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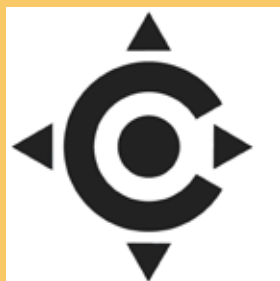
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Cover Photo: The Sugarhouse Criterium is a mainstay for road racing in Utah. This year's event saw over 400 racers. Here, the category 3 field dives into a corner.

Photo by Dave Ittis

ROAD RIDING

Team Jarem: Honoring a Friend, Making History at the Huntsman 140



Team Jarem rides in honor of Jarem Hallows, who passed away in 2018 from tongue cancer. Photo by Dave Ittis

By Porter Sproul

Jarem Hallows had been in remission for a year when his tongue cancer came back in 2016. His family and friends quickly looked for ways to show support. They discovered Huntsman Heroes, a training and fundraising program, and the Huntsman Sports Festival, which includes the Huntsman 5K running and Huntsman 140 cycling events. The group created a fundraising team in 2017. Jarem knew the importance of research and its impact on cancer outcomes, so #TeamJarem designated their dollars to support the Head and Neck Cancers Disease Center at Huntsman Cancer Institute (HCI). In 2018, #TeamJarem raised more than \$26,000 at the sports festival. It was the largest fundraising team at the event—almost 250 walking, running, and cycling team members. It is also the largest gift of support ever received for the Head and Neck Cancers Disease Center. “Winning” didn’t have anything

to do with how long Jarem lived, but how he spent the time he had. He told his loved ones he defeated cancer “by courageously enduring it well.” He meant what he said. Continuing to live with dignity and grace, he strengthened every person who supported him during his difficult journey. Jarem passed away in November 2018, surrounded by his family—his wife, Camilla, and their five beautiful children.

#TeamJarem is participating in the 2019 Huntsman Sports Festival on June 15, continuing to support HCI research in memory of their dear friend.

You can join #TeamJarem and this incredible cancer fighting community by registering to run or ride at huntsmansportsfestival.com.

The Huntsman Sports Festival returns for its third year of bringing cyclists and runners together to raise funds for research at Huntsman Cancer Institute. Huntsman Cancer Foundation (HCF) combined its iconic Huntsman 140 cycling ride with its 5K and kids’ run in 2017 to

create the Huntsman Sports Festival, a single-day event that provides participants with more ways to get involved. HCF has added a 10K trail run to the 2019 event. The Huntsman 140 includes distance options of 25, 50, 75, and 140 miles with a relay option for the 140-mile courses.

To date, the Huntsman 140 and the Huntsman 5k have raised a combined 3.8 million dollars for cancer research. This year’s fundraising goal is \$750,000, with one hundred percent of funds raised going to vital research for all types of cancer.

Huntsman Cancer Foundation’s sole purpose is to raise funds to support the mission of Huntsman Cancer Institute (HCI): To understand cancer from its beginnings, to use that knowledge in the creation and improvement of cancer treatments, to relieve the suffering of cancer patients, and to provide education about cancer risk, prevention, and care. Huntsman Cancer Foundation is dedicated to ensuring excellence in these endeavors through the development and prudent stewardship of private resources. All HCI fundraising initiatives happen through Huntsman Cancer Foundation, which is a public, functionally integrated, Type 3 501 (c)(3).

Event Details:

June 15 — Huntsman 140, Delta, UT, A road cycling, non-competitive ride that raises funds for cancer research at Huntsman Cancer Institute. Participate in the 140-Mile Founder’s Ride from Delta, Utah (with a new relay option) or 30, 55, 75, and 140-mile out-and-back from Salt Lake City, Utah, Jen Murano-Tucker, 801-584-5815, jmurano@huntsmanfoundation.org, Porter Sproul, 801-584-5882, psproul@huntsmanfoundation.org, huntsman140.com

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Photo by Kristel Ramon

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COMMUTER COLUMN

When Commuting Goes Wrong: Concussion Confessions

Jamie's bruises after the accident. Photo by Jamie Morningstar

By Jamie Morningstar

If you know me at all, you know a few key facts: Raw tomatoes are gross, I almost always wear Birkenstocks, and I love to ride my bike. Yes, there are more datapoints available about my life, but I think those three cover the essentials.

I cycle commute year-round and I love it. My current commute is a quick 2.5 miles and rain, snow, or shine you'll usually find me on the saddle with a smile. Cycling to work has many advantages: no park-

ing hassles, cheap(er) transportation, fresh air, low carbon footprint, a little extra exercise, looking like a badass (especially on bad-weather days). My favorite benefit is having quieting centering me-time at the start and end of each workday - cycling truly is therapeutic for my body and soul.

My husband gave me a bike for my birthday seven years ago, and shortly thereafter I started to cycle commute whenever I could. It was love at first ride.

Over the years I've ridden to and from work over 800 times. That means I've cycle commuted about



Jamie is back in the saddle after her bike commuting accident. Photo by Jamie Morningstar

every other day since I started. Not bad, considering vacations, sick days, travel, and the occasional day when I have to drive in (sigh) because of off-site meetings or appointments. I've racked up a total of over 8,500 miles in commute distances alone. At this rate, it will take me another thirteen years to cycle commute the equivalent of the circumference of the earth. I'm up for the challenge.

So, yeah, cycle commuting (and riding in general) is a big deal to me and something I'm super grateful for. And after those hundreds of rides and thousands of miles, I had never experienced a serious issue while riding. Sure, I blew out a few tubes and got a couple of scrapes, but nothing big. Until the end of March.

I was riding home at my normal time, on my normal route, on my

normal bike, and I got unlucky and biffed a few blocks from work. I don't have any memories from the incident, so I don't know exactly what happened. I think I just nicked a curb and went down. Hard. I was wearing a helmet, and hit hard enough that I broke my sternum and got a pretty nasty concussion. As a true hard-core commuter, I picked up my bike and rode home... at least, I assume I did, since I ended up at home with my bike. Good thing my body knew the route even if my brain was at far less than peak performance!

I do remember stopping in my driveway, putting the kickstand down on my bike, walking into the house, and telling my husband that I had fallen on my bike and needed to go to Instacare. CT scans and X-rays and a few checkups later, everything was ok, I just was very banged up and bruised - body and brain both.

Recovery has been slow and labo-

rious. I love my brain, and the awareness that my brain is not performing at full capacity has been deeply challenging for me. My mental processing is still a little slow, especially at the end of the day or when I'm tired. I still get queasy if I spend too much time looking at a computer screen (I work in software, so that's a bit of a challenge). I've given up TV and movies almost entirely because they just don't feel good.

But you know what still feels great? Riding my bike.

People have asked if I wanted to give up riding after my accident, and my answer is a resounding no. I got unlucky. Accidents happen in lots of different ways and staying home on the couch (or deciding to drive instead of ride) in order to avoid an accident seems like an unhealthy response. Besides, plenty of people get hurt in car accidents, too!

I did get a new helmet. And I watch corners with curbs more closely now. I'm still taking things slow; there's a lot of healing still to do. I get frustrated on the slow days and the headache days.

And when I get frustrated, my very best therapy - body and mind - is still a to hop on my bike and take a spin.

If you have a suggestion for a commuter profile, have a commuter question, or other comments, please send it to lou@cyclingatuh.com.



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BICYCLE TOURING

Great American Rail-Trail Planned for Cross Country Cycling

The Great American Rail Trail would provide car free cycling across the United States, running 3700 miles from Washington DC to Washington State. Graphic courtesy Rails to Trails Conservancy

By Charles Pekow

Imagine taking a bicycle trip from Seattle to Washington DC – all on car-free designated bike lanes. It won't remain a pipe dream. The Great American Rail-Trail going almost all the way across the country has been planned – and in fact is already more than half-built. The

Rails-to-Trails Conservancy (RTC) unveiled the plan with the blessing of the U.S. Department of the Interior (DoI) at a May ceremony at the terminus (or beginning) of the trail, in Washington, DC, right in front of the U.S. Capitol. So you can ride across the country and deliver a message to Congress on the need for bike facilities as soon as you arrive!

I'm a member of RTC and attend-

ed the ceremony. The trail will cover more than 3,700 miles. It would run through Washington state, the Idaho panhandle, Wyoming, Nebraska, Iowa, Illinois, Indiana, Ohio, the northern tip of West Virginia, Pennsylvania, Maryland and the District of Columbia. According to RTC, almost 50 million people live within 50 miles of the route (greatamericanrailtrail.org).

RTC acknowledges, however, that the trail “will take several decades to complete.” While the trail is already nearly complete in Washington state and Idaho, it hasn't been built or even completely mapped in Montana or Wyoming and several other states. In fact, more than 90 gaps between the dozen major and 113 smaller existing trail segments need to be filled. RTC says that initially, up to 20 percent of the route may have to be shared with autos while the rest is built.

Ryan Chao, who became RTC president in January, called the project “30 years in the making” and “the dream of our founders,” who started the organization in 1986. He said at the ceremony that RTC hopes to pick up a million supporters for the trail.

Rick May, senior adviser to the U.S. Secretary of the Interior for recreation attended the event and announced that DoI “stands by you as a partner in this endeavor.”

In Idaho, the trail will consist largely of the NorPac Trail and the Trail of the Coeur d'Alenes. All it needs is a 10.5-mile connection between the city of Plummer and the Washington state line. Farmers and other landowners possess some of the potential route.

But the project needs to work with state and local officials to build 344 miles in Montana. RTC wants the trail to go through Livingston, Bozeman, Three Forks, Butte and

Missoula. But much of the hoped-for real estate remains privately owned. Only 83 miles, or 19.4 percent of the total, is built.

Wyoming also presents a challenge because of its geography. RTC's Route Assessment Report acknowledges “there are not significant miles of multi-use trail available to route a trail across the state. As a result, Wyoming has more trail gaps to develop—at 500 miles—than any other state along the Great American route.” RTC hopes to go through Casper and Yellowstone National Park. Only 8.1 miles – or 1.6 percent of what's needed – already is bikeable.

RTC reported that it met with state and local officials in Wyoming in January and identified several possible routes.

Building through public lands will require a lengthy process of public comment periods, environmental studies, etc.

“How can we go over the Rockies and keep the elevation relatively low for people of all abilities?” is a question Interior is working on, May said. But using railway right of way will prove a good method because old trains couldn't do the steep mountains so the tracks were built to avoid the steepest climbs, he pointed out. “We'll find a way around them,” May promised.

For more, see: railstotrails.org/greatamericanrailtrail

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ROAD RIDING

Why are Some Drivers so Reluctant to Share the Road?

By Michael Wolcott, High Country News

Dangerous hostility toward bicyclists is rooted in distrust of those who are different.

The German couple was out to see America by bicycle. It was day two of their big adventure, a perfect springtime afternoon. We met by chance on U.S. Highway 180, halfway between Flagstaff, Arizona, and the Grand Canyon.

I was making the 40-mile trip by bicycle back to my eco-shack in the boonies, pulling a single-wheel trailer loaded with groceries. They were outfitted for a month-long ride with stout panniers and lightweight camping gear. We stood astride our bikes by the side of the road, chatting in the sunshine.

The two had flown into Flagstaff the day before and planned to watch the sun set that night on the south rim of the Grand Canyon. "We still have jet lag," the guy said, "but we can't wait to see it. This is great."

A big motorhome swept past, and we all leaned, involuntarily, away from it. I mentioned that the road was far safer at night, when there's less traffic.

"Oh, we won't be riding at night," the woman said. "We're here to see the West. Forty-four miles so far. What a beautiful road."

Indeed it is. Route 180 climbs the west flank of the San Francisco Peaks through ponderosa pine forest, tops out in bright-green aspen groves a mile and a half above sea level, then drops 2,000 vertical feet into the high desert.

I asked my new friends what they thought of the traffic. Sharing any pavement with motor vehicles

is risky for bicyclists, but Route 180 is truly a death trap — crowded with tourists in a hurry who generally look everywhere except at the road. Shoulders, where they exist, are less than 18 inches wide.

"Oh, it's not so bad," the guy said. "I was a little scared by the drivers at first, but now I'm starting to trust them."

"Well, don't!" I practically shouted, then reeled out my bike-load of worries onto the formerly blissful travelers. We agreed to ride together for a while, and headed off, single file and way over on the right side of the road, where we belonged.

But the driver of the big Dodge Ram was displeased anyway. He came up fast behind us, stood on the horn, and sped up as he passed us — so closely that if he had hit a pothole and swerved, he would have creamed us. Then he stuck his arm out the window and flipped us the bird.

Welcome to America, I thought, the land of Get Out of My Way.

The Germans were puzzled by the incident. "What just happened?" they asked.

I explained that there are lots of angry people in America. For some reason, the sight of a bicycle on the highway really triggers rage in some drivers. I said that in my years of bike touring I've been cursed at, swerved at and spit at. A beer bottle has been lobbed my way. More than once, a stranger has yelled out the window, "Get a job!"

To my knowledge, there is no statistical link between bicycling and employment status. Maybe there's some research I don't know about. But I do have some guesses about where this kind of inexcusable behavior comes from.

Perhaps some of you are thinking,

"Well, that driver in the truck was probably just fed up with bicyclists who don't obey the traffic laws." Maybe, but even if that were true, the driver's pointless, threatening display was way out of proportion to any perceived "offense." And there was no actual offense, by the way: We two-wheelers were following Arizona traffic laws to the letter.

No, that kind of hostility comes, I believe, from deep in a person's psyche: a disdain for and fear of people who are perceived as different. To some drivers, the bicyclist is the "other," the one who is different. And difference, for some at least, presents a threat. To these people, the other can't be trusted, and the other shouldn't even be here.

That distrust makes no sense, but humans do not always make sense. Despite our undeniable skill at abstract reasoning, we are largely irrational beings, with violent tendencies. Fear of the other just is.

This fear is probably at the root of most of the world's ailments. It sparks wars, fuels religious persecution and keeps demagogues in business. In the past, it has led to lynchings, and it leads to unarmed black men being shot in America today.

And on a perfect spring day in Arizona, it could have gotten three bicyclists killed on a highway. Imagine that.

Michael Wolcott is a contributor to Writers on the Range, the opinion service of High Country News. He writes from northern Arizona. This story was originally published at High Country News (hcn.org/articles/opinion-why-are-some-drivers-so-reluctant-to-share-the-road) on May 24, 2018.



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ROAD RIDING

Summer Safe Riding Tips



Lisa Hazel demonstrates several safe riding techniques: She's wearing a helmet, has a reflective band on her leg, reflectors on her bike, and reflective patches on her gloves. Photo by Dave Iltis

By Utah Department of Public Safety

Be a Defensive Rider this Summer!

The West is a wonderful place to enjoy the outdoors, especially on a bike. Here are some simple tips to help keep you safe while cycling the roads this summer.

Avoid Crashes

Ride defensively and predictably:

- Go with the traffic flow. Always ride on the right in the same direction as other vehicles.
- Obey all traffic laws. A bicycle is a vehicle on the road and must obey all traffic signs, signals and lane markings.
- Be predictable. Ride in a straight line, not in and out of cars. Signal moves to others.
- Stay alert and look before turning. Try to avoid using personal electronics when you ride as it hinders your ability to listen for traffic and avoid dangerous situations. Always look before turning to avoid being

surprised by a red light runner or distracted driver.

- Watch parked cars. Ride far enough out from the curb to avoid the unexpected from parked cars (like doors opening or cars pulling out).

Wear the Gear

Proper cycling gear can not only be comfortable but will help keep you safe.

- Wear sun protection. Sunburns not only hurt your skin but contribute to fatigue. Wear sunscreen and clothing with built-in sun protection.
- Wear reflective gear. Especially wear reflective gear at dawn, dusk and dark hours of the day. And a great location to wear reflective gear is around your ankles - that way a driver will not only see you but recognize your movement as a cyclist. Also make sure your bike is equipped with a headlight, red tail lights or reflector and side reflectors all visible for at least 500 feet any time you ride before sunrise or after sunset.
- Wear bright clothing. Fluorescent or neon clothing helps drivers notice you during the day. Find riding gear that helps you stand out.
- Wear a helmet always. Just like hats, helmets come in various sizes so make sure you have a helmet that fits and is adjusted properly.

