle** 

834 Washington E Ogden, UT 84404 (801) 394-7700

The Bike Shoppe

**Two Hoosiers Cyclery** 2343 N Washington Blvd North Ogden, UT 84414 385-238-4973

#### DAVIS COUNTY

Biker's Edge 232 N. Main Street Kaysville, UT 84037 (801) 544-5300

**Bingham Cyclery** 2317 North Main Str Sunset, UT 84015 (801) 825-8632 hamcyclery.c

**Bountiful Bicycle** 2482 S. Hwy 89 Bountiful, UT 84010 (801) 295-6711

**Bountiful Bicycle** 151 N. Main St. Kavsville, UT 84037 (801) 444-2453

Loyal Cycle Co. 15 E. State St. Farmington, UT 84025 801-451-7560

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

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**Blue Monkey Bicycles** 

Cottonwood Cyclery 2594 Bengal Blvd Cottonwood Heights, UT 84121 (801) 942-1015

Flynn Cyclery 4640 S. Holladay Village Sq., Suite 101 Holladay, UT 84117 801-432-8447

**Hangar 15 Bicycles** 3969 Wasatch Blvd. (Olympus Hills Mall) Salt Lake City, UT 84124

**Summit Cyclery** 4644 S. Holladay Blv Holladay, UT 84117 801-676-9136

Salt Lake City **Bicycle Center** 

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

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

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

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

**Fishers Cyclery** 2175 South 900 East Salt Lake City, UT 84106 (801) 466-3971

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

**Go-Ride.com** Mountain Bikes

2066 S 2100 E Salt Lake City, UT 84108

**Guthrie Bicycle** 803 East 2100 South Salt Lake City, UT 84106 (801) 484-0404

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

**Hyland Cyclery** 3040 S. Highland Drive Salt Lake City, UT 84106

Jerks Bike Shop 4967 S. State St. Murray, UT 84107 (801) 261-0736

**Level 9 Sports** 660 S 400 W Salt Lake City, UT 84101 801-973-7350

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

**REI** (Recreational Equipment Inc.) 3285 É. 3300 S. Salt Lake City, UT 84109

**Salt Lake City Bicycle Company** 

247 S. 500 E. Salt Lake City, UT 84102 (801) 746-8366 **Saturday Cycles** 

Salt Lake City, UT 84103 (801) 935-4605 **SLC Bicycle Collective** 

2312 S. West Temple Salt Lake City, UT 84115 (801) 328-BIKE **2nd Track Sports** 

Salt Lake City, UT 84109 801-466-9880, ext. 1 2ndtracks.com Sports Den 1350 South Foothill Dr (Foothill Village) Salt Lake City, UT 84108

(801) 582-5611 SportsDen.com The Bike Ladv 1555 So. 900 E. Salt Lake City, UT 84105 (801) 638-0956

**Wasatch Touring** 702 East 100 South Salt Lake City, UT 84102 (801) 359-9361

South and West Valley

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

eSpokes SoDa Row at Davbreak 11277 Kestrel Rise Ste. G-1 South Jordan, UT, 84095 (801) 666-764

**Go-Ride.com** Mountain Bikes 12288 S. 900 E. Draper, UT 84020

Hangar 15 Bicycles 762 E. 12300 South Draper, UT 84020 (801) 576-8844

**Hangar 15 Bicycles** 11445 S. Redwood Rd S. Jordan, UT 84095 (801) 790-9999

Infinite Cycles 3818 W. 13400 S. #600 Riverton, UT 84065

(801) 523-8268

**Lake Town Bicycles** 1520 W. 9000 S., Unit E West Jordan, UT 84088 (801) 432-2995

**REI (Recreational Equipment Inc.)** 

230 W. 10600 S. Sandy, UT 84070 (801) 501-0850

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

**UTAH COUNTY** 

Alpine/American Fork/Cedar Hills/ Lehi/Pleasant Grove/Lindon

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

**Bicycle Motion Mobile Bike Shop** 

77 N. 200 E. Alpine, UT 84004 385-444-6666

Eddy's Bicycle Barn 9449 N. Canyon Road Cedar Hills, UT 84062 801-503-7872

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### **MOUNTAIN BIKE RACING**

### Mountain Bike Racing from the New World to the Old – A Trip to Croatia

and post-Soviet culture.

the 4-day race.

against these superstars.

a real treat with this race. Without a

doubt Croatia offers up some of the



Start of the final stage in scenic Losinj. Photo courtesy of 4 Islands MTB

#### By Shannon Boffeli

Racing from the New World to the Old – A Trip to Croatia

Just over a year ago Jen and I finished our last mountain bike stage race, Titan Tropic Cuba (see the March 2017 issue of Cycling West online). Two weeks ago we went from what felt like a developing civilization in Cuba to racing in the earliest expanse of western civilization; I can't imagine a greater contrast from out last stage race to the Mitas 4 Islands mountain bike stage race in Croatia. From racing in the untouched interior of Cuba we transitioned to racing on trails built in the Roman era; the start of stage one traverses through castle ruins!! A castle built well before discovery of the Americas, when the earth was

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Despite the differences in location there were several constants shared between this and other stage races we've done, the most important being incredible trail riding.

The 4 Islands organization know they have a special gem in their hands and they want to share it with all their mountain bike friends. From the opening climb through the castle Baska ruins on day one to the seaside trails and beach finish on the final day in Losinj, 4 Islands serves up an all-you-can-eat feast of dope singletrack, breathtaking views, rowdy descents, and steep steep steep climbing. This is an amazing race but you best be ready to throw down because 4 Islands will test you

still thought to be flat. How's that for a contrast? **Race Overview** 



Croatian mud - Stage 2 was a nonstop rain from start to finish. Photo cour-

eval cobblestoned villages seeping tesy of 4 Islands MTB Stage Race with old world charm. 4 Islands will not disappoint. flow trails. I'm talking about narrow, And if challenging yourself on the rough, rowdy singletrack that never bike is your goal well you're in for lets up from the start of stage one to

> the final beach on Losinj. Unlike some other European stage races, 4 Islands is a real moun

well if you can't ride your bike. Croatia's unique geology leads to a land covered in babyhead, limestone rocks and when I say they are everywhere, they are literally everywhere. The porous limestone on the







Jen Hanks leads the group across the Moonsurface on stage 1. Photo courtesy of 4 Islands MTB Stage Race



Jen Hanks and Shannon Boffeli are too busy fighting off chills to enjoy the final descent on a wet stage 2. Photo courtesy of 4 Islands MTB Stage Race

water to seep through the rock rather than run off in streams and rivers. This slowly erodes and dissolves the top layer of sediment exposing an ocean of baby heads. Over centuries the Croatians have used these stones to build their paths, trails and endless stone walls that line everything, the only clear land visible is because some intrepid Croat cleaned away all the rubble using it to create an endless maze of rocky ramparts (thank you Les Brown, professor of geology and 4 Islands finisher.)

What I'm trying to say is riding in Croatia is a blast! The difficulty level of riding at 4 Islands was a real treat. Each day you are being challenged not just by distance, fatigue, and competitors but by the trail itself. Full suspension is a must and even a per post would be a welcomed addition for most riders who find themselves hurling their way down rock strewn descents with 5-foot stone walls on each side funneling the riders through 10 to 20 minute descents that feel like one neverending rock garden.

Despite having 600 racers on course at the same time and an abundance of singletrack riding, the racers rarely encountered bottlenecks or slowing on course because of slow moving riders. The 4 Islands crew does an admirable job of dividing riders into 4 different starting waves and because racers start most days right from the ferry it means you often face a brutally steep climb right out of the gate that does a great job of stringing out the pack and allowing riders to attack the singletrack when they approach it. A real treat in any big stage race.

Outside of the racing activity the 4 Islands staff are nice as hell, as were all Croatians we encountered, they will bend over backwards to help you out even if what you actually need may get lost in translation a bit. The food provided on course and at the race hotels is fantastic and plentiful with a wide variety of meal options that made it easy even for a gluten-free and vegetarian racer to stay well fed throughout.

### Our Experience

Mitas 4 Islands stage race is our fifth stage race competing as a mixed team, male and female partners. We arrived in the start village of Baska on the island of Krk two days before the race. Just enough time to get bikes built, pick up our registration, ride some of the opening stage, and take a quick tour of the Baska harbor.

One of the more exciting aspects of racing in an international event is having no idea who you will be facing out on the trail or how high up in the race you'll be. It's all a mystery until the start.

Day one began with a big climb of about 1,200' right out of the gate. The pack spread out quickly and we found ourselves surrounded by about five other mixed teams heading up the long first climb that empties out onto a rubble-strewn mountain top called the "Moonsurface". The riding gets tough here as you weave your way through fields of babyheads. Jen surged ahead through the rough riding and moved us into second place for a bit before settling back in to

We spent the rest of the day chasing a Belgian duo who would give up time on the techy parts but make up time on the roads using a cable that allowed the male rider to tow his

We crossed the finish pretty happily in fourth place not far behind the Belgians. We had spent about four hours weaving our way around Krk. All the talk at the finish line focused on the abundance of gnarly descending throughout the day as I think everyone was happily surprised by the quality of the trail riding.

### Day Two

The morning immediately had a different feel. It was raining. An early transfer to the island of Rab

offered no respite from the rain as it was coming down in sheets by the time the race started.

We were instantly drenched from a combination of the persistent rain and water pooling on the road and trails. Once again we opened up with steep climbs but the rain and cold deadened our legs a bit. Once again we were battling with the Belgian squad but without the tow cable this time. As it turns out, towing is illegal and they were given a 30-minute time penalty after stage 1. They seemed to have a bit more juice than us and, I'm going to presume, perhaps a bit more experience with cold and rainy conditions coming from Belgium.

About an hour in, the second place team (MT Zoom) were on the side of the trail with a mechanical and despite not feeling our best we were excited to be in third again.

Rab was one the most scenic days of riding in 4 Islands as the trail skirted along endless miles of shoreline within inches of the sea offering riders views of the incredible hidden coves and inlets around the island. Enjoying the scenery was tough as water, mud, and more water

poured over us all day long. The stage finished with a massive descent into the resort town of Lopar which our drenched bodies were unable to enjoy; as the descending just made us colder.

After crossing the line most riders quickly retreated back to the port where dry clothes were waiting. Recovery was critical on this stage.

We were excited to finish third again but lost over 18 minutes to the Belgians. Things could always be worse though as we later found out that Ant White from the MT Zoom team had broken a crank arm and, incredibly, rode over half of the race with one leg! Mountain bike stage racers are a tough bunch.

As difficult as the day was the aftermath was almost as bad. Cleaning bikes, cleaning bodies, cleaning clothes, getting warm, eating, cleaning bikes again, replacing brake pads and cables, drying shoes, and preparing for the next stage left very little time for recovery and rain was, again, in the forecast.

#### Continued on page 18



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A sunny stage 3 brings out the smiles and good legs. Photo courtesy of 4 Islands MTB Stage Race

### Croatia Continued from page 17

**Day 3:** 

Mercifully we woke to clear blue skies and much warmer temperatures the morning of stage 3. We prepared for another ferry transfer to Cres. The location of the day's stage. As we boarded the ferry we were told the race mechanics had run out of brakepads overnight and anyone needing new pads would have to wait until we landed at the port to get them. The exhausted race mechanics had been working until 5 in the morning getting bikes ready for riders the next day but a shortage of brakepads meant either you would be going without or frantically work some of your own bike magic when we hit shore.

Luckily, I used the 2 pairs of pads we had with us on Jen's bike the night before. That meant I only needed stoppers for my bike.

We hit the shore with about 50 minutes before the start. After navigating a long line of distressed racers I finally got my pads and had just enough time to change the front set of pads while we waited on the start line; only having front brakes is bet-

ter than no brakes at all and there were plenty of people who would be going without.

We started off the ferry deck and immediately up a 1,200-foot leg-burner. After that we were dumped again into fabulous Croatian single-track flowing through vineyards and fields of olive trees, lined with rock walls of course. The warm weather and sun helped to fuel us to a strong start sitting comfortably in third on the stage in front of the Belgians this time.

Midway through we hit a long stretch of two-track hugging the Cres coastline. A breathtaking track but wide and flat enough that it allowed our rivals to catch up just as we hit the base of the day's steepest climb. About a mile long and well over a 20% grade for long sections the Belgians attacked early. We were able to close the gap back down and when it kicked up again we countered their attack and briefly got a gap of our own before they brought us back. They launched to final counter attack just as the climb crested and that was it. We were in damage control mode again.

We rode strong the rest of the day enjoying the dry trail, tacky dirt, and endless Croatian singletrack. We finally finished the stage charging down a long section of cobblestoned streets and narrow passageways through the medieval town of Osor

Despite losing more time to our rivals we really enjoyed the day and felt good about our performance on the 4 Island's queen stage on Cres. Finishing in Osor was icing on the cake. Cobblestoned streets, canals, a rusty old drawbridge, all in the shadows of centuries old steeples and facades made an amazing stage that much more memorable. With big smiles, we boarded the bus for our final transfer to our finishing hotel on Losinj.

### **Last Day**

Another warm day and no transfers made for a more relaxing feel to this final morning of 4 Islands. We were a bit nervous though wanting to hold onto our second place in the GC and knowing we only had just over 5 minutes to work with. With a shorter stage on tap it seemed possible especially if we could get off to a quick start like we had the previous day.

After a mile or two cruise to the day's start venue in Mali Losinj we found ourselves right in the middle of a perfectly picturesque scene in



Shannon and Jen deal with the wet conditions on day 2. Photo courtesy of 4 Islands MTB Stage Race

the quaint port city. Imagine the most idyllic European seaside town square and that's Mali Losinj. Cobblestone streets lined with cafes and coffee-houses, majestic sailboats resting in crystalline blue waters set the scene for the final day's start.

The last stage was the shortest but featured two very steep climbs at the start and a long flat run into the finish line following the coastline.

The start was fast and our Belgian rivals managed to get in front of us as the climbing started. It was tough to enjoy another warm, clear day as we pushed hard to limit the time gap.

One big climb down, we reached the bottom of the final big ascent of the race. A beast of a mountain that starts hurting before you even start. It's so steep you can see the final climb for a half kilometer before actually getting there. The climb itself is so steep they recently had to pour two parallel ribbons of concrete running from top to bottom to help the 4x4 trucks get up. Pick one ribbon at the bottom and stay on it if you hope to have any chance of riding your way to the top. You need every bit of your 50-tooth Eagle rear cassette to get up this thing.

As painful a climb as this was it lifted our spirits a bit as we could see the Belgian duo in front of us and they were off walking.

We crested the climb and attacked the usual mixture of rock-strewn

singletrack, walled descents, and seaside walkways literally giving everything we had to get to the finish line.

We spent no time enjoying the incredibly scenic final kilometers, running just feet from the Adriatic, we were pushing with all we had for the finish line. When we finally crossed, it was a mixture of accomplishment and disappointment that waited for us as we were so happy to be on the podium but lost second place by just 21 seconds!

The disappointment quickly passed as we enjoyed another great post race meal and shared our stories with new friends we made throughout the week.

4 Islands is an incredible race. It gives riders everything they could possibly want from a multi-day stage race; unrivaled scenery, tough competition, challenging course design with loads and loads of singletrack, friendly staff, and excellent food and sleeping accommodations. My two tricks for making your 4 Islands experience the best would be: pay the extra coin to stay on the boats during the race and take advantage of the race mechanics to service your bike each night (your legs will thank you for the extra time to recover).

Shannon Boffeli is the managing editor for

mtbracenews.com





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### **ADVOCACY**

### How Does Your City Rank for Bicycling?



Salt Lake City Mayor Jackie Biskupski and police chief Mike Brown ride on the McClelland Trail during May's Bike to Work Day. Salt Lake City has made improvements, but has a long way to go to catch up to the top biking cities in the West. Photo by Dave Iltis

#### By Charles Pekow

Fort Collins and Boulder are the first and third best American cities to bike in respectively. That is, if you believe the new rankings from People for Bikes (PFB). But they – and every other ranked city – can still be much improved. Fort Collins ranked 3.5 on a five-point scale, while Boulder ranked 3.4. (Actually, Fort Collins scored a virtual tie for first with Wausau WI, a town of 39,138.)

Tucson, AZ ranked fifth, scoring 3.3. Colorado Springs finished 21st at 2.8; Denver 25th at 2.7; Crested Butte 30 at 2.6. Littleton, CO was 48th at 2.4. Colorado scored far ahead of any of the other Mountain West states, as no other city in the region landed in the top 50.

PFB ranked cities based on five criteria: ridership, network, safety, reach (into areas traditionally lacking bike structure) and acceleration (effort). PFB developed its own criteria, using federal and local government data and a Bicycle Network Analysis tool it developed. Criteria include examining existing and planned networks and a rider survey. PFB acknowledges the tool "is an evolving project."

The rankings aim to reflect how many people ride, the number of injuries and fatalities, network connections, reach into underserved areas, and how well cities are improving. PFB ranked 480 municipalities across the country on its first round – it plans to do more but it costs money.

Rankings for other cities in the region show marked room for improvement:

Rexburg, ID: 2.2 Bozeman, MT: 2.2 Missoula, MT: 2.1. Laramie, WY:2.1 Salt Lake City: 2.1 Lakewood, CO: 2.0 Steamboat Springs, CO: 1.9 Boise, ID 1.9 Jackson, WY: 1.9 Orem, UT: 1.9 Scottsdale, AZ: 1.8 Aurora, CO: 1.7 Henderson, NV: 1.7 Breckenridge, CO: 1.7 Billings, MT: 1.7 Casper, WY: 1.7 Tempe, AZ: 1.7 Reno, NV: 1.6 Richfield, UT: 1.6 Kalispell. MT: 1.6 Great Falls, MT: 1.5 Helena, MT: 1.5 Provo, UT: 1.5 Paradise, NV: 1.4 Wheat Ridge, CO: 1.4 Mesa, AZ: 1.3

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Some cities got low scores because PFB lacked sufficient data to judge all they may be doing. PFB said, for instance, that it couldn't tell if regional booby prize winner Idaho Falls is doing anything to improve. The criteria don't seem to include mountain biking availability, of which the Idaho Falls areas seems loaded. The city does sponsor Bike Month and other events. We sent a missive to Dave's Bike Shop in Idaho Falls on Facebook asking about the ranking and got a reply saying "They are right. Idaho Falls is terrible. Nobody should come here to ride or liveYou're fine right where you are."

Also, it's important to note that not all cities provided all needed information. Some also may have built better bike networks than the data show but haven't mapped them completely. These omissions would lower their rankings.

How do the rankings compare with the bicycle friendly community (BFC) rankings put out by the League of American Bicyclists (LAB)? The two differ in that BFC communities have to apply, bring staff from different departments together (education, engineering, etc.) and do a self-assessment. Those who do select themselves and are likely to have a strong bicycle culture in their government. On the other hand, PFB might rank you whether you want it or not.

In Colorado, top-ranked Fort Collins and Boulder have reached platinum status as a BFC, the highest

rank any municipality has achieved yet. Crested Butte received gold and Denver silver. Littleton hasn't become a BFC. But low-ranked Longmont also reached silver status. Thornton and Wheat Ridge don't appear the BFC list. But in general, if Colorado is an indication, the two systems generally jive.

But in Montana, Missoula hit gold and Bozeman silver, though PFB ranks Bozeman slightly higher than Missoula. Lower-ranked Billings and Helena achieved bronze.

"Both organizations see our pro-

grams running well together. Their's is a quick snapshot. Ours is a much more in-depth look" at matters from traffic to staffing, explains Amelia Neptune, LAB's Bicycle Friendly America director. "We were in touch with their staff throughout the process as they developed the program." PFB's city rankings can be especially helpful in taking a look at where infrastructure exists, Neptune suggests.

PFB says it plans to update the ratings annually. Check them out at goo.gl/CXYpeY.





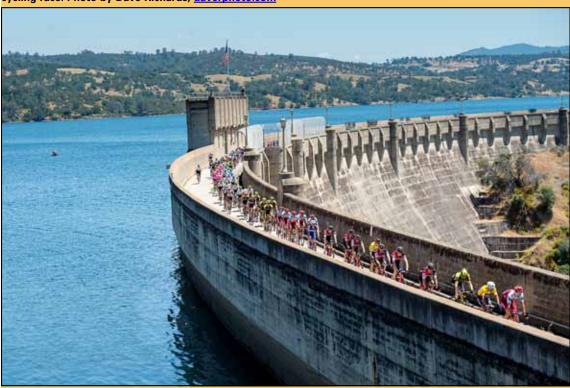


### **TOUR OF CALIFORNIA**

### 2018 Amgen Tour of California - Changing of the Guard?



Lush, green vineyards greet the riders. Men's Stage Five, Stockton to Elk Grove, 2018 Amgen Tour of California cycling race. Photo by Dave Richards, daverphoto.com



Riders of the peloton stretch out along the Pardee Reservoir dam. Men's Stage Five, Stockton to Elk Grove, 2018 Amgen Tour of California cycling race. Photo by Dave Richards, <u>daverphoto.com</u>



Big sky, golden hills 2. Men's Stage Three from King City to Laguna Seca Race Track, 2018 Amgen Tour of California cycling race. Photo by Dave Richards, <u>daverphoto.com</u>

### By Dave Richards

I flew down to Long Beach to cover the 13th edition of the Amgen Tour of California in May. This is my

fourth year covering this race and I feel like I'm settling in and getting to know the race intimately.

The AToC, as the race is referred to, is the only World Tour men's stage race on the Union Cycliste

Internationale (UCI) calendar for North and South America. The World Tour calendar consists of the highest level of road racing events and all of the 18 World Tour teams compete at these events. The AToC women's



Look out! Train a comin' Not really, the train came to a stop and the riders passed through safely. Men's Stage Five, Stockton to Elk Grove, 2018 Amgen Tour of California cycling race. Photo by Dave Richards, <a href="daverphoto.com">daverphoto.com</a>



Lawson Craddock (Team EF Education First-Drapac Cannondale) drills a fast descent. Men's Stage Four, Individual Time Trial, Morgan Hill, 2018 Amgen Tour of California cycling race. Photo by Dave Richards, daverphoto.



Joey Rosskopf (BMC Racing) wearing the stars and stripes signifying that he's the current USA time trial champion. Men's Stage Four, Individual Time Trial, Morgan Hill, 2018 Amgen Tour of California cycling race. Photo by Dave Richards, <a href="mailto:daverphoto.com">daverphoto.com</a>

race is also part of the new UCI

Women's World Tour, now in its

solid, one week, 7 stage race thanks

to a long term commitment from

the title sponsor Amgen and the

passionate work by the race owner

The AToC has matured into a

3rd year.



Big sky, golden hills 2. Men's Stage Three from King City to Laguna Seca Race Track, 2018 Amgen Tour of California cycling race. Photo by Dave Richards, daverphoto.com



Fernando Gaviria (Quick-Step Floors) celebrates his win on Men's Stage One in Long Beach, 2018 Amgen Tour of California cycling race. Photo by Dave Richards, daverphoto.com



Riders pass under the historic Tower Bridge as they head out during the neutralized start of Men's Stage Seven, Sacramento, 2018 Amgen Tour of California cycling race. Photo by Dave Richards, <a href="daverphoto.com">daverphoto.com</a>



TV motorcycles and helicopter work in tandem to brings the sights and sounds of the race into your living room. Men's Stage Seven, Sacramento, 2018 Amgen Tour of California cycling race. Photo by Dave Richards, daverphoto.com



The peloton rolls along under a canopy of palm trees during Men's Stage One in Long Beach, 2018 Amgen Tour of California cycling race. Photo by Dave Richards, daverphoto.com

AEG. Race management is provided by ASO, the owners of the Tour de France, who were brought on 3 years ago to run AToC. Their experience has been an asset in allowing the race to grow and attract top riders to compete in California.

California is a big state to cover with this year's race starting in Long Beach and ending in Sacramento with a side trip to South Lake Tahoe. Four flat stages plus two mountain stages and an individual time trial combined for over 800 miles of racing. Stage 6 from Folsom to South Lake Tahoe ran 122 miles and over 15,000 vertical feet of climbing. It made for some long days with transfers from hotels to start lines and on

Tour of California -Continued on page 22



Color guard presents the flag duing opening ceremonies of Men's Stage Two from Ventura to Gibraltar Road, 2018 Amgen Tour of California cycling race. Photo by Dave Richards, daverphoto.com



### Tour of California -Continued from page 21

to the next hotel after the race. The riders seem to handle it well and it's not much different for me on the back of a photo moto. Drive, ride, drive, sleep, repeat. You get the idea.

As much as the race seemed the same as previous years, I also detected a difference. The usual big stars were there - Kittel, Cavendish, Sagan, among others. However, starting with the first stage in Long Beach, these guys were not on the top step of the podium. Rising star 23 year old Columbian Fernando Gaviria (Quick-Step Floors) won the sprint on the flat stages 1, 5, and 7. Another youngster from Columbia, 21 year old Egan Bernal (Team Sky) won the mountain stages 2 and 6 and also claimed the overall race general classification and yellow leader's jersey. Veteran Tejay Van Garderen (BMC) nailed the time trial on stage 4, but only managed 2nd race overall behind Bernal. After being crowned the "King of California" for winning the most stages ever, Peter Sagan (Bora Hansgrohe) drew big crowds but did not win a single stage. Sagan, Kittel and Cavendish went home without a single win between them.

So what gives? Are we seeing a changing in the guard? New blood challenging the veteran riders? Time will tell. Sagan appears to be in fine form after winning the brutally difficult Paris-Roubaix this year, so maybe California was an anomaly. Cav has had some injuries, but hopefully will be fit and surprise us with some blistering moves at the Tour in July. I'm sure that Kittel will also be there fighting for wins.

In the meantime, I'm excited to see these new young riders coming into their own. I think Gaviria will continue to win big sprints and it will be no surprise to see Bernal in contention to win a Grand Tour someday. You might remember a young rider, 23 year old Tao Geoghegan Hart (Team Sky) from his ride here at a previous Tour of Utah. He managed 3rd on the time trial and 5th overall.

This all bodes well for cycling fans. As long as we have a major race like the Amgen Tour of California here in the US, we'll enjoy watching world class bicycle racing against the backdrop of the beautiful scenery of the Golden State.

### Amgen Tour of California Women's Race:

The Women's AToC consisted of 3 stages that ran sandwiched between the start and finish of the men race during the last 3 stages over similar courses. I had hoped to cover the women in depth, but logistics made that unworkable. I did get a chance to shoot photos of stage 2 which featured a 67 mile loop through the mountains and farmlands south of Tahoe. The women rode hard on some challenging climbs and I've included photos of that stage. Women's racing can be very exciting so hopefully, we'll see more resources devoted to the women's race in the future. They certainly deserve it.

For complete coverage, more photos by Dave Richards, and past articles about the Tour of California, visit cyclingutah.com/category/racing/road-racing/tour-of-california/

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



Snow remains at the top of Heavenly Valley Ski Resort high above the riders on the final climb of Women's Stage Two, South Lake Tahoe, 2018 Amgen Tour of California cycling race. Photo by Dave Richards, daverphoto.com



Group photo of all of the classification winners. Overall Awards, 2018 Amgen Tour of California cycling race. Photo by Dave Richards, <mark>daverphoto.com</mark>



Heads down, deep in the pain cave on the steep ramps up Daggett Summit. Women's Stage Two, South Lake Tahoe, 2018 Amgen Tour of California cycling race. Photo by Dave Richards, daverphoto.com

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### Tour de Fat Scales Back for 2018

Tour de Fat is coming back this year - but not with as big a fizz as before. The annual fundraising events for bicycle advocacy put on by New Belgium Brewing Company will hit six cities this year, after the brewery overexpanded last year and scheduled 33 events, up from nine in 2016.

"Last year was by far the most we visited. We had good intentions," explains Jesse Claeys, New Belgium public relations coordinator. "It was a risk. In hindsight, it really didn't work. We need to focus more and get back to our roots."

This year, the Fort Collins, Colorado-based brewery will host events in its home town on September 1, a week after hosting one in nearby Denver on Aug. 25. It will conclude the season in Tempe, AZ on Oct. 6. For ticket info, see goo.gl/wL8Fc2.

Last year, New Belgium scaled down the productions and charged admission for the first time, depressing turnout and upsetting some perpetual attendees. While the Fort Collins event sold out at 7,000 attendees last year, New Belgium estimates more than 10,000 attended the free event the year before, Claeys says.

The cities dropped from the list this year include Boulder and Colorado Springs in Colorado and Boise, ID.

But the Boise Bicycle Project sees life after death. It's going ahead with its own fundraiser this summer. "We don't like to use the word 'replace' Tour de Fat. We're not doing the same thing but we're doing something very unique to Boise and using the momentum and tools New Belgium gave us (to help) build a bicycle community over the last 13 years," Project Executive Director Jimmy Hallyburton explains.

On Saturday, Aug. 4, the project plans "the world's first and only Goat Head Festival," in satirical honor of the invasive plant that has become literally the thorn in the tire of Boise trail riders.

Tour de Fat has raised about \$500,000 for biking in Boise over the last 13 years and while New Belgium isn't doing the work or sponsoring the event, it hasn't completely abandoned the city. New Belgium is donating beer for a Goat Head planning event. "When people found they weren't coming back, they were irritated and were upset about it. What people didn't realize is New Belgium came into town and gave us the tools to create our own festival," Hallyburton says.

"Of course, if they wanted to come back to Boise, we'd welcome them with open arms but we're excited about creating something unique to Boise," Hallyburton says.

For more information, see the calendar in this issue under events and visit: newbelgium.com/tour-de-fat

For more information on the Boise Bicycle Project, visit: boisebicycleproject.org

-Charles Pekow

### Ketchum's Alden Gulch Trail to be Rebuilt

The Alden Gulch Trail in Ketchum, Idaho will be rebuilt this summer if all goes according to plan. The U.S. Forest Service (USFS) is looking for a contractor to reconstruct the 4.65-mile single-track mountain bike trail in

The trail has been closed since a fire and subsequent weather events destroyed it in 2013. USFS staff were preoccupied with other flood damage in the forest and haven't been able to focus on this until now, according to the National Forest Foundation.

The contractor will have to build several banked corner switchbacks and "two rock armored ford stream crossings," according to a solicitation for bids USFS released.

USFS hopes to start work in July and have the trail ready in mid-September. It budgeted between \$25,000 and \$100,000 for the project.

The north-south trail is steep and requires advanced mountain biking

To get involved, see: nationalforests.org/get-involved/nff-rei-partnership/alden-gulch-trail

-Charles Pekow

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### **TECHNOLOGY**

### Researchers Develop Collision Warning System for Bicycles

By Charles Pekow

Imagine a sensor that can give an audible sound in time to avoid a collision from an auto getting too close to a bicycle. University of Minnesota researchers think they've invented it. The device, compact and small enough to fit on a bicycle, provides an echo location that can warn motorists when they can create a hazard by getting too close too fast to a bicyclist from behind or from a right turn at an intersection. The device is sensitive enough to tell when a car is turning. When a vehicle gets to close, a loud horn

will warn the motorist.

Researchers said they tried the device out on a Minneapolis road and it works, but they acknowledged it needs more testing and they need to devise a way to alert motorists coming from other directions, specifically left-turning vehicles. Similar devices for cars are too big to fit on a bicycle. And camera systems would be too expensive

The National Science Foundation has provided the authors with a grant for more study. They plan a field test starting next spring with 10 bicycles over six months, says Rajesh Rajamani, professor of

mechanical engineering and chief of the study. Cost may be a catch: "Our objective has always been to keep the cost at \$500 or below" but the price would be up to whatever company markets it, Rajamani says. He says "the sensors and electronics will be light-weight and not heavy at all. They should not be hard to

While the systems should hold up in all weather conditions, the project has not addressed the issue of preventing stealing them, the plague of all cyclists. Developers haven't named the device yet.

Read about the project at goo. gl/3VQLTa.

### <u>HEALTH</u>

### Electric Bikes May Help Health of People with Type-2 Diabetes

**Bv Charles Pekow** 

Riding a bike can provide needed exercise for people with type-2 diabetes. But many of them lack the motivation or energy for a long ride. And a new study suggests a solution: the electronic bicycle. Riding an e-bike even seems to improve their health, a study published in the

peer-reviewed British journal called Diabetic Medicine says.