Beat the Heat

- Drinking cold fluids on your

ride is not only more enjoyable but will help keep your core temperature down. Plan ahead before your ride and freeze one bottle at half full and another at the three-quarter mark. Then top them off and enjoy cool fluids on the ride. If using a hydration pack fill the pack half full and freeze.

- Before your ride, especially a big ride, increase consumption of watery fruits and vegetables like cucumbers, celery, lettuce, zucchini, grapes, grapefruit, strawberries, or watermelon.

• During long rides, it's advantageous to sip on an electrolyte beverage to help the body rehydrate more quickly. If you need to cool off while riding, use cool water to wet your clothes, arms and or neck. On extra hot days don't try to maintain your usual pace, instead ease up a bit to help counter the effects of the summer heat.

- Post ride, drink plenty of water or a protein-based recovery drink and a snack or meal.

Educate Others

A large percentage of crashes can be avoided if motorists and cyclists follow the rules of the road and watch out for each other. When riding in groups or with friends encourage others to ride safely. If you see unsafe behavior among fellow cyclists make sure to address it and educate friends and family, especially those who may not ride, on how to share the road

with cyclists.

To learn more visit highwaysafety.utah.gov/pedestrian-and-bicycle-safety

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ADVOCACY

AASHTO to Update Bikeway Design Guide

By Charles Pekow

By the time design standards for bike lanes are implemented, they are already out of date. And the current Bike Guide for the Development of Bicycle Facilities from the American Association of State Highway & Transportation Officials (AASHTO), published in 2012 is going through the process of being replaced. In fact, only three years after it was published, AASHTO hired Toole Design Group to study an update. Toole, an engineering consulting firm based in Silver Spring, MD, does considerable bike planning work (tooledesign.com).

AASHTO hired Toole “not to write the guide but to give info so they could consider redoing the 2012 guide, Toole Director of Strategy

Andy Clarke explained at the League of American Bicyclists’ National Bike Summit in March. Toole delivered its recommendations last year (tooledesign.com/project/update-to-the-aashto-guide-for-the-design-of-bicycle-facilities-2019/).

The new guidelines will have to consider e-bikes and scooters, not mentioned in the current ones. “If scooters go 15 miles per hour on a path designed for 15 mph, it’s OK – but questionable if they go 15 mph on a sidewalk designed for pedestrians walking four mph,” Clarke said. AASHTO will also reconsider when to recommend shared use signs and when cyclists should be separated from pedestrians. And when cyclists get their own lanes, the new guidelines will need to address when to recommend on-street bikelanes v.

sidepaths.

Other questions involve whether and protected bike lanes should include marked lines for two-way bike traffic. How much of a buffer should be provided between cyclists and motorists and pedestrians? “When you don’t have enough room, what to cut out?” Clarke asked. What types of buffers to recommend?

The new guidelines may also include a separate section on rural roads, Clarke said.

The draft includes 350 pages of text plus 100 pages of graphics and while no date is set, AASHTO hopes to get it done next year and sent to state and local officials.

AASHTO’s Technical Committee on Non-Motorized Transportation has reviewed the draft, which has to go through several other AASHTO committees.

But don’t expect it to answer all questions about scooters. “Electric scooters are a relatively new phenomenon and their widespread usage did not occur until well after the revision process of the guide was well underway. As a result, there will not be detailed information on electric scooters in this guide,” according to a statement given to us by Tony Dorsey, AASHTO manager of media relations.

But the guidelines will note that designers should consider adding sight distance and lane width if they anticipate e-bike usage, since e-bikes can go faster and may need passing room.

A chapter of the guide will discuss what type of bikeway to use. Planners should consider the level of cyclist skill they seek to accommodate, roadway speed and traffic level, etc. The guide will also discuss the pros and cons of two-way separated bike lanes but won’t prescribe what to do in any given situation.

And if you don’t have room for

Sen. Lee Reintroduces Bill to Allow Bikes in Wilderness

Sen. Mike Lee (R-UT) is trying again to weaken protection of the wilderness. He reintroduced legislation in May that would give local federal officials the ability to allow bicycles and other non-motorized vehicles in federally-designated wilderness areas. His S. 1695 would end the nationwide restriction. The bill was referred to the Committee on Energy & Natural Resources. It picked up no immediate cosponsors.

He introduced a bill with the same

idea, called the Human-Powered Travel in Wilderness Areas Act last year but it got no cosponsors and the committee never acted on it. The bill would have applied to lands administered by the Bureau of Land Management, National Park Service, Forest Service and Fish & Wildlife Service

Lee also introduced legislation last year and this year that would restrict creation of expansion of national monuments in Utah. That bill is now pending before the same committee. Sen Mitt Romney (R-UT) has cosponsored it.

-Charles Pekow

Montana Trails to see New Trail Grants

Trails in Montana can share in a new source of funding. In May, the state legislature enacted SB 24, which increases vehicle registration fees and earmarks the additional funds for outdoor recreational purposes such as bike trails. The legislation sets up a new Trails and Recreational Facilities Account and Grant Program. The Department of Fish, Wildlife and Parks will operate the fund. Local governments and private recreational organizations can get grants to build and rehab trails and finance accessories such as trailheads, signs, picnic tables, fencing, etc.

Grantees can use up to seven percent of the money for administrative expenses and would get three years to spend a grant.

Registration fees will vary depending on the age and weight of the auto, trailer, boat or snowmobile. The law takes effect next January (<https://tinyurl.com/y4zwwfwo>).

-Charles Pekow

the best solution, such as a separated bike path? “There is a section in the guide which discusses strategies for achieving the ‘next best’ design when there are space constraints. Such strategies may include narrowing travel lanes, removing travel lanes, making changes to on-street parking, reorganizing street space, narrowing bicycle facilities, etc.” according to AASHTO’s statement.

The Utah Department of Transportation is working on revising its own guidelines but will wait to incorporate what AASHTO comes up with, says Heidi Goedhart, Utah’s active transportation manager.

In any event, by the time designers and planners get to use the guide, it will certainly be out of date already, given the speed in use of scooters, bikeshare, and whatever comes next.



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MOUNTAIN BIKING

Every Kid Outdoors Act Helps 4th Graders and their Families Bike in National Parks

By Charles Pekow

You don't have to pay any entrance fee when biking into federal recreational land – as long as a fourth-grader goes with you. President Donald Trump signed into law a comprehensive natural resources management act officially known as the John D. Dingell, Jr. Conservation, Management & Recreation Act (S. 47) that includes among its provisions, the Every Kid Outdoors Act, which provides that fourth-graders can bike into national parks, wildlife refuges, etc. without paying entrance fees – along with up to three adults as long as they come on bikes too (<https://www.congress.gov/bills/116th-congress/senate-bill/47/text>).

The same legislation also contains specific provisions that can expand biking opportunities in Utah's San Rafael Swells and McCoy Flats areas operated by the Bureau of Land Management (BLM). [More about that in the companion piece to this story.]

Each student would have to get a pass, though, which would be good for all American fourth-graders and home-schooled 10-year-olds, starting on Sept. 1 and running through the following August. President Donald Trump signed the law March 21.

The law requires the involved agencies (National Park Service (NPS), Bureau of Reclamation, Fish & Wildlife Service, U.S. Forest Service, et. al.) to promote the program on their websites. The park service has made it easy by offer-

ing a voucher to print that students can take to a park – once they've played a little online game to give them some info on the parks (<https://www.nps.gov/kids/features/2015/everyKid.cfm>). The can exchange the printed voucher at a park for a more durable pass.

Sounds like a great opportunity to promote youth and family cycling. So what are national bike advocates doing to promote it? Not much, so far. "We aren't working in that area currently," says Saara Snow, travel initiatives coordinator for the Adventure Cycling Association, a non-profit that promotes bicycle travel. "That's probably an area we could promote through our tours," Snow says but adds "it's something we haven't really talked about as an organization."

People for Bikes helped push the measure into law but thus far hasn't followed up. President Tim Blumenthal told this reporter "I don't know what we're doing now. You make a good point; we probably need to get on it."

The law gives the affected agencies the option to work with the U.S. Department of Education and outside groups to promote the program. Since 2016, NPS has been allowing passes for students through its Every Kid in a Park pass program, which is now being merged into this new program.

The legislation encourages but does not require state public land agencies to participate and for federal agencies to encourage states to. "Many state park systems honor the Every Kid in a Park Pass, including

Nevada, Wyoming, Idaho, Indiana, New Mexico (in certain locations), New York, and Maryland. Many other state and county parks have adopted the concept for their own use, such as Colorado, Texas, and Michigan," NPS Public Affairs Specialist Kathy Kupper wrote in an email. "The Every Kid Outdoors Pass will be publicized through a press release, events, websites, partner organizations, and multiple department, agency, and park social media platforms."

The legislation sunsets the program in seven years. But each agency is required to report to Congress annually on the number of passes it gives and geographical distribution. If the cycling community wants to keep it going, it would sure help to encourage people to use it.

Congressional Act Officially Establishes McCoy Flats Trail System

As to BLM provisions, the John D. Dingell, Jr. Conservation, Management & Recreation Act (S. 47) officially establishes a McCoy Flats Trail System in Uintah County and a San Rafael Swell Western Heritage & Historic Mining Recreation Area.

With regard to McCoy Flats, the law calls for establishing an official McCoy Flats Trail System to be developed within two years and include new mountain bike trails. "It is going to be super; we are really looking forward to it," says Amber Koski, assistant field manager for BLM's Vernal Field Office. Other than that, Koski referred questions to Jonathan Moor, public affairs

specialist for BLM's Green River District.

"We are still taking a look at this and trying to develop plans," Moor says. "It is still a work in progress." BLM hasn't decided how to handle the public input process, he added.

The law gives BLM five years to come up with a recreation management plan for the San Rafael Swell and two years to develop an outdoor recreation plan, including bicycling. It must establish an advisory council within six months. The seven member San Rafael Swell Recreation Area Advisory Council must include one representative of "nonmotorized recreational users." Moor says BLM will publish a notice in the Federal Register when it's ready to seek nominations.

-Charles Pekow

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MOUNTAIN BIKE RACING

El Doce Mountain Bike Race Brings 6 and 12 Hour Racing in July to Powder Mountain



El Doce race boasts beautiful wildflower lined trails with views of the Uinta Mountains. Photo by Monique Beeley, Discover Utah Magazine

By Dave Iltis

El Doce Mountain Bike Race is in its third year. The event sports 6- and 12-hour options with several ways to compete as an individual, as part of a duo or on a team relay. The race will be held at Powder Mountain on July 20, 2019. We caught up with Sara Mejeur of the Get Out and Live (GOAL) Foundation, event producers, for more details.

Cycling West: Tell us about El Doce. What are the features of the event?

GOAL: El Doce is a perfect balance of epic trails, party vibes, camping, tacos and frosty beverages! Powering through a combination of flowy scenic trails, switchbacks and epic climbs, this unique 12-hour mountain bike race feeds on endurance. Utilizing Powder Mountain's stunning scenery and camping spaces, El Doce brings you a weekend of connecting with the mountain and then relaxing to what nature has to offer. Great for riders that just want to ride and have fun and challenging enough for even the most seasoned competitor. Included

with each registration is a bottle opener, a plate of tacos, and a frosty beer or root beer of your choice.

CW: Tell us about 6- and 12-Hour racing. How can riders best enjoy the event?

GOAL: It's up to the individual rider. More seasoned competitive riders might enjoy the 12-hour solo, where they can see how many 13-mile laps they can personally accomplish in 12 hours. Newer or more social / casual riders, might enjoy a four-person 12-hour team or 6-hour duo. This way there is more down time between laps. Either way, it's your race and you can choose to ride El Doce how you want. Once you've had enough, kick back at your tent with your favorite snack and beverage and watch the others compete.

CW: For cyclists traveling to the race, where can they stay? Is there camping nearby?

GOAL: The best and closest option is just to camp right in the meadow at Powder Mountain where the race takes place. Camping is available Friday and Saturday night again this year. The camping is rustic (rough ground, no power or water), so keep that in mind, but the location can't be beat. Once your camp site is

set up your all set to stay right where you are and will have access all day to use as your home base. Check out our website for more camping details. <https://www.getoutandlive.org/p/about/eldoce/camping-at-powder-mountain>

If camping isn't your style, there are some beautiful properties for rent:

Powder Mountain <https://www.powdermountaingetaways.com/vacation-rentals-homes.asp>

Mountain Luxury <https://www.mountainluxurylodging.com/eden-utah-lodging/>

Other Properties can be found by searching in Eden, Utah

CW: What are some of the features of the course? How technical is it?

GOAL: The course is 13.3 miles of IMBA designed trails per lap with roughly 1400' ascent. Powering through a combination of flowy scenic trails, switchbacks and epic climbs, this unique 12-hour mountain bike race feeds on endurance. The course views the High Uinta



This Female Duo rocked it, won their category and Best Team Name 2018, The Menstrual Cycles. Photo by Sara Mejeur, GOAL Foundation



Camping party vibes, when you're not out racing, kick back and enjoy the views. Photo by Sara Mejeur, GOAL Foundation

Mountains. Start out strong by conquering 13 switchbacks along Doctor's Dozen, then descend into a vast Aspen grove and cruise past Hidden Lake. The trails are rated green and blue. Check out the detailed course description: <https://www.getoutandlive.org/p/other/410>

CW: What is the mission of the GOAL Foundation? Tell us more about why you are promoting this event?

GOAL: The GOAL Foundation is a 501 (c) (3) Non-Profit and our mission is to inspire the Greater Ogden Community and its visitors to "Get Out And Live!" by participating, volunteering and spectating at recreational events, programs and activi-

ties. We envision a Greater Ogden community that thrives economically and is healthier in mind, body and spirit.

The GOAL Foundation wanted to create an event that brought together the Mountain Bike community for an epic party in our community. The goal is to attract riders from around the county to see what Ogden has to offer. The revenue from our events fund our Youth Programming such as Youth Summer Camps (Hiking, Mountain Biking, and Climbing) and our Young Runners Program.

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

GOAL: We are excited to watch this event grow. We doubled from year one to year two, so we are hoping to keep building on the success year over year. It's such an incredible vibe, one of our favorite quotes from one of our riders last year was, "GOAL through a party and a race broke out". That's exactly what we're going for, we hope to see you all for 2019.

Event Details:

July 20 — El Doce at Pow Mow, Powder Mountain - Eden, UT, 12/6 Hour Mountain Bike Race at Powder Mountain, Utah. Solo, Duo and 3-4 Person Teams. 13 Mile lap, 1400' vertical per lap, 12 hours. Limited to 400 riders., Jenny Scothern, 801-399-1773, jenny@goalfoundation.com, Clairese Miljour, 801-399-1773, claire@goalfoundation.com, eldoceut.com

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RACE RESULTS



Road Racing

Antelope Island Classic, UCA Series, Antelope Island, UT, May 4, 2019

Place, Name, Team, Time
Cat 1/2/3 Master Men 35+
 1 Matthew Wikstrom 3:02:22
 2 Rigoberto Meza Flores Stage 2 Cyclery / Primal 3:02:29
 3 Thomas Pitcher Pavestone Capital Cycling Team 3:02:32
 4 John Koudelka Bill's Bike & Run 3:02:43
 5 Paul Kilhefner Bingham Cyclery/Peak Fastners 3:02:49
 6 Cam Catedrala 3:02:56
 7 Will Hanson 3:02:57
 8 Keith Norris Bountiful Mazda Cycling Team 3:02:57
 9 Matthew Draper Zanonato Racing 3:03:04
 10 Morten Pedersen Pavestone/Silverhawk 3:03:10

Cat 3 Men
 1 Samuel Dearden Zone Five Racing 3:03:01
 2 Weston Woodward LiveWell p/b Harristone 3:03:02
 3 Lance Heaton FFRK Velosport racing 3:04:43
 4 Tommy Kline Zone Five Racing 3:04:45
 5 Chad Chenoweth Johnson Elite Orthodontics 3:04:46
 6 Nate Furman Zone 5 Racing 3:04:51
 7 Dan Hoopes Zone Five Racing 3:04:52
 8 Lane Rogers Zone Five Racing 3:04:59
 9 Brian Madsen Noble Cycling 3:05:00
 10 Preston Edwards Zone Five Racing 3:05:01

Pro 1/2/3 Men
 1 Eric Ellis Stay Park City Cycling 2:51:43
 2 Robert Smallman Hangar 15 2:51:50
 3 Justin Wagner Johnson Elite Orthodontics 2:51:56
 4 Nathan Manwaring Johnson Elite Orthodontics 2:52:58
 5 Ben Stevenson Johnson Elite Orthodontics 2:54:05
 6 Viggo Moore Society Cycles 2:54:06
 7 Heriberto eddy Frutos Team UpCycle p/b St. Alphonsus 2:54:06
 8 Spencer Johnson Johnson Elite Orthodontics 2:54:06
 9 Kevin Turchin Eiel Factory Team 2:54:07
 10 Cortlan Brown Hangar 15 2:54:14

Junior Girls 10-12
 1 Mackenzie Meirowitz Porcupine/City Works 58:54:00
 2 Lacie Munnis 1:20:04

Junior Women 13-14
 1 Johann Moore 58:43:00
 2 Isaac Tuckett 59:05:00
 3 Duke Gordon 1:01:05
 4 Dante Livingston 1:03:56
 5 Unknown Rider 1:16:05

Junior Women 17-18
 1 Michelle Smith Satori 1:14:38

Junior Women 15-16
 1 Abigail Sorenson 58:39:00

Junior Boys 10-12
 1 Ben Frederick Zone Five Racing 1:15:18
 2 Unknown Rider 1:17:20

Cat 5 Men
 1 Zach Petersen Pavestone Capital Cycling Team 1:57:44
 2 Joel Draxler 1:57:50
 3 Joe Cardon Nebo Cycling 1:57:50
 4 Neil Lande SPCC 1:57:53
 5 Alan Farnes Epic 1:58:01
 6 Jason Munnis BEC 1:58:03
 7 Kelly Callister America First Credit Union 1:58:03
 8 Derrek Tyler Zanonato 1:58:04
 9 Jose Medina 1:58:12
 10 Chase Maires Zone Five Racing 1:58:14

Cat 1/2/3/4 Master Men 45+
 1 Kenneth Morris Ski City Cycling 3:06:53
 2 Kevin Gibson ICE 3:06:53
 3 Vigen Sarkisian Armenia 3:06:53
 4 Tony Peterson 3:06:53
 5 Chris Butler St. Luke's Sports Medicine/Lost 3:06:53
 6 Fred Kornett 3:06:54
 7 Mark Zimbelman 3:07:07
 8 Doug Almstedt Stay Park City Cycling 3:07:16
 9 Brett Peterson Zone Five Racing 3:07:16
 10 Michael Johnson Team TOSH p/b Hyperthreads 3:07:16

Cat 1/2/3/4 Master Men 55+
 1 Curtis Madsen America First Credit Union 2:17:43
 2 Andrew Lock Plan 7 2:17:43
 3 Paul Hughes Velosport Racing 2:17:43
 4 Jim Ferrell Zanonato Racing 2:17:56
 5 Paul LaStayo KUHL Cycling Team 2:17:57
 6 Rob Van Kirk CT Velo 2:17:58
 7 Dennis Porter 2:17:59
 8 Todd Taft KUHL 2:18:02
 9 Stephen Tueller 2:18:26
 10 Scott Mathenson 2:18:32

Cat 1/2/3/4 Master Men 60+
 1 Zan Treasure 2:29:46
 2 Jeff Schall Porcupine/CityWorks Cycling 2:29:46
 3 Jerald Hunsaker Bountiful Mazda Cycling Team 2:29:47
 4 Andres Maricq 2:29:54
 5 Norman Frye Ski City Cycling 2:30:12
 6 Brad Matlack Intermountain Livewell 2:30:17
 7 STEPHEN COLEMAN MiDuole 2:41:45

Cat 1/2/3/4 Master Men 65+
 1 Ravell Call Bountiful Mazda 2:30:09
 2 Richard Linton VLMC 2:37:22
 3 alex nieroth stay park city 3:03:08

Cat 4 Men
 1 Anthony Lemon 1:48:12
 2 Tyler Metten Zone Five Racing 1:48:16
 3 Michael Twohig Logan Race Club 1:48:17
 4 Jason Bond Johnson Elite Orthodontics 1:48:17
 5 Samuel McBride 1:48:18
 6 Stafford Rose Porcupine/CityWorks 1:48:19
 7 Benjamin Todd 1:48:26
 8 Jared Meyers Porcupine/City Works 1:48:29
 9 Tim Frost 1:48:30
 10 Clark 1:48:30

Master Men 70+
 1 Ken Louder VeloSport Racing 2:31:24
 2 Larry Peterson 2:37:22
 3 Stan Swallow Team Endurance 360 2:49:24

Cat 4/5 Women
 1 Adrienne Tyler Zanonato Racing 2:09:45
 2 Jamie Linde Zone Five Racing 2:09:45
 3 Ashley Kline Zone Five Racing 2:14:56
 4 Jessica Hansen Zone Five Racing 2:20:38
 5 Natasha Scott Zone Five Racing 2:20:40

Cat 5 Women
 1 Kelly Fritz 2:05:05
 2 Marcela Rojas 2:26:57
 3 Brittany Quay 2:51:13

Master Women 35+
 1 Nina Wade Zanonato Racing 2:09:52
 2 Liz Apking Zone Five Racing 2:10:44
 3 Bri Hoopes Zone Five Racing 2:15:00
 4 Wendy Pinson Zone Five Racing 2:15:31
 5 Kelly McPherson Zone Five Racing 2:36:26

Master Women 50+
 1 Alison Frye Ski City Cycling 2:10:02
 2 Denise Higginson 2:10:06

Junior Men 15-16
 1 Unknown Rider 1:26:05
 2 Seth Claw 1:38:59

Junior Men 17-18
 1 Zach Despain LHM Cycling 2:05:39
 2 Elijah Williamson Ascent Cycling 2:08:44
 3 Sam Adams 2:08:45
 4 Will Leishman 2:09:00
 5 Hunter Munns Box Elder Composite High School 2:09:03
 6 Ian Frederick Society Cycles 2:09:46
 7 Kaleb Astle 2:32:48

Bear Lake Classic Road Race, UCA Series, Garden City, UT, May 18, 2019

Place, Name, Team, Time
Cat 3/4 Men
 1 Preston Edwards Zone Five Racing
 2 James "Trevor" Robinson Fitzgerald's Bikes
 3 Jacob Kapp Ascent Cycling p/b RB Health
 4 Lane Rogers Zone Five Racing
 5 Billy Rappeley Zone Five Racing
 6 Jared Weber Ascent Cycling p/b RB Health
 7 Paul Burger Bountiful Mazda Cycling Team
 8 Jason Olsen
 9 Devin Smith Bountiful Mazda Cycling Team
 10 Chris Eppley Ascent Cycling p/b RB Health

Cat 4/5 Men
 1 Charlie Hagen Fitzgerald's Bicycles
 2 Kyle Zick www.backroads.com
 3 Marcus Singleton ONE DAY
 4 Bradon Martin Intermountain Live Well
 5 Logan Putnam Midwestern University
 6 Matthew McGarry
 7 Jefferson Bell Cicada Racing Inc
 8 Brian Prax Fitzgerald's Bicycles
 9 Paul Reidy ONE DAY
 10 Matt Singleton ONE DAY

Cat 5 Men
 1 Stephen Weaver
 2 Roger Adams
 3 Jud Oram
 4 Kelly Oram
 5 Steven Nielson Extra Mile Racing Cycling Team

Open Junior Men 15-18
 1 Michael Wilson Society Cycles
 2 Sam Adams
 3 Devin Draxler Fatboy Ice Cream

Open Junior Men 14 & Under
 1 Isaac Tuckett
 2 Jake Bowen Logan Race Club

Cat 1/2/3 Master Men 35+
 1 Matthew Wikstrom
 2 Andrew Moss US Military Endurance Sports

Cat 4/5 Master Men 35+
 1 greg nichols
 2 Joseph Camire Logan Race Club
 3 Joel Draxler FatBoy Ice Cream
 4 Michael Twohig Logan Race Club
 5 Troy Huebner Zone Five Racing
 6 Doug Almstedt Stay Park City Cycling
 7 Brandon Hill TrizonRacing
 8 William Stinger Barries / I.C.E.
 9 Keith Greenwood
 10 Ronald Greenwood Trizon Racing

Cat 1/2/3 Master Men 45+
 1 Vigen Sarkisian Armenia-Porcupine
 2 Kenneth Morris Ski City Cycling Team
 3 Trenton Higley X-Men
 4 kyle Brown plan 7
 5 Stephen Rogers Porcupine
 6 Paul Larson Team Larson
 7 mark rodel
 8 Richard McGurk Bountiful mazda
 9 James Anderson Flynn's Retrocade
 10 Joe Henderson

Open Master Men 55+
 1 Mark Schaefer Maddog Racing PB Hammer Nutrition
 2 dirk cowlley RaceDay Event Software
 3 Andres Maricq
 4 Norman Frye Ski City Cycling
 5 Jerald Hunsaker Bountiful Mazda Cycling Team
 6 eric barnes
 7 STEPHEN COLEMAN MiDuole
 8 Christopher Marden porcupine/cityworks
 9 alex nieroth stay park city

Cat 1/2/3 Men
 1 Joe Goettl Above and Beyond Cancer p/b Scheels
 2 Cortlan Brown Hangar 15 Bicycles
 3 Bryce Olsen LiveWell p/b Harristone
 4 Nathan Manwaring Johnson Elite Orthodontics
 5 Derek Edwards LiveWell p/b Harristone
 6 gavin storie Johnson Elite Orthodontics

7 Erik Brockhoff Cicada Racing Inc.
 8 Heriberto eddy Frutos Team UpCycle p/b St. Alphonsus Medical Center
 9 Chris Smithwick Fitzgerald's Bicycles
 10 Shaun Johnson cicada

Cat 3/4/5 Women
 1 Liz Apking Zone Five Racing
 2 Ashley Kline Zone Five Racing
 3 Wendy Pinson Zone Five Racing
 4 Laura Hawley
 5 Jamie Linde Zone Five Racing
 6 Audrey Peebles
 7 Jessica Hansen Zone Five Racing
 8 Sage Maaranen
 9 Amy Heaton Masters 35
 10 Janilee Tuckett

Open Master Women
 1 Alison Frye Ski City Cycling 2:10:02
 2 Kelly McPherson Zone Five Racing

Cat 1/2/3 Women
 1 Katherine Shields Bingham Cyclery Peak Fasteners
 2 Nina Wade Zanonato
 3 Kelly Hunsaker P7DS Cycling Team
 4 Alison Frye Ski City Cycling
 5 shannon tuddenham Plan 7
 6 colleen neider plan 7
 7 karissa lamb plan 7

Sugarhouse Criterium, UCA Series, Salt Lake City, UT, May 25, 2019

Place, Name, Team, Time
Open Master Men 55+
 1 Mark Schaefer Maddog Racing PB Hammer Nutriti 0:35:00
 2 dennis porter Castle & Cooke Mortgage 0:35:00
 3 Todd Taft Kuhl Cycling 0:35:00
 4 Scott Mathewson Contender 0:35:00
 5 Stephen Tueller Bountiful Mazda Cycling Team 0:35:00
 6 Paul Hughes Velosport Racing 0:35:00
 7 david showalter America First Cycling Team 0:35:00
 8 Barry Makarewicz Kuhl Cycling Team 0:35:00
 9 Michael Murray S2C Cycling 0:35:00
 10 Paul LaStayo KUHL Cycling Team 0:35:00
 11 Marc Harrison BAM 0:35:00

Open Master Men 60+
 1 dirk cowlley RaceDay Event Software 0:35:00
 2 Jeff Schall Porcupine/CityWorks Cycling 0:35:00
 3 Jerald Hunsaker Bountiful Mazda Cycling Team 0:35:00
 4 Scott Mathewson Contender 0:35:00
 5 Stephen Tueller Bountiful Mazda Cycling Team 0:35:00
 6 Paul Hughes Velosport Racing 0:35:00
 7 Charles Palmer VELOSORT RACING 0:35:00
 8 Bob Walker Bountiful Mazda Cycling Team 0:35:00
 9 STEPHEN COLEMAN MiDuole 0:35:00
 10 Rick Kuykendall The Cyclery Race Team 0:35:00

Open Master Men 65+
 1 Ravell Call Bountiful Mazda Cycling Team 0:35:00

Open Master Men 70+
 1 Ken Louder VeloSport Racing 0:35:00
 2 Henry Ebell Porcupine Racing/City Works 0:35:00

Open Master Men 35+
 1 Kevin Turchin Eiel Factory Team 43:55.1
 2 Taylor Edwards Zone Five Racing 43:56.2
 3 Matthew Wikstrom 43:57.1
 4 John Osguthorpe LiveWell p/b Harristone 43:57.8
 5 Mark Flis Asend Nutrition 44:23.3
 6 Nathan Manwaring Johnson Elite Orthodontics 44:23.4
 7 Eric Gardiner Ski Utah | PLAN7 44:35.0
 8 Scott Powers Zone Five Racing 44:35.4
 9 Preston Edwards Zone Five Racing 44:35.6
 10 Cam Catedrala LiveWell p/b Harristone 44:35.9

Open Master Men 45+
 1 Christoph Heinrich KUHL Cycling Team 44:26.2
 2 Brent Cannon Team Elevate 44:34.3
 3 Vigen Sarkisian Armenia-Porcupine 44:34.7
 4 Thomas Pitcher Pavestone / Silverhawk 44:37.3
 5 Greg Nichols LRC 44:37.6
 6 Kyle Brown 606 44:37.7
 7 Kenneth Morris Ski City Cycling Team 44:37.9
 8 David Wood Kuhl 44:38.0
 9 Jared Kirby Bountiful Mazda Cycling Team 44:38.0
 10 Jon Gallagher One2Go Event Services/Rule 76 R 44:38.3

Open Master Women 35+
 1 Nina Wade Zanonato Racing 44:01.4
 2 Breanne Nalder PLAN7 DS 44:05.0
 3 Adrienne Tyler Zanonato Racing 44:06.3

Cat 1/2/3 Men
 1 Joe Goettl Above and Beyond Cancer p/b Scheels
 2 Cortlan Brown Hangar 15 Bicycles
 3 Bryce Olsen LiveWell p/b Harristone
 4 Nathan Manwaring Johnson Elite Orthodontics
 5 Derek Edwards LiveWell p/b Harristone
 6 gavin storie Johnson Elite Orthodontics

Open Junior Boys 15-16
 1 Asher Stewart BAM 30:28.5
 2 Evan VanBroeklin BAM 32:30.4
 3 Peter Stack Kuhl 32:52.6

Open Junior Boys 13-14
 1 Isaac Tuckett 30:55.2
 2 Johann Moore 30:56.7
 3 Owen Johnson BAM balanced art multisport 32:30.4
 4 Jake Bowen 33:34.2

Open Junior Boys 12 & Under
 1 Abhimanyu iyengar 35:01.6
 2 Patrick Meirowitz Porcupine/City Works 32:52.4

Open Junior Girls 15-16
 1 Aunika Kemp Kuhl Cycling Team 29:46.8
 2 Maren Kelly 30:54.2
 3 Ashlyn Hicken BAM Junior 30:57.6
 4 ananya iyengar 31:26.1
 5 Unknown Rider 33:55.1

Open Junior Girls 13-14
 1 Samantha Scott Team VeloSport Junior Dev Irvin 29:43.8

Open Junior Girls 12 & Under
 1 Mackenzie Meirowitz Porcupine/City Works 29:46.1
 2 Veronica Scott BYRDS Boise Young Rider Devo Sq 32:31.0

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TRAINING TIPS

Road Racing Lessons to Remember

Kelly McPherson in the City Creek Bike Sprint. Photo by Dave Iltis

By Kelly McPherson

It has been a few years since I wrote my first article “New Road Racing Adventures of a 43 year old Mom” when I wrote about that first terrifying crit race at RMR and my first tentative steps into the world of competitive cycling. Since that day, I have raced countless more times, pedaled my bike to amazing places that I never thought I would be, met incredible people, joined a club, gotten significantly stronger on the bike, almost finished a solo Lotoja, crashed several times, lived to ride again and learned a ton. Below are a handful of things I have learned. None of them will likely make you finish faster. That is still not my strength. They might be of use to the newbie just considering rolling up to a starting line as well as the seasoned cyclist who is finding themselves in need of remembering a few things.