Potential of Electric Bicycles to Improve the Health of People with Type 2 Diabetes: a Feasibility Study reports on a study of 20 people with the condition who were given e-bikes to ride for 20 weeks for commuting, shopping and rec-

Participants reported it helped

them climb hills and of the 18 who finished the project, 14 liked the vehicles so much that they bought one."There was evidence that e cycling was acceptable, could increase fitness and elicited a heart rate that may lead to improvements in cardiometabolic risk factors in this population," the authors con-

See goo.gl/vRjZSM.

### **HEALTH**

### New Programs for Cycling For Senior Citizens

### By Charles Pekow

Why not encourage senior citizens to ride bicycles? The exercise can help them and it may be safer than driving autos, especially as they age and lose their driving skills may diminish. The Federal Government is taking some steps to encourage transportation safety for the older set - and the efforts will encourage bicycling and related safety to some extent.

The National Highway Traffic Safety Administration (NHTSA) plans to expand an electronic Clearinghouse for Older Road User Safety (ChORUS). State governments and other planners would be able to access the database for information and ideas to cope with issues surrounding older bicyclists and other road users.

The Roadway Safety Foundation

forseniors.org) but NHTSA wants to hire a private sector organization to expand it and get more people to use it, including separate sections for policy professionals and families of drivers aged 60-80. The contractor also should work on getting the issue into the media, especially those targeted to seniors and drivers. See goo.gl/ut5vUN.

NHTSA is also looking at hiring a small business to develop a course called Older Driver Safety for Continuing Education Health Care Professionals. "While driving is the most common form of trans portation for adults, driving is not always the safest option as adult's progress through the aging processnot necessarily correlated to age, but correlated to multiple emotional, physical or cognitive factors," NHTSA explains in a solicitation.

Some might be better off biking to

currently operates ChORUS (roads- some destinations. And health care providers should help people decide how to get around, NHTSA asserts. Professionals who take the course should get credit for it. See goo.gl/ K5XGfd.

> Finally, NHTSA is currently considering bids for a contract to develop and distribute traffic safety banners – at the U.S. Department of Transportation's own headquarters to remind its own employees – and other passersby – of matters such as bicycle safety.

> Speaking of safety for seniors' transportation, the University of California Berkeley SafeTREC came out with a report called Safe Routes for Older Adults, in which it suggests that policies could and should encourage seniors to bike and walk more than drive, espe cially with the population of seniors growing. See goo.gl/CCqX8N.

### **WESTERN STATES**

### CALENDAR OF EVENTS

#### Utah BMX

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

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

### Advocacy

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

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

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

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

Moseknuckler 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, mountain-trails.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, <u>etrail@gmail.com</u>, <u>bonnev</u>

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

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

Southern Utah Bicycle Alliance — St. George UT, Southern Utah's road advocacy group. Craig Shanklin, 435-674-1742, southernutah

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

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

**Greater Arizona Bicycling Association** — Tucson, AZ, Arizona's Statewide bicycle advocacy organization, Eric Post, <a href="mailto:president@bikegaba.">president@bikegaba.</a> 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, , <a href="wyopath.org">wyopath.org</a>

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

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

Salt Lake Valley Trails Society — Salt Lake City, UT, Salt Lake Valley's natural surface bicycle trails non-profit., Kevin Dwyer, kevin@ akevalleytrailssociety.org, saltlakevalley-

### 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 , noemal@cyclingutah.com, facebook.com/groups/SLCCM/

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

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,

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

Kidical Mass — Salt Lake City, UT, Group ride for families. This will be a monthly ride, the 1st Sunday of every month, at Liberty Park (south entrance) from 3pm-5pm. All ages are welcome., Lee Chung, 865-850-3589, lee.chung@amail.com, facebook.com/argures/1/03/40/246125277 lee.chung@gmail.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, chrisJune 2, 2018 — National Trails Day, Park City, UT, Location & Project TBA, Charlie Sturgis, 435-649-6839, charlie@mountaintrails.org, moun-

June 2, 2018 — National Trails Day, Salt Lake City, UT, Volunteer on Trail Projects., Kristen Kenley, (801) 501-0850, <u>kkenley@rei.com</u>, <u>rei.</u>

June 2, 2018 — National Trails Day, Weber County, UT, Weber Pathways Trail Day. Come out an build trails Check website for details, Rod Kramer, 801-393-2304, <u>outreach@weber</u>-

pathways.org, weberpathways.org

June 2-3, 2018 — Primal Colorado Bike Expo,
Denver, CO, 4th Annual, The Primal Colorado
Bike Expo has a new home at the Subaru
Elephant Rock Cycling Festival. The expo
will bring together all things cycling; pating
industry professionals, recreational riders, biking enthusiasts and utilitarian's with the latest
products, consumer trends, screaming deals,
organized rides, clubs & teams, advocacy
groups, and cycling destinations. The twoday festival and consumer show will also
include BMX flatland and aerial stunts, a kid
zone, bike rodeo, learn to ride clinics, demos,
antique bicycle display, a fashion show,
incredible programming, live music, beer garden, food trucks and more! This of course
in addition to ERock's five curated rides on
Sunday with amazing support, fully-stocked
aid stations and fun at every turn., Amanda

Calendar Guidelines: Listings are free on a space available basis and at our discretion. Submit your event to: calendar@cyclingutah.com with date, name of event, website, phone number and contact person and other appropiate information.

Let us know about any corrections to existing listings!

Knutson, 515-681-6036, amanda@clippedin-

June 2, 2018 — National Trails Day, Herriman, UT, Please come and help with the finish work on 3.4 miles of multi-use primitive trail in the Herriman Hills. This is the first of many trails that Herriman will be cutting in the 1800 acres of open space that Herriman City has recently acquired. 8am – 12p Blackridge Reservoir Trailhead, Jo Darton, idarton@gmail.com, facebook.com/groups/804827286204846/

June 4-8, 2018 — Bozeman Bike Week, Bike Month, Bozeman, MT, Bike Week is the most celebrated week of the year for cyclists everywhere. Bozeman Bike Week is more than just a jamboree of folks who prefer to commute via bicycle, it is also an opportunity to advocate safe cycling practices and routes, and to encourage alternative transportation to members of this great community. Morning

and evening events will be happening all week, and knowledgeable volunteers will be available at each stop to offer safe route guidance and answer questions regarding bicycle traffic laws., Alex Lussier, lussiera@hotmail.com, Megan Lawson, 406-570-7475, meganmclawson@amail.com. Gallatin meganmclawson@gmail.com, Gallatin Valley Bicycle Club, gybcbike@gmail.com, gallatinvalleybicyclectub.org, gallatinvalley-bicyclectub.org/community-events/bike-to-work-week/

June 9, 2018 — Bike Prom, Utah Bike Month, Salt Lake City, UT, Bike Prom, the Bicycle Collective's annual fancy bike party. Gallivan Center, 293 Main St. Wear your prom outfils. Pre-prom ride: 6:00pm starting at Pioneer Park., Clint Watson, 801-328-2453, 801-400-3072, info@bleyclecollective.org, bicyclecol-lective.org, bikeprom.com

June 15-17, 2018 — Grinta Junior Development Cycling Camp, Grinta Camps, Steamboat Springs, CO, Calling all young riders ages 13-18 who wish to develop cycling skills, strength, healthy habits, and confidence by spending 2 1/2 days of riding, learning skills and having fun., Any Charity, 970-215-4045, info@steamboatbiketown.com, grintacamps.

June 16, 2018 — Road Respect Community
Celebration & 73 Mile Bike Ride, Logan, UI,
Logan Trails Festival, Celebrate Logan's
Active Transportation by joining us for the
Road Respect Community Celebration and
Ride. Event begins at 11 am and ends at 1 pm.
Metiln Olsen Central Park, Logan, Utah., Gary
Saxton, 435-752-2161, 435-374-8076, logandowntown@gmail.com, Dayton Crites, 435755-1646, dayton.crites@cachecounty.org.

June 18-24, 2018 — Steamboat Bike Week, yes, Steamboat Springs, CO, A variety of events are in Steamboat Springs for you to enjoy! Moots factory tours: Women's MTB group ride; mountain bike race; road skills clinic, yoga for cyclists, T-shirt printing party; townie brewery tour; and Bike-In Movie, Amy Charity, 970-215-4045, info@steamboatbiketown.com, steamboatbiketown.com





- June 20-24, 2018 Grinta Cycling Retreat, Grinta Camps, Steamboat Springs, CO, This is your chance to get away from your busy lives by spending a few days in the mountains getting fit, soaking in the hot springs, learning key health & wellness strategies, and enjoying meals and camaraderie with other dynamic cyclists. We will focus on cycling endurance, key skills on the road. Join our endurance cycling camp open to men, women and juniors and challenge yourself mentally and physically. Amy Charity, 970-215-4045, info@steamboatbiketown.com, grintacamps.com
- June 25-29, 2018 Cycleability Special Needs Bike Camp, Bluffdale, UT, Cycling camp for kids with autism and special needs. Held at Summit Academy High School (14942 South 560 West, Bluffdale), Dorene Sambado, 801-541-3792, dorene@cycleability.org, cycleability.org
- June 30, 2018 Weber Pathways Trailfest, Ogden, UT, ride a section of the Centennial Trail, 8 am-12 pm, The Centennial Trail is a loop created by the connection of the Weber River Parkway, Ogden River Parkway and Bonneville Shoreline Trail, Rod Kramer, 801-393-2304, outreach@weberpathways.org, weberpathways.org
- July 28-August 5, 2018 Big Bear Cycling Festival, Big Bear Lake, CA, Enjoy the only week long cycling festival in the United States daily rides and cycling activities for the entire family! Road, mountain, and gravel rides, craft beer, and more, Tour de Big Bear , tourdebigbear@live.com, bigbearcyclingfes
- August 25, 2018 Tour de Fat, New Belgium Brewing's Tour de Fat, Denver, CO, Tour de Fat, the greatest little show on earth, is about to embark on a six-city bonanza of bikes, beers and philanthropic fun. Entering its 19th season, the Tour de Fat has raised more than \$5 million dollars for local bike non-profits since its inception. It's a celebration of great beer, good people, and humankind's most wonderful invention the bicycle! Held at Sculpture Park, 1736 Speer Boulevard, Paul Gruber, 888-622-4044, nbb@newbelgium.com, newbelgium.com/tour-de-Tot
- September 1-2, 2018 Outside Bike & Brew Festival, Santa Fe, NM, There are mountain and road rides, skill clinics, a Festival Expo and bike art show, bike demos, poker ride, beer dinners, concerts, movies and morel, Tim Fowler, 505-209-5760, tim@outsidesantafe.com, Outsidesantafe.com
- September 1, 2018 Tour de Fat, New Belgium Brewing's Tour de Fat, Fort Collins, AZ, Tour de Fat, the greatest little show on earth, is about to embark on a six-city bonanza of bikes, beers and philanthropic fun. Enteri
- September 10-14, 2018 University of Utah Bike Week, Salt Lake City, UT, A week of education and encouragement for bicyclists at the University of Utah, Ginger Cannon, 801-581-7505, ginger.cannon@utah.edu, sustainability
- September 22, 2018 World Car Free Day, UT, Ride your bike and leave the car at home!, None, noemail@cyclingutah.com, worldcar-free.net
- October 6, 2018 Tour de Fat, New Beigium Brewing's Tour de Fat, Tempe, AZ, Tour de Fat, the greatest little show on earth, is about to embark on a six-city bonanza of bikes, beers and philanthropic fun. Entering its 19th season, the Tour de Fat has raised more than \$5 million dollars for local bike non-profits since its inception. It's a celebration of great beer, good people, and humankind's most wonderful invention the bicycle! Held at Tempe Beach Park, Paul Gruber, 888-622-4044, nbb@newbelgium.com, newbelgium.com/tour-de-fat
- belgium.com, newbelgium.com/tour-de-tat

  November 17, 2018 Henderson Stroll 'n Roll,
  Henderson , NV, Henderson Stroll 'n Roll is
  madeled after the Ciclovia founded Bogota,
  Columbia. During the event roads are closed
  to motorized traffic, allowing the community
  to come together and enjoy the streets on
  bicycles, skates, skateboards or simply on
  foot. The car-free street festival is packed
  with activities for all ages. Along the route,
  enjoy children's activities, interactive demonstrations, free fitness classes and games,
  Chuck Ashby, 702-267-5707, bikehenderson@
  cityothenderson.com, Annette Mullins, 877775-5252, bikehenderson.com
  bikehenderson.com

### Mountain Bike

### Tours and Festivals

- June 2, 2018 VIDA MTB Series: Befi Bike Bash, VIDA MTB Series, Lakewood , CO, Women's mountain bike skills clinic, Rachel Gotffried, 949-677-6809, info@vidamtb.com, vidamtb.com
- June 2, 2018 Weiser River Trail Ride, Council, ID, A one day ride of either 28 or 48 miles on the Weiser River Trail. Shuttles from Cambridge or Council. Snack stops., Craig Kjar, 208-571-7447, 208-253-4433, octobertrek@gmail.com,

Support Your Local Bike Shop!

- kotaho.com/annual-bike-ride, weiserrivertrail.
- June 2, 2018 MUT Trails Fest, Montrose, CO, Montrose-Uncompangre Trails association, Colorado Plateau Mountain Bike Trail Association. Trail festival, trail building, rides, fun, beer, Bryce Palo, 970-241-3728, coordinator@copmoba.org, copmoba.org/trailfiest
- June 9, 2018 Rat Race, Ridgway, CO, Benefits Colorado Plateau Mountain Bike Trail Association. 26 miles of singletrack, Bryce Palo, 970-241-3728, coordinator@copmoba.org, copmoba.org/rafrace
- June 15-18, 2018 Black Hills Fat Tire Festival, Rapid City, SD, Celebration of single trace mountain biking in the Black Hills of South Dakota, Kristy Lintz, 605-394-4168, 605-484-1724, kristy.lintz@rcgov.org, Black Hills MTB Festival, blackhillsmountainfest@gmail.com, bhfattirefestival.com, rcparksandrec.org
- bhfaftirefestival.com, reparksandree.org

  June 16, 2018 Beaver Dam 49er Gravel

  Grinder, Beaver Dam State Park, NV, Ride the
  Rim and see the park from a different perspective. Pedal down an old chaining road
  that runs along the Park's rim and winds you
  through Pinyon and juniper trees. Through the
  small town of Barclay where lunch is served at
  the one room schoolhouse. The course then
  swings around back to the main park road
  and down into Campground B where we
  end the ride with a BBQ. The course is subject
  to change based on weather conditions. 35
  and 45 mile options., Dawn Andone, 775-7284460, cathedralgarge vc@lcturbonet.com,
  beaverdamgravelgrinder.com
- June 16-17, 2018 Knobby Tire Bike Tour of Idaho City, Boise, ID, Some asphalt, mostly dirt roads and some single track. 8am on Saturday leave Boise for Idaho City, 90 miles over 2 days 5,000 feet of climbing each day. 21st Annual, Harley Parson, 208-861-2182, 208-789-2327, admin@cycleidaho.com, knobbytirebiketour.com, cycleidaho.com
- June 16, 2018 Orem Cyclefast, Orem, UT, Come Celebrate All Things Bicycle! Orem Cyclefest is the first community event dedicated to mountain, road, and every other kind of cycling in Utah Valley. We will have a schedule of mini lectures from land managers, trail groups, cycling clubs and organizations, and experts on specific aspects of cycling. All proceeds will go to the Orem Youth Cycling Association. , Jason Christiansen, 801-885-6884, Jason@utahmtb.org, facebook.com/events/1658423040945748/
- June 17-September 28, 2018 Grand Staircase Escalante Singletrack (MTB), ves. Panguitloth, UT, From the high alpine terrain of the Aquarius Plateau to the deep canyons of the Escalante River, discover a fantastic array of backcountry cycling! This mountainous region contains biking trails so remote that each year we are commissioned by the US Forest Service to maintain and clear them ourselves! These primitive trails reveal hidden lakes, secret canyons, and spectacular mountain vistas. We often encounter large herds of elk and other rarely seen wildlife. Trip highlights include cycling atop the highest plateau in North America, visiting John Wesley Powell's favoritle lookout point, climbing Hell's Backbone, and moutnain biking the exciting Gap Mountain Traill June 17-22, July 1-6, July 29-Aug 3, Aug 26-31, Sep 23-28. Kevin Ford, 800-596-2953 x1, 702-596-2953, info@escapeadventures.com, escapeadventures.com
- June 17-September 16, 2018 Crested Butte Singletrack MTB Tour, Crested Butte, CO, Tours available June, July, August and September, Immensely beautiful, challenging and remote terrain in the Elk Mountains and Crested Butte region of south-central Colorado., John Humphries, 970-728-5891, info@lizardheadcyclingguides.com, izardheadcyclingguides.com
- June 19-24, 2018 Crested Butte Bike Week, Crested Butte, CO, The World's Oldest Mountain Bike Festival celebrates 38 years with an Amateur Film Festival, Chainless World Championships, Fat Tire 40, Junior Wildflower Classic, Bridges of the Butte townie tour, Pinnacle Race Series at Crested Butte Mountain Resort, guided rides, clinics, and great memoriesi, Scott Stewart, 970-349-6438, events@cbchamber.com, cbbikeweek.com
- June 23-24, 2018 VIDA MTB Series: Winter Park, VIDA MTB Series Flagship Clinics, Winter Park, CO, Women's mountain bike skills clinic, Rachel Gottfried, 949-677-6809, info@vidamtb.com, vidamtb.com
- June 24-August 24, 2018 Colorado Trail MTB
  Tour, Monroe, CO, 6/24-29; 7/8-13; 7/15-20;
  7/22-27; 7/29-8/3; 8/5-10; 8/12-17; 8/19-24.
  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. lizardheadcycling-
- July 8-August 10, 2018 Glacier National Park Bike Tour, Whitefish, MT, 7/8-13; 7/15-20; 7/22-8/3; 8/5-10. Options for cyclists of all abilities. Ride the Going to the Sun Road! Big climbs

- and bonus mileage options available., John Humphries, 970-728-5891, info@lizardheadcy-clingguides.com, lizardheadcyclingguides.com
- July 21, 2018 Wydaho 100 Gravel Ride, Jackson, WY, From the foothills of the Teton Range, looking into the depths of Wilderness to the Big Hole Mountains, featuring some of the best gravel this Eastern Idaho has to offer, this route completes a 360-degree circumnavigation of Teton Valley! The road surface is predominately gravel and dirt ranging between steep mountain and rutted farm roads. Bring your gravel bike or ANY bike for that matter. Self-supported, Fitzgerald's, 307-201-5453, info@fitzgeraldsbicycles.com, fitzgeraldsbicycles.com
- August 4-5, 2018 Trek Dirt Series Mountain Bike Camp, Park Citry, UT, Women's Mountain Bike Camp for beginner to advanced levels, focusing on skill development and trail riding, for cross country and downhill ridners. Skill instruction ranges from basic from wheel lifts and switchback turns to technical climbs, descents, drops, jumps and more. Penny Deck, 604-484-6238 (Canada), register@dirtseries.com, Emily Neuman, 604-484-6238, info@dirtseries.com, Elli Petersillie, elli@dirtseries.com, dirtseries.com, dirtseries.com
- August 4-5, 2018 VIDA MTB Series: Snowmass Bike Park, VIDA MTB Series Flagship Clinics, Snowmass Village, CO, Women's mountain bike skills clinic, Rachel Gottfried, 949-677-6809. info@vidamtb.com. vidamtb.com
- oxuy, into@vidamtb.com, vidamtb.com

  August 4, 2018 South Boundary Big Ride,
  Angel Fire, NM, The South Boundary BigRide
  is an absolutely stunning 40 mile mostly singletrack ride from Angel Fire Resort to Taos Youth
  and Family Center on the South Boundary
  Trail. The South Boundary trail is arguably the
  best ride in New Mexico and probably one of
  the top rides in the whole country with beautiful high alpine views and amazing aspen
  forests. It will be a perfect warm up for those
  training for Leadville, as the course tops out
  at nearly 11,000 feetl, Seth Bush, 505-554-0059,
  ElCapitan@ZiaRides.com, zlarides.com
- August 18-20, 2018 Outerbike Summer in Crested Butte, Crested Butte, CO, An opportunity to ride next year's bikes and gears on world class trails. Participants get bike demos, shuttles, lunch, beer, and admission to parties and films, at Crested Butte Mountain Resort, Mark Sevenoff, 800-845-2453, 435-259-8732, outerbike@westernspirit.com, outerbike.com
- August 23-26, 2018 Jurassic Classic Mountain Bike Festival, Lander, WY, Mountain bike Festival in Lander, WY. Demos, shuttles, clinics, group rides, parties, live music, film fest beer, food trucks, and raffles! All skill levels welcome., Nyssa, fart@landercycling.org, Tony Ferlisl, landercycling.org, Mike Dicken, 307-332-2926, jurassicclassicfest@gmail.com, jurassicclassicfest.com, landercycling.org
- August 25, 2018 York 38 Special, York, MT, Mountain bike rides of either 38 or 76 miles of breathtaking scenery through the Big Belt Mountains, gaining 3,000 vertical feet from lowest point, 6 aid stations. Starts at York Fire Station 7:00 9:00 am; Spirit of 76 starts at 6:30 am, Rita Naylor, 406-475-3085, rbnmontana@gmail.com, york38special.org
- August 31-September 3, 2018 Wydaho Rendezvous Teton Mountain Bike Festival, Teton Valley, WY/ID, 9th annual hosted at Grand Targhee Resort. Come enjoy endless miles of cross-country, singletrack, dirt road, lift-served downhill, dirt jump and freeride. Wydaho Rendezvous Bike Festival supports Teton Valley Trails and Pathways tytap.org. Includes 2018 demos, group rides, skills clinics, shenanigans, kids activities, music and libations. New Shoshone chadiff bike part access, TVTAP, 208-201-1622, info@tetonbike-test.org, Devin Dwyer, 208-201-1622, devin@targhee.com
- September 14-16, 2018 Tinker Classic, Beatty, NV, MTB Race and Festival, 100k and 60k races, Guided rides, demo bikes and industry vendors. Enjoy 60 + miles of Single track and many more miles or gravel roads and pavement. The weekend events will include a 3 day Bike Expo with demo's, festival rides on 60 + miles of single track, races for kids, a cyclocross style Crif Race, the 60 K Gravel Gran Fondo though Death Valley National Park and Rhyolite Ghost town, and the Main Event 1 The 100K Tinker Classic Mountain Bike Race. Held at Spicer Ranch, Cimarron Chacon, 970-759-3048, info@gioraces.com, finkerclassic.com, GROpromotions.com
- September 15, 2018 VIDA MTB Series: Golden Giddyup, VIDA MTB Series , Golden, CO, Women's mountain bike skills clinic, Rachel Gottfried, 949-677-6809, info@vidamtb.com, widamtb.com
- September 21-23, 2018 MECCA Fall MTB Festival, Wedge Overlook (Near Castle Dale), UT, Registration begins Friday at 1 pm followed by a warm up ride at 3 pm. Evening meal is provided as is a prize drawing. Saturday begins with a provided breakfast and then all-day, guided rides, ranging from beginner to advanced. End the day with a provided dinner. Finish up on Sunday morning with a provided breakfast and a guided (or on-your-

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own) scenic ride. Family-friendly (meal ticlets only available)., Kim Player, 435-653-2440 meccabikeclub@etv.net, biketheswell.org

- September 22-23, 2018 Trek Dirt Series Mountain Bike Camp, Fruita, CO, Women's Mountain Bike Camp for beginner to advanced levels, focusing on skill development and trail riding, for cross country and downhill riders. Skill instruction ranges from basic front wheel lifts and switchback turns to technical climbs, descents, drops, jumps and more, Penny Deck, 604-484-4238 (Canada) register@dirtseries.com, Elli Petersilie, elli@
- September 29-30, 2018 Albuquerque MTB Festival, Albuquerque, NM, 12 hour race, 2 hour race, and weekend long mtb festival, Seth Bush, 505-554-0059, ElCapitan@ZiaRides.com, ziarides.com
- October 5-7, 2018 Outerbike Fall, Moab, UT, An opportunity to ride next year's bikes and gears on world class trails. Participants get bike demosshuttles, lunch, beer, and admission to parties and films, 7000 N. Hwy 191 at Moab Brands Trailhead, Mark Sevenotf, 800-845-2453, 435-259-8732, outerbike@westernspitt.com.outerbike.com
- October 6-7, 2018 October Trek, Weiser, ID, 2 day mountain bike gravel ride, 86 mile rails-to-trails conversion trail from New Meadows to Weiser, Idaho. Supported ride with meals and camping., Craig Kjar, 208-571-7447, 208-253-4433, octobertrek@gmail.com, weiserrivertrail.org/octobertrek.html, kotaho.com/octobertreklingmation/
- October 6-7, 2018 Trek Dirt Series Mountain Bike Camp, Sedona, AZ, Women's Mountain Bike Camp for beginner to advanced levels, focusing on skill development and trail riding, for cross country and downhill riders. Skill instruction ranges from basic front wheel lifts and switchback turns to technical climbs, descents, drops, jumps and more., Penny Deck, 604-484-6238 (Canada), register@dirtseries.com, Elli Petersilie, elli@dirtseries.com, dirtseries.com
- October 25-28, 2018 Moab Ho-Down Mountain Bike Festival & Film Fest, Moab, UT, 12th Annual Mountain bike festival with dual stage enduro 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

- May 1-August 31, 2018 Mid-Week Mountain Bike Race Series, Park City, Heber, Deer Valley, Snowbird, Solitude, Draper, UT, Races are on Tuesday evenings. Registration begins at 4:30, free kids races at 6:00 and main event at 6:30. May to August. The 2018 season will be a mix of XC and mini-enduros. Please check website for dates and venues., Phil Sarnoff, 801-440-3729, psarnoff@bikeutah.org, midweekmtb.com
- May 2-August 1, 2018 Weekly Race Series, WRS, Sundance, Wasatch County, UI, Wednesday nights, May -Aug. Venue alternates between Wasatch County sites and Sundance, 6:30 pm. Prompt start time. Pros/ Experts 1hr race time, Sports 50mins, Beginners 30-40mins, 2018 Dates: Wasatch County: May 2, 16: June 6, 20; July 4, 18: Aug 1; Sundance: May 9, 23, 30; June 13, 27; July 11, 25, Tyson Apostol, 435-200-3239 (Wasatch), 801-223-4849 (Sundance), races@euclidoutdoots. com, John Woodruff, 801-223-4044, 801-223-4849, johnw@sundance-utah.com, Josey Apostol, 435-200-3239 (Wasatch), 801-223-4849 (Sundance), races@weeklyraceseries.
- June 20-August 29, 2018 Mt. Ogden Midweek Race Series, Snowbasin Resort, UT, Courses are on Trailforks for all defalls, Fun races, great prizes. Registration- 5pm-6:30pm at Grizzly Center, Race Start: 6:30. Cash and prizes each week. Beg, sport, expert, pro classes. No race July 4th, Tim Eastley, 801-620-1000, 801-620-1045, teastley@snowbasin.com, mtogdenraceseries.com, snowbasin.com

### Regional Weekly

#### **MTB Race Series**

- May 8-August 28, 2018 Colin Craig Memorial Series, Bozeman, MT, Weekly series that includes road races, time trials, criteriums mountain bike races and more, Alex Lussier lussiera@hotmail.com, Phill Rotherman, phil@rothconst.com, Mollie McKiernan, mollie mckiernan@gmail.com, Patrick Wessel, patrickwessel@yahoo.com, ccms.gallatinvalley.bicycleclub.org
- June 6-27, 2018 Wednesday Night Race League, Western Montana Trail Series, Missoula, MT, Various courses. Wednesdays in June, Ben Horan, 312-502-5997, bthoran@ gmail.com, mtbmissoula.org
- June 19-July 17, 2018 Laramie Mountain Bike Series, Medicine Bow National Forest, WY, Tuesdays. Local mountain bike series, great for riders of any age and ability. Starts at Happy Jack Trailhead at 6:00 p.m. Food and fun await at each finish line., Evan O'Toole, evan@laramieracing.com, Niesey Heckart, 307-761-1741, niesey@laramieracing.com, laramiemibseries.com, laramiebikenet.org
- June 20-August 1, 2018 Ten Dollar Downhill, Whitefish, MT, Wednesday downhill, Josh Knight, 406-862-2900, info@skiwhitefish.com, skiwhitefish.com/eyents
- July 12-August 16, 2018 Thursday Night Race Series, Whitefish, MT, Josh Knight, 406-862 2900, info@skiwhitefish.com, skiwhitefish.com/

### Utah Mountain

#### **Bike and Gravel**

### Racing

- June 2-3, 2018 Sundance Showdown Downhill and Super-D, Go-Ride Gravity Series, Sundance Resort, UT, USAC sanctioned Super-D Saturday and Downhill Monday, Ron Lindley, 801-375-3231, info@utahdh.org, go-iide.com, utahdh.org
- June 2, 2018 Wasatch 50, Intermountain Cup, Heber, UT, Endurance XC, 25-50 miles. 1700' per lap., Darren Goff, 801-896-8244, info@ intermountaincup.com, intermountaincup.com
- June 9, 2018 Volcano Fire Road 120k Gravel Grinder, , Veyo, UT, Fun and challenging ravel racel 75 miles with 6200' climbing in the beautiful Pine Valley area north of \$f George, 56% dirt, 44% pavement. Solo or 2x relay, Famous Veyo Pie at the finish linel, Deborah Bowling, 818-889-2453, embassy@planefultra.com, gravelarinder.com
- June 23-24, 2018 Canyonball Downhill and Super D. Go-Ride Gravity Series, Nordic Valley, UI, Held at Nordic Valley, Super D on Saturday, Downhill on Sunday. Ron Lindley, 801-375-3231, info@utahdh.org, go-fide.com, utahdh.org
- June 23, 2018 North Fork Punisher ICup, Intermountain Cup, Liberty, UT, XC race, Distance: 7-28 miles, Elevation Gain: 1,3007 (app. Darren Goff, 801-896-8244, info@intermountaincup.com, intermountaincup.com
- June 30, 2018 Pony Express Gravel Grinder, Foirfield, UT, Held on the Pony Express Irail Historic Byway with two distances 95 Miles and 60 Miles. Starting and finishing at the Camp Floyd Pony Express Station in Fairfield, your ride travels along 85% gravel roads with a loop around the mountain at Simpson Springs Campground. With fully supported aid stations and roaming SAG vehicles on course to take care of riders, you'll get tired, dirty, dusty and take in some epic view in Utah's west desert., Jared Eborn, 801-599-9268, jared@extramilleracing.com, extramileracing.com
- July 14, 2018 The Crusher in the Tushar, Beaver, UT, 70 grueling miles exploring Southern Utah's Tushar Mountains on a mix of dirt, gravel, and asphalt. Features 10,000+ of climbing traversing Utah's highest and most scenic roads. Join us for the original mixed-surface gravel and road classic, Burke Swindlehurst, roadirl@msn.com, tusharcrusher.com



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- July 28, 2018 Dirty Devil Gravel Grinder Gran Fondo Relay, Ferron, UT. This 9 stage, 206 mille cycling event takes you through the San Rafael Swell and it's beautiful high desert plateaus and into the Manti La-Sal mountains along the Skyline Drive ridgeline. Pavement, gravel and dirt roads with potentially a snow drift or two. Can be ridden solo or with a team up to 4 riders a team of 3 riders is ideal. Truly a one of a kind cycling event. Start: Millsite State Park, Mark Jesperson, 435-637-2453, mark@castlecountrycycling.com, Cory.jensen@carbon.utah.gov, Ed Malmgren, 435-637-2453, ed@castlecountrycycling.com, castlecountrycycling.com, castlecountrycycling
- August 3-4, 2018 Abajo (Blue Mountain) Enduro, Monticello, UT, Two day, three stage race in the Abajo Mountains by Monticello Utah. Stage 1 starts at 3:00 PM on Friday. A shuttle will be provided from the end of each stage to the start of the following course or to the parking area for the stage. Stages announced May 2018, Dustin Randall, 435-590-2741, info@roamutah.com, roamutah.com/abajoenduro
- August 4, 2018 The Rage at Snowbird, Intermountain Cup, Snowbird, UT, XC race. Snowbird has done a great job with some new trails and creating trails for real MTB racing with a great mix of fast flowy single track, service roads, and a few short technical sections to keep you on your toes. 5-25 miles, 570' elevation gain per lap, Darren Goff, 801-896-8244, info@intermountaincup.com intermountaincup.com
- August 11-12, 2018 Flyin' Brian Downhill and Dark Hollow Super D, Go-Rilde 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.comutahdh.org
- August 18, 2018 Cedar City Fire Road 100 Gravel Grinder, Cedar City, UT, 100K or 60K options - with over 80% dirl Chip timed Pizes for top finishers., Deborah Bowling, 818-889-2453, embassy@planetultra.com, gravelgrinder.com
- August 18, 2018 Old Ephraim's Gravel Grinder, Garden City, UT, Starting and finishing in Garden City near the shores of Bear Lake, Old Ephraim's Bike Ride is a timed, competitive race along the forest roads and trails the loom beyond the horizon. With three distance options (75 miles, 62 mile and 30 miles) cyclists will find a ride for their needs but they're all going to hurl just a little bit with challenging climbs rewarding you with incredible views. More than 9,000 feet of vertical gain over 75 miles, Jarde Eborn, 801–599-9268, jared@extramileracing.com, extramileracing.com
- extramileracing.com, extramileracing.com