1. Weight is important. I am a heavier cyclist. I have been trying to lose weight since I started cycling,

but really haven’t had a ton of success. It is frustrating to Strava-stalk people after a ride to compare power measurements and find that I am generating 30% more power than those around me while they are riding easy and I am doing everything I can just to hang on. More weight equals more mass to move as well as more for my heart and lungs to support. It is simple physics. I saw a girl go from back of the pack to front of the pack in one season, just by losing a few pounds. As one of my teammates recently pointed out, it is sad that you can line girls up by weight and often that is the order they will finish in. If you want to be faster, be lighter.

2. Weight isn’t everything. While it is important to be light, you can make up some of the difference by being more experienced, smarter or more skilled. Knowing that the attack won’t last forever, how to corner well and how to fuel and hydrate properly can make the difference between staying with the pack or getting dropped. Last summer, I beat a lighter girl at a DLD crit because



Lesson 6. Cycling friends are more valuable than your bike. Pictured from left to right are a few of the Zone 5 women: Jamie Linde, Ashley Kline, Liz Apking, Natasha Scott, Kelly McPherson, Jessica Hansen. Photo by Cameron Scott

I realized that she didn’t know how to corner or descend well. I used that to my advantage to put as much distance as possible between me and her so she couldn’t make up too much ground on the climb, where I am weaker. Of course, the next time I raced her, she figured out how to corner and so beat me instead.

3. Get help, when you need it. I don’t care how long you have been an athlete, you don’t know everything. Oftentimes, I see athletes who started in another sport try cycling with lots of athletic ability get frustrated and quit because they aren’t used to losing. Don’t quit! Get help and learn what you need to do to get where you want to go. A good coach is worth their weight in gold, even if you only use them for a short time. A nutrition clinic could give you that one tip you need to solve your GI issues. That question you post to the Facebook group isn’t proof that you are stupid. It’s proof that you

are smart enough to learn wherever you can. Keep reading. Keep asking. Keep yourself inquisitive about your sport.

4. It isn’t always about the win. I had a teammate ask me why I continue to race crits even though I almost always come in last. I have learned that if the only reason you race is because you win, you will likely stop racing when you stop winning. Someone has to be the one in back. If only the winners continue to race, then that becomes a very small race. Everyone races for their own reasons and I would strongly suggest that you find your “why” other than winning. For me, there are several reasons, but mostly it is to continue to overcome the overweight, type II diabetic, non-vegetable eating, sugarholic that I used to be. That isn’t me anymore, but I have to fight for that each and every day. I could probably do that with regular casual century rides, but I don’t feel the drive to improve

with those like I do with racing. It is this desire to improve that keeps me focused on power kale salads, interval work and consistent daily workouts toward my goals. It is this craving for improvement which keeps me focused on the healthy behavior changes that have led to measurable physiological changes that show I am winning my war against the diabetes, stroke and heart disease that plagues my family and sets a strong positive example for my children.

5. Don’t watch the Youtube crash videos. For every video of a race going smoothly, there are 100 videos of someone crashing spectacularly. For every crash, there are at least 100 races that don’t have a crash. Youtube videos unfairly represent how dangerous cycling really is. Yes, racing has its risks, but most of the time no one crashes. If you are scared of racing because you don’t want to crash, stop watching crash videos! Instead, watch the videos that give good instruction on how to ride in a group effectively, how to lead attacks or how to support another rider. Those would be a much more productive use of your time.

6. Cycling friends are more valuable than your bike. I don’t care how valuable your bike is or how good of a rider you are, all on your own. Cycling friends are the ones who will get you back on the road when you have lost your motivation, encourage you to try again when you have had a bad race, give that one tip that you needed to overcome a barrier and even help you win a race that you wouldn’t have otherwise been able to win on your own. Finding those friends often means the difference between staying in the sport or leaving it. Find a team that fits who you are and get involved. Ride the group rides. Give kudos on Strava. Comment on the message threads. Consistently and regularly give support to others whether or not they might be able to help you at some point. I cannot tell you how many times a well-placed comment or word of encouragement has gotten me back on track. I hope I am doing the same for others.

7. Consistency is King. . . or Queen. Go for the long game. Small habits consistently performed over time will have a greater impact than massive efforts in the short term. This is true no matter the area of life, cycling or otherwise. You will have up days and down days. The true and most significant gains are made when you are consistent for a long period of time. Keep it up!

8. There is always more hill. Once you get to the top of the hill, there is always another one. Continue to set goals that excite you. I have been training to complete Lotoja for 6 years. Yes, that is a long training plan and it has sometimes been a struggle to stay excited about it. The first year I rode it, I finished 159 miles before it got dark. The 2nd year, I didn’t get in, but continued to train. The 3rd year, I successfully rode it with a relay. The 4th year, I broke

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Continued on page 17

GRAVEL RACING

Nalder and Bender Strike Gold in Wild Horse

By Chris Magerl

Men's Race

Jeff Bender and Sam Sweetser were just trying to stay within sight of Jamey Driscoll. Driscoll had broken the lead group very early in this year's edition of The Wild Horse, a dirt fondo in the Cedar Mountain Wilderness, west of Salt Lake City. This year's event was on April 27.

Less than 12 miles into the 76-mile loop, Driscoll was off the front and powering toward the top of the first King of the Mountain climb, Hastings Pass. Sweetser described the standings on the road. "Once there, Jamey put the hammer down and quickly dropped everyone. At the bottom of the first descent I caught up with Jeff and from that point on we rode together for the rest of the race. Most of the time we could see Jamey up the road but it never seemed like we were closing much of the gap."

The course was in good shape, except for a stretch on the west side that had been hammered by rain the previous weekend and then chopped up by the cattle still on the range. Other than that, not much to worry about. "Fresh air, good temps, and awesome views the whole time," was Bender's description of the day. Bender was having a good day. "I was solo up and over the top and down the first decent where, luckily enough, Sam Sweetser had caught me. We were able to ride/work together the rest of the race which made for damn good company."

Sweetser had ridden The Wild Horse in 2018, so he knew the course.

my wrist 4 weeks before the race, got my cast off 2 days beforehand and finished 185 miles before it got dark. Last year, I got a nasty concussion in May that kept me off my bike until almost July and then got shingles in mid-August. I finished the entire course, but 15 minutes too late to count as a finish. I am positive, if I can stay rubber-side-down, that I will finish Lotoja before 8:30PM this year. My training is good and I am stronger than I ever have been in my life. This will be the year that I finally complete the goal that proves to me that I am no longer that overweight mom that I was many years ago, that I have finally completed the transformation into a new, healthier person. Am I done? What will I do next year once I have accomplished this? Not quit, of course! I am not sure yet. . . but I have been plotting a route on Google Maps from Washington DC to Lincoln City, Oregon. Hmmm. . . maybe? Anyone want to join me?

Kelly is a 40+ cyclist who lives in South Jordan UT with her husband of 27 years and 5 kids. She has a BS in Health Education from the University of Utah and loves to stay healthy and fit and take as many people with her as she can.

He also knew how hard it was to ride solo, as he flatted four times last year. "After coming off the second descent we could see Jamey way off in the distance and figured that was the last time we would see him. But having someone to trade pulls with was a huge advantage and we ended up catching him right before the second feed zone. Jamey stopped while Jeff and I kept riding."

At this point, Bender and Sweetser were about 25 miles from the finish. A lot of false flats, rollers and fast descents. And one gut punch. Sweetser knew what was coming. "All the while hoping I had enough water to survive until the end as I remembered the last climb up the wash as a soul crushing experience last year. Luckily I had Jeff to ride with all the way to finish and enjoyed dodging cows in the wash."

Bender and Sweetser came into the final mile together. "It wasn't until the last straight-away where I thought I could make a move on Sam," Bender said. "I've raced against him before and he is crazy strong. I made the final move and it stuck! I then was able to pull away to the finish line."

Bender crossed the line in 4:13:40, with Sweetser coasting in eight seconds later. Both were almost five minutes faster than the previous course record. For breaking the record, Bender walked away with a \$100 bill and TrueNorth Wealth donated an additional \$250 to the Utah League High School MTB Scholarship Fund, the beneficiary of The Wild Horse.

Driscoll was the third finisher, but his efforts on the two King of the Mountain climbs, Hastings Pass and Rydalch Pass, earned him the TRP KOM victory.

Women's Race

For Breanne Nalder, riding her third Wild Horse, the day was fast, a bit more comfortable, and oh, so close to the course record.

"Wild Horse 2019 was another fantastic adventure," Nalder said. "I decided to ride my Trek Top Fuel MTB rather than my gravel bike. I was happy with my choice, as I had a cushy ride all day. Although it made the climbs a bit more challenging (slower QOM times than previous years) it made all the rest of the miles faster as I felt confident on my equipment."

Last year, Nalder was 56 seconds away from being only the second woman in the then four-year history of The Wild Horse to go under five hours. A wrong turn a few miles from the finish likely was the difference in not going under five. There would be no wrong turns this year, and the record was in play all day.

"The second half of the race is usually the hardest but this year it was a blast powering through the rollers and enjoying the beauty," Nalder said. "I was with my teammate Art O'Connor and we did some math, realizing that if we could average 15 mph I would be on track for the female course record. I didn't think that would be attainable going into the day on the MTB and with the

softer roads."

The women's course record was set in 2016 by Meghan Sheridan, at 4:57:53.

"We pushed it together through the wind," said Nalder. "I missed Meghan's record by about 20 seconds. It was still a fantastic day and I will undoubtedly be back next year." Nalder became only the second woman to go under five hours in 4:58:11, and also won the TRP Queen of the Mountain.

Little Wild Horse

In the 31-mile Little Wild Horse, the adventure of the day was provided by wild horses. Dave Gontrum was in a small group off the front when things got weird.

"About 10 miles into the ride, the foursome I was riding with split apart," said Gontrum. "A few minutes later I looked back and was startled to see a large peloton bearing down on me fast, dust flying in their wake." He quickly discovered this was no ordinary bike ride. "A second look and I realized that about a dozen frightening large horses were bearing down on me, galloping in phalanx about 50 yards behind me."

"After a few more glances behind, and some clumsy attempts to video backwards with my phone in the bright sun while ostensibly racing a mountain bike, I realized that they had settled into a comfortable pace at a midpoint between me and the four riders who had coalesced behind them. For the next several exhilarating miles, it was as if the horses just decided to join our event as we proceeded down the now mostly flat final miles to the aid station. At one point, some riders who had bowed out of the longer Wild Horse and were returning the opposite direction, had to stop as our strange posse wove around them. As we neared the aid station, the horses parted from the road and headed off into the open range, leaving us to finish the race with that thrilling experience fueling the climb and return."

Gontrum went on to finish in the top 10, a few minutes behind three-time Wild Horse veteran Barry Makarewicz, who was riding the Little Wild Horse for the first time.

"I would describe it as a humane ride that a reasonably fit person could do and enjoy 'off the couch' ", said Makarewicz.

Bike Choice at the Wild Horse

Just like any long day on dirt roads, at some point you are riding the wrong bike. For Bender, his gravel bike was the right ride. "Weapon of choice was my Norco Threshold built with the new Sram AXS 1x12. 40t up front and a 10-33 rear cassette. I chose the trusty 38c Panaracer GravelKing but ran a pretty high pressure due to the uncertainty in course conditions."

For Nalder, who has won The Wild Horse on a gravel bike, the MTB was the right call this year. For Makarewicz in the Little Wild Horse, MTB was the way to go. "I chose to ride a full suspension mountain bike knowing it would be a bit of a disadvantage over about 75 percent of



Breanne Nalder on her way to winning The Wild Horse. Here, she climbs Rydalch Pass at the south end of the course, in the Cedar Mountain Wilderness. Photo by Andrew Newcomb



Riders in The Wild Horse climbing Rydalch Pass at the south end of the course, in the Cedar Mountain Wilderness. Photo by Andrew Newcomb

the course," said Makarewicz, "but it was very helpful on the big decent off of Hastings Pass where I was able to make up about a minute and a half on the lead rider, who was on a cross bike."

Over the five years of The Wild Horse, gravel bikes and gravel-specific tires have really evolved, and riders' times reflect this. This year there were 25 men who went sub-five hours in The Wild Horse. This is about the same number as went sub-five in the previous four years combined. Having a gravel bike with just a bit more relaxed geometry and that can accommodate a rear tire of at least 40, as opposed to the more aggressive frame of a CX race bike that can perhaps only handle a 35 in the rear, makes a huge difference.

Good weather, great volunteers and a varied, vast course were the highlights of The Wild Horse. "This is an amazing place to ride bikes and everyone should put this event on their to-do list," Said Sweetser. "The Wild Horse is a well-run event with

the riders' interests and needs prioritized," said Makarewicz. "I plan to be at the starting line again next year."

Wild Horse 2019 Results

(For full results, see our Late Spring 2019 issue online)

Women

- 1 Breanne Nalder 4:58:11
- 2 Ingrid Smallman 5:36:13
- 3 Niki Milleson 5:43:15

Men

- 1 Jeff Bender 4:13:40 -- New course record!
- 2 Sam Sweetser 4:13:48
- 3 Jamey Driscoll 4:18:25

Little Wild Horse**Women**

- 1 Trista Winder 2:10:43
- 2 Laura Howat 2:15:01
- 3 Erin Sweetzer 2:17:19

Men

- 1 Barry Makarewicz 1:56:47
- 2 Ryan Mauser 1:56:49
- 3 Dru Whitlock 2:01:23

MECHANIC'S CORNER

Shifting Business – The Front Derailleur

By Eric Ramirez

Step 1 – Front Derailleur Alignment

Front derailleurs have a very critical function when it comes to riding. When it's time to make the shift into the big ring, it's something that is supposed to work correctly. If you don't have a properly adjusted front derailleur, this could be a huge let down on your next ride. As your friends pull away on the flats, you're

help to remove the chain from the bike, but this is not completely necessary. Then, detach the shift cable, and loosely install the front derailleur on the frame. Now, align the derailleur so that the shifting plates are parallel to the chainrings. This is easiest done by turning the "L" (low) limit screw several turns and pushing the derail-



High Limit Gap: 2-3mm (white space) – Notice the chain sitting on the chainring is also parallel to the derailleur plates. Photo by Eric Ramirez



Vertical alignment: The gap between the bottom of the outer derailleur plate and the top of the teeth of the big chainring should be 1-3mm (gap indicated by white space). Photo by Eric Ramirez

spinning your gears stuck in the small chainring.

The front derailleur derails by simply pushing the chain into or off of the next chainring. The majority of the shift happens because of the chainring itself. (This has been discussed in previous articles in Cycling West during the 2018 riding season.) But first, the chain has to be pressed into the chainring by a properly adjusted derailleur.

In order to adjust a front derailleur, I've outlined 5 simple steps. Note that these adjustments apply quite loosely to SRAM's Yaw front derailleurs. SRAM provides detailed instructions to installing and configuring Yaw front derailleurs.

leur away from the mount. I like to make the outer plate flush – or on the same plane – with the outer chainring. From this point it is easy to correct any bad angle.

It is also time to set the vertical alignment. Shimano, Sram, and Campagnolo (for the most part) agree that the bottom of the outer plate should be 1-3 millimeters from the tops of the large chainring's teeth. Move the derailleur around and make it so.

Clamp the derailleur into place on the frame by tightening the clamp bolt to about 4 Nm. This prevents twist and shouldn't mess with your paint.

Step 2 – Low Limit and Chain

With the derailleur properly aligned, setting the low limit is easy. Unscrew the "L" or low limit adjustment until the inside of the inner front derailleur plate is back over the small chainring. Now, if you have removed your chain, then reinstall it. Shift the chain into the "lowest," or climbing, gear in the rear. Take a look at the space between the chain and the inside of the inner plate of the front derailleur.

Is there a gap? Is the chain rubbing? What we should see here is a 1.5 - 2.0 millimeter gap. (picture 1.2). If there is no gap or the gap is too large, adjust the low limit accordingly. Once this is set, it rarely needs to be readjusted.

Step 3 – Cable Attachment

Make sure that the front shifter is in the lowest gear setting so that no extra cable is in the shifter. At this point, pull the cable taut and clamp it in the pinch-bolt fixing point. Make sure that the cable is installed to manufacturer specification. Not all derailleurs affix the cable in the same manner or routing.



Low Limit Gap: The low limit gap (white space) between the inner face of the inside derailleur plate and chain should be roughly 2mm. Photo by Eric Ramirez



Cable Install: (left) Shimano Gen 2 Cable fixation; (right) Campagnolo cable fixation. Photo by Eric Ramirez

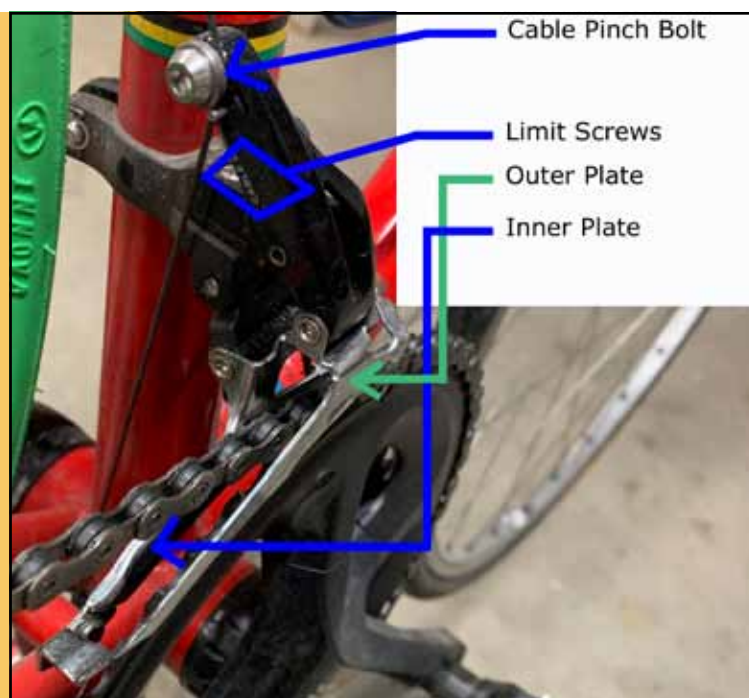


Photo by Eric Ramirez

Eric has 20 years experience working on bikes, starting in Park City. Today he's a head techni-

cian at a shop and maintains a blog about wrenching and adventures at angrybikemechanic.com

Step 4 – High Limit

Start turning the pedals, assuming the bike is hanging from the saddle or in a work stand. Shift the rear into the 3rd cog. Now, shift the front derailleur onto the big chainring. This should happen easily. Once there, shift the rear derailleur into the smallest cog, usually the 11-tooth. The outside of the chain should have about a 2-millimeter gap to the inside of the outer front derailleur plate.

Adjust the "H" or high limit so that the chain does not rub but also allows this gap. Be sure that the high limit stops the derailleur from moving beyond that gap, as this will send the chain off the chainring. This is the baseline for front derailleur high limit adjustment.

Step 5 – Test Ride

Certain chainrings can easily push the chain to the outside and off and will require even the best derailleur to be adjusted further in (closer to the big chainring) at the high limit. If your shifter has trim (smaller shifts that don't move the chain) then test that.

Take the bike out of the work stand and give it a spin around the block. Make the necessary cable tension adjustments to dial in the shift, paying close attention to chain rubbing – there should not be any. If the chain isn't going onto the big ring after a couple turns of the barrel adjuster, then there might be some wear on the chainring that needs to be addressed (time for a new chainring).

These are the fundamental adjustments of a front derailleur. Sometimes your derailleur will need some customized attention. The final result should be a smooth and crisp shift, with minimal noise.

If you were getting dropped on the group ride because you couldn't get to the big ring, you won't be able to use that excuse anymore!

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BIKE SHOP TALK

Park City Bike Demos Unique Business Model Expands Under New Ownership



Park City Bike Demos manager Andre Shoumatoff. Photo by John Shafer

By Lou Melini

Shop Reopens with New expanded service department, Same Great Bikes to Demo or Buy

In February of this year, Park City Bike Demos was sold to Rob DeMartini. You may have heard the name before, as Rob is the CEO of USA Cycling, the national governing body for the sport of cycling in the United States. Former owner Andre Shoumatoff is still involved in the business and this interview is with Andre.

Cycling West: Andre, I know that Park City Bike Demos (PCBD) is a little different than other bike shops. Tell the readers a little about the business model.

Andre Shoumatoff: Park City Bike Demos is a full-fledged bike shop, complete with accessories and service department, but we didn't start that way. We originally started with two vans that were modified into rolling bike shops! That was about 5 years ago and back then we were having a blast mostly squatting in parking lots. Travelers would find us online, usually based around Park City's unbelievable mountain and road riding, and find it to be a pleasant surprise to be able to try or buy a truly special bicycle made from some of the smaller precision bicycle manufacturers with cutting edge technology.

Not too much has changed other than today more than 90% of our customers choose to come to the

store. About half of our customers are still tourists who often fly to Park City for vacation specifically because of our bikes. About a quarter come up from the Wasatch Front and we carry that with pride. And the rest are locals. We still pay homage to our roots via our logo-a delivery truck!

Our business model is different in that all of our bikes are demos and they are for sale all the time. Average usage before the bike sells is usually only 5 to 9 rental days, so if you're in the market for a bike, it's sort of like getting a killer deal on a car with 1500 miles on it. Because they sell so quickly, the demo bikes are always fresh and fairly new so they're never beat up. It's pretty much a win-win for everyone.

C.W.: Can you briefly describe how to demo a bike from your inventory?

A.S.: Rentals are booked online, which you can do from your phone at Parkcitybikedemos.com. We have also been dabbling in some subscription-based rentals for people who don't want to ever own a bike, but always be able to use something nice. Because we have this customer-centric approach, we thrive on making sure our customers have a good time, first and foremost.

C.W.: Why would I want to rent a bike?

A.S.: There are just so many variations now with precision bikes that the only way to really know what you should buy next is to try it first. Likewise, each bike has its own personality, separate from specs, wheel

size, brakes, etc. Mountain bikes are our core business but we also sell cruisers, e-bikes, e-mountain bikes, gravel bikes, and our demo road bikes include the Argon 18 Gallum Pro (what Astana rides) with Ultegra Di2 shifting.

For those in the market to buy, rental credits accrue up to \$600 (which is usually about 6 rental days for a top-tier bike) and is good for up to 6 months, and it's transferable to a buddy if you decide to buy a bike elsewhere. If you don't buy a bike, no big deal. Most people who are looking to buy a bike will demo just 2 or 3 days. We really make it a point to try to listen to what our customers want and get them on the right bike, the first time.

We're also really focused on the demo experience, whereas most other shops make most of their profits in service and accessories.

Because you can rent up to 6 days, and swap out bikes as you see fit, our model lets people try at their own pace on their terms, take their time, and usually get a better deal as the bike is slightly used.

C.U.: If someone lived in Salt Lake County, what would you say to him or her to convince that person to come to PCBD?

A.S.: Most of us live in SLC and commute up ourselves - it's only 25 minutes or so. Once it gets hot, the weather in Park City is great. I'm not sure that everyone knows that Park City has the biggest and highest rated trail system, according to IMBA. Everything is right out of our door within as little as a couple hundred yards. The road riding is also epic as there are gorgeous paved paths that circle the city for recreational riders, including one 15 feet from our door.

C.W.: Can customers come to the shop for service on their bikes just like any retail bike shop or is your service shop strictly for the rentals and bikes you sell?

A.S.: Yes, we have a full service shop for anyone that needs work done on his or her bike. We have online booking for service, so you'll know exactly when your bike will be worked on and when it will be done. The current backlog is only 1 day. Our shop manager has over 15 years of shop experience and he and his staff do a great job.

C.W.: What bikes are you currently carrying that one may rent? Can one swap out a suspension fork to try out?

A.S.: We are the top dealer in Utah for Devinci and Argon 18 and previously the top dealer of Felt bikes. We just picked up Ibis and have a massive inventory of all of their bikes. We have an extensive set of Trust forks that are either on Ibis Ripley 29ers, or we'll install it on your bike for a demo day at only \$49. We test ride nearly every bike we carry before we buy them and put tons of thought into our buying,



Park City Bike Demos shop floor. Their model lets you try any bike before you buy it. Photo by John Shafer.



Park City Bike Demos general manager Andre Shoumatoff demonstrates a Trust Performance shock. The shop's unique business model lets you try any bike before you buy it. Photo by MJ Turner

as if we were purchasing each bike ourselves as a customer.

C.W.: Andre, it was great to meet you at the grand opening of Park City Bike Demos. Will there be other events?

A.S.: Great to meet you too! Yes, we love events and are expecting a fun and busy summer. This year's lineup isn't 100% but our shop is now the national headquarters for Summit Bike Club, which is a national ranked developmental MTB race program.

First, we're expecting at least one party during Tour of Utah as we've done in the past usually with a pro team. We're also expecting to have several speaking events with local non-profits. And finally we also have daily shuttles up to the Crest trail with Fox N Rox shuttles and plan to do a bunch of group rides and/or

taco nights around this. Stay tuned to Cycling West, or check our website or Facebook for more info.

C.W.: Andre, Remind me of your address, phone number and hours of operation.

A.S.: Don't forget we deliver as well! The information is on the website Parkcitybikedemos.com

Park City Bike Demos
1500 Kearns Blvd
Park City UT 84060
(855) 432-BIKE (toll free)
(435) 659-3991 (local)

Open 9 AM-6 PM; 7 days a week, with longer hours in the summer or delivery by appointment.

C.W.: Thanks Andre. Once the valley dries out a little I am looking forward to taking the bus up to Park City to rent a bike.

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Amgen Tour of California 2019 Women's Race Photo Gallery



Competitors stage prior to the Amgen Tour Of California Women's Race 2019, Stage 1; a 96,5km stage from Ventura to Ventura. Photo by Sean M. Haffey/Getty Images



The pack during the Amgen Tour Of California Women's Race 2019, Stage 1 a 96,5km stage from Ventura to Ventura on May 16, 2019 in Ventura, California. Photo by Sean M. Haffey/Getty Images

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Van der Breggen Wins Women's Amgen Tour of California

The Amgen Tour of California Women's Race took place from May 16-18, 2018. The three stage race was held concurrently with the last three stages of the men's race.

The Boels Dolmans Cycling Team dominated the Amgen Tour of California Women's Race empowered with SRAM with World Champion Anna van der Breggen (NED) and teammate Katie Hall (Oakland, Calif.) taking a decisive win and second place finish respectively as the women's three-day race concluded at the Rose Bowl.

Now teammates, the two had the same overall result as competitors in 2017 when van der Breggen

pulled out the win 1 second ahead of Hall, who went on to win the 2018 race. In addition to her second race championship, van der Breggen will take home the Visit California Sprint Jersey. This is Hall's third consecutive overall podium finish.

OVERALL RACE RESULTS:

1. Anna van der Breggen (NED), Boels Dolmans Cycling Team (NED) 8h32'34"
2. Katie Hall (USA), Boels Dolmans Cycling Team (NED) +0:29"
3. Ashleigh Moolman-Pasio (RSA), CCC - Liv (NED) +1:06"
4. Clara Koppenburg (GER), WNT ROTOR Pro Cycling Team (GER) +1:25"
5. Katarzyna Niewiadoma (POL), CANYON/SRAM Racing (GER) +1:34"



Anna Van Der Breggen of The Netherlands and Boels Dolmans Cycling Team on her way to winning stage 1 of the Amgen Tour Of California Women's Race 2019, a 96,5km stage from Ventura to Ventura on May 16, 2019 in Ventura, California. Photo by Sean M. Haffey/Getty Images



Stage winner Anna Van Der Breggen of The Netherlands and Boels Dolmans Cycling Team and Katharine Hall of The United States and Boels Dolmans Cycling Team celebrate after the Amgen Tour Of California Women's Race 2019, Stage 1 - a 96,5km stage from Ventura to Ventura on May 16, 2019 in Ventura, California. (Photo by Sean M. Haffey/Getty Images)



The peloton during the Amgen Tour Of California Women's Race 2019, Stage 2, a 74km stage from Ontario to Mt. Baldy (1959m) on May 17, 2019 in Ontario, California. Photo by Sean M. Haffey/Getty Images



Phil's Cookie Corner! Fans cheer on cyclists during the Amgen Tour Of California Women's Race 2019, Stage 2, a 74km stage from Ontario to [Mt. Baldy](#) (1959m) on May 17, 2019 in Ontario, California. Photo by Sean M. Haffey/Getty Images



The peloton on the Mt. Baldy climb during the Amgen Tour Of California Women's Race 2019, Stage 2, a 74km stage from Ontario to [Mt. Baldy](#) (1959m) on May 17, 2019 in Ontario, California. Photo by Sean M. Haffey/Getty Images



Stage winner Katharine Hall (Oakland, California, Boels Dolmans Cycling Team) Anna Van Der Breggen (Netherlands, Boels Dolmans Cycling Team) on the Mt. Baldy Climb of the Amgen Tour Of California Women's Race 2019, Stage 2 a 74km stage from Ontario to [Mt. Baldy](#) 1959m. May 17, 2019 in Ontario, California. Photo by Sean M. Haffey/Getty Images



Left: The peloton during the Amgen Tour Of California Women's Race 2019, Stage 3, a 126km stage from Santa Clarita to Pasadena on May 18, 2019 in Pasadena, California. Photo by Sean M. Haffey/Getty Images



Katie Hall wins stage 2 of the 2019 Tour of California over teammate Anna Van Der Breggen on May 17, 2019 in Ontario, United States. Photo by Harry How/Getty Images



Elisa Balsamo of Italy and Team Valcar Cylance Cycling wins the Amgen Tour Of California Women's Race 2019, Stage 3, a 126km stage from Santa Clarita to Pasadena on May 18, 2019 in Pasadena, California. Photo by Sean M. Haffey/Getty Images



Anna Van Der Breggen of The Netherlands and Boels Dolmans Cycling Team, Elizabeth Deignan of The United Kingdom and Team Trek - Segafredo, Tayler Wiles of The United States and Team Trek - Segafredo, Ashleigh Moolman-Pasio of South Africa and Team CCC - Liv compete during the Amgen Tour Of California Women's Race 2019, Stage 3, a 126km stage from Santa Clarita to Pasadena on May 18, 2019 in Pasadena, California. Photo by Sean M. Haffey/Getty Images

Right: From left to right: The overall podium. Second place Katie Hall of the United States riding for Boels Dolmans Cycling Team; AMGEN Race Leader and Overall Winner Anna Van Der Breggen of The Netherlands riding for Boels Dolmans Cycling Team; and Third Place Ashleigh Moolman-Pasio of South Africa riding for CCC - Liv during the Amgen Tour of California Women's Race 2019, Stage 3, a 126km stage from Santa Clarita to Pasadena on May 18, 2019 in Pasadena, California. Photo by Harry How/Getty Images



ELECTRIC BIKES**Electric Bikes Can Boost Older People's Mental Performance and Their Well-Being**

Electric bikes help older people stay sharp. Photo by Dave Iltis

By Louise-Ann Leyland, Ben Spencer, Carien van Reekum, Tim Jones

Getting on your bicycle can give you an enormous sense of freedom and enjoyment. It can increase your independence and knowledge of the local area, and improve your access to the natural (or urban) environment. It can also be highly nostalgic – reminding you of your childhood cycle rides and the joy of being young.

But beyond the feel-good factor, can cycling actually make any difference to mental abilities and well-being? This was something our new study aimed to investigate – specifically looking at cycling among older adults.

While most studies incorporate exercise in a gym situation, our study wanted to examine the impact of cycling in the real world – outside a controlled environment. So older adults, aged 50 and above, were asked to cycle for at least an hour and a half each week for an eight-week period.

Participants either cycled on a conventional pedal bike, on an electrically assisted “e-bike” or were instructed to maintain their regular non-cycling exercise routine as a comparison group. Mental abilities, mental health and well-being were

measured before and after the eight-week cycling period.

Mental boost

Exercise is thought to improve mental functioning through increased blood flow to the brain – as well as encouraging regrowth of cells, specifically in the hippocampus. This is known to be an area associated with memory. So it was expected that the greater physical exertion required for pedal cycling, compared to cycling an e-bike with a motor, would result in greater benefits to mental functioning.

One of the tasks we used to measure mental ability is the “Stroop test”. The task involves participants being shown the name of a colour printed on a card in a different colour script – imagine the word “blue” printed in red ink. Participants are asked to say the colour of the ink that the word is printed in, rather than reading the name of the colour. The Stroop test measures how accurately someone is able to minimise distraction from the written word when reporting the ink colour.