  August 18, 2018 Dirty Arts Gravel Grinder

  Fondo, Helper, UT, The Fondo is a 62 mile
  ride on pavement, gravel and dirt roads.
  The route takes you through central Carbon
  County exploring some high desert vistas and
  the foothills of the Manti La-Sal mountains.
  5,000° of climbing and 5,000° of descending
  consisting of 2 main long climbs with plenty
  of short climbs. Enjoy the Helper Arts & Film
  Festival afterwards for food, drink and fun, if
  you have the strength. Start: Historic Conoco
  Station, Mark Jesperson, 435-637-2453, mark@
  castlecountrycycling.com, cory Jensen, 801824-8455, conylensen@carbon.utah.gov, Ed
  Malmgren, 435-637-2453, ad@castlecountrycycling.com,
  castlecountrycycling.com, carbonrec.com
- August 18, 2018 Utah High School Cycling League Central Region Race #1, Utah High School Cycling League Race Series, Soldier Hollow, Midway, UT, Utah league races are the culmination of months of fun and practice on school-based mountain bike teams all over the state. Grades 7-12 participate in individual categories and include both individual and team scoring. Join or start a team in your area. The Utah League has 3000+ students on 90+ teams across the state participating. , Lori Harward, 801-502-8516, 801-885-6884, Loria utahmtb.org, Brooke Howard, 385-227-5741, brooke@utahmtb.org, utahmtb.org
- brooke@utahmtb.org, utahmtb.org

  August 25, 2018 Utah High School Cycling
  League South Region Race #1, Utah High
  School Cycling League Race Series, High
  Star, Kamas, UT, Utah league races are the
  culmination of months of fun and practice on
  school-based mountain bike teams all over
  the state. Grades 7-12 participate in individual categories and include both individual
  and team scoring. Join or start a team in your
  area. The Utah League has 3000+ students
  on 90+ teams across the state participating,
  Lori Harward, 801-502-8516, 801-885-6884,
  lori@utahmtb.org, Jason Christiansen, 801885-6884, jason@utahmtb.org, utahmtb.org

  August 25-26, 2018 Scott Enduro Cup pre-
- August 25-26, 2018 Scott Enduro Cup presented by Vithoria at Deer Valley Resort, Scott Enduro Cup Series, Park City, UT, The season finale of the 2017 SCOTT Enduro Cup presented by Vithoria will take place at Deer Valley Resort. Expanding into a two day event, the final round of the season offers a diverse selection of lift-served downhill mountain biking on top-to-bottom unkempt, technical descents to fast-torlling, speed driven trails., Jessica Kunzer, 801-349-4612, [kunzer@

- mtsports.com, Sara Valerious, 847-946-4182, svalerious@mtsports.com, endurocupmtb.com
- August 25, 2018 Powder Mountain ICup, Intermountain Cup, Powder Mountain, UT, XC race, Distance: 6.3-30 miles, Elevation Gain: 500-1,800'/lap (depending on category), Darren Goff, 801-896-8244, info@intermountaincup.com. intermountaincup.com.
- September 1, 2018 Park City Point 2 Point, Park City, UT, A true point 2 point race! Thanks to the plethora of tralls 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, snowchicken.jb@gmail.com, thepcpp.com
- September 1, 2018 Utah High School Cycling League Central Region Race #2, Utah High School Cycling League Race Series, Snowbasin Resort, UT, Utah league races are the culmination of months of fun and practice on school-based mountain bike teams all over the state. Grades 7-12 participate in individual categories and include both individual and team scoring. Join or start a team in your area. The Utah League has 3000+ students on 90+ teams across the state participating., Lori utahmtb.org, Brooke Howard, 385-227-5741, brooke@utahmtb.org, utahmtb.org, utahmtb.org
- September 3, 2018 Utah High School Cycling League North Region Race #1, Utah High School Cycling League Race Series, Snowbasin, Huntsville, UT, Utah league races are the culmination of months of fun and practice on school-based mountain bike teams all over the state. Grades 7-12 participate in individual categories and include both individual and team scoring, Join or start a team in your area. The Utah League has 3000+ students on 90+ teams across the state participating. Lori Harward, 801-502-8516, 801-885-6884, lori@utahmtb.org, Tasha Heilweli, 801-448-2234, tasha@utahmtb.org, utahmtb.org
- September 7-8, 2018 Kokopelli 100 and 140, Moab, UT, 103.6 mile, point to point mountain bike race from the Colorado border to Moab with \$100,000 purse. Solo riders, or 8 person teams., Mark Jensen, 503-970-1215, mark@kokopelli100.com, kokopelli100.com
- September 8, 2018 Utah High School Cycling League South Region Race #2, Utah High School Cycling League Race Series, TBD, UT, Utah league races are the culmination of months of fun and practice on schoolbased mountain bike teams all over the state. Grades 7-12 participate in individual categories and include both individual and team scoring. Join or start a team in your area. The Utah League has 3000+ students on 90+ teams across the state participating. Lori Harward, 801-502-8516, 801-885-6884, lori@utahmtb.org, Jason Christiansen, 801-885-6884, lason@utahmtb.org, utahmtb.org
- September 8, 2018 Eden Epic, Eden, UT, On the trails above beautiful Ogden Valley, the Eden Epic is a truly "epic" mountain bike adventure. With a focus more on the adventure than the finishing times, this is an epic adventure that has a place for those looking to push themselves. , Clay Christensen, 801-234-0399, <a href="mailto:info@edenepic.com">info@edenepic.com</a>, <a href="mailto:edenepic.com">edenepic.com</a>, <a href="mailto:edenepic.com">edenepic
- September 15, 2018 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 mth 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, czari@sundance-utah.com, John Woodruff, 801-223-4044, 801-223-4849, johnw@sundance-utah.com, sundanceresori.com/summer
- September 15, 2018 Utah High School Cycling League North Region Race #2, Utah High School Cycling League Race Series, 1BD, UT, Utah league races are the culmination of months of fun and practice on school-based mountain bike teams all over the state. Grades 7-12 participate in individual categories and include both individual and team scoring. Join or start a team in your area., Lori Harward, 801-502-8516, 801-885-6884, Iori@utahmib.org, Tasha Heilweil, 801-448-2234, tasha@utahmib.org, utahmitb.org
- tosha@utahmtb.org, utahmtb.org

  September 15, 2018 Utah High School Cycling
  League Central Region Race #3, Utah High
  School Cycling League Race Series, Vernal,
  UT, Utah league races are the culmination
  of months of fun and practice on schoolbased mountain bike teams all over the
  state. Grades 7-12 participate in individual
  categories and include both individual and
  team scoring. Join or start a team in your
  area. The Utah League has 3000+ students on
  90+ teams across the state participating, Loil
  Harward, 801-502-8516, 801-885-6884, lori@
  utahmtb.org, Brooke Howard, 385-227-5741,
  brooke@utahmtb.org, utahmtb.org

  September 15, 2018 Pony Express Gravel
- September 15, 2018 Pony Express Gravel Grinder Series, Delta, UT, 100 and 200 km gravel grinder rides, Richard Sturn, 435-462-2266, richard@eogear.com, saltlakerandos.org

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- September 16, 2018 Tour des Suds, Park City, UT, 7-mile mountain bike climb from City Park, to the top of Guardsman Pass with a 2,700ft elevation gain., Ginger Ries, 435-649-6839, ginger@mountaintrails.org, mountaintrails.org
- September 22, 2018 Utah High School Cycling League South Region Race #3, Utah High School Cycling League Race Series, TBD, UT, Utah league races are the culmination of months of fun and practice on school-based mountain bike teams all over the state. Grades 7-12 participate in individual categories and include both individual and team scoring. Join or start a team in your area. The Utah League has 3000+ students on 90+ teams across the state participating, Lori Harward, 801-502-8516, 801-885-6884, Loria utahmtb.org, Jason Christiansen, 801-885-6884, Joson@utahmtb.org, utahmtb.org
- September 29, 2018 Utah High School Cycling League North Region Race #3, Utah High School Cycling League Race Series, Soldier Hollow, Midway, UT, Utah league races are the culmination of months of fun and practice on school-based mountain bike teams all over the state. Grades 7-12 participate in individual categories and include both individual and team scoring, Join or start a team in your area. The Utah League has 3000+ students on 90+ teams across the state participating. Lori Harward, 801-502-8516, 801-885-6884, Iori@utahmtb.org, Tasha Hellweli, 801-448-2234, tasha@utahmtb.org.
- September 29, 2018 Utah High School Cycling League Central Region Race #4, Utah High School Cycling League Race Series, TBD, UT, Utah league races are the culmination of months of fun and practice on school-based mountain bike teams all over the state. Grades 7-12 participate in individual categories and include both individual and team scoring. Join or start a team in your area. The Utah League has 3000+ students on 90+ teams across the state participating., Lori Harward, 801-502-8516, 801-885-6884, Iori@ utahmtb.org, Brooke Howard, 385-227-5741, brooke@utahmtb.org, utahmtb.org
- October 6, 2018 Utah High School Cycling League South Region Race #4, Utah High School Cycling League Race Series, TBD, UT, Utah league races are the culmination of months of fun and practice on school-based mountain bike teams all over the state. Grades 7-12 participate in individual categories and include both individual and team scoring. Join or start a team in your area. The Utah League has 3000+ students on 90+ teams across the state participating., Lori Harward, 801-502-8516, 801-885-6884, lori@utahmtb.org, Jason Christiansen, 801-885-6884, jason@utahmtb.org, utahmtb.org
- October 6, 2018 Antelope Island 50K MTB Race, Antelope Island, UT, 4th edition of Antelope 50k Mountain Bike Race will be held at White Rock Bay Trailhead, Antelope Island State Park, There will be 3 race distances: 50k, 25k, and 15k. This is an MTB race on double and single track with varying elevation and some technical stretches on the 50k and 25k distances. Wynn Hall, 801-941-4255, wynnhall@gmail.com, Matt Hall, 801-648-4659, matt@enduraevents.com, enduraevents.
- October 6, 2018 Utah High School Cycling League North Region Race #4, Utah High School Cycling League Race Series, TBD, UT, Utah league races are the culmination of months of fun and practice on school-based mountain bike teams all over the state. Grades 7-12 participate in individual categories and include both individual and team scoring. Join or start a team in your area., Lori Harward, 801-502-8516, 801-885-6884, lori@utahmtb.org, Tasha Heilweil, 801-448-2234, tasha@utahmtb.org, utahmtb.org
- October 13, 2018 Utah High School Cycling League Rain Out, Utah High School Cycling League Race Series, Eagle Mountain, UT, Utah league races are the culmination of months of fun and practice on school-based mountain bike teams all over the state. Grades 7-12 participate in individual categories and include both individual and team scoring. Join or start a team in your area. The Utah League has 3000+ students on 90+ teams across the state participating., Lori Harward, 801-502-8516, 801-885-6884, lori@utahmtb.org, utahmtb.org
- October 15-16, 2018 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, 435-674-0550, <a href="https://www.huntsman.edu.org/mes.net/seniorgames.net/seniorg
- October 19-20, 2018 Utah High School Cycling League State Championships, Utah High School Cycling League Race Series, TBD, UT, This race will combine North, Central, 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 3-4, 2018 25 Hours of Frog Hollow, Frog Hollow Endurance Series, Hurricane, UT, Held Sat 10 am to Sun 10 am with the bonusdouble midnight lap due to the fallback time change. 13 mille long course in the UT desert combines sweet single track, with some technical sections, and great climbs. 10th Annual, Cimarron Chacon, 970-759-3048, info@groaces.com, 25hoursinfroghollow.com



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### and Beyond

- June 2-3, 2018 Grand Enduro, Grand Junction, CO, Race the top 3 trails of the Lunch Loops (Ribbon, Gunny, and Free Lunch) with amazing views in the background. This is the only race on the Ribbon... come see what it's like to ride up to 50mph on a big slab of rock! 22-35 minutes of racing over 6.2 miles of trail. 2.5-4 hours of total ride time covering -22 miles, John Klish, 970-744-4450, madness@madracingcolorado.com, madracingcolorado.com
- June 2, 2018 Lost and Found Gravel Grinder, Lost Sierra Triple Crown, Lake Davis, CA, 100, 60, 30 mile gravel rides, Live acoustic music, excellent food and beverages, Greg Williams, willie@sierratrails.org, lostandfoundbikeride.com
- June 2, 2018 The Dead Swede Gravel Grinder, Wyoming Gravel Grinder Series, Sheridan, WY, 40 or 100 miles, Adam Leiferman, 307-462-6038, leiferman.adam@gmail.com, Sheridan Bicycle Company, 307-763-4481, , wyominggravel.com, thedeadswede.com
- June 2, 2018 The Angry Horse Gravel Grinder, Idaho Falls, ID, Come crush some gravel and Ride the Angry Horse. This fully supported ride offers three different routes. The Filly Run is a rolling 10 miles of all gravel fun, the Cott Run is 45 miles and 4200 vertical feet of climbing. Finally the Stud Run is 120 miles of epic suffering, rolling all the way down and around Blackfoot Reservoir and on through the Grays Lake National Wildlife Refuge, before turning up Horse Creek. Register at USACycling.com ALL of the proceeds will go to saving Wild Mustangs. Come out and ride the untamed., Brooke Jeffs, 208-528-0664, ridetheangry-horse@yahoo.com, cbiblikes.com
- June 2, 2018 Firebird XC Race, Eagle, CO, XC race, USAC state championship mtb race, Mike McCormack, 970-485-5847, mikemac@eagleoutsidefestival.com, eagleoutsidefestival.com
- June 2, 2018 Glory Days Mountain Bike Race, New Mexico Off Road Series, Glorieta, NM, New Mexico-El Paso Regional XC Championship, Jan Bear, 505-670-4665, Janbea@gmail.com, nmors.org, core-crew.com
- June 3, 2018 Yeti Beti Bike Bash p/b Stan's No Tubes, Beti Bike Bash, Lakewood, CO, Women's only mountain bike race and festival including: Little Bellas Girls Camp and VIDA MTB Series Clinic. All ages and abilities welcome., Amy Thomas, 720-878-7363, betibikebash@gmail.com, Sarah Rowley, 503-805-0043, sarah@mountaingrownmarketing.com, betibikebash.com
- June 8-9, 2018 City Creek Pocatello Pedalfest, Pocatello, ID, Kids, Cross Country & Enduro Races. Beginner, Sport, Expert & Open Classes (12, 17, 27 miles). Awards, prizes, raffle, music, food & fun. \$2000 cash prizes, \$500 to fastest riders, Lindi Smedley, 208-251-5915, Indiajo@mac.com, Katie Loveday, 208-232-8996, barriesevents@gmail.com, pocatellopedalfest.com barriessports.com
- June 8-10, 2018 Missoula XC PRO XCT at Marshall Mountain, US Pro XCT, Western Montana Trail Series, Montana Off-Road Series (MORS), Missoula, MT, Steep, technical climbs and descents will atternate between single track, double track, and infrequent dirt road sections. The course features over 850ff of relief per lap; while it is not at extremely high altitude, multiple long, steep climbs per lap will test racers' fitness limits. Pro XCT plus UCI Juniors 17-18, Ben Horan, 312-502-5997, bfhoran@gmail.com, wmtrail.org, usaccycling.
- June 9, 2018 Fears, Tears and Beers Enduro, Ely, NV, Enduro mountain bike event. Timed sections mostly downhill, combined time wins. Men's and women's events for all classes. Fun run, beginner, sport, and expert classes., Kent Robertson, 775-289-6042, 775-296-2162, krobeg@mwpowet.net, elynevada.net/events/fearstearsbeers.html
- June 9, 2018 Knobby 9 to 5, Knobby Tire Series, McCall, ID, High speed rolling double-track. Tight, technical sagebrush single-track, water crossings, quick steep drops, nosty little granny gear climbs. Single speeders' dream., Alex Phipps, 208-841-4120, dex01phipps@amail.com.knobbytigseties.com
- June 9, 2018 Gowdy Grinder, Cheyenne WY, Cross country mountain bike race tha

takes place on the trails of Curt Gowdy State Park in southeastern Wyoming. The beginner races are on a course with a handful of short technical sections, but mostly smooth riding. The more advanced categories will find plenty of the challenging ridling typical of Curt Gowdy., Evan O'Toole, evan@laramieracing.com, Niesey Heckart, 307-761-1741, niesey@laramieracing.com, gowdyginder.com

- June 9-10, 2018 Scott Enduro Cup at Angel Fire, Scott Enduro Cup Series, Angel Fire, NM. The second stop of the 2017 SCOTT Enduro Cup presented by Vittoria will take place in Angel Fire, NM. Don't miss the grueling backcountry, fast trails, flowy lines, sweet berms and big jumps at Angel Fire Bike Park the largest bike park in the Rocky Mountains., Jessica Kunzer, 801-349-4612, jkunzer@mtsports.com, Sara Valerious, 847-946-4182, svalerious@mtsports.com, endurocupmtb.com
- June 9, 2018 Homesteader 6 Hour, Missoula MT, solo, duo, quad, Ben Horan, 312-502-5997 bfhoran@gmail.com, mtbmissoula.org
- June 9, 2018 The Palmer Divide, Tour of Colorado Series, Palmer Lake Gravel Grinder, CO, Starting & finishing in downtown Fountain, CO, the Fountain-Roubaix is the first event on our inaugural Tour of Colorado Series. Evoking it's namesake, the infamous Paris-Roubaix, the course has more than 40 miles of El Paso County, Colorado gravel roads. 40, 66, 100 mile options, Andy Bohlmann, 719-428-5807, 719-651-1677, info@tourofcolorado.com, tourofcolorado.com, tourofcolorado.com
- June 15-18, 2018 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, Black Hills MTB Festival, blackhillsmountainfest@gmail.com, bhfattire-festival.com, reparksandrec.org
- June 15-17, 2018 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 Nevadas, and the historic Washoe Valley while being immersed in 3-days of mountain bike culture accented by free live music., Zoe Loffreda, 520-623-1584, Info@epicrides.com, Dave Castro, dcastro@epicrides.com, epicrides.com
- June 15-17, 2018 Rocky Mountain Race Series Mount Crested Butte, Crested Butte, CO, Keith Darner, 719-221-1251, <u>keith@choc-olatebunnyproductions.com</u>, chocolatebunnyproductions.com
- June 16, 2018 SRMBC Super D, Idaho Falls, ID, The Snake River Mountain Bike Club's 5th annual Super D is a fun race or ide. Located above the scenic Snake River north of Idaho Falls. 1 mile up 8 miles down!, Garret Christofferson, 208-589-6048, garretsplumbing@yahoo.com, snakerivermountainbike-club.com
- June 16-17, 2018 Revolution Enduro Race #2, Revolution Enduro Series, Granby Ranch CO, David Scully, 970-846-5012, <u>david@revolutionenduro.com</u>, revolutionenduro.com
- June 17, 2018 Granby Ranch Enduro, Revolution Enduro Series, Granby, CO, This event is a one day race a short drive from the Denver area. This bike park is small but mighty, offering fun technical trails with a mix of backcountry and lift access racing. Practice will be on Saturday June 16, David Scully, 970-846-5012, david@revolutionenduro.com, revolutionenduro.com
- June 19-24, 2018 Crested Butte Bike Week, Crested Butte, CO, The World's Oldest Mountain Bike Festival celebrates 38 years with an Amateur Film Festival, Chainless World Championships, Fat Tire 40, Junior Wildflower Classic, Bridges of the Butte townie tour, Pinnacle Race Series at Crested Butte Mountain Resort, guided rides, clinics, and great memories!, Scott Stewart, 970-349-6438, events@cbchamber.com, cbbikeweek.com
- June 22-24, 2018 NW Cup Series #4, Northwest Cup Downhill Series, Kellagg, 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, 380-797-4288, scott@nwcup.com, www.nwcup.com
- June 23-24, 2018 Big Mountain Enduro, Big Mountain Enduro Series, Crested Butte, CO, The BME Crested Butte stop will blend high altitude backcountry racing mixed with some of the longest and most challenging descents in the area. Riders will be challenged with two days of racing on fast, technical, steep and raw trail that will keep riders on their toes. Riders should be prepared with necessary parts, clothing and food, as each day will be deep in the backcountry, with river crossings and ever-changing mountainous weather, Brandon Ontiveros, brandon@bigmountainenduro.com, bigmountainenduro.com
- June 23, 2018 Spirit Bear Classic, Montana Off-Road Series (MORS), Kalispell, MT, XC race held at Herron Park, start 10 am, Shell Thomas, thomasshelli@gmail.com, Matt Butterfield, mbutterfield@sportsmanskihaus.com, montanacycling.net
- June 23, 2018 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

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- around 50 minutes. Cross country race is two laps. , Todd Jackson, 530-546-1019, todd@bigblueadventure.com, Klley McInroy, Kiley@bigblueadventure.com, bigblueadventure.com
- June 23, 2018 Casper Mountain Challenge, Casper, WY, Third Annual 8-hour and 4-hour endurance race with more than 600 feet of elevation gain and loss per lap., John Giantonio, 307-234-5362, john@visitcasper. com, bikecasper.com
- com, bikecasper.com

  June 23-24, 2018 24 Hours in the Enchanted
  Forest, N24, Albuquerque, NM, 24 Hours in
  the Enchanted Forest provides everything
  that you want from a 24 Hour Race. We
  have an amazing course with epic singletrack winding through meadows, pines and
  aspens. Seriously, the Zuni Mountains outside
  of Gallup, NM are a great place to ride. We
  have an awesome venue in the ponderosa
  pines with plenty of space to hang out with
  friends and family and hang your hammock. And, Zia Rides creates a great party
  atmosphere with vendors, movies, food, kids
  activities, and fun for everyone., Seth Bush,
  505-564-0059, ElCapitan@ZiaRides.com, ziarides.com
- June 23, 2018 Bogus Basin Marathon and Cross Country, Knobby Tire Series, Bogus Basin, ID, Cross country and marathon mtb race, Alex Phipps, 208-841-4120, alex-01phipp@gmail.com, knobbytireseries.com
- June 23, 2018 Pocatello Enduro, Idaho Enduro Series, Pocatello, ID, Long back-country stages. 28 + miles, 5000' descending, 4000' climbing. Pro payout., James Lang, 208-571-1853, 208-344-9182, <u>liang83702@yahoo.com</u>, idahoenduroseries.com
- June 23, 2018 Palisades Gravel Fondo, Jackson , WY, Held at Palisades Reservoir, 25 miles from Jackson , 60 and 100 mile options, Palisades Reservoir is in a scenic valley with forested hillsides rising from the water to the lowering snowcapped mountains which form the background and has about 70 miles of shoreline. Forest Dramis, jacksonholecycling@gmail.com, jhcycling.org
- June 24, 2018 Pajarito Punishment MTB Race, New Mexico Off Road Series, Los Alamos, NM, Held at Pajarito Ski Resort, Jan Bear, 505-670-4665, janbea@gmail.com, Pajarito Ski Resort, 505-662 5725, imcpherson@mcp.ski, pajarito ski/events/pajaritopunishment/?rec=1529830800, nmors.org
- June 27, 2018 Cache Creek MTB Race Jackson, WY, May be held on June 27, Starts and ends at Mike Yokel Jr Park. Cross country with a free enduro segment. Food, drink, a raffle, and awards afterwards., Forest Dramis jacksonholecycling@gmail.com, jhcycling
- June 28-July 1, 2018 Leadville Training Camp, Leadville Race Series, Leadville, CO, Ride with past champions and experience every inch of the LT 100 MTB course in Leadville. A question and answer session will offer insight into proper training, diet and race strategy. Camp riders will get tons of camp swag, great food and amazing, unforgetable experience., Josh Colley, 719-219-9357, youphoriacontact@gmail.com, Kerrie Buxvoort, 719-219-9357, kbruxvoort@lifetime
- June 30-July 1, 2018 Silver Mountain Enduro
   North American Enduro Cup, Montana
  Enduro Series, Idaho Enduro Series, North
  American Enduro Cup, Kellogg, ID, Held at
  Silver Mountain Ski Resori, James Lang, 208
  571-1853, 208-344-9182, ||ang83702@yahoo.
  com, Montana Enduro Series , contacta
  montanaenduro.com, Christine Wike, chrisfine@montanabicycleguild.org,
- June 30, 2018 Philipsburg 46, Western Montana Trail Series, Philipsburg, MI, Cross country race., Ben Horan, 312-502-5997, bfhoran@gmail.com, mfbmissoula.org
- June 30, 2018 Coal Country Gravel Grinder, Wyoming Gravel Grinder Series, Gillette, WY, 25, 55, and 136 mile options with start times at 6 a.m. for 136 miles, 7 a.m. for 55 miles, and 8 a.m. for 25 mile option. For intermediate to experienced cyclists but doable for most. Cash purse. Festival with live music, street dancing, games, and a bike raffle. , Adam Leiferman, 307-462-6038, leiferman.adam@gmail.com, David Bauer, 307-660-1570, dbaueri36@gmail.com, wyominggravel.com, energyaddicts.net
- ulty 7, 2018 Big Hole Challenge MTB Race and Duathlon, Driggs, ID, Mountain bike mass start first, at 10 am, 9.73 miles with 1,160 vericle 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 Irail 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 7, 2018 Big Mountain Enduro, Big Mountain Enduro Series, Keystone, CO, The Keystone BME contains some of the rawest and most rugged lift-accessed mountain biking in the U.S. and year over year is ranked as one of the most popular mountain biking events in the Rockies. 3-4 stages, Brandon Ontiveros, brandon@bigmountainenduro.com.biamountainenduro.com
- July 7, 2018 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 racky, steep terrain. Solo or Tandem 50m. Leadville Trail 100 Qualifier., Paul Anderson, 719-219-9364, panderson4@lifetimefitness.com. leadvillergeseries.com
- July 8, 2018 Brundage Mountain Cross Country, Knobby Tire Series, McCall, ID, Cross country and endurance mtb race on Sunday, Alex Phipps, 208-841-4120, alex01phipps@ gmail.com, knobbytireseries.com
- July 12, 2018 Southeast Idaho Senior Games , Pocatello, ID, City Creek Trails; Staging at Centennial Park 6:00pm. Categories: Men and Womens; Age Divisions start at 50 and are every 5 years., Dana Olson, 208-233-2034, 208-317-3918, southeastladnoseniorgamess@ gmail.com, setdahoseniorgames.org
- July 13-15, 2018 Rocky Mountain Race Series Sol Vista, Granby Ranch, CO, Keith Darner, 719-221-1251, keith@chocolatebunnyproductions.com, chocolatebunnyproductions.
- July 14, 2018 Tahoe Trail 100, Leadville Race Series, Northstar, CA, Ride 50k or 100K of rocky summits, breathtaking pine forests and beautiful Lake Tahoe views. 100K riders can

- qualify for the Leadville Trail 100 MTB, Josh Colley, 719-219-9357, youphoriacontact@gmail.com, Todd Jackson, 530-546-1019, todd@blgblueadventure.com, tahoetralimtb.com, youphoriaprodjustions.com
- July 14, 2018 Breckenridge 100, RME, Breckenridge, CO, Colorado's premier off-road endurance race, the 13th annual BRECK 100, climbs 13,719 feet over 100 miles. Not quite ready for the Ultra 100? Challenge your abilities and ride the B-68 Marathon, the B-32 XC, or enter a two or three-person relay team, Colorado State Marathon Championship, Thane Wiight, 970-401-1422, thanew@rockymountainendurance.com, rockymountainendurance.com
- July 14-15, 2018 Scott Enduro Cup at Durango, Scott Enduro Cup Series, Durango, CO, Athletes can expect climbs at altitude, abundant wildlife and technical descents from Round 3 in Durango, CO. This stop will feature one day of backcountry riding and one day of lift-accessed racing at Purgatory Resort., Jessica Kunzer, 801-349-4612, [kunzer@mtsports.com, Sara Valerious, 847-946-4182, svalerious@mtsports.com, endurocupmtb.com
- July 14, 2018 Leadville Massive Gravel Grinder, Tour of Colorado Series, Leadville, CO, The Leadville Massive is an epic gravel challenge in the heart of the Rockies with nearly 7000 ft of climbing and incredible views. Start and finish in downtown Leadville at Periodic Brewing Company! 95 miles, Andy Bohlmann, 719-428-5807, 719-651-1677, info@ tourofcolorado.com, tourofcolorado.com
- July 15, 2018 Enduro Pescado Whitefish Enduro, Montana Enduro Series, Whitefish, MT, Montana Enduro Series, <u>contact@montanaenduro.com</u>, Christine Wike, <u>christine@montanabicyclegulid.org</u>, <u>montanaenduro.com</u>
- July 17-22, 2018 USA Cycling Mountain Bike National Championships, Snowshoe, WY, Chuck Hodge, 719-434-4200, <u>chodge@usacycling.org</u>, usacycling.org
- July 17-22, 2018 USA Cycling MTB National Championships, Snowshoe, WV, Chuck Hodge, 719-434-4200, chodge@usacycling. org, Greg Randolph, , usacycling.org
- July 21-22, 2018 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, wildrockiesemail@yahoo.com, go-ride.com, utahdh.org
- mai@yahoo.com, go-ride.com, ulahdh.org
  July 21-22, 2018 Angel Fire Enduro,
  Revolution Enduro Series, Angel Fire, NM, 6
  stages planned including a Super-D and
  chainless DHI Stage I starts with an old
  school Super D raced in heats of 10 racers.
  Stage 3 is Chainless Worlds! The Chainless
  Worlds stage is going to satisfy DH lovers with
  a classic course on trails that will put a grin
  behind your full-face! Both Saturday and
  Sunday will include lunch and beverages
  after the racing. This weekend is designed to
  be a fun mix of trails and race disciplines all
  wrapped together -the new revolution racing!, David Scully, 970-846-5012, david@revolutionenduro.com, revolutionenduro.com
- July 21, 2018 Chainless Worlds, Revolution Enduro Series, Angel Fire, NM, David Scully, 970-846-5012, david@revolutionenduro.com, revolutionenduro.com
- July 21-22, 2018 Iron Daisy Enduro, Western Montana Trail Series, Missoula, MT, Enduro MTB race, Ben Horan, 312-502-5997, bfhoran@gmail.com, mtbmissoula.org
- July 21, 2018 Salmonduro Enduro, Idaho Enduro Series, Salmon, ID, New back-country venue; rugged and wild. Pro payout, James Lang, 208-571-1853, 208-344-9182, |lang83702@yahoo.com, idahoenduroseries.com
- July 27-29, 2018 NW Cup Downhill Series #6 PRO GRT at Tamarack, Northwest Cup Downhill Series, Donnelly , ID, Downhill rack Held at Tamarack Blike 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.nycup.com
- July 27-29, 2018 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 armazing party, with daily stage prizes, raffles, unmatched swag, food, beer and live music. Paul Anderson, 719-219-9364, panderson4@lifetimefilmess.com.
- July 28, 2018 Laramie Enduro, Laramie, WY, Approximately 30 mile loop of about 80% singletrack from smooth and flowy to steep and technical. Choose the One & Done to do one lap, or, the Enduro Epic to do two laps. Aid stations with fresh food, water and performance nutrition. Legendary afterparty with live music, awards, cash pay-outs, raffle, free refreshments and warm food! Limited on-course camping and room specials, Nat Dyck, 307-755-1410, racedirector@laramieenduro.org, Onies Heckart-Eads, 307-761-1741, oheckart-eads@gmail.com, Niesey Heckart, 307-761-1741, niesey@laramieracing.com, laramieenduro.org
- July 28, 2018 Butte 100 Races, Butte, MT, Continental Divide Trail, Single Track, Big Sky Country, 100 and 50 mile options, and a Sofini 25 mile option., Stephanie Sorini, 406-490-7632, stephaniesorini@butte100.com, butte100.com
- July 28-29, 2018 Scott Enduro Cup at Powderhorn, Scott Enduro Cup Series, Mesa, CO, The fourth round will provide two days of racing at one of the newest bike parks in Colorado. Powderhorn, CO will feature lift-served trails with big jumps, technical rock gardens and high speeds through forests of aspens that will test even the best riders, Jessica Kunzer, 801-349-4612, jkunzer@mtsports.com, Sara Valerious, 847-946-4182, svalerious@mtsports.com, endurocupmtb.com
- July 29, 2018 Lone Peak's Revenge Big Sky Enduro, Montana Enduro Series, Big Sky, MT, Montana Enduro Series , contact@montanaenduro.com, Christine Wike, christine@

- montanabicycleguild.org, montanaenduro. com, montanabicycleguild.org
- July 29, 2018 Oak Flats MTB Race, New Mexico Off Road Series, Albequerque, NM, fast and flowy course, Jan Bear, 505-670-4665, janbea@gmail.com, Par, 505-730-2615, parmenides.orpinel@gmail.com, nmors.org, arkifatsath.com
- August 2-5, 2018 Downieville Classic, Lost Sierra Triple Crown, Downieville, CA, All mountain, cross country, and downhill races, Live music, premium beer, food vendors and anali-weekend mainstreet industry expo top off the event, mountain bike festival, Greg Williams, willie@sierratrails.org, downieville-classic.com
- August 3-5, 2018 Rocky Mountain Race Series Powderhorn, Mesa, CO, Keith Darner 719-221-1251, keith@chocolatebunnyproductions.com, chocolatebunnyproductions com
- August 4, 2018 Pierre's Hole MTB Race, National Ultra Endurance Series, Alta, WY, 10th 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/fthe-resort/news-events/1863/2014PierresHole50100.php
- August 4-5, 2018 Big Mountain Enduro/
  Enduro World Series Aspen Snowmass, Big
  Mountain Enduro Series, Aspen Snowmass, CO, Aspen Snowmass will host the BME Finals
  for 2018. The two-day event will blend high
  altitude riding adventures mixed with some
  of the biggest descents and best riding in the
  area. Also part of the Enduro World Series,
  Brandon Ontiveros, brandon@bigmountainenduro.com, bigmountainenduro.com
- August 4, 2018 South Boundary Big Ride Angel Fire, NM, 40 mile singletrack race and ride, Seth Bush, 505-554-0059, <u>ElCapitan@</u> <u>ZiaRides.com</u>, <u>ziarides.com</u>
- August 4, 2018 Sun Valley Enduro, Idaho Enduro Series, Sun Valley, ID, New venue, Partial lift-served. Tons of fast flow. Pro payout., James Lang. 208-571-1853, 208-344-9182, jlang83702@yahoo.com, idahoenduroseries.
- August 5, 2018 Race Montana Triathlon, Great Falls, MT, Electric City Water Park, Olympic and Sprint distances, Ron Ray, info@ racemt.com, racemt.com/event/race-montana-triathlon, racemtri.com
- August 11, 2018 Leadville Trail 100, Leadville Race Series, Leadville, CO, Leadville Trail 100 is one of the most notorious and challenging bilke races in the world. 100 mile out-and-back., Paul Anderson, 719-219-9364, panderson4@lifetimefitness.com, leadvilleracesries.com
- August 11, 2018 Steamboat Stinger, Mountain Town Challenge Series, Steamboat Springs, CO, Beginning at 8:00am at the Howelsen Hill Ski Area in the heart of Steamboat Springs. The course takes a 50 mile single-track detour into the beautiful backcountry of Routt Country with a total of roughly 3,500ft elevation gain before returning to the transition/finish area. Solo and duo team options available, Nate Bird, 866-464-6639, nate@honeystinger.com, Jordan Edwards, 866-464-6639, steamboatstinger@honeystinger.com, honeystinger.com/steamboatstinger.html
- August 11, 2018 Powderhorn 100k Gravel Grinder, Tour of Colorado Series, Leadville, CO, The last event in our 2018 Series, the Powderhorn 100k is a scenic road & gravel tour of the Western Colorado region featuring high altitude lakes, alpine climbs, and epic views along the Grand Mesa Scenic Byway. 63 miles. Andy Bohlmann, 719-428-5807, 719-551-1677, info@tourofcolorado.com, tourofcolorado.com
- August 17-19, 2018 Rocky Mountain Race Series Purgatory, Durango, CO, Keith Darner 719-221-1251, keith@chocolatebunnyproductions.com, chocolatebunnyproductions
- August 18, 2018 Wright Brothers The Building Company Enduro, Idaho Enduro Series, McCall, ID, Enduro Sunday. Courses divided by ability. No license required. Hotel McCall is available right on the lake, plus plenty of camping nearby. Held at Jug Mountain. Pro payout, James Lang, 208-571-1853, 208-344-9182, jlang83702@yahoo.com, idahoenduro-series.com, luarnountainranch.com
- August 18-19, 2018 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, 24hoursofflathead.org, facebook.com/24HoursOfFlathead
- August 18-19, 2018 Enduro X Race, Revolution Enduro Series, Steamboot Springs, CO, David Scully, 970-846-5012, david@revolutionenduro.com, revolutionenduro.com
- August 18, 2018 Togwotee Gravel Fondo Jackson , WY, 60 and 105 mile options, held at Togwotee Pass, a mountain pass located on the Continental Divide in the Absaroka Mountains of Wyoming, between the towns of Dubo

- Hole valley. All participants must carry accesible bear spray!, Forest Dramis, jackson-holecycling@gmail.com, jhcycling.org
- August 18-19, 2018 Rendezvous Enduro Montana Enduro Series, Teton Village, WY Montana Enduro Series , contact@montancenduro.com, Christine Wike, christine@montanabicycleguild.org, montanaenduro.com, montanabicycleguild.org
- August 18-19, 2018 Steamboat Springs Enduro, Revolution Enduro Series, Steamboat Springs, CO, Saturday racing will start with a shuttle ride to access new never raced trails for 3-4 Stages in the back country. Sunday August 19, will be three Stages with lift and pedal transfers at the Steamboat Bike Park and Forest Service trail system, David Scully, 970-846-5012, david@revolutionenduro.com, revolutionenduro.com
- August 19, 2018 Tamarack Twister, Knobby Tire Series, Donnelly, ID, Cross country and enduro race on Sunday at a beautiful venue. Alex Phipps, 208-841-4120, alex01phipps@amail.com, knobbytiteseries.com
- August 24-26, 2018 NW Cup Series #7
  Northwest Cup Downhill Series, Whitefish, MT
  Downhill race. Held at Whitefish Bike Park
  Friday will be open practice. Saturday will
  be split practice by category. Pro/JuniorX
  seeding Saturday evening. Sunday racing
  all categories, Scott Tucker, 350-797-4288
  scott@nycup.com. www.nwcup.com
- August 25-26, 2018 Grand Targhee Enduro, Montana Enduro Series, Grand Targhee, WY, There's some sericously fun trails at Wyoming's Grand Targhee Resort, so we're going to race 'em. It's going to be a weekend long celebration of the Tetons., Andy Williams, 800-TARCHEE ext. 1309, awilliams@grandriatghee.com, Montana Enduro Series, contact@montanaenduro.com, Christine Wilke, christine@montanableycleguild.org, montanaenduro.com, grandtargheel.com
- August 25, 2018 Idaho High School Cycling League Race, Magic Mountain, ID, Dylan Gradhandt, 208-340-5200, dylan@idahomtb. com, idahomtb.org
- August 25, 2018 Ruby Mountain Relay, Wells, NV, 184 mile relay gravel grinder., Robert Johnson, 775-340-5943, 801-718-0557, rubymountainrelay@gmail.com, rubymountainrelay.com
- August 25-26, 2018 Big Sky Biggie, Big Sky, MT, 30 and 50 Mile races on Saturday, Short Track on Sunday, Starting in Big Sky's Town Center (Meadow Village) and climbing into the scenic views from Lone Peak and Buck Ridge, riders will ride some of the area's most exhilarating (and challenging) pieces of single-track, double-track, gravel roads and the occasional paved segment, Natalie Osborn, 907-223-0858, natalie@wonderbuild.com, bigskybiggie.com
- August 25, 2018 Battle of the Gravel, Wyoming Gravel Grinder Series, Savery, WY, South of Rawlings, WY, The race will start and finish at the Little Snake River Museum. Riders will start between 7 and 9 am and return to a BBQ, band and brews on the grounds of the Museum. 95 miles, Adam Leiferman, 307-462-6038. leiferman, adam@gmail.com, Kimberly Coats, 307-383-7778, 530-744-8773, teamwandacycling@gmail.com, wyominggravel.com, battleofthegravel.com
- August 31-September 2, 2018 Rebecca's Private Idaho, Ketchum, ID, S0mi 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 ide or a lung busting, thigh screaming race up into the mountains surrounding Ketchum and Sun Valley. It is a beautiful route and it all ends in a great down-home party with food, festivities, music, and libations, Colleen Quindlen, 254-541-9661, colleen@rebeccarusch.com, rebeccaspitylateldaho.com
- September 1-3, 2018 Purgatory's Revenge Pro XCT and GRT, Purgartory, CO, Pro cross country and gravity tour races, Chuck Hodge, 719-434-4200, <a href="mailto:choose@usacycling.org">choose@usacycling.org</a>, <a href="mailto:purgatoryresort.com">purgatoryresort.com</a>
- September 1, 2018 Joe Cosley Pancake Ride Gravel Grinder, Whitefish, MT, 140 miles, 15000 feet of climbing, gravel grinder, Brad Lamson, 406-250-9827, , pancakeride.com
- September 2, 2018 Signal Peak Challenge MTB Race, New Mexico Off Road Series, Silver City, NM, 12, 25, and 31 mile races, Jan Bear, 505-670-4465, janbea@gmail.com, Martyn Pearson, 575-654-3966, martynpearson56@gmail.com, signalpeakchallenge.com, pagis stra
- September 8, 2018 Barn Burner 104, Leadville Race Series, Flagstaff, AZ, 104 mile mountain bike race, Solo, Duo, Teams, Kaibab and Coconino National Forest, Camping on private land. 26 and 52 mile options. Party afterwards with music, food, and beer, Jeff Frost, 928-380-0633, canisbleu@gmail.com, barnburnermtb.com, leadvilleraceseries.com
- September 8, 2018 Idaho High School Cycling League Race, Targhee, ID, Dylan Gradhandt, 208-340-5200, dylan@idahomtb com, idahomtb.org
- September 8-9, 2018 Vapor Trail 125, Salida, CO, 125 miles, 20,000 feet of climbing, 10 pm start, singletrack, Earl Walker, 719-539-9295, earl@absolutebikes.com, Tom, 719-539-9295, tom@absolutebikes.com, vaportrail125.com
- September 8, 2018 Wyo 131 Gravel Grinder, Wyoming Gravel Grinder Series, Lander, WY, 51 or 106 miles, gravel grinders around

- and through the Snowy Range Mountains in southeast Wyoming, landercycling.org, Tony Ferlisi, landercycling@gmail.com, Mike Dicken, 307-332-2926, jurassicclassicfest@gmail.com, Adam Leiferman, 307-462-6038, leiferman.adam@gmail.com, wyominggravel.com, wyo131.com
- September 8, 2018 Race the Rails, Ely, NV, Race the train in Ely! Fun for the whole family! Race a coal fired steam engine that is over 100 years old. The event will accommodate both road and mountain bike riders of all ages., Meg Rhoades, 775-289-3720, 800-496-9350, ccassist@mwpower.net, www.elynevada.net
- September 14-16, 2018 Tinker Classic, Beatty, NV, MTB Race and Festival, 60k race, Guided rides, demo bikes and industry vendors. Enjoy 60+ miles of single track or gravel roads and pavement., Cimarron Chacon, 970-759-3048, info@groraces.com, finkerclassic.com
- September 15, 2018 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 15, 2018 Idaho High School Cycling League Race, Galena Lodge, ID, Dylan Gradhandt, 208-340-5200, dylan@idahomtb.com, idahomtb.org
- September 15-16, 2018 Two Moon 24, Glendo, WY, 24 hour race on the trails of Glendo State Park in eastern Wyoming, 9,5 mile loop; approximately 10 laps possible. Fun time all night with hot breakfast served Sunday morningl, Evan O'Toole, evan@laramieracing.com, Niesey Heckart, 307-761-1741, niesey@laramieracing.com, twomoon24.com
- September 15, 2018 Double Dip Downhill, Whitefish, MT, Josh Knight, 406-862-2900, Info@skiwhitefish.com, skiwhitefish.com/ events
- September 15, 2018 Scott Junior Enduro Cup at Gunnison, Scott Enduro Cup Series, Gunnison, CO, Junior riders ages 9-17 will put it all on the line at this one-day enduro race at the storied Hartman Rocks Recreation Area. A local favorite, Hartman Rocks offers playful and challenging trails in the high desert for a variety of skill levels, not part of the series, Jessica Kunzer, 801-349-4612, jkunzer@mtsports.com, Sara Valerious, 847-946-4182, svalerious@mtsports.com, endurocupmtb.com
- September 15, 2018 Squash Blossam Screamer MTB Race, New Mexico Off Road Series, Gallup, NM, Takes place on the High Desert Trail System, a series of loops on the pristine mesas overlooking Gallup. The course is primarily single-track, hard packed clay interspersed with slick rock, small climbs and technical sections., Jan Bear, 505-670-4665, janbea@gmail.com, Andy Stravers, 505-862-2442, SquashBlossomclassic@gmail.com, squashBlossomclassic.com, pmgs.504
- September 16, 2018 Sunrise Ski Resort Enduro, Sunrise Ski Resort, AZ, MBAA, 480-442-4229, racing@mbaa.net, mbaa.net
- September 22, 2018 Royal 50 Mountain Bike Race, Canon City, CO, mtb race, 20 or 50 miles, Gordon Eckstrom, directoriobike-sandbrews.org, Ashlee Sack, 719-248-6376, coordinatorioloinFAR.org, bikesandbrews.org, royal50.com
- September 22, 2018 Roan Cliff Chaos, Rifle, CO, Start west end of Town of Rifle on W 3rd St. Bike race leads to Hubbard Mesa trail network and finish there. Run race stays around town and finishes same location as start. Bike: Various distances up to 22 miles, depending on category and course. Run: 5k with various course challenges and features, John Kilsh, 970-744-4450, madness@madracingcolorado.com, madracingcolorado.com
- September 23, 2018 Horny Toad Hustle MTB Race, New Mexico Off Road Series, Las Cruces, NM, Jan Bear, 505-670-4665, janbea@gmail.com, Dave Halliburton, 575-312-5991, gotdirfnm@gmail.com, hornytoadhustle.com, nmors.org
- September 26-30, 2018 The San Juan Mountain Bike Festival, Durango, CO, Held at Purgatory Ski Resort, three days of mountain bike riding via chair lift and shuttled high country rides (permit pending), live music and numerous craft beer and spirits. This event will also include a demo program. We have invited many industry leaders in the world of mountain bikes to have product at this event, so come on out and throw your leg over a bike or two and try a few accessories from the best of the industry. This event happens in September to maximize the viewing pleasure of the fall color change in the southwest corner of the state and to showcase all the trails that Purgatory Ski Area has been building for the past couple of years. Keith Darner, 719-221-1251, keith@chocolatebunnyproductions.com, chocolatebunnyproductions.com,
- September 29, 2018 Idaho High School Cycling League Race, McCall, ID, Jug Mountain Ranch, Dylan Gradhandt, 208-340-5200, dylan@idahomtb.com, idahomtb.org
- September 29, 2018 JayP's Backyard Gravel Pursuit, JayP's Backyard Series, Island Park/ West Yellowstone, ID, 60 or 120 miles near Yellowstone National Park on Forest Service roads. It's an incredible time of year to be in this area and visit YNP!, Jay Petervary, 307-413-2248, jaypetervary@gmail.com, gravel-pursuit.com
- September 29, 2018 Grinduro, Lost Sierra Triple Crown, Quincy, CA, 62 miles of pavement, gravel, and singletrack with a TON of climbing and twisty descents. Most of the ride is casual, there are four timed sections that are designed to cater to specific



strengths. Grinduro racers and spectators are treated tothree days of camping, live music (including a late-night DJ), beer, awesome food, and campfires, Greg Williams, willie@sterratrails.org, grinduro.com

September 29-30, 2018 — 12 Hour of Albuquerque Race and MTB Festival, Albuquerque, NM. The weekend will be full of activities with the anchor event being the 12 Hours of Albuquerque from 7am to 7pm on Saturday. The course for the 12 Hours of Albuquerque is 11+ miles of fast, fun, occasionally technical, but mostly flowy singletrack in the beautiful pine forests above Albuquerque, Seth Bush, 505-554-0059, ElCapitan@ZiaRides.com, ziarides.com ElCapitan@ZiaRides.com, ziarides.com

September 30, 2018 — Kingman Enduro, Kingman, AZ, MBAA, 480-442-4229, racing@ mbaa.net, mbaa.net

mbaa.net, mbaa.net

October 6, 2018 — Road Apple Rally MTB Race, New Mexico Off Road Series, Farmington, NM, The Road Apple Rally began in 1981 as a competition between horses and bicycles. It has since become a bicycle only race and stands as the longest running annual mountain blike race in the United States. Bring the family for a day of fun and try the children's riding obstacle course. This celebrated mountain blike race features five divisions: Beginner, Pro, Expert, Sport, Single Speed. The Beginner course is a 15 mile loop, all others ride the full 30 mile Road Apple Rally course. Both courses feature the whoops, where you spend more time in the air then on the ground! Course terrain also includes short climbs, flats, sandy arroyos and sharp conners. Jan Bear, 505-670-4665, janbea@gmail.com, Leslie Mueller, 505-599-1184, imueller@fmtn.org, fmtn. org/277/Road-Apple-Rally, nmors.org 505-599-1184, <u>Imueller@fmtn.org</u>, <u>fmtn.org/277/Road-Apple-Rally, nmors.org</u>

October 7, 2018 — Great Trail Race, Truckee, CA, Ride or Run between Truckee and Tahoe City. The Great Trail Race follows roughly the same route as The Great Ski Race between Truckee and Tahoe City with one major difference: You choose to run or bike one of two course options. Elite or Classic. The Elite division course adds in more technically challenging terrain., Todd Jackson, 530-546-1019, todd@bigblueadventure.com, Kiley@bigblueadventure.com, bigblueadventure.com, bigblueadventure.com,

October 13, 2018 — Tour of the White Mountains Pinetop-Lakeside, AZ, Arizona's longest stand-ing mountain bike event. At 7,000 feet, The Tour is a grassroots event with laid back vibes among a gathering of bike-minded individuals. Zoe Loffreda, 520-623-1584, Info@epicrides.com, Dave Castro, dcastro@ s.com, epicrides.com

October 13, 2018 — Idaho High School Cycling League Race, Boise, ID, Bogus Basin, Dylan Gradhandt, 208-340-5200, dylan@idahomtb com, idahomtb.org

October 14, 2018 — Prescott Enduro, Prescott, AZ, MBAA , 480-442-4229 reging@mbag.net 480-442-4229, <u>raci</u>

October 19-21, 2018 — USA Cycling Collegiate Mountain Bike National Championships, Missoula, MT, Collegiate National Championships and Montana High School Championships, Chuck Hodge, 719-434, 4200, chodge@usacycling.org, Chad Sperry, chad@aorge.net, Ben Horan, 312-502-5997, bfhoran@amail.com, usacycling.org

October 27, 2018 — Prescott 6er, Prescott, AZ, 6 hour and 12 hour mountain bike race on a 9 mile loop with solo, duo, junior, masters and singlespeed categories, Breanna Bissell, 480-734-0558, info@mangledmomentum.com,

October 27, 2018 — Mount Lemmon Gravel Grinder, Oracle, AZ, 5,8, 15, 41, 50, 60 mile options on the back gravel roads of Mt. Lemmon with elevation gains ranging from 4,000 to 6,000ft., John McCarrell, john@mtlem ongravelgrinder.com, <u>mtler</u>

November 3, 2018 — Showdown at Userv Pass Phoenix, AZ, 8 hour cross country race on an 11 mile loop, solo, duo, quad, and relay options, free kids races, Two Wheel Jones

November 17, 2018 — 12 Hours of Fury, Fountain
Hills A7 12 Hours of Fury will test your body lovember 17, 2018 — 12 Hours of Fury, Fountain Hills, AZ, 12 Hours of Fury will test your body mind and mountain biking skills. The race will begin and end at the Four Peaks Staging Area in McDowell Mountain Regional Park. The 15 mile loop is smooth, fast and fun. The most loops in 12 hours wins it!, Jeremy Graham, 623 330-0913, jeremy@4peaksracing.com, 4peaksracing.com/events/12-hours-of-fury-2017

ecember 8, 2018 — Frosty the Fat Bike series
Race #1 Grand Targhee, Grand Targhee,
WY, The series opener of the Frosty the Fot
Bike series will be held at Grand Targhee December 8, Resort. The course will be mostly groomed single track course of 8-9 miles long. There will also be fat bike demos for the race day. race details will be posted in November., Andy Williams, 800-TARGHEE ext. 1309, awilliams@grandtarghee.com, frostythefatbike com/2018/, grandtarghee.com

December 8, 2018 — Dawn to Dusk, Fountain Hills, AZ, Endurance mountain bike relay. Compete as a solo, duo, or team on a fast, fun course in McDowell Mountain Regional run course in McDoweii Mountain kegional Park, Family friendly camping and event expo promises a fun weekend! Space is limited to 125 solo riders, 100 two-person, 50 four-person, and 10 corporate entries, Seth Bush, 505-554-0059, ElCapitan@ZiaRides.com, zlarides.com/ event-register/dawn-dusk-arizona

ecember 15, 2018 — JayP's Backyard Fat Bike Pursuit 60k, JayP's Backyard Series, Island Park/West Yellowstone, ID, 60k snow bike race on groomed snow machine trails in Island Park, ID near Yellowstone National Park., Jay Petervary, 307-413-2248, jaypetervary@gmail. com, fatpursuit.com

January 4-6, 2019 — JayP's Backyard Fat Bike Pursuit 200km or 200 mile, JayP's Backyard Series, Island Park/West Yellowstone, ID, 2 Distances- 200 km or 200 mile. These endurance events take on an expedition feel and you will need to have outdoor winter camping skills. Jay Petervany, 307-413-2248, jaypetervary@gmail.com, fatpursuit.com

### Utah Weekly

### Road Race Series

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

Satt Air Time Trial Series — Utoh Crit Series, Salt Lake City, UT, Every other Thursday April - September, 1-80 Frontage Road West of the International Center, Marek Shon, 801-209-2479, utcritseries@gmail.com, utahcritseries.

DLD (DMV) Criterium — Utah Crit Series, West Valley City, UT, Weekly Training Crit at the Driver's Training Center, 47008, 2780W., A flite - 6 pm, B flite between 6:45 and 7:05, Call for information regarding C flite. Wednesdays April April - August, Marek Shon, 801-209-2479, nail.com, utahcritseries.com

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

### Utah Road Racing

June 2, 2018 — Porcupine Hill Climb, UCA Series, Salt Lake City, UT, 17th Annual, Start: Porcupine Pub & Grille finishing at the Brighton Ski Resort, Big Cottonwood Canyon. Citizen's and licensed rider categories. State Championship Hill Climb for licensed cateogories. 14.7 miles, 3800° of climbing!, Mike Meldrum, 801-424-9216, mikes ride@gmail.com, Jared Eborn, 801-599-7263. [ared@extramileracing.com.extramileracing. <u>cing.com</u>, <u>extramileracing</u>

June 8-9, 2018 — Vision Relay: Moab to St. George, Moab, UT, Road race with 4 rider teams and three legs per rider, covering 528 miles. Multiple start times at Swanny Park in Moab finishing at Bluff Street Park in St. George, Benefits Charity Vision, Tyler Servoss, 801-888-3233, tyler@rockwellrelay.com, vision-relay.com relay.com

June 14-16. 2018 — Farm Bureau Stage Race UCA Series, Daybreak, UT, Criterium, Road Race and Time Trial. USAC license required-one-day licenses available. Proceeds from the race go to benefit Bikes for Kids Utah. Circuit Race on Friday at Utah Motorsport park Saturday morning TT in SLC, Saturday night Crit at the UMP, Marek Shon, 801-209-2479, utcritseries@amail.com reconstruction

June 21-23, 2018 — Utah Summer Games, Utah Summer Games Cycling, Cedar City, UT, Hill Climb (4 miles with average grade of 7%, Time Trial (10 miles out and back course), Criterium (95 mile closed course, counter clockwise), Road Race (20, 40 and 60 mile course) with overall Omnium., Casey McClellan, 435-865-8421, 435-865-8422, mcclellan@suu.edu, Steve Ahlgreen, 435-865-8421, 435-865-8423, ahlgreen@suu.edu, utahsummergames.org

June 22, 2018 — Bear Lake Classic Individual Hill Climb, UCA Series, Garden City, UT, 5 mile uphill climb from Garden City Office to the Summit of Bear Lake. Racers will start on 60-second intervals and will climb right hand side of road, single file. Portion of the same route as 2015 Tour of Utah, Stage 1., Jared Eborn, 801-599-9268, <u>lared@extramileracing.com</u>, extramileracing.com, racebearlake.com

June 23, 2018 — Bear Lake Classic Road Race une 23, 2018 — Bear Lake Classic Road Race, UCA Series, Garden City, UT, 51 mile flat loop (or 102 double lap) with some rolling hills on east shore, followed by a flat and fast finish a beautiful race around Bear Lake, Jared Eborn, 801-599-9268, jared@extramileracing.com, extramileracing.com, racebearlake.com

June 23, 2018 — Bear Lake Classic ITT, Laketow une 23, 2018 — Bear Lake Classic ITT, Laketown, UT, Hill Climb racers will gather at 6:00 p.m. at 69 Paradise Parkway. Riders will depart in 30 second intervals in alphabetical order regardless of racer category. 8 Miles - 1 lap of the Sunday Circuit Race Couse, Jared Eborn, 801-599-9268, jared@extramileracing.com, extramileracing.com, racebearlake.com

June 28-30, 2018 — Sa-Lo Stage Race, Salem, UT, 3 days, 4 stages: crit, time trial, mountain stage (3 climbs!), road race, HQ and the starting location of each stage will be at the Salem Rec Center located at 100 North and 100 East, Ken Meads, 801-822-9459, ken@kenmends.com.scul.com meads.com, sa-lo.com

June 30, 2018 — Greater Utah Handicap Race, Grantsville, UT, Held at the intersection of I-80 and Hwy 196. 72 mile road race. 3 groups start at different times depending on ability. Cat 5 at 9 am. Cat 3-4, and Cat 1-2 to follow. Only one overall winner., Dirk Cowley, 801-699-5126, dcowley@comcast.net, racedayeventmanagement.com

**July 4, 2018 — SOJO Twilight Criterium**, Bountiful, UT, Fast, flat and tons of fun in South Jordan's Riverfront Parkway, Jared Eborn, 801-599-9268.

July 7, 2018 — Ophir Road Race, UCA Series, Ophir, UT, UCA State Championship Road Race. 19-68 Mile courses from Ophir Canyon to Dugway and looping back for a solid uphill finish., Jared Eborn, 801-599-9268, jared@ <u>acing.com, extramileracing.com</u>

July 14, 2018 — Cache Gran Fondo, Logan, uly 14, 2018 — Cache Gran Fondo, Logan, UT, 7th annual Cache Gran Fondo, designed for riders of all abilities. Pre-ride light breakfast will be provided at startline with well stocked food stations, support, and additional hydration spots for 2018. The 100 mile, 50 miles, and a new 70+ mile course follow a fun, flat scenic route through Northern and Cache Valley, UT with a challenging hill in each. The finish will be closed-off in downtown Logan with a party and fun festivities including rider gifts, many random prizes, and unique jerseys at or below retail. , Troy Oldham, 435-764-2979, oldhamtroy@gmail.com.

July 21, 2018 — Tour de Park City, UCA Series, Park City, UT, 155 Miles of great road riding with 10,000 feet of climbing., Jared Eborn, 801-599-9268, jared@extram extramileracing.com

July 27-28, 2018 — Capitol Reef Classic , UCA Series, Torrey, UT, Two days, three stages. Friday circuit race and ITT, Saturday road race. Must complete the first stage to con-tinue on to the next. Distances determined by racer's category., Tina Anderson, 435-425 3491, 435-691-1696, tricrazy@live.com, Scott Anderson, sr3club@live.com, capitolreefclas

July 27-28, 2018 — Saints to Sinners Bike Relay, Salt Lake City, UT, Fundraiser relay road race from Salt Lake to Las Vegas. Over 500 miles with elevations from 1500 to 10500 feet. Race in teams through the night, fundraiser event for ALS/Lou Gehrig's Disease., Steven Tew, 801-822-4870, Steven@SaintstoSinners.com, SaintstoSinners.com

July 28, 2018 — Snowbird Hill Climb, Snow uly 28, 2018—showbird Hill Climb, showbird, Ut, Join us for the 40th Annual Snowbird Bicycle Hill Climb! Climb 10 miles and 3,500 feet! 8 am start on 9400 S. near 20th East, climb to Snowbird's entry II. 10 miles, 3500. vertical. The grueling road bike race up the canyon brings competitors to the base of Snowbird. Misty, 801-933-2115, misty@snowbird.com, snowbird.com/events/bicycle-hill-climb, bikereg.com/snowbird-bicycle-hill-climb

July 28, 2018 — 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.

August 4, 2018 — Punisher Race, UCA Series Powder Mountain, UT, 116 Miles and 11,000 feet of climbing. Starts in Eden and finishes at Powder Mountain. Yep, it's gonna hurt., Jared Eborn, 801-599-9268

August 6-12, 2018 — 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 cover more than 500 miles across Utah, and 52,000 feet of climbing. It is broadcast worldwide on Tour Tracker and is free for spectators., Larry H. Miller Tour of Utah, 801-325-7000, info@tourofutah.com,

Mugust 11, 2018 — Wildflower Hill Climb, Mountain Green, UT, Timed 5.5 mile climb during the 75 mile course option in this womenonly cycling event. Age-group cash prizes. Giff for all who complete the climb., Stacie Palmer, 801-644-9940, 801-336-6198, wildflowerged.difest August 11, 2018 edalfest@gmail.com, wildflowerp

August 11, 2018 — The Ultimate Challenge Presented by University of Utah Health Care, Salt Lake City, UT, A Gran Fondo hosted by the Larry H. Miller Tour of Utah. Riders will follow the Tour of Utah's Queen Stage route before the pros start, with the same climbs and high altitude finish. This ride has earned the title of "America's Touchest One Day Cycling of "America's Toughest One Day Cycling Adventure" and for this year will feature tim-ing on the final climb up Little Cottonwood

Canyon, Larry H. Miller Tour of Utah , 801-325-7000, info@tourofutah.com tourofutah.com

August 18, 2018 — Utah State Time Trial Championship, UCA Series, Goshen, UT, Jared Eborn, 801-599-9268, jared@extramileracing. com, utahbikeracina.com

August 24-27, 2018 — 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

August 25, 2018 — Utah Tour de Donut, American Fork, UT, 11th Annual event - Most fun you'll have on a bike. Three 7-mile laps, eat donuts to reduce your time. Starts at 8:00 am., Rodney Martin, 801-427-6400, rotaryrod@

August 25, 2018 — West Mountain Road Race, UCA Series, West Mountain, UT, 100 Miles of rolling terrain around West Mountain in Utah County, Jared Eborn, 801-599-9268, jared@ extramileracing.com, extramileracing.com

September 8, 2018 — LOTOJA Classic Road Race, Logan, UT, 36th Annual, 1 day, 3 states, 200-plus mile road race from Logan, UT to Jackson Hole, WY, Brent Chambers, 801-546-

September 29, 2018 — Gran Fondo Moab, Moab, UT, Mass start timed road cycling event on the beautiful La Sal Loop road, 60 miles with 5500 feet of climbing. Not a sanctioned race, but you will get a time, awards, and placing., Scott Newton, 435-654-8650, 800-635-1792, info@granfondomoab.com, granfondomoab.com

October 9-12, 2018 — Huntsman World Senior Games Cycling, 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, 435-674-0550, <u>hwsg@seniorgames.net</u>, seniorgames.net

October 13, 2018 — City Creek Bike Sprint, Salt Lake City, UT, Race starts at the mouth of City Creek Canyon and finishes at Rotary Part Where we will have awards, food, music and fun, James Zwick, 801-583-6281, sports@sports-

### Regional Weekly

### Road Race Series

May 1-July 17, 2018 — Expo Idaho SWICA Criterium Series, SWICA Criterium Series, Boise, ID, Local training crit series at Expo Idaho West Iof (Glenwood Street south of Hawks Stadlum). Tuesdays, Kurt Holzer, 208-890-3118, Idahobi-kercelna@wahoo.com Idahobikercelna.gog keracing@yahoo.com, idahobikeraci

May 9-August 8, 2018 — 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 9
at 6:30 pm7:00 pm, June 6, June 27 and July
25Hill 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 23 -Crystal Smile climbs. mass start., May 23 -Crystal Summit, 6:30 pm.7:00 pm: June 13-Scout, July 11-Crystal Summit, 6:30 pm.7:00 pm: June 13-Scout, July 11-Crystal Summit, August 8-ScoutCategories: End of season awards for men and women's overall winners of these categories: A's, B's, Marther 16:10 Trichts Parent 16:10 Trichts Pare 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, joycpete@isu.edu Tony Chesrow, 435-671-2506, help

### Regional Road Racing ID, WY, MT, NV, AZ, NM

### CO, MT, OR, WA,

### and Beyond

June 2, 2018 — 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

June 2, 2018 — 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!, Cindy Higgins, 208-983-8550, chiggins@ org, syringahospital o

June 3. 2018 — Guanella Pass Hill Climb une 3, 2018 — Guanella Pass Hill Climb, Colorado Summit Cycling Series, Georgetown, CO, 7th annual, Begins in historic downtown Georgetown to the summit of Guanella Pass - Elevation 11,670 ft, 3,050 ft. of elevation gain with grades from 8-12%, 11 miles on freshly paved roads and closed to traffic, Barry Lee, 720-244-8228, 720-409-7048, barry@sanitascycling.com, sanitascycling.com

June 9-10, 2018 — Flagstaff Omnium, Flagstaff, AZ, Climb to the Snowbowl Ski Area, 6.34 miles-1850 ft of Climbing - avg 5.6%, Williams-Perkinsville Road Race, Kyle , 928-773-1862,

une 10, 2018 — Bill McLain Memorial - Sandia Crest Road Race, Albequerque, NM, 27 or 57 miles, Randy Corcoran, 505-440-0603, ran-dycorcoran 12@amgil.com. mbra.org. new-@amail.com, nmbra.ora, new-

June 13-14, 2018 — USA Cycling Para Road Race & Time Trial National Championships.