We found that after eight weeks of cycling, both pedal and e-bike cycling groups were better at ignoring the written word, indicating that their mental function had improved. This was not the case for non-cycling control participants.

Pedal power

Aside from the benefits found to some mental abilities, we also saw a trend for mental health improving for the e-bike cyclists, but pedal cyclists did not change on this measure. This could be because e-bikes may be more enjoyable and easier to ride than normal pedal bikes – helping to improve mental well-being.

We also found e-bike cyclists spent more time cycling on average each week than the pedal cyclists. Many of the participants commented that they felt they could go further on the e-bike as they could rely on the motor to get them home if they could not manage it by themselves.

This research, to some extent, provides support for many bike-related motivation quotes, including the following from Sir Arthur Conan Doyle: “When the spirits are low, when the day appears dark, when work becomes monotonous, when hope hardly seems worth having, just mount a bicycle and go out for a spin down the road, without thought on anything but the ride you are taking.”

It seems then that e-bikes have the potential to re-engage older adults with cycling and provide a great opportunity to increase physical activity and engagement with the outdoor environment. So given that more than three million older people in the UK live alone, of whom more than two million are older than 75, it might just be that the use of an electric bicycle could help to improve older people's lives by increasing independence and mobility – all of which can have a significant impact on their well-being.

Reference:

Leyland LA, Spencer B, Beale N, Jones T, van Reekum CM (2019) The effect of cycling on cognitive function and well-being in older adults. PLOS ONE 14(2): e0211779. <https://doi.org/10.1371/journal.pone.0211779>

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Carien van Reekum is a Professor of Psychology and Neuroscience, University of Reading

Tim Jones is a Reader in Urban Mobility, Oxford Brookes University

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Electric bikes help older people stay sharp. Photo by Dave Iltis

GEAR PICKS**Review: The Campagnolo Cavatappi (the BIG Corkscrew)**

The Campagnolo Cavatappi “BIG” Corkscrew. Photo by Steven Sheffield

By Steven Sheffield

People may ask which of Tullio Campagnolo's inventions are the most important; the quick release allowing gears to be changed more easily in the pre-derailleur days, or the Gran Sport (and later Record & Super Record) rear derailleurs. One may even debate who has had a bigger impact on cycling, Campagnolo or Shimano ... and the best way to do so, is over a fine bottle of wine.

While the Campagnolo vs. Shimano debate may never be decided, one area where Campagnolo definitely has the edge is with their Cavatappi or big corkscrew, inspired when old Tullio once again hurt his hand ... this time in 1966 when opening a bottle of wine.

A self-centering telescopic bell positions the vermillion (the actual corkscrew) in the center of the cork, and the two levers draw out the cork easily and gently. No more broken corks leaving pieces floating in your wine from a poorly centered vermillion, no more wrenching the cork back and forth to get it out of the bottle. As befitting any tool created by the Italian master, the levers are affixed to the main body of the corkscrew with bolts derived from those used to attach chainrings to a Super Record crankset.

Quite simply, the Campagnolo Cavatappi is the best corkscrew ever made, and remained virtually unchanged until 2013, when it was updated; not to improve the way it works, but with new plating to ensure a top-quality, attractive, and even longer-lasting finish so that it retains its character for a lifetime.

All this, and 100% Made in Italy.

The Campagnolo Cavatappi can be found at (or ordered from) finer bike shops. The suggested price is \$250.00.

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MOUNTAIN BIKE RACING**Quinn and Perry Win Cactus Hugger Intermountain Cup**

Highlights from the 2019 Cactus Hugger Intermountain Cup. Photo by Mckenzie Dye



Highlights from the 2019 Cactus Hugger Intermountain Cup. Photo by Mckenzie Dye

By Lukas Brinkerhoff

The Cactus Hugger Intermountain Cup was held on April 27, 2019 in St. George.

Natalie Quinn took top honors in the Elite Women's Category at the Cactus Hugger showing she can podium on techy, punchy courses, and on all out pedal fests. This is her second first place finish in as many races.

Letting Sarah Kaufman set the pace, Quinn planned for a sprint finish.

Describing her race, she said, "I find super punchy courses with fast downhills to be more my style. That's why I let Sarah set the pace. I figured that if it came to a sprint finish, I would try to beat her then. But near the beginning of the third lap, I got tangled with a teammate while trying to pass him. Sarah just took off after that. She gained a huge lead that I was trying to close the entire third lap. And then she got a flat, and my plan of a sprint finish was done with."

Quinn crossed the finish line followed by another high schooler, Kendyl Nelson. KC Holley came in next rounding out the ladies' top three.

Men's Elite

In the Elite Men's Category, Bryson Perry stood on top of the podium.

Perry said the race was pretty tactical mentioning both the heat, race day saw temperatures in the upper 80s, and the slightly longer course.

The Cactus Hugger course is fast and usually requires the ability to stay on the gas the entire race. The uphill aren't super steep and the downhill are fast and flowy. There aren't a lot of spots to rest.

He continues, "In a race that long pacing is key but positioning in your group is really important too as it's so hard to pass. I think it helps to race from the front in a race like that and then recover when you want to recover."

In addition to good tactics, he adds, "Suspension set up out there was pretty valuable. I ran my Specialized Epic FS for the race and it was awesome."

Perry's teammate Brennan Peterson took 2nd place.

Peterson describes getting the hole shot on the singletrack to take the lead at the start of the race echoing some of the tactics Perry described, "The race was going very well for me straight off the start. I was able to enter the singletrack first and it allowed me to ride at my own pace. After a few minutes I could tell that I was pulling away from the others and had an increasing gap. Just before the descent, I looked back and saw that my gap had increased from a few seconds to about 20 seconds. Unfortunately, I took a bad line going down one of the rocky sections near the end of the lap and punctured my tire."

Despite flattening and falling to the back of the pack, he was able to pick off positions through the next few laps and made his way back up to 2nd. Rylan Schadegg came in 3rd rounding out the podium.

For more information on the Intermountain Cup, visit IntermountainCup.com

THE ATHLETE'S KITCHEN**Staying Well: an Important Job for Athletes**

By Nancy Clark MS, RD, CSSD

As an athlete, you have two jobs. One is to eat wisely to perform well. The other is to stay well: get enough sleep, eat foods that promote good health, live according to your values. Wellness was the focus of the 35th Annual Symposium of the Sports and Cardiovascular Nutrition dietary practice group (www.SCANDpg.org) of the Academy of Nutrition and Dietetics (www.eatright.org) Here are some highlights that offer food for thought:

- Knowledge does not lead to behavior change. According to Dr. Chris Wharton PhD of Arizona State University, people make changes based on their values. For example, those who eat plant-based diets tend to value health and animal rights. They may also express concern about the environment. The question arises: Can we create public health campaigns that focus on values, so that individuals will choose to bike more, waste less food, and choose fewer foods in single-serve plastic wrappers?

- Eating disorders and disordered eating affects about 60% of female athletes and 30% of male athletes. Yet, these athletes may wait 10 to 15 years to seek help. ("I'm not THAT sick.") Sometimes they are too ashamed and embarrassed by their inability to just eat normally; other times they might be afraid the treatment plan will deny them the ability to exercise and maintain a lean body. The GOALS Program at Walden Behavioral Care in the Boston-area helps athletes learn how to fuel for performance (as opposed to sabotage their performance by dieting and using unhelpful weight management techniques). During the 8-week treatment program (3 nights a week), disordered eating behaviors decreased—and weight remained relatively stable.

- Butter is not back. The conclusion of the often-quoted study (Siri-Tarino et al, 2010) should have been "Saturated fat, refined carbs and added sugars are equally bad for risk of heart disease." By using poly- and mono-unsaturated fat (avocado, nuts, olive oil) instead of saturated fat (butter), the change in total mortality drops by 15-25%

- The health claims made about coconut oil are misleading and made by marketing gurus using research based on medium chain triglyceride (MCT) oil, not coconut oil. Coconut oil contains primarily lauric acid, an MCT, but it behaves like a long chain saturated fat in terms of digestion and metabolism. Lauric acid raises bad (LDL) cholesterol, inflammation, coagulation and insu-

lin resistance. (Eyes. L. 2016). If you want to lower your cholesterol, use coconut oil sparingly! One tablespoon has 13.5 grams saturated fat. Given the recommendation to consume less than 7% of total calories from saturated fat, the limit for a person eating 2,000 calories/day is only 15.5 grams/day of saturated fat.

- Cardiovascular disease (CVD) is the leading cause of death in the USA and globally. 70% of people aged 60 to 79 have CVD, as do more than 80% of people over 80 years of age. The good news is functional foods such as blueberries, avocado, beets, and tea can help curb the negative health effects associated with aging. For example, the polyphenols (bio-active compounds) in a daily cup of blueberries can reduce blood pressure, improve blood vessel health, and reduce the risk of CVD.

- While we have been lead to believe that drinking 1 to 2 glasses of wine can offer positive health benefits, that belief can be questioned. There are 25 alcohol-related diseases, to say nothing of the associations between alcohol and certain cancers, CVD, intestinal issues, unintended injuries from accidents, and intended injuries from suicide. Unless you are among the estimated 35% of Americans who reportedly abstain from alcohol, the least harmful way to include alcohol in a diet is to limit alcohol to one (women) or two (men) drinks only 3 to 4 times a week (not daily). And be sure that "one drink" is actually just one "standard drink" (6 oz wine, 12 oz beer, 1.5 oz spirits),

- Lutein (found in egg yolk, spinach, and other dark green and yellow/orange foods) is important for eye health (reduces age-related macular degeneration). What is good for your eyes (lutein) is good for your brain. Adults with normal brain function have three times more lutein than those with cognitive impairment. To easily get the recommended 6 to 10 mg lutein per day from your food, eat avocado, oranges, eggs and spinach.

- Herbs and spices are known to not only make food taste yumier but also to lower inflammation and joint pain associated with arthritis. For curcumin (a part of turmeric), you need supplements to get an effective dose (~1,000 mg curcumin/day, the amount in ~2 tablespoons turmeric). Ginger has the potential to aid in morning sickness, vertigo nausea, and the pain and disability of osteoarthritis. The dose of 1 gram (1/2 tsp. powdered ginger) 2 or 3 times a day is do-able through food. Cinnamon has mixed and modest findings for

improving blood glucose levels in individuals with pre-diabetes. One-half teaspoon per day may or may not be helpful.

- People who overeat often do so mindlessly. One way to be more mindful is to pause before you overeat and think POUR: Pause, Observe (Am I hungry or am I stressed?), Understand (I am stressed and tired) and Respond (I need to take a nap more than I need to eat.). Physical barriers can also helpful save a lot of calories: pre-portion the cereal into appropriate servings and keep them out of sight.

- We lose sleep by going to bed too late, drinking too much coffee, having sleep apnea and needing to urinate during the night (a normal part of aging). Sleep loss is associated with accidents, increased risk for diabetes and metabolic disorders, weight gain, and hunger (due to increases in the hormone grehlin). Exercise doesn't protect against harmful effects of sleep deprivation. Is dragging yourself out of bed in the morning to fit in your workout a wise plan? The goal is to get at least 7 hours of sleep a night to avoid sleep deprivation.

- To help maintain muscle mass, people (over 40 yo) need to eat enough protein (1.0 to 1.2 g pro/kg/day) and do resistance exercise (lift weights, do push ups) if they want to have quality of life as they age. This strong protein intake will not lead to lose bone mass, kidney failure, or cancer. Rather, it will help them be able to have more fun in the last 10 years of their lives.

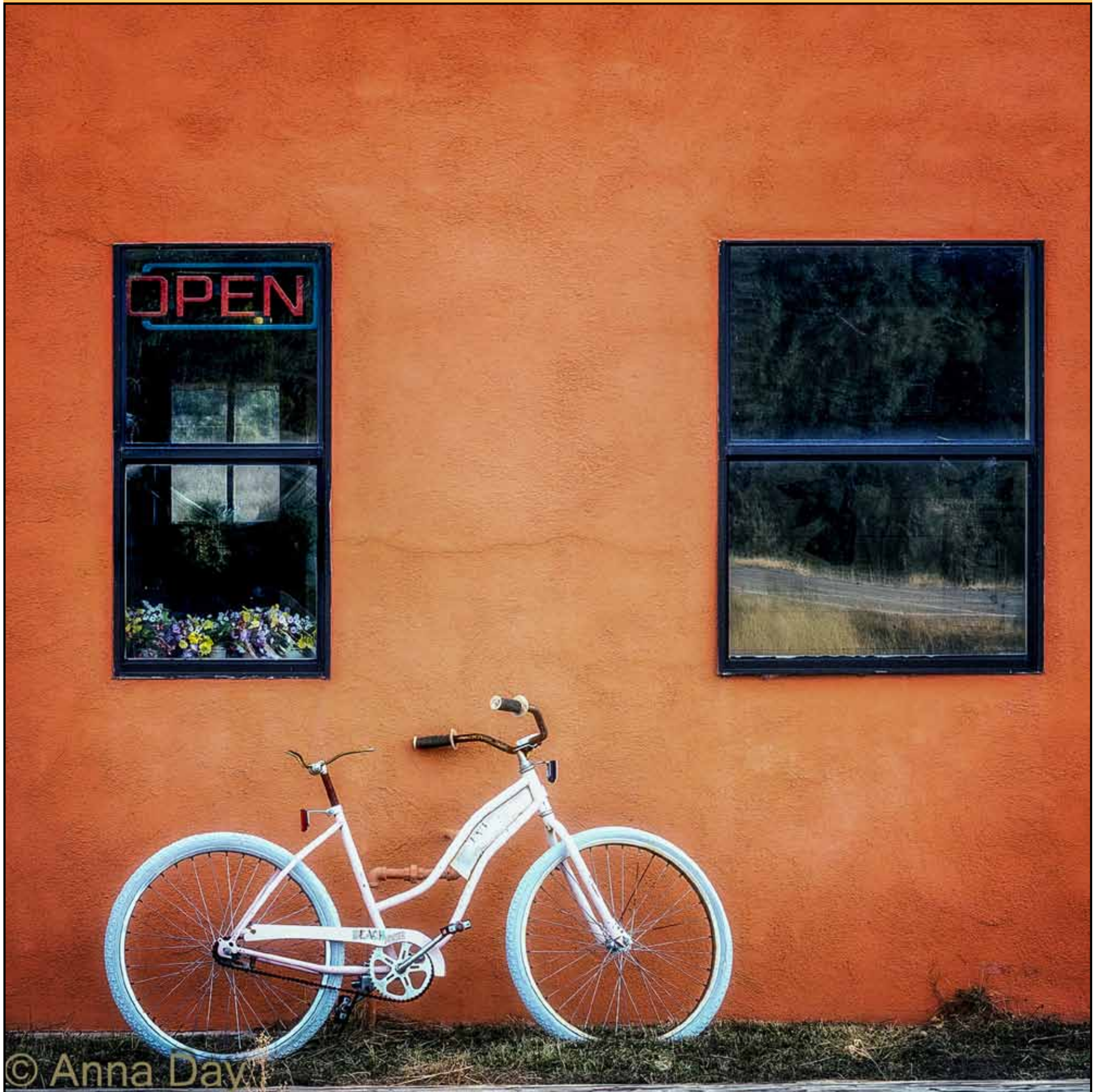
- Research shows that being physically fit is more important than being lean. People who live in large bodies are better off adding on exercise than self-inflicting rigid diets that "backfire." The pattern of losing weight only to regain it has a negative impact on overall health.

- What one thing can you do, no matter how small, to begin moving in the direction of the health you desire?

Reference:

1) Eyes L. et al. Coconut oil consumption and cardiovascular risk factors in humans. *Nutr Rev.* 74(4):267-80, 2016

Nancy Clark, MS, RD counsels both casual and competitive athletes at her office in Newton, MA (617-795-1875). Her best selling Sports Nutrition Guidebook and Food Guide for Soccer offer additional information. Visit NancyClarkRD.com. For her popular online workshop, see NutritionSportsExerciseCEUs.com.

BICYCLE ART***The Bicycle Art of Anna Day***

Artist: Anna Day

Title: Retired

Medium: Digital photo edited in Photoshop

Artist statement:

As a Nurse Practitioner my life's work is in Medicine.

As an Artist, my life's passion is Photography.

Through my life's work and life's passion, I have experienced the powerful interplay between Art, Science and Nature.