Augusta, GA, Chuck Hodge, 719-434-4200,

June 14-17, 2018 — USA Cycling Masters Road National Championships, Columbia County GA, Chuck Hodge, 719-434-4200, <a href="mailto:chodge@columbia.com">chodge@columbia.com</a> usacycling.org, usacycling.org

June 16, 2018 — Ketchum Criterium, Ketchum, ID, Idaho State Criterium Championship, Mark Lovlien, 208-720-6973, mlovlien@gmail.com, sturtevants-sv.com

June 17, 2018 — Parker Main Street Criterium Parker, CO, fast and flowing criterium, Barry Lee, 720-244-8228, 720-409-7048, barry@sanitascycling.com, sanitascycling.com

June 21-24, 2018 — USA Cycling Professional Road, IIT, and Criterium National Championships, Knoxville , TN, Chuck Hodge, 719-434-4200, <u>chodge@usacycling.org</u>, usacycling.org

June 23, 2018 — New Mexico Regional Criterium Championships, Albequerque, NM, International Balloon Fiesta Park, Richard Woodruff, 505-265-2453, byk ryder@comcast.

June 24, 2018 — Las Campanas Classic Road Race, Santa Fe, NM, New Mexico Regional Road Race Championships, 8.8 mile circuit, 17-70 miles, Tom Egelhoff, 505-995-3612, tegel-

June 29-July 1, 2018 — 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, dagbri@lcloud.com, bakercitycycling.org com, bakercitycycling.org

June 30, 2018 — Mike Mercy Memorial - Idaho Jine 30, 2018 — MIKE Mercy Memorial - Idano State Time Trial Championships, Mountain Home, ID, All proceeds from the event will got to the Mike Mercy scholarship fund at BSU. The course is old hwy 20 heading est out of Mountain Home. Pavement is good, very of Mountain Home. Pavement is good, very little traffic and extremely well supported by local law enforcement and the community in general. New for 2018 will be the addition of Merckx categories. Unique medals for category/age group winners regardless of state of residency, Howard Roose, 208-484-8342, hkroose@gmail.com, idahobikeracing.org,

July 7, 2018 — Twin Falls Criterium, SWICA, Twin Falls, ID, Rick Greenawald, 208-316-6176, greenawald@cableone.net, idahobikeracing.

July 8, 2018 — Sunshine Pass Hill Climb, Boulder, CO, 3000 feet in 9.8 miles including 3 miles of hard pack dirt, Barry Lee, 720-244-8228, 720-409-7048, barry@sanitascycling.com, sanitascycling.com, sanitascycling.com tascycling.com

July 8, 2018 — New Mexico Spokettes Women's Time Trial, Algodones, NM, Spokettes, spokettestt@gmail.com, spokettes.com

July 11-14, 2018 — Southeast Idaho Senior Games, Pocatello, ID, Scout Mountain Hill Climb, Criterium, 10k Time Trial and 20k Road Race, 5k Time Trial, 40k Road Race, Dana Olson, 208-233-2034, 208-317-3918, southeas

July 13, 2018 — Chrono Kristin Armstrong Time Trial, Pro Road Tour, Boise, ID, UCI 1.2 men's, women's time trial, Mike Cooley, 208-343-3782, mccooley@aeoraescvcles.com

July 14, 2018 — ASWB Twilight Criterium, Pro Road Tour, Boise, ID, 29th Annual, Pro Road Tour, races for all categories, and race under the lights for the pros., Mike Cooley, 208-343-3782, mcooley@georgescycles.com, boi

**July 15, 2018 — Chicken Dinner Road Race,** Nampa, ID, Mike Cooley, 208-343-3782, mcooley@georgescycles.com, georgescycles.com

July 15, 2018 — Double Eagle Time Trial Series, Albequerque, NM, 20k, Phil Neis, EchelonRace@gmail.com, team.com

July 21, 2018 — Bob Cook Memorial Mount Evans Hill Climb , Colorado Summit Cycling Series, Idaho Springs, CO, 53rd annual, This is an arduous 27 mile bicycle race and gran fondo that ends on the highest paved road in the United States to the summit of Mount Evans at 14,130°, 6000 feet elevation gain, Jennifer Barbour, 303-503-4616, execcili@teamevergreen.org, Kim Nordquist, 303-249-6168, director@bicyclerace.com, bicyclerace.com, teamevergreen.org

July 26-29, 2018 — USA Cycling Amateur Road National Championships p/b Papa John's, Hageistown, MD, Elite, U23 and Junior Road National Championships., Chuck Hodge, 719-434-4200, <a href="mailto:chodge@usacycling.org">chodge@usacycling.org</a> cling.org

July 27-29, 2018 — Salida Cycling Classic, Salida, CO, One of the classic Colorado weekends in one the most beautiful mtn areas in Salida, Colorado! A perfect family vacation destination weekend with a short mostly flat to rolling time trial also part of Colorado State Games and a National Masters Games qualifier. Saturday is the very popular Salida down town Criterium, held on the classic crit course that is flat figure 8! The grand finale is the Sunday Piñon hills road Race that was Sr and Jr staté championships last vear and Masters state road champs this year. 5 mile laps with a longer steady climb each lap. Part of the Rocky Mountain State Games and Masters Road Championships, BRAC road

# PLAN7 ENDURANCE COACHING CONTACT USA CYCLING ELITE COACH DAVE MATURED CUSTOM TRAINING, PERFORMANCE BIKE FITTING & TESTING



### THE BOB COOK MEMORIAL MT. EVANS HILL CLIMB

SATURDAY, JULY 21, 20178

**GRAN FONDO PLUS** USA CYCLING CATEGORIES CLIMB THE HIGHEST PAVED ROAD IN AMERICA 27 MILE CLIMB FROM 8700' TO 14240' EMBRACE THE CLIMB AND REGISTER TODAY!

> MT. EVANS, COLORADO BICYCLERACE.COM

- Cup under USA Cycling. 14th annual, Barry Lee, 720-244-8228, 720-409-7048, barry@sanitascycling.com, sanitascycling.com
- July 28, 2018 Targhee Hill Climb, Driggs, ID, Wyoming State Hill Climb Championships. Day 1 Targhee Hill Climb. Day 2 Teton Pass Hill Climb. Compete in one or both. To be scored for the State Champs you must race both days. Winners based on combined times. Time trial starts at 10 am with 30 second intervals. Starts at Peaked Sports in Driggs, climbs Ski Hill Road and ends half a mile from the Grand Targhee Resort. The course covers 12 miles and 2,200 vertical feet. Awards, Raffle and results 1 pm at Peaked Sports. Net proceeds benefit Teton Valley Trails and Pathways. Dick Weinbrandt, 208-354-2354, peaked@silverstar.com, Forest Dramis, jacksonholecycling@gmail.com, peakedsports.com, [hcycling.org]
- July 28, 2018 Liberty Road Race, Spangle, WA, 2018 WSBA Road Race Championships, Justin Wagner, 509-939-971, justin@teamodz.com, teamodz.com/liberty-road-race
- July 28, 2018 Double Eagle Time Trial Series, Albequerque, NM, 20k, Phil Neis, EchelonRace@gmail.com, echelonracing-
- July 29, 2018 Teton Pass Hill Climb, Wilson, WY, Wyoming State Hill Climb Championships. Day 1 Targhee Hill Climb. Day 2 Teton Pass Hill Climb. Compete in one or both. To be scored for the State Champs you must race both days. Winners based on combined times.9:15 AM road race (4.7 miles, 2284 ft. vertical), 20th Anniversary, this year held on Old Pass Road instead of the highway! No cars, no brake dust, just peace and quiet for you to enjoy your sufferingl, Dick Weinbrandt, 208-354-2354, peaked@silverstar.com, Forest Dramis, jack-sonholecycling.org
- July 29, 2018 Riverbend Criterium, tentative, Post Falls, ID, Mike Sirott, mikesirott@gmail.com,
- July 29, 2018 Tour de Los Alamos, Los Alamos, NM, 46th Annual, road race, 27 mile circuit, 27-81 miles, Cyndi , cyndi@launchendurance.us, tdlabikerace.org
- August 4-5, 2018 Idaho Senior Games, Kuna, ID, 5k and 10K Time Trials both at 9 a.m. date cooresponds to order of listing, 20 K Aug 5 and 40 K Aug 4 Road Races at 10 a.m., qualifying year for 2019 National Senior Games. Held at 5. Cole Road & Hubbard/10 Mile Creek Rd., Mike Thorton, 208-861-8000, idahoseniorgamesinfo@gmail.com, Frank Gilbert, 208-853-1964, frank@georgescycles.com, idahoseniorgames.org
- August 11, 2018 Lamoille Canyon Hill Climb, Lamoille, NV, 13th annual. Road Race hill climb, 12 miles, 3000ft hill climb in Ruby Mountains. Race starts at 9am. Post event picnic and awards in Lamoille Grove, 11:30am, Gayle Hughes, 775-753-7789, 775-934-4532, nvelkovelo@gmail.com, elkovelo.com
- nvelkovelo@gnail.com, elkovelo.com

  August 11, 2018 Pikes Peak Hill Climb,
  Colorado Summit Cycling Series, Colorado
  Springs, CO, The start line is located at 9,390
  ft./2,862 m and the finish line is 156 turns, 12,42
  ml./20 km, later, with an average grade of
  7%, and a gain in allitude of 4,725 ft./1.440
  m, to conclude at 14,115 ft./4,302m. It will
  be held in conjunction with The Broadmoor
  Pikes Peak Cycling Hill Climb gran fondo fun
  ride, The Sports Corp., 719-634-7333, info@
  thesportscorp.org, Jeff Mosher, 719-634-7333
  Ext 1005, jeff@thesportscorp.org, usacycling.
  org, PikesPeakCyclingHillClimb.org
- August 18, 2018 Bogus Basin Hill Climb, Boise, ID, 42nd Annual, Mike Cooley, 208-343-3782, mcooley@georgescycles.com, georgescycles.com
- August 19, 2018 Arizona State Time Trial 20K Championships, Picacho, AZ, Arizona State Individual Time trial, 20K. Course out & back, flat, first ride start 6:30 AM, rider go off in 30 seconds intervals. USA Cycling State awards., Nippy Feldhake III, 520-747-2544, nippy-mrsmatty-pants@juno.com, tucsonmasters.org, azcycling.org
- August 19, 2018 Double Eagle Time Trial Series, Albequerque, NM, 20k, Phil Neis, EchelonRace@gmail.com, team.com
- August 26, 2018 Arizona State Time Trial 40K Championships, Arizona City, AZ, Arizona State Individual Time trial, 40K. Course out & back, flat, first ride start 6:30 AM, rider go off in 30 seconds intervals. USA Cycling State awards., Nippy Feldhake III, 520-747-2544, nippy-mr-smaty-pants@juno.com, tucsonmasters.org, azcycling.org
- September 2, 2018 Kitt Peak Time Trial, Tucson, AZ, 11.6 mile hill climb time trial up Kitt Peak, 3400' vertical., Donald Melhado, 520-325-7978, dmelhado@cox.net, azcycling.org, saguarovelo.org
- September 2, 2018 West Elk Bicycle Classic, Gunnison, CO, 34-46 mile north rim Black Canyon, 52 mile Raghorn, or 134 mile West Elk Bicycle Classic routes options available. This ride is fully supported with optional fundraising to help stop type 1 diabetes by donations to research and treatment. Bilkes and Books for Kids will also benefit, Jeff Hillis, p2pcycling@gmail.com, westelkbicycleclassic.com, p2pcolorado.com
- September 10-15, 2018 World Human Powered Speed Challenge (WHPSC), Battle Mountain, NV, International cyclists compete on SR305, 5 miles to a 200 meter time trap. Current record is 89.59 mph. Classes: Men's, Women's, Juniors in Open, Multi-track, and Arm Power. Cyclists from around the world will gather on SR305, perhaps the fastest

- stretch of road in the world to see who is the fastest cyclist in the world., Al or Alice Krause, 707-443-8261, <u>a.krause@sbcglobal.net</u>, <u>ihpva.org</u>, <u>whpsc.org</u>
- September 14-16, 2018 Silver State 508, Reno, NV, 35th Annual, Founded by John Marino in 1983 and recognized as "The Toughest 48 hours in Sport," This 508-mile blcycle race is revered the world over for its epic mountain climbs, stark desert scenery, desolate roads, and its reputation as one of the toughest but most gratifying endurance challenges available, bar none. Solo, two-person relay, and four-person relay divisions. The Silver State 508 is a Race Across AMerica (RAAM) Qualifier, which traverses Highway 50, the Loneliest Road in America., Robert Panzera, 917-543-2670, robert@ccsd.com, Jo Panzera, jo@ccsd.com, the508.com
- September 16, 2018 Mt. Graham Hill Climb, Safford, AZ, 8 am., mass start, Nippy Feldhake III, 520-747-2544, nippy-mr-smarty-pants@juno. com, azcycling.org
- September 22, 2018 Telluride 200 Gran Fondo, Telluride, CO, 14th annual, From the high mountains of Telluride, cyclists descend past hillsides of quaking aspens along a route that passes through millions of years of geologic record, ultimately finding themselves at the base of striated sandstone cliffs reaching up to 1,000 feet overhead. Benefits the Just for Kids Foundation. Todd Hageman, 435-414-1942, todd@tourofutah.com, Victoria Lovely, 773-590-6499, vblovely@yahoo.com, m2dbikeride.com
- October 12, 2018 Nevada Senior Games, Las Vegas, NV, Cycling competition for age groups: 50-94. 5 and 10k time trials, 20 and 40k road races, start: Part of the Huntsman World Senior Games in 2018, Tim Jones, 702-994-6205, Itiones@cox.net, nevada.fusesport. com, seniorgames.net

### **Utah Road Touring and**

#### **Gran Fondos**

- June 2, 2018 Little Red Riding Hood, Lewiston, UT, Women only century ride, 27, 36, 50, 70 and 100 mile distances in Cache Valley, fundraiser for Women's Cancer Research at the Huntman Cancer Institute. Reg. will be available January 8-21, 2018This event sells out quickly., Penny Perkins, penperk@centurylink.net, Curt Griffin, Irrh@bbtc.net, bccutah.org/irrh
- June 2, 2018 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 fown with big fur! Enjoy open roads and very little traffic., Joey Dye, 435-674-3185, joey@redrockbicycle.com, Margaret Gibson, Ryan Gurr, Info@spingeeks.com, ridesouthernutah.com
- June 2, 2018 Golden Spoke, Utah Bike Month, Wasatch Front, UT, Join us to celebrate over 100 miles of safe, separated, and connected multi-use trails linking Ogden and Provo, by participating in a group bike ride and family-friendly event! This free event includes two simultaneous group bike rides, which will begin at Rainbow Gardens in Ogden Canyon and travel south (47 miles), and Bridal Veil Falls in Provo Canyon and travel north (57 miles). The two group bike rides will converge in the center of the connected trails at the new Jordan River Bridge in Salt Lake City., Heather McLaughlin-Kolb, 801-363-4250, heather@wfrc.org, goldenspokeutch.org
- June 9-10, 2018 Utah Bicycle Touring Society's Overnight Bike Tour, Salt Lake City, UT, 12th 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, Ivmelini@comcast.net, Cheyl Soshnik, 4356499008, csoshnik@yahoo.com,
- June 9, 2018 Central Utah Series, Salt Lake Randonneurs Brevet Series, Nephi, UT, Selfsupported rides. Choose from 300 km (190 miles) or 400 km (250 miles) self supported ride on rural roads of Juab and Sanpete Counties . A brevet is a timed ultra distance event., Richard Stum, 435-462-2266, richard@eogear. com, saltlakerandos.org
- June 9, 2018 Ride Against the Plague, Brigham City, UT, Fully supported road bike ride. There will be three routes a 100-mile route, a 62-mile route and a 33-mile route; fully supported rest stops. Fruit, ice, water, coconut water and other snacks will be provided at each rest stop. At the end of the ride a delicious and nutritious lunch will be provided.Start 7:30 and 15 now Park, Tom Summers, 801-513-5465, info@rideagainsttheplague.org, rideagainsttheplague.org, rideagainsttheplague.org
- June 10, 2018 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. Dean Zenoni, roadcaptain@bccutah.org, bccutah.
- June 16, 2018 Mt. Nebo Climb, Tentative, BCC SuperSeries, Nephi, UT, Start at the North Side of the city park, ride North vide up Main Street and Hiway 91 to Sanaquin then to Payson and over the Mt. Nebo Loop and finish up back at the city park, Dean Zenoni, roadcaptain@bccutah.org, Doug Jensen, 801-815-3858, slccycle@gmail.com, bccutah.org

- June 16, 2018 Huntsman 140, Delta, UT, A road cycling, non-competitive ride that raises funds for cancer research at Huntsman Cancer Institute. Participate in the 140-Mile Founder's Ride from Delta, Utah (with a new relay option) or 30, 55, 75, and 140-mile out-and-back from Salt Lake City, Utah, Jen Murano-Tucker, 801-584-5815, imurano@huntsmanfoundation.org, Poter Sproul, 801-584-5882, psproul@huntsmanfoundation.org, huntsman140.com
- June 23-24, 2018 Bike MS: Harmons Best Dam Bike Ride, Bike MS, Logan, UT, Join thousands of cyclists from around the region and celebrate 32 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 \$ 500 W) in Logan., Geoff Doiron, 801-424-0112, geoff..doiron@nmss.org, bikemsutdh.org
- June 23, 2018 Castle Country Century, Scofield, UT, Enjoy scenic riding from Scofield reservoir up and over the Manti La-Sal mountains, down through Huntington Canyon and out into the high desert plateaus before finishing in Price, UT, Scenic, challenging and noverall good time. Over 5,300° of climbing and 7,200° of descending. Century and Metric Century available., Mark Jesperson, 435-637-2453, mark@castlecountry.cyling.com, Cory Jensen, 801-824-8455, cory.jensen@carbon.utah.gov, Ed Malmgren, 435-637-2453, ed@castlecountry.cyling.com castlecountry.cyling.com
- June 29-30, 2018 Great Basin Series, North Salt Lake, UT, Choose from 400 km (250 mile) or 600 km (375 mile) distances that travel into Great Basin & West Desert of Utah. A brevet is a timed ultra distance, self-supported event. Richard Stum, 435-462-2266, richard@eogear.com, saltlakerandos.org
- July 4, 2018 Tour de Riverton, Riverton, UT, 18th Annual, Part of Riverton Town Days. Fun family ride. 25 mile loop through Riverton and Herriman. 7 am start., Brad Rowberry, 801-523-8268, tdr@infinitecycles.com, tourderiverton.com, infinitecycles.com
- com, infinitecycles.com

  July 14, 2018 Cache Gran Fondo, Logan, UT, 7th annual and bigger than ever. designed for riders of all abilities. Pre-ride light breakfast provided at startline with well-stocked food/support stations. 100 and 50 mile courses follow a scenic and mostly-flat route through Northern and Cache Valley, UT. Both courses include a challenging hill, but very rideable. The finish is held on a closed-off section of downtown Logan with a party and fun festivities including rider gifts, many random prizes, and unique jerseys at or below retail. New ider surprises for 2018, including more hydration spots., Troy Oldham, 435-764-2979, oldhamtroy@gmail.com, , cachegranfondo.com
- July 21, 2018 Pedal Away Parkinson's, Kaysville, UT, The 13th Annual 10 mile family fun ride begins at 8 am at Gailey Park in Kaysville. All proceeds benefit the Utah Chapter of the American Parkinson Disease Association., Rebecca Starks, 801-585-2354, mwparkinson@utah.edu, pedalawayparkinsons.com
- July 21, 2018 Desperado Duel, Panguitch, UT, Come and experience the flattest and best 100 mile course and 50 mile option, we have also added a grueling 150 mile option for those training for the big 209 in September. Enjoy the scenery and virtually no traffic. Desperado Duel is one of the best Gran Fondos in Utah., Joey Dye, 435-674-3185, joey@redrockbicycle.com, Margaret Gibson, 435-229-6251, margaret@redrockbicycle.com, didescutbern table one.
- July 24, 2018 Tour of the Valley, BCC SuperSeries, Salt Lake City, UT, Start: Fashion Place Mall, Wasatch Blwd, Emigration, Free event, self-supported., Dean Zenoni, road-captain@bcutah.org, Tom Coffey, 801-737-3241, lech2zus@msn.com, bccutah.org
- July 24, 2018 South Sevier Ram Ride, Monroe UT, 15 miles, 25 miles, and a 50 miler . Start time is 7:00 a.m. Start & Finish location is Monroe Fire Station. , Heather Newby, 435 201-0138, <u>Heather N@jonesanddemille.com</u>,
- July 27, 2018 Antelope by Moonlight Bike Ride, Antelope Island, UT, 25th 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, 801-451-3282, neka@co.davis.ut.us. daviscountyutah.gov, antelopelymoonlight.com
- July 27-28, 2018 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 Gehig's Disease., Steven Tew, 801-822-4870, Steven@SaintstoSinners.com, SaintstoSinners.com
- July 28, 2018 Utah County Gran Fondo, Orem, UT, 33rd year of a Century Tour typically around Utah Lake, 100, 62.5, and 30 mile

- options, starting and ending in Orem., Allan Sumnall, (801) 225-0076, allan@sbrutah.com, utahcountygranfondo.com
- July 28, 2018 Iron Lung Ride, Salt Lake City, UT, 32, 80, or 120 mile options out and back starting at This Is The Place Heritage Park and turning around near Snowbasin Resort(3 person relay available on the 120). Challenging climbing, with plenty of rollers and flats to recover. Utah Triple Crank qualifier., Michelle Lyman, 801-941-5526, info@ironlungride.com, Ironlungride.com,
- July 28, 2018 Fiesta Days 50 Blue Haven Half Century, Spanish Fork, UT, Provides support for fallen police officers families. For the third year, in conjunction with Spanish Fork Fiesta Days, Blue Haven has organized a 50 mille bike ride and a 10 mile family fun ride with proceeds going to the Spanish Fork Police Department and to the Blue Haven Foundation. The 50 mile timed event will be routed from the South parking lot of Spanish Fork High School around West Mountain and back., Blue Haven Foundation , 801-380-7400, info@bluehaven.foundation , raceenty.com/race-reviews/fiesta-days-50blue-haven-half-
- July 29, 2018 Park City Chalk Creek 100 SuperSeries, Tentative, BCC SuperSeries, Park City, UT, Free self-supported event. Start Treasure Mtn Middle School. Legs to Coalville, Chalk Creek and back., Dean Zenoni, roadcaptain@bccutah.org, bccutah.org
- August 4, 2018 Punisher Ride, Powder Mountain, UT, 116 Miles and 11,000 feet of climbing. Starts in Eden and finishes at Powder Mountain. Yep, it's gonna hurt., Jared Eborn, 801-599-9268, iared@extramileracing.com, extramileracing.com
- August 8, 2018 El Doce at Pow Mow, Powder Mountain, UT, 12/6 Hour Mountain Bike Race at Powder Mountain, Utah. Solo, Duo and 3-4 Person Teams. 12 Mile lap, 1200' vertical per lap, 12 hours. Limited to 400 riders., Jenny Scothern, 801-399-1773, jenny@goalfoundation.com, Clairesse Miljour, 801-399-1773, claire@goalfoundation.com, eldoceut.com
- August 11, 2018 The Ultimate Challenge Presented by University of Utah Health Care, Salt Lake City, UT, A Gran Fondo hosted by the Larry H. Miller Tour of Utah. Riders will follow the Tour of Utah's Queen Stage route before the pros start, with the same climbs and high altitude finish. This ride has earned the title of "America's Toughest One Day Cycling Adventure" and for this year will feature timing on the final climb up Little Cottonwood Canyon, Larry H. Miller Tour of Utah, 801-325-7000, info@tourofutah.com, tourofutah.com
- August 11, 2018 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, Stacle Palmer, 801-644-9940, 801-336-6198, wildflowerpedalfest@gmail.com, wildflowerpedalfest.com
- August 11, 2018 Randy Wirth Half Century Ride, Logan, UT, Join us for a favorite scenic tour of Cache Valley's long-time Logan businessman, roast master and conservationist, Randy Wirth. Proceeds from the RWHCR will be used to enhance bird habitat through out Cache Valley area and promote Be Safe Be Seen cycling practices, Greg Parry, 435-750-0193, 435-753-4777, gpdiglitegmail.com, Debbie Simpson, 435-750-0193, 435-753-4777, debbie@coffeibis.com, Dec Cudney, 435-363-6183, 435-753-4777, dee@coffeibis.com, packustisher or and with Epoller company.
- August 18, 2018 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 Hadaley, 801-532-2335, 801-558-8310, Ihadley@cff.org, Amanda Livnat, 801-532-2335, inves@cff.org, John Wojciechowski, 801-532-2335, foose@cff.org, John Wojciechowski, 801-532-2335, 801-725-3227, iwojciechowski@cff.org, fightcf.cff.org
- iwojciechowski@cff.org, fightcf.cff.org

  August 18, 2018 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 mille. All 4 rides will
  cover the back roads of Duchesne County
  that has very minimal traffic. Free overnight
  camping is available. The ride will be based
  out of Tabiona, Utah. Elevations from 6,522
  to 8,150. This ride is fully supported by providing lunch and dinner. All proceeds will go to
  the Rapha House & Operation Underground
  Railroad, non-profit organizations that help
  rescue children from trafficking and sexual
  exploitation., Karen Redden, 435-828-0467,
  roxyredden@gmail.com, tothemoonandback-events.com
- Dack-evenis.com

  August 25, 2018 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. Great last century before LoToJal, Bob Jardine, 435-713-0288, 435-757-2889, info@CacheValleyCentury.com, Sammie Macfarlane, 435-713-0288, Sammie@cgadventures.org, CJ Sherlock, 435-713-0288, 435-757-2889, info@cachevalleycentury.com, CacheValleyCentury.com,

- August 25, 2018 Summit Challenge, Park City, UT, Riders of all ages and abilities will hit the pavement for a 100, 52, or 16-mille 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 fiders who have a disability can register and ride for free! The 102 ride goes through the prestigious Wolf Creek Ranch property which is usually closed off to road bikers. Enjoy a ride length of your choice and end up back at the National Ability Center for food, drinks and music., Burchie Benton, 435-649-3991, 435-200-0990, events@discovernac.org, Whitney Thompson, 435-649-3991, whitneyt@discovernac.org, summitchallenge100.org, discovernac.org
- August 25, 2018 Sevier Valley Rooster Ride, Richfield, UT, Sevier County in conjunction with Sevier County Irail Days is presenting a 33, 55, or 100 mile blike ride thru scenic Central Utah. Event will be chipped, with fully stocked rest stops, great swag and lunch. Metal and Tee Shirt provided. 33 mile option has a 800 ft gain, 1,163 ft gain for the 55 mile option, and 4,061 ft for the 100 mile option. Chad McWilliams, 435-893-0457, 435-421-2743, cmc-williams@sevier.utah.gov.
- September 2-8, 2018 Tour of Southern Utah, St. George, UT, 7-day tour including Zion, Bryce, Capitol Reef and More. 60-100 miles per day. Opportunities to work part/ride part, Deborah Bowling, 818-889-2453, embassy@ planetultra.com, planetultra.com
- September 14-16, 2018 Haute Route Utah.
  Cedar City, UT, 3 day ride featuring two road
  climbs and a time-trial all based out of the
  hosting city. , Katrina Younce, kyounce@
  milefortyfour.com, Gretchen Brett, 719-2878489, contact.northamerica@hauteroute.org,
  hauteroute.org
- September 15, 2018 Wonder Woman Ride, Payson, UT, Join us for the 9th annual fully supported all women's bike ride, choose between the 15, 30, 70 or 100 mile options. Remember that every woman is a wonder woman!, Mahogani Thurston, 801-318-1420, wonderwomanride@gmail.com, Carolina Herrin, herrin.carolina@gmail.com, wonderwomanride.com
- September 21-22, 2018 Bike the Bear Century, Garden City, UT, 100 and 50 miles. Begins at Raspberry Square in Garden City, UT. Ride around the scenic Bear Lake loop on the Utah/Idaho border!, Nelson Palmer, 435-760-6901, nrpalmer@comcast.net, Tom Jensen, 801-475-7488, tom.jensen@scouting.org, trappertrails.org/bike
- September 21-22, 2018 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 22, 2018 Moab Century Tour Moab, UT, Landscape Worth Training for! 40,60, 100 mile route options. Ride in the wild west through Dead Horse Point State Park and the Colorado River Corridor. Ride alongside towering redrock walls outlining the Colorado River; enjoy lunch at the earth's edge overlooking Canyonlands National Park and the Colorado River, two thousand feet below Live music, beer, cycling icons and great food await you at the Post-ride party. Beth Logan, 435-260-8889, 435-260-2334, into@skinnylireevents.com, skinnytireevents.com
- September 22, 2018 Goldilocks Utah, Goldilocks Bike Ride, Provo, UT, Goldilocks is a women only bike ride, with a gorgeous route starting at Utah State Park and beautiful fall weather! With 100, 80, 60, 40, and 20 mile route options, Goldilocks has a route that is 'just right' for everyone!, Randy Gibb, 801-222-9577, randy@goldilocksride.com, goldilocksride.com/gsl
- September 22, 2018 Ride for the Kids, Syracuse, UT, 100% of monies raised go to the MAKE-A-WISH UTAH FOUNDATION. Ride to Antelope Island. Ride options: 25/50/100 miles, depending on skill level of the rider. Ride times available at <a href="https://www.rcwillev.com/ride">www.rcwillev.com/ride</a> Ride begins at Syracuse RC Willey, 1693 W. 2700 S. Syracuse, UT. Breakfast, lunch and drinks will be provided. Tons of prizes given away in raffle. Devin Kingsbury, 801-663-3267, devin.kingsbury@rowilley.com , Brent Jones, 801-774-2801, 801-645-0247, brent.lones@rowilley.com, rcwilley.com/dp/Ride-for-the-Kids-2018.jsp
- September 29, 2018 Gran Fondo Moab, Moab, UT, Mass start timed road cycling event on the beautiful La Sal Loop road, 60 miles with 5500 feet of climbing. Not a sanctioned race, but you will get a time, awards, and placing., Scott Newton, 435-654-8650, 800-635-1792, info@granfondomoab.com, granfondomoab.com
- October 20, 2018 Fall Tour de St. George, St. George, UT, Tour around southern Utch and see some of the most scenic views as you climb to Veyo and go through Gunlock State Park as well as all the beautiful colors throughout this 35, 75, or 100 mile ride. This event is





- one of our best Gran Fondos in southern Utah., Joey Dye, 435-674-3185, joey@redrockbicycle.com, Margaret Gibson, 435-229-6251, marga-ret@redrockbicycle.com, Ryan Gurr, info@spingeeks.com, ideauthernutah.com
- October 20, 2018 SoJo Marathon Bike Tour, SoJo Race Series, South Jordan, UT, SoJo isn't just for runners! Our non-competitive Bike Tour offers a beautiful ride that begins in Daybreak and continues along the Oquirth Mountains before winding through Herriman and South Jordan, Bo Earls, 801-253-5203, ext 1105, beautified utph acc. Sci. Alexandra com
- October 20, 2018 Extra Mile Racing Mini Fondo, Salt Lake City, UT, A mini-gran fondo, Jared Eborn, 801-599-9268, jared@extramilieracing.com, extramileracing.com

### **Regional Road Touring**

and Gran Fondos
ID, WY, MT, NV, AZ,
NM, CO, MT, OR, WA,

### and Beyond

- June 2, 2018 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 Princeton, Harvard and Yale. Exceptionally well supported with afternoon party and band. Tim Lopez, 719-594-5655, 719-622-0439, bikefest-info@bybf.org, Aaron Rosenthal, 719-594-5655, bikefest-info@bybf.org, Chris Quoyeser, 719-398-9257, chris@emakerssoc.com, bybf.org
- June 2, 2018 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 72 mile options., Jennifer Sliney, 970-819-1101, 510-910-1608, palisadevelo@gmail.com, palisadegranfondo.com, pal
- June 2, 2018 Tour de Lava, Lava Hot Springs, ID, Come and see Lava on your biket The ride begins and ends at the Lava Hot Springs Senior Center, with on-site registration at 9 a.m. and the ide starting at 10 a.m., 16-mile option: Whiskey Mike's and back, 34-mile option: Bancroft and back50-mile option: Bancroft and back50-mile option: Bancroft and Chesterfield and back, Katie Loveday, 208-232-8996, barriesevents@gmail.com. barriessports.com
- June 2, 2018 Eastern Sierra Double Century, Bishop, CA, 200 mile ride, Deborah Bowling, 818-889-2453, embassy@planefultra.com. planefultra.com
- June 3, 2018 America's Most Beautiful Bike Ride Lake Tahoe, Stateline, NV, 27th 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 35 mile fun ride 18D), Curlis Fong, 800-565-2704, 775-771-3246, tgft@bikethewest.com, bikethewest.com, bikeandskitahoe.com
- June 3, 2018 Subaru Elephant Rock Cycling Festival, Castle Rock, CO, The unofficial start to the Colorado cycling season. You will not want to miss the excitement and camaraderie of the 30th pilgrimage to Castle Rock for the Rock 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 postride picnic and cycling expo., Scott Olmsted, 303-282-9015, info@elephantrockride.com, Amanda Knutson, 515-681-6036, amanda@clippedinproductions.com, elephantrockride.com, emgcolorado.com/wordpress/?page\_id=10
- June 9, 2018 Fremont Area Road Tour (FART), Lander, WY, 13 to 100 mile options, includes breakfast, bbq, t-shirt and bottle, in conjunction with Lander Brew Fest, Nyssa, fart@ landercycling.org, Tony Ferlisi, landercycling@gmail.com, Amanda Dyer, 307-332-3394, landercenter@cwc.edu, org, landercyclingevents.org
- June 9-15, 2018 Ride the Rockies, Breckenridge, CO, Ride the loop to explore Colorado's Rocky Mountains by bicycle.The 2018 tour will be a brand new route show-casing the state's unmatched scenery and breathrtaking mountain views. The premier cycling tour will be a 418 mile loop. Proceeds benefit Colorado nonprofits through The Denver Post Community Foundation., Rachel Gillette, 303-954-6700, rgillette@denverpost.com, ridetherockies.com
- June 9, 2018 Tour of Two Forests , Santa Clarita, CA, 200 mile ride, Deborah Bowling, 818-889-2453, embassy@planetultra.com, planetultra.com
- June 10-July 4, 2018 Great Alaska Highway Ride, Dawson Creek, BC, AK, Ride the full length of the notorious Al-Can Highway from Dawson Creek BC to Delta Junction Alaska. A fully supported camping and cycling adventure, with a few motel nights. Tom Sheehan, 352:363-8712, tours@pedalerspubandgrille.com, pedalerspubandgrille.com, pedalerspubandgrille.com/alaska-bicy-
- June 15-17, 2018 Bike the Bear Gran Fondo Tiffecta, Montpeller, UT/ID, Three rides of 100 miles of more in the Bear Lake Valley. Ride all three for the triffecta and a special reward. Jared Eborn, 801-599-9268, jared@extramileracing.com, extramileracing.com, racebearlake.com
- June 16, 2018 Spinderella, Pocatello, ID, 7th Annual, ladies-only ride featuring five scenic routes, from 10 to 100 miles. Roll-out begins at 6:00 am at Ross Park in Pocatello, ID., DaNae Young, 208-221-9300, spinderella33@gmail. com, spinderellaride.com
- June 16, 2018 Century Experience Ride, Florissant, CO, Be our guest! Do you like to climb? Over 10,000 feet of elevation gain, all on paved roads. Choose 100, 75 and 50 mile routes., Deborah Maresca, 719-689-3435, redhorse680552003@yahoo.com, mountain-topcyclingclub.com
- June 23, 2018 RATPOD (Ride Around the Pioneers in One Day), Dillon, MT, RATPOD is a 130-mile one-day charity ride for Camp Make-A-Dream (a cost free cancer camp). The ride takes place in the beautiful Big Hole Valley of SW Montana., Courtney Imhoff, 406-549-5987, Info@ratpod.org, ratpod.org, campdream.org

- June 23, 2018 Goldilocks Boise, Goldilocks Bike Ride, Boise, ID, Fully supported, non-competitive, women only bike ride. Beautiful route, yummy food, pretty t-shirt, good lookin' Papa Bears. , Randy Gibb, 801-222-9577, randy@goldilocksride.com, goldilocks.events/gid/info
- June 23, 2018 Bike for Kids Idaho Falls, Idaho Falls, ID, Kids Crif Series, family ride, and 5K run Held at Snake River Landing, Kristy Mickelsen 208-522-1205, 208-880-397, skmick@hotmall.com bilkterklikdsjeldho com
- June 23, 2018 Holly Frontier Tour de Prairie,
  Cheyenne, WY, Course heads west out of
  Cheyenne along Happy Jack Road WYO
  210, past Curl Gowdy State Park and through
  Medicine Bow National Forest, to the Lincoln
  Memorial at the 1-80 Rest Area 3,000ft of
  elevation gain. Courses ranging from 10-100
  miles, starl at Lions Park, road course only,
  Kari Kivisto, 307-637-6404, kkivisto@cheyennecity.org, cheyennecity.org
- necity.org, chevennecity.org

  June 23, 2018 Ride for Hope, Kuna, ID, 3rd
  annual Ride for Hope put on to help give
  support to Genesis Community Health and
  the Boise Rescue Mission. 100% of registration
  and donations go to charity. Riders have the
  opportunity to raise additional funds with the
  goal of \$250 through individual sponsorships.
  Ride through the scenic Snake River Valley
  and West Heritage Byway with stocked aid
  stations and excellent post-ride food and
  music. 18.6 mile, 31.2 mile, metric century,
  and century route options available., Margo
  Riggs, 208-608-2527, ideforhope.ccb@gmail.
  com, rideforhopeidatho.com
- June 23-29, 2018 Mavic Houte Route Rockies, Haute Route, Boulder, CO, The seven timed and ranked stages will take riders on an allnew route at the 2018 Mavic Haute Route Rockies, covering approximately 500 miles through high allifude passes with abundant views of the beautiful panoramas that make Colorado the heartland of American cycling. Boulder will serve as the official start city of the seven-day event, which includes visits to Winter Park, Avon, Breckenridge and Colorado Springs, Olympic City USA, before taking riders up an epic climb over 14,000 feet to the summit of Pikes Peak-America's Mountain., The Sports Corp., 719-634-7333, info@hesportscorp.org, Doug Martin, 719-634-7333. Ext 1010, doug@thesportscorp.org, Gretchen Brett, 719-287-8489, contact.northamerica@hauteroute.org, hauteroute.org/events/overview/mavic-rockies-2018
- June 24-30, 2018 Bicycle Tour of Colorado, Various, CO, Leadville, Carbondale, Delta, Palisade, Glenwood (day off), Eagle, Leadville, 24th annual 7 day fully supported bicycle tour in the Colorado Rocky Mountains. Registration includes camping areas, baggage transportation, route maps, road markings, fruit and water stations with restrooms every 20-30 miles, Colorado State Patrol, bicycle repair services, SAG vehicles, and medical support along the route. Premium upgrades such as parking, bike box storage, catered meals, and hotels are also available for additional fees., Alisha Powell, 303-985-1180, answer@bicycletourcolorado.com, bicycletourcolorado.com
- com, bicycletourcolorado.com

  June 30, 2018 La Mosca Bicicleta, Grants, NM, 47 mile distance with 5,604' of climbing: 1 dirt sector; 22.5 mi. long, 70 mile distance with 6,844' of climbing; 2 dirt sectors; 17.5 & 22.5 mi. long, Start: 6,414' @Route 66
  Junkyard Brewery, Grants, NM, Finish: 10,420' @Saddle between La Mosca Peak and Mt. Taylor1wo aid stations en route, plus @finish, Modifications to route may be necessary due to unforeseen circumstances, Participants can ride back to Grants /Start from finish (20 miles) or meet support vehicles: HWY 547 @ FS 193 (4.5 miles from finish), Please, no personal support on dirt stretches (too much congestion & dust!)., Jennifer Buntz , 505-306-1443, granfondotaos@gmail.com, swsportsreg.com/viewevent.php?EC=460, dukecitywheelmen.org
- July 8-20, 2018 B.E.A.R.S. Bicycling the Extraordinary Alaskan Roads, Anchorage, AK, Explore a variety of Alaskan landscapes, from Denall to Prince William Sound. Fully supported trip with both camping and great food. Tom Sheehan, 352-353-8712, tours@pedalerspubandgrille.com/pedalerspubandgr
- July 14, 2018 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 Baribour, 303-503-4616, execdir@feamevergreen.org, Nat Ross, 970-390-9730, triple@triplebypass.org, triplebypass.org
- July 15-20, 2018 Tour de Wyoming, Afton, WY, 22nd Annual. explore both the Green River Basin and Star Valley in western Wyoming, We cover 333 miles over six days, Amber Travky, 307-742-5840 , atravsky@wyoming.com, cyclewyoming.org, fourdewyoming.org
- July 21-28, 2018 Oregon Bicycle Ride, Seneca, OR, Ride the Range: One-week road tour, fully supported, with legendary BRNW food and amentilies. 450 milles, 28,000 feet of elevation gain. Seneca, John Day, Sumpter, Baker City, Austin Junction, Mt. Vernon, Seneca, Jim Moore, 503-281-1526, 503-504-2656, info@bicycleridesnw.org, bicycleridesnw.org
- July 21, 2018 Pepsi Cola Taylor House Benefit
  Century Ride, Flagstaff, AZ, Benefit ride in
  the high-altitude cool pines of Northern
  Arizona. There are 32, 50, 63, and 100 mile
  route options. Anthony Quintile, 928-7795969, flagstaff@absolutebikes.net, Ashley
  Hammarstrom, 877-527-5291, Ashley.hammarstrom@nahealth.com, absolutebikes.net/
- July 21, 2018 Cycle Magic Valley, Twin Falls, ID, A 12, 30, 62, or 100 mile bicycle ride for all levels. There is a family friendly 12 mile route that takes you out to Meander Point. The 30 mile route heads out west, north of Filer. The metric century route takes you down into Melon Valley and the challenging century route takes you down into Melon Valley, Hagerman, out to the windmills and back! The ride is fully supported with a barbecue at the finish line. Tech t-shirts for all participants., Denise Alexander, dalexander@filertel.com.maytec.ord
- July 21, 2018 Fondo on the Palouse, Moscow, ID, Starting at 7:00AM in Moscow, pick from 3 courses (15, 50, 100 miles) that build on themselves to provide a touring experience of the Palouse as its communities celebrate along the way, T-Jay Clevenger, 208-882-0733, fondopalouse@gmail.com, fondopalouse.org
- July 28, 2018 Cascade 4-Summit Challenge, Cascade, ID, This beautiful ride is over 90 miles (or any lesser distance as chosen by the participant) through the West Central mountains of Idaho. Ride any of 1-4 summits! The ride

- begins at the American Legion Hall in downtown Cascade, proceeds north down Main Street, turns right/east onto Warm Lake Road and then turns left/north onto South Fork Road, which is CLOSED to vehicular traffic. The route then proceeds along the South Fork of the Salmon River until the turn around point at Reed Ranch and then returns along the same outbound route. Money raised by the 4 Summit Challenge will support various charitable and bicycle oriented community projects within the Cascade area. Ride support will be handled by George's Cycles of Boise, and the delicious post ride beef brisket meal, beer garden and music will be hosted by the local Cascade community. Mike Cooley, 208-343-3782, mcooley@georgescycles.com, 4summitchallenge.com, georgescycles.com
- August 4-11, 2018 Ride Idaho, Ketchum, Sun Valley, ID, 7-Day fully supported, noncompetitive roadbike four with SAG support, mechanics, showers, beer garden, entertainment, 355 miles of spectacular scenery. Tent and Porter Service available. Post Falls to Sandpoint, Trout Creek, Prichard, Wallace, Medimont, Post Falls, Earl Grief, 208-890-4434, egrief@cableone.net, rideidaho.org
- August 4, 2018 Copper Triangle Alpine Classic, Copper Mountain, CO, 12th Annual. The Copper Triangle has long been considered one of Colorado's classic alpine road rides. Graced with breathtaking scenery, gorgeous roads and three challenging climbs, the ride exemplifies cycling in the Colorado Rockies. The course is 78 miles, with an elevation gain of almost 6,000 feet over three mountain passes. Scott Olmsted, info@coppertriangle.com, Scott Olmsted, scottyo@clippedinevents.com, Amanda Knutson, 515-681-6036, amanda@clippedinproductions.com, coppertriangle.com, emgcolorado.com/wordpress/?page\_id=10
- August 4, 2018 Tour de Big Bear Gran Fondo, Big Bear Lake, CA, 25, 50, 70, 107 and 125 miles! Enjoy the scenic beauty of the lake, San Bernardino National Forest, 11,500° San Gorgonio and its 10,000° plus peaks., Tour de Big Bear , tourdebigbear@live.com, tourdebighear.com
- August 4-11, 2018 BRNW California 2018, Yreka, CA, Spirit of Shasta: One-week road tour, fully supported, with legendary BRNW food and amenities. 435 miles, 34,000 feet of elevation gain. Yreka, Happy Camp, Hoopa, Weaverville, Etna, Weed, Mt. Shasta Climb, Yreka, Jim Moore, 503-281-1526, 503-364-2656, info@bicycleridesnw.org, bicycleridesnw.org
- August 5, 2018 SPNDX Stampede Gravel Grinder, Big Bear Lake, CA, Taking place on Sunday following the Tour de Big Bear road event riders start in the Village and are challenged with a 44 mile route including fire road climbs and single track through the trees, that will make it a Stampede like no other in the series. The grovel ride will be limited to 200 stampeders, Tour de Big Bear, tourdebigbear@live.com, Unicorn , unicorn@spndystampede.com
- August 11, 2018 HeART of Idaho Century Ride Idaho Falls, 10, 25, 62, and 100 mile options Entry fees cover entry, t-shirts, fully stocked rest stops, and post ride BBQ. Route is flat to rolling, easy to moderate difficulty. Benefit for the Art Museum of Eastern Idaho., Miyai Griggs, 208-524-7777, 208-766-6485, mabe@theartmuseum.org, theartmuseum.org/Century.htm
- August 11, 2018 Le Tour de Koocanusa, Libby, MT, Fully supported 83 or 44 mile bike ride which tours the breathtaking shoreline of Lake Koocanusa. Ride finishes with a Blues Festival Finale. Fundraiser for Search & Rescue. Starts at 8 am., Dejon Raines, 406-291-3635, dejonraines@hotmail.com, Pam Boyke, 406-293-3556, info@letourdekoocanusa.com, letourdekoocanusa.com
- dekocanusa.com

  August 11-12, 2018 Bike MS Wyoming's Bighorn Country Classic, Bike MS, Sheridan, WY, Bike MS has become a rallying point of the MS movement creating a community of shared commitment determined to end MS. Bike MS is a weekend that allows people to come together and celebrate being part of a movement by and for the 400,000 Americans living with MS. This two-day, fully supported ride covers rolling plains, mountain climbs, scenic vistas, and historic towns including Buffalo, Story, Big Horn, Ranchester, Dayton and many more! We offer a challenge for novice and experienced cyclists alike., Alexis Johnson, 303-698-5403, alexis bradley@nmss.org, Molly Palmer, 307-433-8664, 855-372-1331, molly.palmer@nmss.org, bikemswyoming.org
- August 11, 2018 The Broadmoor Pikes Peak Cycling Hill Climb, Colorado Springs, CO, This is an epic hill climb on Pikes Peak America's Mountain, starting at 9,390 feet and finish-

- ing 12.42 miles later at 14,115 feet. There is a timed race and gran fondo, with waves starting at 6:15 am., The Sports Corp., 719-634-7333, info@thesportscorp.org, Jeff Mosher, 719-634-7333 Ext 1005, jeff@thesportscorp.org, PikesPeakCyclingHillClimb.org
- August 18, 2018 Four Peaks Gran Fondo, Pocatello, ID, One Day: 82 miles, Four Peaks: 7800ft total elevation gain. Climb the 4 peaks of the Portneut Valley: Crystal, Scout Mountain, Pebble Creek, Buckskin. The hill climb portions are timed with timing chips. Downhill portions are not timed. Cumulative climb times will be combined to determine rank. Ride 1-4 peaks as you wish, Katle Loveday, 208-232-8996, barriesevents@gmail.com, David George, 208-317-2225, dgeorge@victoryofidaho.com, 4PGF.com
- August 26-September 1, 2018 Yellowstone National Park Bike Tour, Belgrade, MT, Experience the world's first national park! 7-Day tour includes 6 nights lodging/meats, guide service, entrance fees, daily lunch en route, and more! John Humphries, 970-728-5891, into@lizardheadcyclingguides.com, Travis Tucker, 970-728-5891, travis@lizardheadcyclingguides.com, lizardheadcyclingguides.com
- September 8, 2018 Race the Rails, Ely, NV, Race the train in Elyl Fun for the whole family! Race a coal fired steam engine that is over 100 years old. The event will accommodate both road and mountain bike riders of all ages., Meg Rhoades, 775-289-3720, 800-496-9350, ccassist@mwpower.net, www.elvnevada.net
- September 8, 2018 American Diabetes Association's Tour de Cure Colorado, Parker, CO, Tour de Cure is an incredible experience for cyclists, runners, walkers, and extreme ninjas! All routes end back at the Salisbury Park Festival where community members are invited to join in the fun. If you have diabetes you are the VIP of the day. Route options of 5K Walk/Run, 20K Ride, 50K Ride, 100K Ride, 100 Mile Century Ride, and Xtreme Obstacle Course, Kelly Jackson, 726-855-1102 x7020, kjackson@diabetes.org, diabetes.org/coloradorurdecure
- September 9, 2018 Tour de Tahoe Bike Big Blue, Lake Tahoe, NV, 16th Annual ride around Lake Tahoe's 72 mile Shoreline. Fully supported with rest stops, tech support and SAG. 72 miles, 4300 ft vertical gain. (Boat cruise and 35 mile fun ride TBD)., Curtis Fong, 800-565-2704, 775-771-3246, tgtf@bikethewest. com, bikethewest.com
- September 14-15, 2018 Grind de Galena Pocatello, ID, 100 miles, 2 day group ride Katie Loveday, 208-232-8996, barriesevents@ amail.com, barriessports.com
- gmall.com, barriessports.com

  September 14-16, 2018 Pedal the Plains, Klowa, CO, PTP will take cyclists through the host communities of Klowa, Bennett and Limon. Celebrates the agricultural roots and frontier heritage of the Eastern Plains of Colorado. Learn about farming and ranching, while experiencing the culture, history and landscape of Colorado's high plains. The Tour incorporates interactive on-route experiences by staging rest stops on farms, posting educational points of interest and serving community meals composed of locally sourced food. New in 2018 is the Great Mustang Gravel 100 80% on packed dift or gravel roads, this route will be fun and challenging for the gravel expert or rooklel Proceeds from Pedal The Plains benefit The Denver Post Community Foundation and Colorado 4-H., Rachel Gillette, 303-954-6700, rgillette@denverpost.com, ridetherockies.com
- September 15, 2018 Tour de Vineyards, Palisade, CO, Come join this 25-mile ride through Colorado's Wine County just prior to the Colorado Mountain Winefest., Scott Olmsted, scottyo@clippedinevents.com, Amanda Knutson, 515-681-6036, amanda@clippedinproductions.com, tourdevineyards.com
- September 15-16, 2018 Bike MS: Cycle the Silver Valley, Bike MS, Coeur d'Alene, ID, Bike MS: Cycle the Silver Valley is an unforgettable, one- or two-day journey through the ancestral lands of the Coeur d'Alene nation on a "Rails to Trails" path almost completely off of roadways. What makes this ride so special? As many as 200 riders will cruise along looping routes that start and finish at the Silver Mountain Resort. Full meals, generous amenities, strunning landscapes, fully stocked rest stops and spirited festivities are all included, Geoff Doiron, 801-424-0112, geoff.doiron@nmss.org.
- September 16, 2018 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 22, 2018 Mountains to the Desert Bike Ride, Telluride, CO, 14th Annual Mountains to the Desert Bike Ride, From the high mountains of Telluride, cyclists descend past hillsides of quaking aspens along a route that passes through millions of years of geologic record, ultimately finding themselves at the base of 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, Lara Young, 970-708-1105, m2dbikeride@gmail.com, m2dbikeride.com
- September 22-26, 2018 Montana Gravel Tour, Missoula, MT, 4 gravel rides in 4 days. Lake Placid, Garnef, Blackfoot River, Ovando Shaun Radley, 406-219-1318, montanacyclocross@gmail.com, thecyclinghouse.com/trip/ montana-gravel-tour/
- September 23-29, 2018 OATBRAN, Lake Tahoe, NV, 27th annual One Awesome Tour Bike Ride Across Nevadal Following the Legendary Pony Express Trail on U.S. Hwy. 50. 5 days of riding, 420 miles from Lake Tahoe to Great Basin National Park, Fully Supported motel style tour... limited to 50 participants, Curtis Fong, 800-565-2704, 775-771-3246, tgft@bikethewest.com\_bik
- September 29, 2018 West Yellowstone Old Faithful Cycling Tour, West Yellowstone, Mr. 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, tour@cycleyellowstone.com, cycleyellowstone.com
- September 29, 2018 ICON Eyecare Tour of the Moon, Grand Junction, CO, 6th Anniversary Metric Century or Classic 41 mile loop over the beautiful canyons of the Colorado National Monument made famous by the Coors Classic and American Flyer movie. Scott Olmsted, 303-282-9015, info@touroft hemoon.com, Amanda Knutson, 515-681 6036, amanda@clippedinproductions.com/tourofthemoon.com, emgcolorado.com/wordpress/?page id=10
- October 6, 2018 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 lunch at noon for all riders. Check in and start 7:00-8:30 am, Churchill County Fairgrounds, David Ernst, 775-423-7733, 775-427-6679, dernst@Churchillcounty.org, churchillcounty.org
- October 13, 2018 Park to Park Pedal Extreme Nevada 100, Caliente, NV, Road bike starting at Kershaw-Tyan and takes pedallers through the towns of Caliente and Pioche, and through three other state parks: Cathedral Gorge, Echo Canyon, and Spring Valley and back to Kershaw-Ryan State Park. 3 rides available: 100, 60 and 40 mile options. A Dutch oven dinner will be provided afterwards., Dawn Andone, 775-728-4460, cathedralgorge vc@lcturbonet.com, Jonathan Brunes, 775-726-3564, kershaw@lcturbonet.com, parktoparkpedal.com, lincolncounty-nevada.com/exploring/biking/park-to-park-pedal.
- October 13, 2018 Gila Monster Gran Fondue Fondo, Silver City, NM, With three distances to choose from, everyone can find their challenge, Gran Fondo 115 milles, Gough Park, Silver City 8:00am. Medio Fondo 78 milles, Gough Park, Silver City 8:00am. Nano Fondo 40 miles, Camp Thunderbird, HWY 35 10:00 am., Jack Brennan, 575-590-2612, brennan5231@comcast.net, touroffhegila.com
- October 20, 2018 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 mille ride all featuring downhill, flat, and rolling terrain in Red Rock Canyon., Randy Gilbb, 801-222-9577, randy@goldilocksride.com.goldilocksride.com/goldilocksride.com/goldilocksride.com/goldilocksride.com/govents/glv
- October 20, 2018 Solvang Autumn Double Century and Double Metric Century, Solvang, CA, 200 miles or 200 kilometers in Southern CA's most scenic and popular cycling region. A perfect first time double century. 100 mile option too., Deborah Bowling, 818-889-2453, embassy@planetultra.com, planetultra.com
- October 27, 2018 Bike MS Las Vegas, Bike MS, Las Vegas, NV, Fundraiser for the National Multiple Sclerosis Society. Fully supported.

Alabama Shakes • Modest Mouse • Courtney Barnett • R.E.M.
The Beatles • Death Cab For Cutie • Leon Bridges • Neil Young
The Cure • Wilco • The National • Ryan Adams • Van Morrison • Beck
Elvis Costello • Edward Sharpe & The Magnetic Zeros • The Shins
Paul Simon • David Bowie • Wilco • Tom Waits • The Black Keys
The Pretenders • Talking Heads • The Rolling Stones • Iron & Wine
The Kinks • The Clash • Radiohead • Lord Huron • The War on Drugs
Bob Dylan • Nathanial Rateliff And The Night Sweats • Bob Marley
Led Zeppelin • My Morning Jacket • The Flaming Lips • Kurt Vile
The Decemberists • Arcade Fire • The Grateful Dead • Bon Iver



Start/Finish Location: Lou Ruvo Center for Brain Health - Cleveland Clinic, 30, 50, or 100 miles, Rest Stops approximately every 15 miles, Joe Grubbs, 310-481-1134, Joseph.Grubbs@nmss.org, Angela Van Brackle, 702-736-7272, 855-372-1331, fundraisingsupport@nmss.org, bikeMSvegas.org, bikems.org

November 17, 2018 — Death Valley Century, Death Valley, CA, 50 and 100 mile options. Entry includes chip timing; fully stocked checkpoints along the route with water and a great selection of food and snacks; roving SAG support; tech tee and finish line award. Start at The Ranch at Furnace Creek Resort. Deborah Bowling, 818-889-2453, embassy@planetultra.com, planetultra.com

#### **Multisport Races**

- June 2, 2018 Daybreak Triathlon, Salt Lake Triathlon Series, South Jordan, 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 Oquirith Mountains and a run around the lake that is unparalleled. , Cody Ford, 801-558-2503, 801-432-0511, cody@ustrisports.com, ustrisports.com
- June 2, 2018 Colorado Triathlon, Boulder, CO, Sprint and Olympic distances, at Boulder Reservoir, Lance Panigutti, 303-408-1195, lance@withoutlimits.com, withoutlimits.co
- June 9, 2018 East Canyon Triathlon, TriUthon Points Series, Morgan City, UT, Welcome to the 4th annual East Canyon Triathlon! This race boasts stunning scenery with a fast, technical bike course, and hometown hospitality like no other, with both sprint and intermediate/Olympic distance races to choose from. This event is a two transition point to point race beginning at beautiful East Canyon Reservoir. The sprint bike is downhill and fast. The Olympic bike course has two short challenging hills followed by a downhill fast decent to Morgan City. Both distances offer a scenic run along the Weber River and local neighborhoods., Dan Aamodt, 385-228-3454, info@friutah.com, triutah.com
- June 9-10, 2018 XTERRA Deuces Wild Triathlon Festival, XTERRA America Tour, Show Low, AZ, Off road triathlon, 800m open water lake in Fool Hollow Lake, 24km mountain bike leg, 8km trail run. Begins at 7:45 a.m. Depending on water level, athletes will begin the race in the water or on the boat ramp. Plus long course, Olympic, adn Youth Triathlons, Raena Cassidy, 877-751-8880, info@xterraplanet.com, TriSports Racing, 520-884-8745, info@trisportsracing.com, deuceswildtriathlon.com/events/xterra-deuces-wild
- June 16, 2018 I Can Triathlon, Sandy, UT, Alta Canyon Sports Center, 9565 S. Highland Drive, spint triathlon, 400m swim, 9 mile bike and 5K run., Alta Canyon Sports Center, 801-568-4600, parksandre@sandy.utah.gov, sandy.utah.gov/departments/parks-and-recreation/alta-canyon-sports-center/special-events
- June 16, 2018 XTERRA Lory, XTERRA America Tour, Bellvue, CO, 1/2 mille swim in the clear waters of Horsetooth Reservoir (Eltuk Bay), then a 2-Lap (beginner friendly) 12.2 mille single-track bike over rolling terrain, and across valley bridges at Lory State Park. Finish things off with a fun and challenging 4.8 mille (8k) run through the clouds on single-track trails!, Lance Panigutti, 303-408-1195, lance@withoutlimits.com, withoutlimits.cof/#l xterra-lory
- June 16, 2018 Tiny Tri, Park City, UT, Kid friendly Tiny Triathlon for youth ages 7-14, 9:30am. 100 meter pool swim, 3 mile bike and 1 mile run., Ken Fisher, 435-615-5411, ken@parkcity.org, parkcityrecreation.org
- June 16, 2018 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, Klley McInroy, klley@bigblueadventure.com, bigblueadventure.com/event/xterra-laketahoe/, xterraplanet.com
- June 23, 2018 The Toughman Utah Half Long Course Triathlon 70.3, RACE TRI, Herriman, UT Long course tri - 1.2 mile swim, 56 mile bike and 13.1 mile run. Part of the Toughman Series, Aaron Shamy, 801-358-1411, info@ racetri.com, racetri.com, toughmantri.com
- June 23, 2018 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. Finish in downtown Alpine. Benefits Alpine Fire & EMS, Star Valley Search & Rescue and Star Valley Medical Center Charitable Foundation, held in conjunction with Alpine Mountain Days, Pam Wolfley, 307-885-5956, pwolfley@svmcwy.org, mountainmantfathlon.org
- June 23, 2018 Tribella Triathlon, Aurora, CO, Women's only tri, sprint, super sprint, Cherry