The Science of Medicine is characterized by hard facts: understanding anatomy, identifying a diagnosis, treating a symptom or prescribing a drug. But practicing the Art of Medicine is what truly heals. It's the ability to coax details from my patients, to earn their trust and con-

fidence, and to recognize their needs and their definitions of health. Then I must respond in a way they understand. This requires a connection between me and the patient.

A similar structure exists in the Science of Photography. I have read countless books, taken classes, attended lectures and seminars and studied the work of other artists. I recognize the elements of a technically correct photograph in the same way that I recognize the symptoms

of a physical condition. But it's the *Art* of Photography that sparks the emotions and inspires me to capture that moment in time. This requires a connection between me and nature.

I believe how we choose to focus on something, that focus remains with us -whether it becomes beautiful and empowering, or unpleasant and disheartening. I choose to focus on things that inspire me, and - I hope - inspire others. Feeling this connection to nature and beauty, all through

the lens of Art and Science, can help us heal ourselves and, in so doing, support healing our world.

A portion of photography proceeds are donated to organizations dedicated to preserving the environment, trails and wildlife.

Anna can be found at www.annaday.com or on Instagram at MOABCHICA

LOWRIDER BICYCLES

Lowrider Bicycle Culture



Carlos with his coffin bike at the Lowrider bike and car show in Sugarhouse Park, May 7, 2017. Photo by Dave Iltis



Reyes Cordova's Twisted Candy bike At the Lowrider bike and car show in Sugarhouse Park, May 7, 2017. Photo by Dave Iltis

By Anthony J. Nocella II

I recently moved to Salt Lake City, Utah eight months ago and as a former professional mountain biker, I love the many stores, biking trails, and the opportunity to ride road forever. I enjoy going into stores with people that road bike and to ride the canyons with current pros. I even love how many cyclists ride for commuting as well, which is much safer to do, than in most big cities.

As I went store to store and flipped through the Cycling West Newspaper, I did not see one type of bike. I saw almost every bike on my tour of shops - cyclocross, BMX, unicycle, fat bikes, gravel bikes, tri-cycles, tandems, and even classic bicycles. What I did not see was the lowrider bicycle.

As I write this, I know people are rolling their eyes and saying that is not even part of the cycling industry and those are cheap bikes. On the contrary, there is a major magazine, shows, competitions, and big money prizes. It is a culture and guess what, it is huge in Salt Lake City.

There is a gathering almost every weekend at Sugarhouse Park and about ten lowrider clubs with cars and of course bicycles. The bikes values start at about three hundred dollars and go up to about ten thousand dollars. If you open your eyes roadies and mountain bikers, you will truly connect with another bike culture and fall in love.

I have three lowriders and am part of a club, Dreamkeeperz in Utah. My main lowrider bicycle is a 1968 Iverson Charger with a three speed

internal rear hub that includes an external oil dropper.

The lowrider culture started in Los Angeles, California by godfather of lowrider bicycles, Joe Manny Silva. The bicycles are painted amazingly with chrome and gold parts including engraving and velvet seats. Some of the bicycles even have hydraulics. The culture prides itself on being welcoming to families, children, and former gang members. The culture, rooted in Chicana/os and Cholo/as, promotes music, dancing, food, peace, and nonviolence.

Lowriders and Hip Hop have a lot in common, founded by communities of color and out of violence and for self-expression.

The problem is they have been ignored and avoided by many bicycle shops around the country, which are



Uprising Car and Bike Club lowrider enthusiasts Don, Gale, Leonard and Robert at the Lowrider bike and car show in Sugarhouse Park, May 7, 2017. Photo by Dave Iltis



At the Lowrider bike and car show in Sugarhouse Park, May 7, 2017. Photo by Dave Iltis



One of the Uprising Car and Bike Club's bikes. Photo by Dave Iltis

also owned, serviced, and marketed mostly by white and well-off individuals. It might just because many cycles are not introduced to lowriders, but it also might be something deeper. For a long time the bicycle industry did not cater to women and people with disabilities, but that is changing and we see more and more Black and Latinx pro cyclists globally as well.

Case in point, I last year went into one of the premier bicycle shops in Colorado, (where pro mountain bikers go regularly) with my lowrider bicycle. I went up to bicycle mechanic and asked him to install the crank for me as I did not have my tools. He said, "We do not work on those bicycles" and him and other mechanics laughed at the bike and joked how ridiculous it was.

Even if shops are still mostly employing white men and the adver-

tising is mostly that as well, we can become more welcoming to all people.

I think the bicycle industry should take another look and become more inclusive to a beautiful bicycle and even may I dare say bicycle shops sponsoring contents and shows and even, if the location of the bike shop is suitable, strategically sell a few products such as lowrider tires, pedals, and grips. Well, I hope to see you at the next lowrider show in Salt Lake.

Note: Lowrider Magazine is a good resource: lowrider.com. Also, follow the Uprising Car and Bike Club on Facebook for information on upcoming lowrider car and bike shows. Follow the Dreamkeeperz Lowrider Club at [facebook.com/Dreamkeeperz-Utah-Lowrider-Club-2033100226757615/](https://www.facebook.com/Dreamkeeperz-Utah-Lowrider-Club-2033100226757615/)

WESTERN STATES

CALENDAR OF EVENTS

Utah BMX

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

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

June 21-23, 2019 — USA BMX Great Salt Lake Nationals, USA BMX National Series, South Jordan, UT, Location: 5200 W, 9800 South, Dallas Edwards, 801-803-1900, radcanyonbmx@radcanyonbmx.com, radcanyonbmx.com, [facebook.com/radcanyonbmx](https://www.facebook.com/radcanyonbmx)

Advocacy

Bike Utah — UT, Utah's Statewide Advocacy Group., Phil Sarnoff, 385-831-1515, psarnoff@bikeutah.org, bikeutah.org

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

Salt Lake County Bicycle Advisory Committee — Salt Lake City, UT, The SLCBAC committee works to improve cycling conditions in Salt Lake County and is an official commit-

tee. 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 pathways significantly contribute to our community'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

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

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

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

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

Jordan River Parkway., Juan Arce-Larreta, 801-694-8925, parleystrail@gmail.com, parleystrail.org

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

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

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

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

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

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

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

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

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

Bike Walk Montana — Helena, MT, Statewide bicycle advocacy organization, Taylor

Calendar Guidelines:

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

Submit your event to:

calendar@cycliningutah.com

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

Let us know about any corrections to existing listings!

Lonsdale, 406-449-2787, bnbybike@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@saltlakevalleytrailsociety.org, saltlakevalleytrailsociety.org

Teton Valley Trails and Pathways (TVTAP) — Jackson, WY, Promotes trails and pathways in the Wyadaho area of Wyoming and Idaho., Dan Verbeten, 208-201-1622, dan@tvtp.org, tvtp.org, tetonbikfest.org

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

Events, Swaps, Lectures

Salt Lake Critical Mass — Salt Lake City, UT, Last Friday of every month, 6:30 pm, meet at the Gallivan Center, 200 S. between State and Main in SLC., None, noemail@cycliningutah.com, [facebook.com/groups/SLCCM/](https://www.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, heatpolocompny@gmail.com, [facebook.com/groups/189631497724953/](https://www.facebook.com/groups/189631497724953/), beehivebikepolo.wordpress.com

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

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

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

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

June 1, 2019 — National Trails Day, Park City, UT, Location & Project TBA, Charlie Sturgis, 435-649-6839, charlie@mountaintrails.org, mountaintrails.org

June 1, 2019 — National Trails Day, Salt Lake City, UT, Volunteer on Trail Projects., Kristen Kenley, (801) 501-0850, kkenley@rei.com, rei.com/saltlakecity

June 1, 2019 — National Trails Day, Weber County, UT, Weber Pathways Trail Day. Come out an build trails! Check website for details., Rod Kramer, 801-393-2304, outreach@weber-pathways.org, weberpathways.org

June 1-2, 2019 — 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; pairing 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 two-day 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 Knutson, 515-681-6036, amanda@clippedinevents.com, coloradobikeexpo.com

June 1, 2019 — 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, jdarton@gmail.com, [facebook.com/groups/804827286204846/](https://www.facebook.com/groups/804827286204846/)

June 3-7, 2019 — 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@gmail.com, Gallatin Valley Bicycle Club, gvcbike@gmail.com, gallatinvalleybicycleclub.org, gallatinvalleybicycleclub.org/community-events/bike-to-work-week/

June 8, 2019 — Bike Prom, Utah Bike Month, Salt Lake City, UT, Bike Prom, the Bicycle Collective's annual fancy bike party. Tracy Aviary, Wear your prom outfits. Pre-prom ride: 6:00pm starting at TBA, Sean Murphy, 801-328-2453, info@bicyclecollective.org, bicyclecollective.org, bikeprom.com

June 15, 2019 — SLUG Cat Alleycat Bike Race!, Utah Bike Month, Salt Lake City, UT, This exciting alleycat event features a scavenger hunt bike race that takes you all over Salt Lake City. Bike with the coolest cats you in town, make new friends and win awesome prizes from our local sponsors! 7th Annual SLUG Cat Alleycat Bike Race, Angela Brown, 801-487-9221, angela@slugmag.com, John Platt, 801-487-9221, johnplatt@slugmag.com, Anne Olsen, anne@slugmag.com, slugmag.com

June 22, 2019 — 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

August 31-September 1, 2019 — 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 more!, Tim Fowler, 505-209-5760, outsidesantafe.com, outsidesantafe.com

September 9-13, 2019 — 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.utah.edu/ubikeweek

September 22, 2019 — World Car Free Day, UT, Ride your bike and leave the car at home!, None, noemail@cycliningutah.com, worldcarfree.net

Mountain Bike

Tours and Festivals

June 1, 2019 — VIDA MTB Series: Betti Bike Bash, VIDA MTB Series, Lakewood, CO, Women's mountain bike skills clinic, Rachel Gottfried, 949-677-6809, info@vidamtb.com, vidamtb.com

June 1, 2019 — 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, 208-263-4433, october1rek@gmail.com

Castle Country Cycling

2019 Cycle Events



CASTLE COUNTRY CENTURY

June 22, 2019

Road bike ride through the Manti-LaSal Mtns, Huntington Canyon and the desert plateau of Carbon County.



Aug. 17, 2019

3rd annual, 63 mile gravel ride through the plateau's of Carbon county with over 5,000' of elevation change. In conjunction with Helper Arts & Film Festival.



9.90 Honor Ride

Sept. 14, 2019

Road bike ride up and back 9 mile canyon in Carbon County. Start will have a full escort to honor our country's uniformed personnel.

Details and registration @ castlecountrycycling.com



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801.930.0855 | bikefitr.com

kotaho.com/annual-bike-ride, weiserrivertrail.org

June 1, 2019 — MUT Trails Fest, Montrose, CO, Montrose-Uncompacted Trails Association, Colorado Plateau Mountain Bike Trail Association, Trail festival, trail building rides, fun, beer, Tisha McCombs, 970-244-8877, coordinator@copmoba.org, copmoba.org/trailfest

June 8, 2019 — Rat Race, Ridgway, CO, Benefits Colorado Plateau Mountain Bike Trail Association, 26 miles of singletrack, Tisha McCombs, 970-244-8877, coordinator@copmoba.org, copmoba.org/ratrace

June 15, 2019 — 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. Serve the small town of Barclay where lunch is served at the one room schoolhouse. The course then swings around back to the main park road and down into Campground B where we end the ride with a BBQ. The course is subject to change based on weather conditions. 35 and 45 mile options., Dawn Andone, 775-728-8101, cathedralgorge_vc@cturbonet.com, beaverdamgravelgrinder.com

June 15-16, 2019 — 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, bytrebiketour.com, cycleidaho.com

June 16-September 12, 2019 — 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@lizarheadcyclingguides.com, lizarheadcyclingguides.com

June 21-23, 2019 — Black Hills Mountain Festival, Rapid City, SD, Celebration of outdoor recreation in the Black Hills of South Dakota including mountain bike rides, races and clinics, Kristy Lintz, 605-394-4168, 605-484-1724, specialevents@rcgov.org, Black Hills MTB Festival, blackhillsmountainfest@gmail.com, bhfatire-festival.com, rcparksandrec.org

June 21-23, 2019 — Outerbike, Sun Valley, ID, An opportunity to ride next year's bikes and gear on world class trails. Participants get demos, shuttles, lunch & free beer - plus a great Saturday night party! Held at the base of Bald Mountain at the River Run base area., Mark Severnoff, 800-845-2453, 435-259-8732, outerbike@westernspirit.com, outerbike.com

June 22, 2019 — Around the Rock Gravel Ride, Jackson, WY, This is an annual ride of passage, leaving from Fitzgerald's Bicycles each year on the Solstice Weekend. We'll head clockwise around the Rock (The Grand Teton) on a 50/50 mix of gravel and pavement. 154 miles, 6000 feet of climbing and TOTALLY doable for the average fit rider. Whether you ride for speed or ride for the accomplishment it doesn't matter. The beers taste just as good after! This self-supported, 154-mile mixed-terrain cycling adventure is a RIDE OF PASSAGE and sure to challenge anyone who takes it on!, Fitzgerald's, 307-201-5453, info@fitzgeraldsbicycles.com, fitzgeraldsbicycles.com

June 23-August 23, 2019 — Colorado Trail MTB Tour, Montrose, CO, Eight different 6-day tour dates from June to August. 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@lizarheadcyclingguides.com, lizarheadcyclingguides.com

June 24-30, 2019 — Crested Butte Bike Week, Crested Butte, CO, The World's Oldest Mountain Bike Festival celebrates 39 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!, Kat Cooke, 970-349-6438, events@cbchamber.com, cbbikeweek.com

June 29, 2019 — Orem Cyclefest, 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. Promoted by Bike Orem, Jason Christiansen, 801-885-6884, jason@utahmtb.org, facebook.com/events/2236211013334316/

June 29, 2019 — WomenMTB Skills Clinic, Women MTB Wasatch Club, Snowbird, UT, Choose from 3 different clinics- Beginner skills, Technical Climbing & Cornering, Enduro Prep, part of Snowbird A+G Festival, Danita Rither, 801-403-7241, info@womenmtb.org, womenmtb.com

June 29, 2019 — Bike the Beaver Unrace, Garden City, UT, Held at Beaver Mountain, Come support Cache County trails maintenance and party with us on a grass roads unrace. Instead of being tested on how fast you can go, you'll be challenged to several feats of strength - which will be a simple tasks that are abit silly - a bit fun, and far more memorable than crossing the finish line 3 seconds faster or slower than someone else did., Dayton Crites, 435-

755-1646, dayton.crites@cachecounty.org, facebook.com/events/181020812630348/, trails.cachecounty.org/news/?id=48

July 7-August 16, 2019 — Glacier National Park Bike Tour, Whitefish, MT, 7/7-12; 7/14-19; 7/21-7/26; 7/28-8/2; 8/4-9; 8/11-16. 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@lizarheadcyclingguides.com, lizarheadcyclingguides.com

July 13, 2019 — Wildflower Trailfest, Snowbasin, UT, A non-competitive, women only mountain bike ride. All ages and levels welcome. Come join us for a day of fun on Powder Mountain!, Nick Bowsher, 801-610-9422, info@wildflower-outdoor.com, wildfloweroutdoor.com

July 21, 2019 — 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 3, 2019 — South Boundary Big Ride, Angel Fire, NM, The South Boundary BigRide is an absolutely stunning 40 mile mostly single-track 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 feet!, Seth Bush, 505-554-0059, ElCapitan@ZiariRides.com, ziarides.com

August 10-11, 2019 — Trek Dirt Series Mountain Bike Camp, Park City, UT, 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., Cynthia Chung, 604-484-6238 (Canada), register@dirseries.com, Emily Neuman, 604-484-6238, info@dirseries.com, Elli Petersilie, elli@dirseries.com, dirseries.com

August 16-18, 2019 — 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 Severnoff, 800-845-2453, 435-259-8732, outerbike@westernspirit.com, outerbike.com

August 17-18, 2019 — 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@vidamb.com, vidamb.com

August 22-25, 2019 — 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, far@landercycling.org, Tony Ferlisi, landercycling@gmail.com, Mike Dicken, 307-332-2926, jurassicclassicfest@gmail.com, jurassicclassicfest.org, landercycling.org