Become a member of the League of American Bicyclists: bikeleague.org/join

- Creek Reservoir, Lance Panigutti, 303-408 1195, <u>lance@withoutlimits.com</u>, <u>withoutlimits</u>
- June 24, 2018 Boulder Sunrise Triathlon, Boulder, CO, Scenic course, sweet swag and all for a good cause! Includes olympic, sprint, Relay, duathlon, Aquabike,10k, and 5k, Craig Towler, 318-518-7303, info@bbsctri.com, Michelle Lund, michelle@bbsctri.com, bbsctri.com
- June 24, 2018 Ironman 70.3 Coeur D'Alene, Coeur D'Alene, ID, Begins with a 1.2 mile swim in Lake Coeur d'Alene. A 56-mile winding bike course follows with the run loop along the shores of the lake to finish., 303-444-4316, cda70.3@ironman.com, http://www.ironman.com/triathlon/events/americas/ironman-70.3/coeur-d-alene.aspx#/axz-z50enuyIP6
- June 29, 2018 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 course, Scott Merrell, 435-650-0345, scott@lunatictriathlon.com, lunatictriathlon.com
- June 30, 2018 DinoTri, Vernal, UT, Sprint and Olympic Distance Triathlon. Race starts with an open swim at Red Fleet state park. The bike starts with a crazy hill climb out of the park and heads into town for a run and finish at Utah State Extension. One of the most beautiful triathlons in Utahl, Greg Murphy, 801-656-5897, <a href="mailto:vernaldinotri@yahoo.com">vernaldinotri@yahoo.com</a>, dinotri.com
- June 30, 2018 Lookout Mountain Triathlon, Golden, CO, 525 Yard Swim, 10 Mile Bike, 5K Run. Mt. Vernon Canyon Club just west of Golden, CO, Paul Karlsson, 303-960-8129, info@digdeepsports.com, digdeepsports. com
- July 7, 2018 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, joe@onhillevents.com, cvsst.com, onhillevents.com
- July 7, 2018 West Yellowstone Mountain Bike Biathlon, tentative date, 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@skirunbikemt.com, skirunbikemt.com, rendezvousskiftalis.com/eyents
- July 7, 2018 Rigby Triathlon, Rigby Lake, ID, Sprint and Olympic Triathlon, and Duathlon, Michael Hayes, 208-521-2243, events@pbperformance.com, pbp.website
- July 7, 2018 Big Hole Challenge MTB Race and Duathlon, Driggs, ID, Mountain bike mass start first, at 10 am, 9.73 miles with 1,160 verticle feet, then either bike a second lap or run 6.13 miles with 938 verticle feet. Awards, Raffle and results at 1 pm held at the South Horseshoe Trail Head. Kids Duathlon at Noon, 5 mi run followed by 1 mi bike, Free entry, Awards to all., Dick Weinbrandt, 208-354-2354, peaked@silverstar.com, peakedsports.com
- July 8, 2018 Boulder Peak Triathlon, Boulder, CO, Sprint and Olympic distances, at Boulder Reservoir, Triathlon, Duathlon, Aquabike, Lance Panigutti, 303-408-1195, lance@withoutlimits.com, withoutlimits.co
- July 13-14, 2018 San Rafael Classic Triathlon, Huntington, UT, Huntington State Park, Olympic distance tri, Olympic team relay, Sprint Tri, Sprint team relay, spring swim/blke duathlon, sprint bike/run duathlon, youth tri. Friday night activities offer live music during the pasta dinner. Body marking and packet pickup available Friday night. Camping available. Reservations necessary to ensure campsite. Held on a closed course. This will be Sheriff's Funk last triathlon. Special prizes and awards will be issued to the athletes, Wade Allinson, 435-609-3126, allinson2@gmail.com, sanrafaelclassic.com
- July 14, 2018 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@triutah.com, triutah.com
- July 14, 2018 The Cranky Lady, Idaho Falls, ID, Fully supported, non-competitive, women only cycling event. Our event offers 12 mile, 40K, 100K, and 100 mile distances, providing a safe and enjoyable ride for everyone., Michael Hayes, 208-521-2243, events@pbperformance.com, pbp.website
- July 15, 2018 Valley Girl Triathlon, Liberty Lake, WA, Sprint, Olympic distances, and duath-Ion, Marla Emde, 509-953-9924, 509-939-0552, marla@emdesports.com, emdesports.com
- July 21, 2018 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, xterrabeavercreek.com
- July 21-22, 2018 Donner Lake Triathlon, Truckee, CA, Kids TRI, Sprint TRI, Half TRI, AquaBike, Olympic TRI, Todd Jackson, 530-546-1019, todd@bigblueadventure.com, Kiley@bigblueadventure.com, bigblueadventure.com, donnerlaketri.com
- July 22, 2018 Tri Boulder, BBSC Twin Tri Series, Boulder, CO, One of the fastest growing

- triathlons in Colorado. Challenge yourself at mile high elevation, Sprint, Olympic, and Half distances., Craig Towler, 318-518-7303, info@ bbsctri.com, Michelle Lund, michelle@bbsctri. com, bbsctri.com
- July 27-28, 2018 Doxa Threelay, Duchesne, UT, The first overnight team triathlon relay. Teams of 1-12 travel 285 miles doing 36 legs in a nonstop triathlon relay. Start times vary Duchesne to Provo., Alan Sheffer, 801-669-7504, 801-836-9610, info@doxaraces.com, doxaraces.com
- July 28, 2018 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 28, 2018 XTERRA Indian Peaks, XTERRA America Tour, Eldora, CO, time trial start on a chilly 1000 meter swim, followed by a 600 meter run to the transition area, a very hilly but beautiful 22km bike ride on the roads and single track of the Eldora Nordic Center, and finally a 7km run on the eastern trails of the Eldora Nordic Center, Paul Karlsson, 303-960-8129, info@digdeepsports.com, digdeepsports.com
- July 29, 2018 Outdoor Divas Triathlon, Longmont, CO, Union Reservoir, Sprint, women only triathlon, Lance Panigutti, 303-408-1195, lance@withoutlimits.com, withoutlimits.co
- August 4, 2018 XTERRA Aspen Valley, XTERRA America, Kodiak Ski Lake, WY, 1200m swim, 2-Lap 12 mile mountain bike, and finishes with a 5K run., Lance Panigutti, 303-408-1195, lance@withoutlimits.com, withoutlimits.co
- August 4, 2018 Great Snake River Triathlon, Idaho Falls, ID, The Great Snake River Triathlon is one of Idaho's fastest. With both sprint and Olympic down current swims in the Snake River, a flat and fast blike, and ending with a very fast 5k/10k Run around Idaho Falls beautiful green belt. Sprint and Olympic Triathlon, and Duathlon, and team triathlon, Michael Hayes, 208-521-2243, events@pb-performance.com, Gray Augustus, 801-574-5916, grayaugustus@gmail.com, pbp.website
- August 10-11, 2018 Emmett's Most Excellent Triathlons, Emmett, ID, Kid's Tri on Friday. Olympic/Aquabike, Sprint on Saturday., Kristen Seitz, 208-365-5748, gcrd@gemcountyrecreation.com, Lora Loveall, 208-867-6763, emmetttri@live.com, emmetttri.com
- August 11, 2018 Escape from Black Ridge Sprint & Olympic Triathlon in Herriman, RACE TRI, Herriman, UT, Sprint Triathlon: there are two transition areas, with T1 at the reservoir and T2 at nearby Butterfield Park. Athletes will swim 500 yards in the reservoir then ride a 14 mile clockwise loop down around Herriman City and into Butterfield Park to begin their 5K run loop along the footpaths and return to Butterfield Park for the finish.The race is capped at 400 athletes., Aaron Shamy, 801-358-1411. info@racetri.com. racetri.com.
- August 11, 2018 Kids Tri Harder, Idaho Falls, ID, 13 and under kids triathlon, Michael Hayes, 208-521-2243, events@pb-performance.com, pbp.website, idahofallsidaho.gov/638/Kids-Triathlon
- August 11, 2018 Rexburg Youth Triathlon, Rexburg, ID, at Riverside Park, Two skill level categories for 5-12 year olds. Bob Yeatman, 208-359-3020, 208-716-1349, <a href="mailto:burg.org">burg.org</a>, Jeff Crowther, 208-372-2395, jeff. crowther@rexburg.org, <a href="mailto:https://www.rexburg.org/pages/youth-triathlon-">https://www.rexburg.org/pages/youth-triathlon-</a>
- August 12, 2018 Steamboat Triathlon, Steamboat Springs, CO, Sprint and Olympic distances, at Lake Catarmount, Triathlon, Duathlon, Aquabike, Lance Panigutti, 303-408-1195, lance@withoutlimits.com, withoutlimits.co
- August 18, 2018 Jordanelle Triathlon, TriUtch 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 18, 2018 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, 801-432-0511, cody@ustrisports.com, Aly Brooks, alybrooks@gmail.com, gotriathamom.com
- August 18, 2018 Stansbury Days Triathlon, Stansbury Park, UT, Spinit friathlon, unofficial distances: Swim 500m, Bike 20k, Run 5k. Start 7 AM. Swim is open water in Stansbury Lake, starts at Stansbury Park Club House, Elliot Morris, 801-647-8383, emorris53@hotmail.com, stansburydaystif.com
- August 19, 2018 XTERRA Wild Ride Mountain Triathlon (American Tour Points), XTERRA America / Wild Rockies Series, McCall, ID, Ponderosa State Park at Payette Lake, 3/4-mille swim, a 18.5-mille mountain bike and a 6.2-mille trail run, mass start at 9 am in the Park and the finish line festivities begin at noon with the racer feed and music. Kids triathlon to follow-2 different lengths, 13 and under, Darren Lightfield, 208-608-6444, wildrockiesemail@yahoo.com, wildrockiesracing.com, xterraplanet.com
- August 19, 2018 XTERRA Lake Tahoe, XTERRA America, Incline Village, NV, XTERRA, Sprint, and Duarthlon. Course Distance: Full Course: 2X 750 meter swim laps with a 50 meter beach run, 22 mile bike, 6 mile run. Bike Tunnel Creek, and then onto the Flume Trail, which overlooks Lake Tahoe to the Tahoe Rim Trail. Both the Short and Long course complete the 22 mile bike, approximately 4000 feet of climbing. The trail running course is

- relatively flat, fast and scenic., Todd Jackson, 530-546-1019, todd@bigblueadventure.com, Kiley McInroy, kiley@bigblueadventure.com, bigblueadventure.com/event/xterra-laketahoe/, xterraplanet.com
- August 25, 2018 Boulder Sunset Triathlon, Boulder, CO, Scenic course, sweet swag and all for a good cause! Includes olympic, sprint, duathlon, Aquabike, 10k, and 5k, Craig Towler, 318-518-7303, info@bbsctri. com, Michelle Lund, michelle@bbsctri.com, bbsctri.com
- August 25, 2018 Race on the Rock, Rock Springs, WY, In it's fifth year the Race on the Rock hosts Olympic and Sprint Triathlons, Specialty and youth divisions. We have moved to Flaming Gorge Reservoir this year. Start time is 7 a.m., Traci Ciepiela, 307-922-1840, tclepiela/723@yahoo.com, raceontherock.weebly.com
- August 25-26, 2018 Lake Tahoe Triathlon, Tahoma, CA, Kids TRI, Sprint TRI, Half TRI, AquaBike, Olympic TRI, Duathlon. Held at Ed Z'berg Sugar Pine Point State Park, Todd Jackson, 530-546-1019, todd@bigblueadventure.com, Kiley McInroy, kiley@bigblueadventure.com, bigblueadventure.com
- August 25, 2018 Paddle, Pedal, Paddle, Jordanelle, UT, Our version of a Triathlon, It is 5 miles of standup paddleboarding, followed by 10 miles of mountain biking, finished with 5 miles of standup paddleboarding. By using the mountain bike to exhaust the legs and then ask them to support you on the final stage of the event, we feel that last stage is almost nothing like the first. The typical weather pattern over the last 4 years of running this event has been calm glassy water for stage one and windy choppy water for stage three. Race can be divided into 2 or 3 person teams. Registration begins at 7:30 a.m., race begins at 9:00 a.m., Rockcliff entry to Jordanelle, Trent Hickman, 801-558-9878, parkcitysup@ gmail.com, parkcitysup.com
- September 3, 2018 South Davis Labor Day Triathlon, South Davis Racing Series, Bountiful, UT, Start at 8:00 am, Swim 350 yds; Bike 12.02 mi; Run 5k, relay: Split the Sprint between 2-3 racers, Novice: Swim 150 yds; Bike 2.5 mi; Run 1.5 miNovices start at: 8:45amLocation: South Davis Recreation Center; 550 N 200 W, John Miller, 801-298-6220, john@southdavisrecreation.com, Cindy Hunt, 801-298-6220, cindy@southdavisrecreation.com, southdavisraces.com
- September 8, 2018 Brine Man Triathlon, TriUtah Points Series, Syracuse, UT, This is the culmination of all your hard work for the 2016 season! serious awards and prizes, festival, and the crowning of the Utah State age group champions. Kids, Sprint, Olympic and Long distances., Dan Aamodt, 385-228-3454, info@triutah.com, triutah.com
- September 8, 2018 Kokopelli Triathlon, BBSC Triathlon Series, Hurricane, UT, This family-friendly event at Sand Hollow Reservoir has something for everyone! Featuring a Sprint, Olympic, Duathlon, Aquabike,10k and 5k distances., Craig Towler, 318-518-7303, info@bbsctri.com, Michelle Lund, michelle@bbsctri.com, bbsctri.com
- September 8-9, 2018 XTERRA Fruita Triathlon and Desert's Edge Triathlon Festival, XTERRA America Tour, Fruita, CO, The Desert's Edge Tri Festival brings you two days of racing, a weekend of camping with other triathletes and their fans, and a fun end to the Colorado Tri Season. Desert's Edge weekend includes your choice of XTERRA Sprint (not eligible for points) or XTERRA Tri on Saturday, your choice of Sprint or Olympic distance road tri's on Sundayl, John Klish, 970-744-4450, madness@madracingcolorado.com, DesertsEdgeTri.com, madracingcolorado.com
- September 15, 2018 Camp Yuba Sprint Triathlon, RACE TRI, Yuba State Park, UT, These

Sprint and olympic triathlons are all about indian summers, camping, and good ol' fashion swimming, biking, and running. All of the campsites in the state park will be reserved for triathletes and their families., Aaron Shamy, 801-358-1411, info@racetri.com, racetri.com

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- September 15, 2018 XTERRA USA/Pan American Championship and XTERRA Utah Sprint Race, XTERRA America Tour, Ogden, UT, XTERRA Utah, two distance options: 750m / 19K mountain bike / 5K trail and 1.5k swim/ 30k mountain bike / 10k trail run; XTERRA USA/Pan America Championship: 1.5k swim / 30k mountain bike / 10k trail run, Raena Cassidy, 877-751-8880, info@xterraplanet.com, xterraplanet.com, xterrautah.com
- September 15, 2018 Bear Lake Brawl Triathlon, Laketown, UT, Sprint, Olympic, Half 70, Full 140, Joe Coles, 801-335-4940, joe@onhillevents. com, bearlakebrawl.com, onhillevents.com
- September 16, 2018 Harvest Moon Triathlon, Boulder, CO, Long course, at Boulder Reservoir, Triathlon, Duathlon, Aquabike, Lance Panigutti, 303-408-1195, lance@withoutlimits.com, withoutlimits.co
- September 23, 2018 Oktoberfest Triathlon, Longmont, CO, Union Reservoir, Sprint, Lance Panigutti, 303-408-1195, <u>lance@withoutlimits.co</u> com, withoutlimits.co
- September 29, 2018 Nevada Senior Games Triathlon, Las Vegas, NV, The sprint race of the Las Vegas Triathlon is Nevada's qualifying event to the 2019 National Senior Games for triathletes ages 50 or better, Tim Jones, 702-994-6205, ttjones@cox.net, Bonnie Parish-Kell, 702-373-5293 , bparrishkell@slowpokedivas.com, NevadaSeniorGames.com
- September 30, 2018 Las Vegas Triathlon, BBSC Double Down Series, Boulder City, NV, The Las Vegas Triathlon is turning 21 this year, so we're going to party! Featuring a Half, Olympic, Sprint, Duathlon, Aquabike, and 10k, 5k, Boulder Beach, Lake Mead, Craig Towler, 318-518-7303, info@bbsctri.com, Michelle Lund, michelle@bbsctri.com, bbsctri.com
- October 13, 2018 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, 435-674-0550, hwsg@seniorgames.net, seniorgames.net
- October 20, 2018 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, Aquabike, 10k, and 5k; costumes welcomel, Craig Towler, 318-518-7303, info@bbsctri.com, Michelle Lund, michelle@bbsctri.com, bbsctri.com/pumpkinman
- October 27, 2018 Southern Utah Triathlon, St. George, UT, Sprint and Olympic. Held at Quall Creek Reservoir, Joe Coles, 801-335-4940, joe@onhillevents.com, southernutahtriathlon.com, onhillevents.com
- November 3, 2018 Telos Turkey Triathlon & 5K, 13TRI EVENTS, Orem, UT, Splash distance friathlon which includes a 5K Run, 12 Mile Bike, and 350 Meter Swim in that order. Located at the Orem Rec Center, 665 W Center Street, Shaun Christian, 801-769-3576, 801-678-4032, shaun@13triathlon.com, Parker Goodwin, 801-769-3576, parker@13triathlon.com, 13triathlon.com
- August 17, 2019 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



watermelon to fill my entire belly,

### **GRAVEL RACING**

### Wild Horse Men's Record Smashed, Oh-so-close on Women's Record



Meghan Sheridan cresting Hastings Pass. Sheridan would go on to finish second, behind Breanne Nalder. Photo by Pete Vordenberg

#### By Chris Magerl

With a gravel bike, a MTB tire on the front, road bike gearing, and a clearer understanding of what she was getting into. Breanne Nalder was going for the course record at The Wild Horse 2018.

But it is a hard 76 miles in the Cedar Mountain Wilderness, and Nalder came up just a bit short. Her time of 5:00:55 is 3:02 off the time set in 2016 by Meghan Sheridan. Sheridan, who finished in 5:03:24 this year, is still the only woman to go under five hours in the four years of The Wild Horse. She was gunning for her record time, and things were going pretty well, until her front derailleur slipped. That kept her chain locked in the big ring, with the derailleur striking the crankarm with every rotation, for more than 40 miles.

"As we got to the second QOM I realized it was worse than I thought and I just needed to try and finish the race," Sheridan said. "I had to walk the steep parts of the rest of the climbs because I couldn't get into the small chain ring. I was cramping from riding in such a hard gear the whole race and I couldn't spin. The bike continued to sound like a trash compactor. Breanne and Amy (Dunleavy) passed me on Rydalch Pass at a very low point in my bike issues.

Sheridan would pass Dunleavy and catch on to Nalder, but some punchy hills after Aid Station 3 were too much for the big ring, and Nalder created some space.

"The start was fast and bumpy, but super fun," said Nalder. "From there it was a lot of leap frogging groups and finding my rhythm. I was, of course, saving my matches for the QOMs. Both climbs felt great and I was able to beat my own times by almost 2 minutes to secure those segments."

Nalder's race report? "Such a fun day out there with so many amazing riders and friends, a great after party, incredible raffle and prizes, enough

and maybe a brew with my buds." For the two riders topping the list of the men's results, this was the first time riding The Wild Horse. Both crossed the line faster than the previous record.

"This was my first Wild Horse race, and first time riding in the Cedars," said men's winner Mark Currie. "I'd heard plenty of people talk about how relentless the course is, so I knew we were in for a good hard day!'

Thomas Cooke was also a ride novice. "Although this was my first Wild Horse, it had always been on my radar as a ride I wanted to do. I would say it delivered on my expectations of being bumpy, sandy, windy, and at times lonely, which means it was a perfect gravel experience! The views on the backside were pretty spectacular, and I had good company in my riding partner, Mark Currie, as we made our way around the Cedar Mountains."

Currie provided a replay of the day. "As soon as we hit the first climb about 7 miles in, Thomas Cooke and myself found our way to the front and gradually began to push the pace. Thomas set a blistering pace up the first punchy climb, and I just tried to

match it the best I could. This effort distanced us slightly from a large chase group behind us, and over the top of Hastings Pass, Thomas had about a 45 second lead on me. I was able to make this gap up on the descent, and immediately got on the power again as soon as we hit the flats on the west side of the course."

"Thomas and I would ride together, off the front of the race until mile 63. This included Rydalch pass, where again, Thomas was able to pull away from me slightly. I kept it consistent, caught him on the descent and immediately put the power down again as soon as we were reconnected.'

There was one last monster lurking. A short, but cruelly steep, climb after a small muddy section.

"At mile 63, we hit the last climb of the course," Currie said. "True to form, Thomas got a gap on me again as we began the slightly wet and muddy climb. I took a drink of water from my Camelbak, realized that I was totally out of fluids and thought 'Well, it's do or die now!' At this moment, I ramped up my effort pretty significantly, caught Thomas and was able to attack over the top of the climb to create a gap between us. At this point, I was 100% committed



Riders in The Wild Horse nearing the top of Hastings Pass. Photo by Pete Vordenberg





### Bike Choice For the Wild Horse

"An ice cream headache of bike setup choices"

Like any gravel event, at some point you have the wrong bike. From four-time participant Aaron Phillips: "Gravel races provide an ice cream headache of bike setup choices, and the challenge of riding gravel is answered by a dizzying array of setups. Ultimately, if the gearing is not terrible, you have good tires and good luck, and you are comfortable on the bike, then I recommend letting go of the worry and running what you 'brung'."

What did the fast folks ride?

Breanne Nalder, first place woman, The Wild Horse: "Cannondale Slate with a fast rolling MTB tire on my front wheel and gearing similar to my road bike. With those two adjustments and a saddle positioned for off-road stability, I felt confident to get after it!"

Meghan Sheridan, second place woman, The Wild Horse: "This is my third year doing the race, and my first year doing it on a cross bike. In 2016 and 2017 I rode a hardtail mountain bike. Despite having my PR in 2016 on my hardtail MTB, I think a CX bike is more fun and a superior choice."

Mark Currie, first place men, The Wild Horse: "I chose to ride a Why Cycles R+ frame, ENVE

to either winning the race or absolutely exploding myself trying to. As it turns out, the attack would stick and I was able to hammer it home solo for the win and unbeknownst to me, a course record. Stoke level very high!"

Currie crossed the line in 4:18:15, taking ten minutes off the record.

Cooke felt that climb. "As confident as I was on the climbs, the last climb at about mile 63 was where the lights went out for me," Cooke said. "I went from having a small lead that I thought I could stretch out to the finish to getting passed by Mark's steady pace all the way to the top, and then watching him recede into the horizon while it seemed I was going backwards. The last 3 miles for me seemed like a bad dream as I hemorrhaged time and motivation and the only thing that kept me going was the old mantra of 'The slower you go, the longer it takes.'

The Wild Horse benefits the NICA Utah League high school MTB Scholarship Fund, and the aid station volunteers are all Utah League teams. Over the past four years, The Wild Horse has contributed more than \$8,000 to the Utah League Scholarship Fund and Utah League teams. Currie met the TrueNorth Wealth Challenge by setting a new course record, earning an additional \$250 for the Scholarship Fund.

### Little Wild Horse

The Little Wild Horse, at 31 miles, offers an alternative for those not excited about the 76 miles of The Wild Horse. Jennifer Cherland owns this event on the women's side. She was the first woman to cross the finish line in 2016, 2017 and again in 2018. At 2:09:34, she was about seven minutes faster than her two previous finishes. She is also the fastest woman in the four years of the Little Wild Horse.

Aaron Phillips crossed the line

M525 wheels with WTB Resolute 42mm tires, ENVE cockpit and a SRAM 1x11 drivetrain. The equipment was absolutely dialed, and truly worked flawlessly. Already stoked for next year!"

Thomas Cooke, second place men, The Wild Horse: "I rode the same rig I rode in last year's Dirty Kanza 200, Crusher, and RPI: an Open UPPER with a single front chainring. A little bird who raced last year, who may or may not be named Jamey Driscoll, told me to run my 650b wheels with fat tires, which was good advice that I ignored. Instead, I rode Gravel King 700c x 43c tires with waaaaay too much pressure. I should have stopped to let some out, but I doubt the winner would have waited for me!"

Aaron Phillips, first place men, Little Wild Horse: "Due to the fairly rough condition of the road in general and my tender spine (herniated disc), I opted for a full suspension race 29er equipped with suspension lockout with 2.2" tubeless tires. While perhaps 2% slower than a gravel bike on the course overall, I felt the comfort and confidence associated with this ride made the mental game of the race a bit easier, and I reasoned that it was probably "sixes" with respect to bike choice."

-Chris Magerl

first in the men's side of the Little Wild Horse, arriving just as the taco truck pulled into the parking lot. Great timing! Phillips rode the big loop the first two years, and has cranked out the Little Wild Horse for the past two years.

Phillips' MTB tires helped him churn through three short, steep, very sandy hills at about mile 8. "I rather suddenly found myself alone, rolling through the beautiful, stark land-scape, trying to admire the zen-like calm of this special place while staying out in front," said Phillips. "A few miles later, as my eyes panned across the landscape, I saw a herd of wild horses."

Riding solo off the front, Phillips still had a carrot dangling in front of him

"I knew Adam Brown had set a blistering KOM record in the inaugural run of this race, and since I found myself alone with a decent lead on a hard-chasing Aaron Lael, I resolved to pin it on this segment," Phillips said. "I found out when I uploaded my ride that I missed his record by a mere ten seconds. D'oh! Isn't it always like that? You sit at home after a ride, going through it in your head, and thinking 'I could have gone harder. I could have hit that hill with just a bit more power.' Oh, well."

The Little Wild Horse saw more finishers for both men and women than in any previous year. There were more families giving it a go, including 12-year-old Thor Yount completing the loop with his father, Michael Yount, a veteran of the big loop. Thirteen-year-old Sophie Penner was the youngest girl to finish the Little Wild Horse. There were several couples riding at a more relaxed pace, and extended (and soon-to-be) families enjoying the outing together.

For Wild Horse results, see the results section in this issue.

### **MOUNTAIN BIKE RACING**

### First-Time MTB Racer Goguely and Veteran Holley Win Intermountain Cup's Three Peaks Classic



Emily Vaughn rides the 2018 Three Peaks Classic. Photo by Nate Gibby



Elite men's riders in the 2018 Three Peaks Classic from left to right: Joules Goguely, Spencer Maughan, Chris Holley and Gabe Noorda. Photo by Nate Gibby

### By Nate Gibby

Cedar City, Utah (May 19, 2018)

— In his first ever cross-country mountain bike race, Apex/NBX/Hyperthreads rider Jules Goguely took the elite men's division title while K.C. Holley (Kuhl Cycling) won her second straight elite women's race in the Intermountain Cup's Three Peaks Classic held in Cedar City, Utah.

As the Intermountain Cup crosscountry series returned to the Three Peaks Recreation Area for the first time in years, the approximately 8-mile course featured 500' of gain per lap with protruding granite slabs, single track dirt, and a handful of sand bogs to keep riders on their

As a veteran road racer, Goguely outpaced the competition to claim first place on the podium for the elite men's race in his first ever cross-country MTB race. With a tight pack of elite riders keeping pace throughout two of four laps, Goguely created enough separation on the third lap and held on throughout the final lap to edge out 16-year-old phenom Gabe Noorda (Summit) by 30 seconds and Chris Holley (Kuhl Cycling) by nearly a minute. "The sport is so fast that every turn matters," said Goguely. "The course a nice power course... fast and hard."

Chris wasn't the only Holley

to podium as his wife K.C. won her second straight Intermountain Cup in the elite women's race. Erika Powers (Bingham Cyclery/ Peak Fasteners) and Emily Guffin (9Seventy Racing) got out of the starting line quickly and maintained the lead up until the first of the single track. K.C. pulled ahead at that point and had created a 13-second gap by the end of first lap. She continued to create separation through the remaining two laps to win by nearly two minutes. On her victory K.C. said, "I felt like I played my week really well and that paid off today."

K.C. and Chris Holley are Intermountain Cup regulars who place on the podium frequently. They have a four year old daughter and mountain bike together when they can between balancing family, full time work, and training.

In the high school divisions, Natalie Quinn (ImpactDevo/Bountiful Bicycle), Torrey Turner (Summit Bike Club) and Grace Jencks took the top spots respectively in the varsity girls category. The varsity boys category winners were respectively Luke Heinrich (Kuhl Cycling), Porter Hawkes and Andrew Draper (Maybird Reyes-Psych).

See the results section in this issue.

### **About I-Cup**

Founded in 1991, the Intermountain Cup consists of X-country and endurance MTB races throughout Utah. With seven X-country races of approximately 25 miles and one endurance races of approximately 50 miles, the series covers some of the most pristine and difficult rides in the state.

Next up in the Intermountain Cup is the Wasatch 50, the lone endurance race in this year's series, is. Held in Heber City, Utah on June 2, the trail features a 21-mile loop nestled between Jordanelle Reservoir and Mount Timpanogos.

More information about the Intermountain Cup MTB Race Series is available at intermountaincup.com.

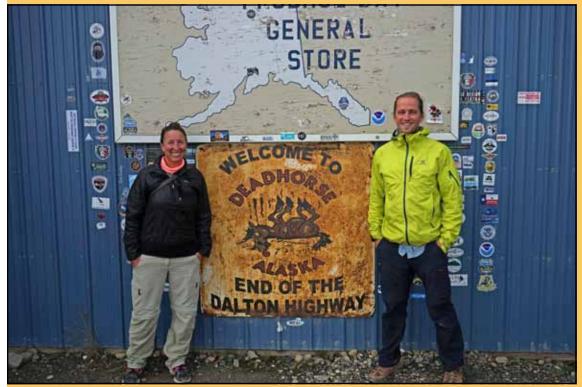
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KC Holley on her way to claim the women's elite title in the 2018 Three Peaks Classic. Photo by Nate Gibby

### **BICYCLE TOURING**

### Journey To The End Of The World



Kristen and Ville at the start of their journey in Deadhorse, Alasaka. Photo courtesy Kristen and Ville



265 N Main St, Monticello, UT

<u>www.roamutah.com</u>

### **By Brian Thompson**

"Life should not be a journey to the grave with the intention of arriving safely in a pretty and well preserved body, but rather to skid in broadside in a cloud of smoke, thoroughly used up, totally worn out, and loudly proclaiming "Wow! What a Ride!" - Hunter S. Thompson

Kristen has a smile that lights up any room she enters. I first noticed her and Ville one day in the gym onboard our ship heading towards Patagonia. A few days later there was an announcement of a spur-of-the moment lecture by a couple that had bicycled down the Pan-American highway. It sounded interesting so we went. The show was unscripted and very entertaining mostly because of the two people with the oversized personalities. It was then that I knew their story needed to be told.

Their journey begins in Bend, Oregon, one of my most favorite places on the planet. In 2011 they had hiked the Pacific Crest Trail with no real prior experience to prepare them. "All it took is one foot in front of the other, and just like life, you get through it. And professional backpackers we soon became." This is the attitude they took with them when they decided to bike from Prudhoe Bay, Alaska to Fin del Mundo outside of Usuhaia, Argentina. With some help from their friend John Frey from Hutches Bike shop in Bend, they soon assembled their Surly Disc Trucker bikes, put together a rough route of the trip, then headed up to Alaska. Kristen's advice is simple for those that want try an epic adventure, "Don't think about and plan everything, just get a bike, some gear together and go. Over-planning is pointless because everything changes once you start." This is a metaphor for life: know where you are, where you want to be, then get going.

"Why ride over 20,000 miles? Because the voice of reason flew out the window a long time ago telling us not to. And why not do it? Ever changing scenery for nearly 2 years will be mind-blowing and intense, but honestly, we really do this for



Camping in the Redwoods. Photo courtesy Kristen and Ville



Alaska to San Francisco. Off to South America. Photo courtesy Kristen and

the people we meet. The characters we met hiking the PCT pretty much just redeems your faith in humanity. Some of the kindest, coolest, wackiest, neatest, people that helped us just because it felt right. And for no reason other than to help someone in need." Her words definitely apply to the bicycling community where the spirit of helpfulness abounds. This was also an opportunity to help out several organizations. One that is particularly near and dear to them is Carly's Kids

(http://www.carlyskids.org) which raises money to send disadvantaged children to outdoor school.

The trip was punctuated with random acts of kindness, everything from letting them stay in a home, providing food and water, to donating to help fund the trip. These acts added to a large group of data points that indicated that people truly are good no matter where you go in the world and that kindness begets

Their adventure covered 18,235

### **CLASSIFIED AD:** The Hayduke MTB Trail: Lizard **Head Cycling Guides**

Experience southern Utah's utterly remote and otherworldly back-ofbeyond terrain on a 420-mile pointto-point mountain bike odyssey from Big Water to Moab. Explore the Grand Staircase Escalante, Capitol Reef N.P., the Henry & Abajo Mountains, Lake Powell and the Bear's Ears National Monument. This is a gravel grinder type tour. The Hayduke was featured in Outside Magazine in June 2017.

One & Two Week Options Available. Tours Depart in May & September. Call 970-728-5891 or INFO@LizardHeadCyclingGuides. miles across innumerable countries and took them 20 months to complete. Along the way, they experienced encounters with a bear, and contracted dengue fever which kept them on a couch in Costa Rica for five weeks.

The bear story is best told in their own words, "It was late one evening biking south on the Cassiar Highway in British Columbia, Canada. We were just about to start our search for a good spot to camp and made our way down a steep hill with an uphill straight in front of us, when a large black bear wandered up onto

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Photo courtesy Kristen and Ville



At the end of the earth, Ushuaia, Argentina. Photo courtesy Kristen and Ville

The sides of the roads were cleared of trees for ease of visibility for

the pavement right in front of us. cars, and allowed for lots of berry bushes to grow. This bear had been feasting on the plump berries right



16th ANNUAL TOUR DE TAHOE Sunday, September 9, 2018 Lake Tahoe, NV

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her and she came up on the road directly in front of us. We braked hard, and climbed off our bikes, putting the bikes between her and us. Unfortunately for us, two little black balls of fluff popped right out behind her from the bushes and we realized with a sinking feeling that this unfortunate situation was about to get a lot worse. As the mother bear pinned her ears to her head, started to grunt and snort, and then began her charge no more than 20 feet from us, we both froze realizing our bear cans were buried deep in our panniers. Very bad planning on our part for such a situation as the one we were currently in. Trying to think fast, we couldn't remember what advice we had been given when confronting a bear. And an angry, protective mother bear at that. Stop, drop and roll? Nope. That was fire. Hide under your desk? Earthquake. Oh, make yourself big, loud, yell, wave your arms in the hopes it scares them away. And luckily for us, it worked! Mid-charge, she turned, and headed straight for the bushes with babies in tow. Phew! That was a close one. After dodging that bullet, we decided to ride at least another fifteen miles before looking for a camping spot, pulling all our food up into a tree and loudly making

along the road when we had startled

### **ROAD RACING**

### Stevenson and Olsen Take Wins in 2018 Sugarhouse Criterium



Women's pro-1-3 race winner Lindsey Stevenson leads Marci Kimball a he Sugarhouse Criterium, Salt Lake City, UT, 5-26-2018, photo by Dave Itis, cyclingutah.com



Bryce Olsen takes the win in the Sugarhouse Criterium, Salt Lake City, UT i-26-2018, photo by Dave Iltis, cyclingutah.com

### By Dave Iltis

Sugarhouse is Utah's classic criterium. The park has hosted races since at least the 1950's, and possibly long before that. What better place to hold the 2018 Utah state criterium championships? What better day than a sunny May 26,

In the Pro/1/2/3 women's race, an early 2 rider break formed when climber Marcy Kimball (Plan 7 DS) attacked on lap 3 and all-arounder Lindsey Stevenson (Zone 5 Racing) went with her. The two worked together well and increased their gap with each lap. It didn't hurt that each had teammates in the field who were content to let the break stay away. Stevenson won the sprint handily, "I hammered on the little downhill before the last kicker and then just went full gas on the hill sprint as was able to stay away."

In the Pro/1/2 men's race, a field of 41 riders started, and the action kicked off immediately. A break formed driven by Clinton Mortley (Intermountain LiveWell) and Cortlan Brown (Hangar 15), but this didn't stick. Many coun-

all bears in a few miles radius aware of our presence."

Their faith in humanity has been renewed along with their spirits and their desire to explore the world further. Ville is working on a film of the trip, which, hopefully, will be shown at next years Wasatch Mountain Film

ter attacks and attacks continued after this including a nice flyer by Chris Stuart, but with a bit of a wind, nothing stuck until the last few laps. A group of 4 was away, Clint Mortley and Michael Hawley brought the group close. Another set of 4 merged with them. The octet stuck it for the next couple of laps until the finishing sprint when Intermountain LiveWell's Bryce Olsen kicked into high gear at the base of the hill. Everyone else was left in his wake. Jules Goguely and Cortlan Brown (both Hangar 15) rounded out the top 3. Olson described his winning sprint, "I was sitting on Jason Castor's wheel" and then followed another rider before the hill, "I just hung on his wheel. As soon as we hit the bottom of hill, I gassed it and gave it everything I had and was able to pass him and hold the lead until the finish."

Olsen and Stevenson were crowned state champions, along with a host of other riders in the other categories.

For results, see the results section in this issue. For a complete set of photos, see gallery. cyclingutah.com

Festival as well as several others and Kristen is looking to publish a book on their adventures within the next 6 months. I would highly recommend that you go to their website, www. welostthemap.com to get to know them better and to learn more about this and upcoming adventures.

### **MECHANIC'S CORNER**

### **Drivetrain Wear**



The drivetrain on a bicycle is the system of pedals, cranks, chainrings, chain, cassette, and derailleurs. Photo by Dave Iltis

#### By Eric Ramirez

You might think that the most representative connection you have to your bike is the saddle and handlebars. But, without forward motion that connection makes the bike more like your favorite arm-chair. No, the key connection to your bicycle is the pedals; as you drive them forward the gears and chain give you the momentum that makes you go. The stress of this motion results in wear on the drivetrain. As such, a large percentage of bikes that come to me for repair are in need of work on the drivetrain - I replace a lot of cassettes, chainrings, and chains.

### Gears and Chain:

Imagine watching the pedaling motion from the drive-side of the bike, or the side with all the gears and chain. The motion of your foot driving you forward moves the crankarms in a clockwise, circular direction. In fact, you are driving a metal circular gear called a chainring. Zoom in and imagine the teeth of that chainring pulling the chain into orbit around the gear and hence pulling the bike forward. The leading edges of those teeth are taking the brunt of the force that you exert.

As long as the chain is within reasonable wear limits, it will not prematurely wear out the teeth of the chainring. However, over time wear is inevitable. The sheer pressure of the teeth pulling that chain forward slowly mashes those metal teeth and they deform in one way or another. As the chain starts to wear and effectively "stretch", the wear on chainring teeth is exacerbated. Chainring design attempts to compensate for this with the use of stronger alloys or coatings, cold forging or stamping, but eventually all succumb to the erosive force of use.

The same thing happens to your cassette - the gear cluster mounted to your rear wheel - only faster. The teeth of these gears will see the mashing effect on the opposite side; this is very apparent on an older, worn cassette.

Often, within just a few rides, an overly-worn chain may break. Chain wear is without a doubt the quickest type of wear on a bicycle. New drivetrain systems with 11 and 12 cog cassettes, or speeds, have a greater width across and thus require greater lateral chain movement.

The chain has minimal stress in gear combinations that allow it to

travel in a straight line. But, this is often not the case. In the easiest and the hardest gears (respectively the largest and smallest cogs), a chainlink departs on its journey from the cassette traveling above the chainstay to the chainring under the load of the bike and rider. Looking down from the saddle, the chain is laterally twisted as it leaves the cog and arrives at the chainring. Here, the chain is under the most stress since this is not a natural, straight-line motion.

When mechanics talk about "chain stretch" they're referring to the wear caused, chiefly, by this motion. The plates of the chain chew at the pins and vice-versa. As this wear progresses, it will continue to degrade the drivetrain gearing at an accelerated rate. Something will give; usually it will be the chain.

### The Fix: (A Shop Scenario)

The chain is broken. We examine the break and it is clearly from wear. We replace the chain, or at least plan to. On a test ride it is discovered that the chain will not shift cleanly from cog to cog and under load the chain literally skips forward on the gear (under pressure the chain will jump a space ahead). Then, the chain gets sucked up on the chainring going for another revolution. This action can nearly break off the rear derailleur as the chain tension ramps up.

At this point it is clear that chainrings and cassette need replacing. The cost of this adds up quickly, especially on higher-end road bikes. Replacing these parts will generally fix the issue. However, a fancy chainring will last a very long time offering easy maintenance and shift quality if the chain is regularly replaced.

It is worth mentioning that other types of stress can cause a chainring or cassette to need replacing prematurely. Part of the shifting process consists of the chain hopping on to ramps and pins on chainrings and cogs to physically shift up the range. If a derailleur isn't properly adjusted or shifting is very hard or aggressive, these ramps and pins wear down and shifting becomes extremely difficult. Gear replacement is the only fix.

You and your mechanic will be able to find the most reasonable fix. Sometimes, replacement options will be limited depending on availability of replacement parts. Generally, there are more options than ever and you'll usually be able to find



Red marks the part of the tooth that sees the most force and wear during use. Photo by Eric Ramirez



This exaggerated illustration shows how the chain flexes laterally in the climbing gear combo. Photo by Eric Ramirez

something that will work well and the time has arrived to save you some cash. The best option usually matches the hardware you already have. That, however, is not always the most economical.

### Mileage:

Folks often ask me how many miles they can expect to get out of a chain. My response is, unfortunately, ambiguous. There is no clear answer for this since every rider varies in weight, riding style (sprinting, climbing, long, flat-out, mellow, racing, etc.), terrain preference, and equipment choice. But checking the wear on the chain with a simple chain length gauge will help to know when

replace it. The information in this article will help you to know if other things need replacing too.

### **Up Next:**

that none of these parts are bent or broken are all things that contribute to clean shifts and reduced drivetrain

wear. More on that next month.



Checking chain 'stretch'. Photo by Eric Ramirez



Usually when this tool displays 0.75 chain replacement is recommended. Photo by Eric Ramirez



Identifying the shifting workhorses of chainrings (ramps are also found on cassettes). Photo by **Eric Ramirez** 



Ramps and pins shown here have signs of rounding and thus lose the ability to shift cleanly. **Photo by Eric Ramirez** 



Smooth and low-friction cables, derailleurs that unusual lip can be felt moving across the the are properly adjusted and tooth. Photo by Eric Ramirez

Eric has 20 years experience working on bikes, starting in Park City. Today he's a head technician at a shop and maintains a blog about wrenching and adventures at angrybikemechanic. comikemechanic.com

### **BACKCOUNTRY TRIATHLON** I Did My First Triathlon



Last minute adjustments before the first leg. Photo by Lukas Brinkerhoff



Kathleen Berglund packing in the bike ride toward Dark Canyon. Photo by



wasn't kidding, less than a mile 1200 feet of down. Photo by Lukas Brinkerhoff

### By Lukas Brinkerhoff

I did my first triathlon.

Now before you start asking who I am and what I did with Moose, let's just say this wasn't your typical triathlon. There weren't any aero helmets, one of us even went, "Gasp!" without one. The only shoes worn were Chacos and all of our water came out of a hose, but only after it went through a water filter. It also lasted two days even though we had planned for three.

There are places you go to because they are amazing. There are others that folks like myself go to because they are amazingly remote. When you combine the two, it's kind of perfect. Dark Canyon, Utah is one of those places. Look at a map and there aren't many ways in our out. It's sandwiched by better known locals like the Dirty Devil, Lake Powell and Bears Ears. And, let's be honest, the name has bit of a draw to it as well. There's something mys terious about a canyon named Dark.

From the moment Mooseknuckler Alliance laid eyes on a map that had a canyon by this name, we have been intrigued with what was there and how to go about exploring it. We found a pack trail called Sundance that drops into the canyon about 8 miles above its confluence with the Colorado. We found some beta about some peeps hiking down and then using packrafts (the Alliance loves packrafts) down the Colorado to a takeout just downriver from the Hite

This became our plan. The only problem is the 5 hour drive to the take out and the way they did it, is a shuttle. We don't hate people who drive cars, but we certainly don't like driving them ourselves so a double 5 hour drive was kind of out of the question. Good thing we have bikes. We modified the above trip to use our bikes to accomplish the 20-mile shuttle from the Colorado to the trailhead for the Sundance Pack Trail.

Depending on who you talk to, this is now known as the Dark Canyon Triple Threat or the Dark Canyon Packing Triathlon. I'm in the latter camp.

We arrived just after the sun had set on the horizon leaving us with the shapes of the cliffs that surrounded us but without any of the colors. Due to the forecasted 90+ degree weather for our start day, we decided to get up and get going. But first a couple of beers.

flanked by the red cliffs of what is now Lake Powell. Had we been here a few years ago, this would be a lake and not a river. A quick breakfast, a few last-minute adjustments (note: you will probably have to adjust your backpacking pack for use with a bike so you can look up) and we were on the road a few minutes before 7. Our cycling leg of our triathlon was 8 miles of pavement and 12 miles of dirt. We expected it to be all climbing at mostly easy grades and outside

of one exception, that was the case. During our highway experience that took us about 45 minutes, we saw three cars. Once we were on the dirt, we only saw one couple camped on the side of the road, still not sure what they were doing. We could hope for less people, but that isn't bad for Memorial Day Weekend.

After a 3-hour pedal, we transitioned to bipedal mode. We certainly could improve on our transition times as this took us about 45 minutes. We stashed the bikes and began to walk into the canyon.

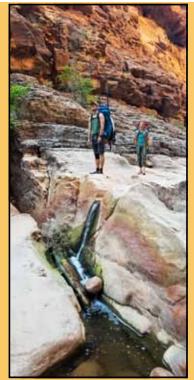
When you read "pack trail" on a map it's a pretty good indication that the trail isn't maintained and is what most would call rugged. The Sundance is just that. The first couple of miles are fairly straight forward except for a couple of drops that required butt scooting and route negotiation. And then there is the drop into the canyon. The sign at the trailhead says it 1200 feet in less than a mile, I have no reason to think that is not accurate. The trail comes to the edge of the canyon where a rockstrewn cliff drops off in front of you. There are routes everywhere you just pick your favorite and hope it gets you to the bottom. Don't forget that you are picking your way down this slope with a 40-pound pack on your back. We used our hands at least, if not more, than our feet. That one mile took us about an hour to descend.

Once in the canyon, the trail meanders downstream. At this juncture, not only was it getting hot, but we were starting to reach our point of needing a break for the day. We passed the camp where the girls were sunbathing topless, the camp where it looked like way too many people had come down, and the one where the occupants peered out trying to not make eye contact so they wouldn't have to interact with us. And then we found a spot with some shade, a big pool for swimming and procuring water and two flat spots where we could pitch our tents to keep the cedar gnats off us.

We spent the rest of the day getting fat off our supplies and enjoying the shade, the water and the animals poking about. We discussed in depth the unknown of the next day, the wind. The beta we had pretty much said there would be a headwind. The forecast called for a tailwind. There may have been thoughts and prayers for the latter.

We got an early start. From our camp, it was about four miles to the confluence with the Colorado. The canyon choked up multiple times forcing us up onto the benches above the creek and our short jaunt to the river turned into an exposed, loose trail that required 100% of our attention to navigate safely. Typically, we would finish that distance in just over an hour, this took us almost two, but we got through and stood on the beach of the river. We had seen no one all day long.

It was time for Transition #3. We pulled our packrafts out of our packs and rearranged everything to fit inside them before inflating our boats for travel. The confluence had



Sometimes you have to stop and look around. Photo by Lukas **Brinkerhoff** 



Brinkerhoff



When you need water and happen upon a spring pouring out of a canyon wall. Photo by Lukas Brinkerhoff



Hite Crossing, killer headwind but we're almost done. Photo by Lukas



Heading toward Dark Canyon on the Bipedal portion of our triathlon. **Photo by Lukas Brinkerhoff** 

a swirling wind and we ran into two wind was ripping, our shoulders motor boats finishing a river trip. The wind varied from head to tail to side to calm for the first 15ish miles. And then turned into a full on, you have to paddle to go downstream wind for the last three. We had planned on taking 8-10 for this section depending on the wind, the river and other things. We had knocked out half of it in three hours at which point we knew were finishing a full day early.

Right around 2 PM, our boats pulled up to the boat launch. The

would take a few days to recover from the intense paddle, but we were done. We had seen Dark Canyon in all its glory. Done some paddling and some pedaling and finished in less the 36 hours. A full day sooner than expected. Not too bad for our first triathlon.

Lukas Brinkerhoff blogs about mountain biking and life at mooseknuckleralliance.org.

### **BICYCLE TOURISM**

### What the Two-Wheeled Tourist Can Offer Tiny Towns



An old sheep wagon welcomes cyclists to Ovando, Montana. Photo by Micah Drew/Seeley Swan Pathfinder

By Micah Drew - Seeley Swan
Pathfinder

Cycling tourism contributes nearly \$377 million annually to Montana's economy

Leigh Ann Valiton watched a customer meander the aisles of the Blackfoot Commercial Co. in Ovando, Montana. Valiton's store, and attached inn, is open until seven every evening, but it was 10 p.m. and she showed no sign of leaving. The customer, Faye Cunningham from New Zealand, filled her basket with frozen burritos, energy bars, chips and a Mountain Dew.

Cunningham was competing in the Tour Divide Race, a 2,735-mile long mountain bike race that stretches from Banff, Canada, to the Mexican border. The route enters Montana in Glacier National Park and meanders south, paralleling the Continental Divide.

Ovando sits at mile 550 and has become a staple stop for riders. "You always hear about the accommodations. It's certainly known," says Cunningham as she finished filling her basket. "It's totally cool to come here."

For the last five years, Ovando has become known by the cycling community around the world as a place to stop and sleep, refuel and chat with the locals. "I've been a groupie (of Tour Divide) for years so it's cool to see the places I've read about — Richmond Ridge, Holland Lake, here," she continued.

Cunningham had ridden for 16 hours and wanted to make it to Ovando before she stopped for the night

Currently every room in Valiton's inn was booked and a rider was sleeping on a mattress in the living room. Outside a cyclist was crashing in an old sheep wagon. Another was passed out in a teepee. The only open sheltered place left for Cunningham to rest was an old jail house that was restored for just that purpose. As Valiton scanned her purchases, she paused and looked up. "Wait, I'll put a bed in the kitchen and you can sleep there."

After making sure her last guest

was settled in, Valiton finally left for the night. Most of the riders would be up before dawn to get back on the trail. "Our goal is to be as accommodating as possible," said Valiton as she turned off the lights. "But that's Ovando in general."

"Years ago if I went to Missoula, no one knew where Ovando was," said Kathy Schoendoerfer, the owner of the Blackfoot Angler and Ovando's unofficial "Organizer of Frivolous Affairs."

Now, nearly a thousand cyclists from around the world pass through the town of 50 residents every year. In addition to being a waypoint for the Tour Divide Race, the town on Highway 200 sits at the intersection of two popular cross country cycling routes.

Schoendoerfer recalled the first time the community banded together to support bicyclists. It was in 2012, when a TDR rider, Tracy, was inbound to Ovando. Someone phoned ahead, letting the town know Tracy was having a rough go of it. Only the sheep wagon existed back then, but the townsfolk put out a sign telling Tracy to rest up and left food, drink and moral support.

Since then, the town has actively courted the two-wheeled tourists. One small corner of Schoendoerfer's fishing shop is dedicated to cycling gear — tires, tubes, lube, pedals, the essentials. The Ovando Community Fund was started from donations and provided money for the teepee, jailhouse and outdoor shower system riders can use.

Each year riders donate around \$500, Schoendoerfer said. Sometimes it's change (Canadian), sometimes it's a can of beans if that's all they have. It's enough for the town to know they're having an impact on their visitors.

That impact goes both ways. According to a 2014 study by the University of Montana, cycling tourism has a substantial impact on the state

The study, conducted by the University of Montana Institute for Tourism and Recreation Research looked at the effect of bicycle tourism statewide. It found that the industry contributed nearly \$377 million annually to Montana's economy. Of

the nearly half million bicycle tourists who visited the state, the average cyclist spent around \$75 a day and stayed for at least a week.

For rural communities, that kind of expenditure can greatly increase viability and towns are learning how to capitalize on it. A hundred and fifty miles south of Ovando, another small Montana town shows up on cycling maps, at the intersection of the Lewis & Clark and the TransAmerica Trails.

Twin Bridges is home to almost 400 residents and the nation's first ever Bike Camp. Bike Camp sits in Jessen Park, on the edge of town. It's a simple wooden building complete with a shower, toilets, tables and chairs, a sink and grill and plenty of space outside to pitch a tent — but only for visitors arriving on two wheels.

After spending two years watching cyclists passing through, resident Bill White decided the time and need was right to do something to engage the Lycra-clad tourists. "All the bike riders passing through were like gold going by in a river," he said in an interview for Montana Quarterly. "I started thinking about how to make Twin Bridges more than just a place to get a cup of coffee."

White developed a proposal for Bike Camp, got a building permit and raised \$9,000 for materials. The town broke ground in April of 2009 and the camp was ready by June.

In the first year, around 300 riders used the camp. White said that by July of the second year, the number of visitors was already up by more than 50.

Those early cyclists left feedback for Twin Bridges (and enough donations to cover the cost of building Bike Camp), and the town found that the average expenditure per night per visitor was \$24.92. In a small community like Twin Bridges, the economy is a closed loop, amplifying any expenditures. Overall it was determined that the cyclists brought at least \$10,000 into the local economy

That figure is lower than the UM study estimate, but regardless, "it's good for the local economy," White said. "Especially the grocery store, the ice cream shop, the restaurant and the laundromats."

It's personal interactions and community attitudes like those in Twin Bridges and Ovando, more than any university study, that excite proponents of cycling tourism. "There's increasingly more stories coming out about how bike touring and bike travel can benefit rural communities. said Laura Crawford of Missoulabased Adventure Cycling. "There's maybe not an attraction that would pull people off the freeway, but if you're going through by bike, you kind of rely on those communities as a place to stop for the night, stock up on food or grab coffee."

Adventure Cycling is a national cycling advocacy group ("America's Bicycle Travel Experts") that boasts 53,000 members. The company orga-



Kathy Schoendoerfer and Randy Neil chat in front of the Schoendoerfer's store, Blackfoot Angler. Neil is riding in his third Tour Divide. Photo by Micah Drew/Seeley Swan Pathfinder



Cyclists riding the Continental Divide trail wash off their bikes outside a motel. Cyclists rely on small communities for lodging and other amenities such as laundry and other services. Photo by Micah Drew/Seeley Swan Pathfinder

nizes guided bike tours and maps out the more than 46,000 miles of cycling networks in the country.

A portion of their work is teaching communities how to become bike friendly, and its website offers pages of resources (adventurecycling. org/bicycle-tourism/building-biketourism/). Crawford has spent years investigating how cycling can save rural economics. In addition to her work for Adventure Cycling, she founded the travel website The Path Less Pedaled. She makes a comparison between a cyclist and a road tripper and the impact they have on communities during a trip.

Using a 200-mile stretch of road as an example — roughly the distance between Whitefish and Helena — Crawford breaks down the differences

For a vehicle, that trip is a mere afternoon's travel. A road tripper's itinerary traveling city to city might only include a stop at a gas station or a lunch break in the middle and skip most of the small towns in between.

On the two-wheeled side, biking 50 miles a day requires a huge influx of calories, prompting the need for a dozen meals or snacks during that same trip. Due to the restrictions of carrying that much food on a bike, cyclists are more likely to stop in any town with a restaurant or market. They also need places to sleep, preferably with hot water to shower and potentially a place to do laundry. "Small towns would benefit as well

with a constant stream of tired and hungry bike tourists coming through town," a blog post on The Path Less Pedaled reads. "The more accommodations and services, the more people touring, the more people spending money in small towns."

White, who passed away in 2012, saw firsthand the effect of riders on his town. When Crawford pedaled through Twin Bridges to profile the town and the Bike Camp in a video, she was struck by White's foresight and determination to make the camp happen.

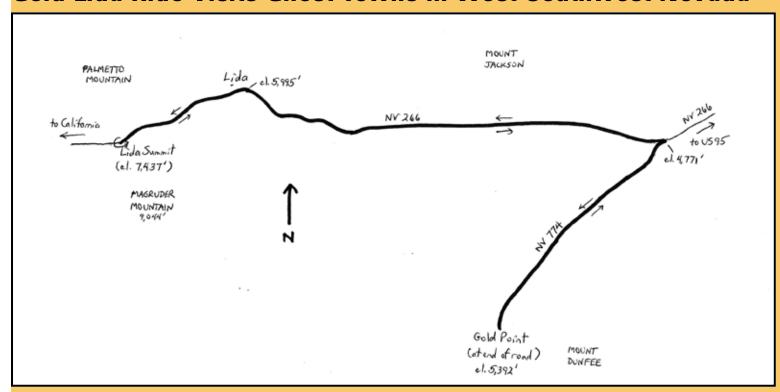
"Bill persevered ... because he knew it would benefit the community," Crawford said. "It gives tourists a reason to stop and stay and leave a few dollars behind that wouldn't otherwise trickle into the town. And that idea is really fundamental to how bike tourism works in small communities. "It's not a get-richquick sort of scheme, but a long-term, sustainable investment."

This article was originally published on Jan. 12, 2018 at High Country News (hcn.org) and Seeley Swan Pathfinder (seeleylake.com, Seeley Lake, Montana) and is part of The Montana Gap project, in partnership with the Solutions Journalism Network.

https://www.hcn.org/articles/ the-montana-gap-rural-townscapitalize-on-cycling-tourism

### **RIDE OF THE MONTH**

### Gold Lida Ride Visits Ghost Towns in West Southwest Nevada



Gold Lida is a 48.4-mile, challenging out-and-back ride between Gold Point and Lida Summit in west southwest Nevada. Map by Wayne Cottrell

#### **By Wayne Cottrell**

Gold Lida is a 48.4-mile, challenging out-and-back ride between Gold Point and Lida Summit in west southwest Nevada. The title's reference to a fictional Star Wars character is not unintentional, as the net elevation gain is an epic 3,290 feet, starting and finishing in mile-high Gold Point. To add to the challenge, both Gold Point and Lida (the ride passes this settlement on the way to Lida Summit) are listed as ghost towns. Both have resident populations, but neither supports many if any services, as their heydays are long past. Gold Point has a history of hit-andmiss. The area was first settled in 1880 under the name Lime Point, but prospecting was slow. Miners abandoned the area, but returned in 1900 when gold and silver discoveries established the nearby towns of Goldfield and Tonopah. Silver was then discovered in the adjacent hills, and Lime Point was renamed Hornsilver. By 1903, this camp was abandoned, because of the high costs of mining operations. More silver was discovered in 1905, though, and the miners returned, finally establishing a more permanent settlement. Soon, Hornsilver's population reached 1,000. After a couple of decades of boom and bust, gold was

Road Biking Utah

Abide to the Good Bik Barbus

Abide to the Good Bik Barbus

Abide to the Good Bik Barbus

discovered in 1927. The town's name was changed to Gold Point, and it thrived until World War II, when the U.S. government ordered all gold mines to shut down as nonessential to the war effort. After the war, mining resumed, and continued until the 1960s, when a major explosion effectively ceased all major operations. Gold Point's current, regular population is only seven, but there are seasonal fluctuations.

Gold Point is located in a remote corner of west southwest Nevada. To get there from Las Vegas, head northwest on US 95, toward Tonopah. Turn left on NV 266 (160 miles from Las Vegas) and head west. After seven miles, turn left on NV 774, and head southwest to Gold Point. The settlement is located at the end of the highway. From Salt Lake City, head west on I-80. Once in West Wendover, exit I-80 and head southwest on US 93A, which merges with US 93 after 60 miles. Transfer to US 6 (southwest) in Ely. Once in Tonopah (275 miles from Wendover), head south on US 95. Once at NV 266, 37 miles south of Tonopah, turn right and head west, following the above directions to Gold Point. The town is 175 miles from Las Vegas, and 435 miles from Salt Lake City. The weather in Gold Point is moderate; average temperatures exceed 80 degrees only during June, July and

40s during December, January and February.

Be prepared for this ride by recognizing that the altitude changes along the route will present some temperature variations. Also, note that the settlement of Lida, near the turnaround, does not offer any services. Thus, be self-sufficient. With all of the history recounted above in mind, start the ride at the beginning of pavement, at 3rd & Gold Streets. This is the beginning of NV 774. Head northeast, out of town. The highway gradually descends from Gold Point's elevation of 5,392 feet. By the time NV 774 ends, at its junction with NV 266 (mile 7.45), the elevation is 4,771 feet, having lost over 600 feet. Make a sharp left here, and head west. While NV 774 carries just 20 vehicles per day, NV 266 carries about 15 times this - yet, 300 vehicles per day is very light. There is a narrow, striped shoulder. NV 266 gradually climbs, with Mt. Jackson Ridge to the right, and Lida Valley to the left. The highway's gradient increases to about 3% as the Palmetto Mountains appear on the right. At mile 18.7, a dirt road on the right (elevation 5,995 feet) leads to Lida This "ghost" town, like Gold Point, has a similarly exciting mining history. NV 266 bypasses the town, as the gradient increases to 5%. The next 5.5 miles feature steady climbing at this gradient, with

mighty Palmetto Mountain looming to the right, and the even mightier Magruder Mountain (elevation 9,044 feet) looming to the left. NV 266 finally crests at mile 24.2 – a sign signifies that you are at Lida Summit (elevation 7,437 feet).

Turn around at the summit and begin the return ride. The next 16.8 miles are downhill, with the gradi-

ent gradually decreasing as you get farther from the summit and Lida. Turn right at NV 774 to begin the final stretch to Gold Point. The highway climbs gradually for the final 7.4 miles, to the end of pavement in Gold Point.

Starting & ending point coordinates: 37.354486oN 117.365006oW

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.

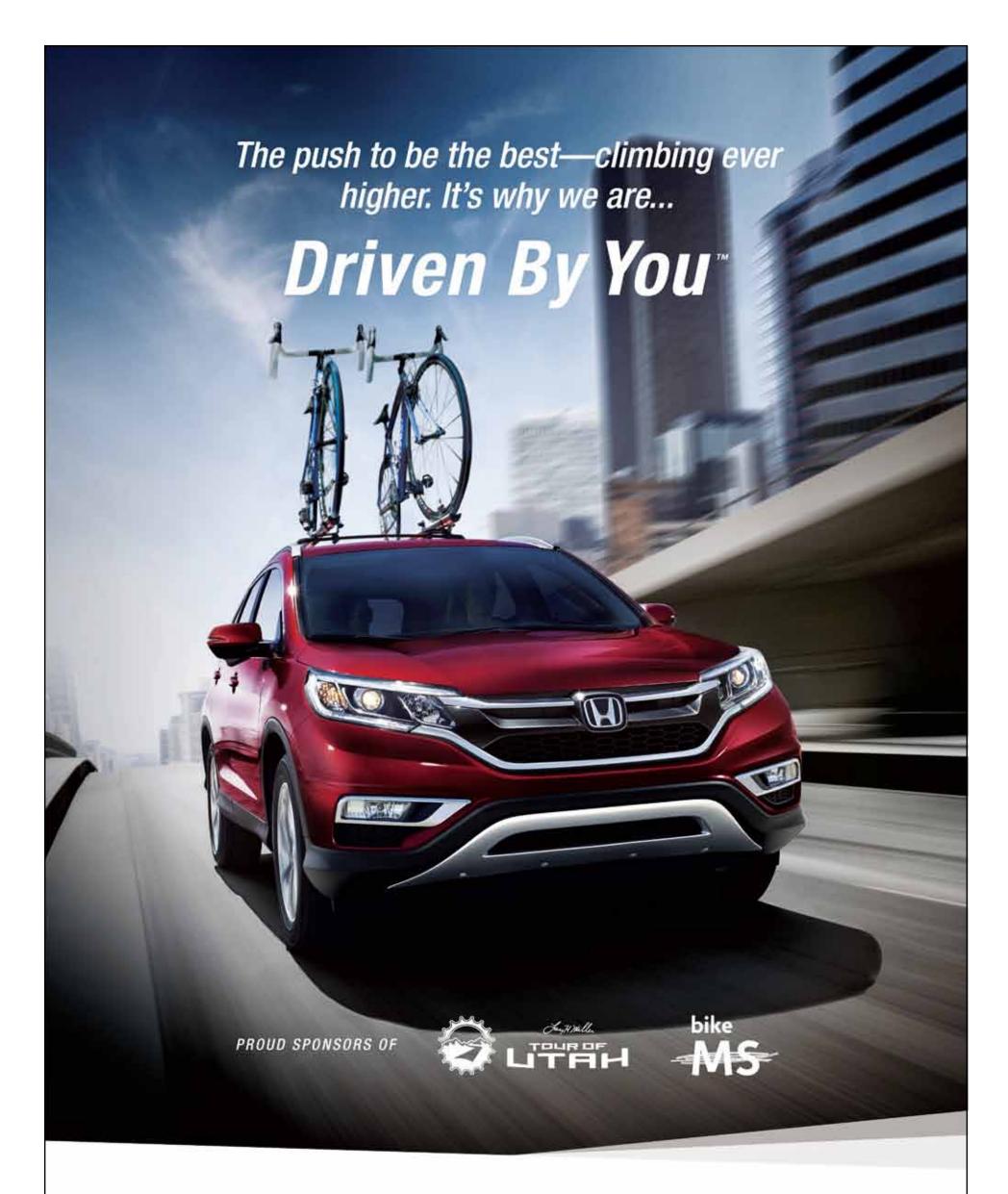
Wayne Cottrell is a former Utah resident who conducted extensive research while living here – and even after moving – to develop the content for the book.



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