August 24, 2019 — 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 30-September 2, 2019 — Wydaho Rendezvous Teton Mountain Bike Festival, Teton Valley, WY/ID, 10th annual hosted at Grand Targhee Resort. Come enjoy endless miles of epic singletrack, lift-served downhill, dirt jump and freeride. Wydaho Rendezvous Bike Festival supports Teton Valley Trails and Pathways tvtop.org. Includes 2019 demos, group rides, skills clinics, shenanigans, kids activities, music and libations., TVTAP, 208-201-1622, info@tetonbikefest.org, Devin Dwyer, 208-201-1622, devin@tetonbikefest.org, tetonbikefest.org, grandtarghee.com

September 7-8, 2019 — VIDA MTB Series: Purgatory, VIDA MTB Series Flagship Clinics, Purgatory, CO, Women's mountain bike skills clinic, Rachel Gottfried, 949-677-6809, info@vidamb.com, vidamb.com

September 7, 2019 — Shred Charity MTB Ride, Draper, UT, Held at Corner Canyon. With the great trail network of Corner Canyon open to us courtesy of Draper City it's sure to be a blast! 100% of the proceeds go to Wheels 4 Life. Prizes donated for top finishers in various categories including fastest segments, longest distance, most vertical and more!, Sam Buckmiller, sam.buckmiller@gmail.com, facebook.com/rideshredut

September 13-15, 2019 — Northstar Freeride Festival, Truckee, CA, Held at Northstar Resort. Join us for the Northstar Free-Ride Festival September 13-15, 2019 as the Village comes alive with over 90 bike, accessory and apparel vendors. Talk to the experts, demo the bikes, test the accessories, try on apparel and get insider tips. There will also be races, clinics, kid's activities, live music, pub crawls, wine walks and retail discounts all weekend long!, Jack Morrissey, 949-226-5729, jack.morrissey@emeraldexpo.com, interbike.com/events/northstar-free-ride-festival/

September 20-22, 2019 — Salida Bike Fest, Salida, CO, A 4 day festival celebrating bicycles of all kinds! Various groups in Salida have teamed up to create and promote unique and fun bike events throughout the week. Free group rides, bike-related travelogue, the chainless race, a kick-off party at Soulcraft Brewing with live music, a bike parade, the Banana Belt Mountain Bike Race sponsored by Absolute Bikes, the 20th Annual Monarch Crest Crank and much more!, Monica Gutierrez, 719-539-6738, director@alliancechaffee.org, Lanette Hartmann, salidaraces@gmail.com, salidabikefest.com

September 21-22, 2019 — Trek Dirt Series Mountain Bike Camp, Angel Fire, NM, Co-ed 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., Cynthia Chung, 604-484-6238 (Canada), register@dirseries.com, Elli Petersilie, elli@dirseries.com, dirseries.com

September 21, 2019 — Banana Belt Mountain Bike Race, Salida, CO, This classic race leads racers south out of town up a 3,000ft climb to the Rainbow trail, across the front of Methodist Mountain and back down to town., Monica Gutierrez, 719-539-6738, director@alliancechaffee.org, monarchcrestcrank.com

September 22, 2019 — Monarch Crest Crank, Salida, CO, A mountain bike event along one of the top mountain bike trails in the nation. The Crest Crank will be the final day of Salida Bike Fest, which includes several events for cyclists of all abilities and their families. End Bike Fest weekend with us for this bucket list ride followed by an after party at Riverside Park open for Crest Crank cyclists and the public. Your entry fee will include the ride, a guide, breakfast snacks, a shuttle to and from downtown Salida, and an after party in Riverside Park, featuring live music, free lunch, libations, a goodie bag, silent auction, and more. Entry fee and individual fundraising efforts will raise money for The Alliance, a nonprofit organization with a mission to empower individuals beyond domestic and sexual violence., Monica Gutierrez, 719-539-6738, director@alliancechaffee.org, monarchcrestcrank.com

September 22, 2019 — Monarch Crest Crank, Salida, CO, A mountain bike event along one of IMBA's Epic mountain bike trails, and proceeds go to the local nonprofit organization The Alliance, which helps victims of domestic and sexual abuse. The entry fee include the ride, a guide, a shuttle to and from downtown Salida, breakfast snacks, and an after party in Salida's Riverside Park, featuring live music, free lunch, libations, a goodie bag, games and more! Space is limited to 100 riders., Becky Rupp, crestcrank@gmail.com, monarchcrestcrank.com

September 27-29, 2019 — Albuquerque MTB Festival, Albuquerque, NM, 12 hour race, 2 hour race, and weekend long mtb festival, Seth Bush, 505-554-0059, ElCapitan@ZiariRides.com, ziarides.com

September 28, 2019 — VIDA MTB Series: Golden Giddyup, VIDA MTB Series, Golden, CO, Women's mountain bike skills clinic, Rachel Gottfried, 949-677-6809, info@vidamb.com, vidamb.com

September 28-29, 2019 — 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., Cynthia Chung, 604-484-6238 (Canada), register@dirseries.com, Elli Petersilie, elli@dirseries.com, dirseries.com

October 4-6, 2019 — Outerbike Fall, Moab, UT, An opportunity to ride next year's bikes and gears on world class trails. Participants get bike demos, shuttles, lunch, beer, and admission to parties and films, 7000 N. Hwy 191 at Moab Brands Trailhead, Mark Severnoff, 800-845-2453, 435-259-8732, outerbike@westernspirit.com, outerbike.com

October 5-6, 2019 — 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., Cynthia Chung, 604-484-6238 (Canada), register@dirseries.com, Elli Petersilie, elli@dirseries.com, dirseries.com

October 5-6, 2019 — October Trek, Weiser, ID, 2 day mountain bike gravel ride, 86 mile rail-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/october-trekinformation/

October 19, 2019 — VIDA MTB Series: Valmont Bike Park, VIDA MTB Series Flagship Clinics, Boulder, CO, Women's mountain bike skills clinic, Rachel Gottfried, 949-677-6809, info@vidamb.com, vidamb.com

October 24-27, 2019 — Moab Ho-Down Mountain Bike Festival & Film Fest, Moab, UT, 14th 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 Bentley, 435-259-4688, info@chilebikes.com, moabodown.com, chilebikes.com

November 8-10, 2019 — Roam Bike Fest, Sedona, AZ, Roam Bike Fest is a three day gathering (aka party) of female riders, influencers, and play makers all here for one purpose: to have a ridiculously fun weekend exploring, learning, and shredding trail in a world-class riding destination. No pandering, no skills clinics, just plain unsucky fun., Ash Bocast, 530-521-8913, hello@thisisroam.com, roambikefest.com, thisisroam.com

May 1-3, 2020 — MECCA Spring MTB Festival, Green River, UT, 34th Annual, Held at the John Wesley Powell Museum in Green River, Utah. Registration begins Friday at 1:00 p.m. followed by a warm up ride, refreshments, games and a prize drawing. Saturday is full of all-day guided rides, ranging from beginner to advanced followed by a yummy dinner, games and more FUN. Finish up on Sunday with a guided (or on your own) scenic ride. Family friendly., Kim Player, 435-653-2440, meccabike01@gmail.com, bikethestwell.org

Utah Weekly MTB Race Series

April 24-August 7, 2019 — Weekly Race Series, WRS, Sundance, Wasatch County, UT, Wednesday nights, May -Aug. Venue alternates between Wasatch County sites and Sundance, 6:30 pm. Prompt start time, Pros/Experts 1hr race time, Sports 50mins, Beginners 30-40mins., Tyson Apostol, 435-200-3239 (Wasatch), 801-223-4849 (Sundance), aces@euclidoutdoors.com, John Woodruff, 801-223-4044, 801-223-4849, johnw@sundance-utah.com, Josey Apostol, 435-200-3239 (Wasatch), 801-223-4849 (Sundance), aces@weeklyraceseries.com, weeklyraceseries.com

April 30-August 27, 2019 — Mid-Week Mountain Bike Race Series, Wasatch Front, Wasatch Back, Salt Lake Valley, UT, Tuesday nights, starting April 30! 2019's season features 8 XC races, 4 Mini Enduro races, and 1 Women's Mini Enduro. Fun, competitive mountain bike racing for all ages and abilities. Each XC race features a free kids' race!, Phil Sarnoff, 385-831-1515, psarnoff@biketutah.com, Jackie Baker, 385-831-1515, info@midweekmtb.com, midweekmtb.com

June 12-August 28, 2019 — Mt. Ogden Midweek Race Series, Snowbasin Resort, UT, Courses change every two weeks. Courses set the prior weekend for pre riding. Fun races, great prizes. Registration- 5pm-6:30pm at Grizzly Center, Race Start: promptly at 6:30. Cash and prizes each week. Beg. sport, expert, pro classes. No race June 6th and July 3rd, Tim Eastley, 801-620-1000, 801-620-1045, teastley@snowbasin.com, snowbasin.com/mtoogden-raceseries

Regional Weekly MTB Race Series

May 14-August 20, 2019 — Gallatin Valley Summer Series, Bozeman, MT, Weekly series that includes road races, time trials, criteriums, mountain bike races and more., Alex Lussier, lussiera@hotmail.com, Phil Rotherman, phil@rothconst.com, Mollie McKiernan, mollie.mckiernan@gmail.com, Patrick Wessel, patrickwessel@yahoo.com, gallatinvalleybicyclub.org

June 5-26, 2019 — Missoula Wednesday Night Race League, Western Montana Trail Series, Missoula, MT, Various courses. Wednesdays in June, Ben Horan, 312-502-5997, bfhoran@gmail.com, mtbmissoula.org

June 18-July 23, 2019 — Laramie Mountain Bike Series, Laramie, 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. Medicine Bow National Forest, Niesey Heckart, 307-761-1741, niesey@laramieracing.com, laramiebikenet.org

July 10-August 7, 2019 — Ten Dollar Downhill, Whitefish, MT, Wednesday downhill, Josh Knight, 406-862-2900, info@skiwhitefish.com, skiwhitefish.com/events

July 11-August 8, 2019 — Thursday Night Race Series, Whitefish, MT, cross country series, Josh Knight, 406-862-2900, info@skiwhitefish.com, skiwhitefish.com/events

Utah Mountain Bike and Gravel Racing

June 1-2, 2019 — Sundance Showdown Downhill and Super-D, Go-Ride Gravity Series, Sundance Resort, UT, USAC sanctioned Super-D Saturday and Downhill Monday, Ron Lindley, 801-375-3231, info@utahdh.org, go-ride.com, utahdh.org

June 8, 2019 — Wasatch 50, Intermountain Cup, Heber, UT, Endurance XC, 25-50 miles.

1700' per lap., Margaret Gibson, 435-229-6251, margaret@redrockbicycle.com, Darren Goff, 801-896-8244, info@intermountaincup.com, intermountaincup.com

June 8, 2019 — Volcano Fire Road 120k Gravel Grinder, Veyo, UT, Fun and challenging gravel race! 75 miles with 6200' climbing in the beautiful Pine Valley area north of St George. 56% dirt, 44% pavement. Solo or 2x ride. Famous Veyo Pie at the finish line!, Deborah Bowling, 818-889-2453, embassy@planetultra.com, gravelgrinder.com

June 15, 2019 — Powder Mountain ICup, Intermountain Cup, Powder Mountain, UT, XC race. Distance: 6.3-30 miles. Elevation Gain: 500-1,800'/lap (depending on category), Margaret Gibson, 435-229-6251, margaret@redrockbicycle.com, Darren Goff, 801-896-8244, info@intermountaincup.com, intermountaincup.com

June 29-30, 2019 — Canyonball Downhill and Super D, Go-Ride Gravity Series, Nordic Valley, UT, Held at Nordic Valley, Super D on Saturday, Downhill on Sunday., Ron Lindley, 801-375-3231, info@utahdh.org, go-ride.com, utahdh.org

July 6, 2019 — 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, Margaret Gibson, 435-229-6251, margaret@redrockbicycle.com, Darren Goff, 801-896-8244, info@intermountaincup.com, intermountaincup.com

July 13, 2019 — 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 road classic!, Burke Swindlehurst, roadir@mns.com, tusharcrusher.com

July 20, 2019 — El Doce at Pow Mow, Powder Mountain - Eden, UT, 12/6 Hour Mountain Bike Race at Powder Mountain, Utah. Solo, Duo and 3-4 Person Teams. 12 Mile lap, 1200' vertical per lap, 12 hours. Limited to 400 riders., Jenny Scothern, 801-399-1773, jenny@golfoundation.com, Clairese Millour, 801-399-1773, claire@golfoundation.com, eldo-ceut.com

August 2-3, 2019 — 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 2019, Dustin Randall, 435-590-2741, info@roamutah.com, roamutah.com, abajoduro.com

August 10, 2019 — North Fork Punisher ICup, Intermountain Cup, Liberty, UT, XC race. Distance: 7-28 miles. Elevation Gain: 1,300'/lap, Margaret Gibson, 435-229-6251, margaret@redrockbicycle.com, Darren Goff, 801-896-8244, info@intermountaincup.com, intermountaincup.com

August 17-18, 2019 — Flyin' Brian Downhill and Dark Hollow Super D, Go-Ride Gravity Series, Brian Head, UT, Practice opens on Friday, August 12 at noon. The downhill is on Saturday, August 13. Dark Hollow Super D is on Sunday, August 14., Ron

has 3000+ students on 90+ teams across the state participating. . Lori Harward, 801-502-8516, 801-885-6884, lori@utahmtb.org, Brooke Howard, 385-227-5741, brooke@utahmtb.org, utahmtb.org

August 31, 2019 — Park City Point 2 Point, Park City, UT. A true point 2 point race! Thanks to the plethora of trails in this area, the race is never on the same trail twice. Over 90% of the race is single-track. 75 miles & 12,000ft of climbing. Jay Burke, 801-330-3214, snowchickenjb@gmail.com, thecppp.com

September 14, 2019 — Kokopelli 100, Moab, UT, 103.6 mile, point to point mountain bike race from the Colorado border to Moab. Solo riders, or 8 person teams. Mark Jensen, 503-970-1215, mark@kokopelli100.com, kokopelli100.com

September 15, 2019 — 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 28, 2019 — Antelope Island 50K MTB Race, Antelope Island, UT, 5th 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. Start time 9:00 AM, Packet pickup 7:30 AM. Wynn Hall, 801-941-4255, wynnhall@gmail.com, Matt Hall, 801-648-4659, matt@endurawevents.com, endurawevents.com

September 28, 2019 — Eden Epic, Eden, UT. On the trails above beautiful Ogden Valley, the Eden Epic is a truly "epic" mountain bike adventure. With a focus more on the adventure than the finishing times, this is an epic adventure that has a place for those looking to push themselves. Clay Christensen, 801-234-0399, info@enduranceutah.com, ede-epic.com

October 14-15, 2019 — 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, hws@seniorgames.net, seniorgames.net

November 2-3, 2019 — 25 Hours of Frog Hollow, Frog Hollow Endurance Series, Hurricane, UT. Held Sat 10 am to Sun 10 am with the bonus double midnight lap due to the fallback time change. 13 mile long course in the UT desert combines sweet single track, with some technical sections, and great climbs. 11th Annual, Cimarron Chacon, 970-759-3048, info@groraces.com, 25hoursofiroghollow.com

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

June 1-2, 2019 — Grand Enduro, Grand Junction, CO. 3rd Annual. 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 Klisch, 970-744-4450, madness@madracingcolorado.com, madracingcolorado.com

June 1, 2019 — EROCK Sunrise to Sunset, Castle Rock, CO. 4th Annual at the freshly cut trails of the Philip S. Miller Park in Castle Rock, Colorado. The 6.5 mile course wanders through the hills and drainages surrounding the park and offers ample viewing from the staging area for team members and spectators. For teams and solos. Scott Olmsted, 303-282-9015, info@elephantrockride.com, Amanda Knutson, 515-681-6036, amanda@clippedinevents.com, erockrace.com

June 1, 2019 — 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, wiliie@sierratrails.org, lostandfoundbikeride.com

June 1, 2019 — 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, wyoingravel.com, thedeadswede.com

June 1, 2019 — 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 Colt 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 Jeffis, 208-528-0664, ridetheangryhorse@yahoo.com, cbibikes.com, ridetheangryhorse.com

June 1, 2019 — Salida720, Salida, CO. 12 hour race. Several beer sponsors with 3 free beer

coupons with entry. Options for 4, 3, and 2 group racers as well as solo racers. Keith Darner, 719-221-1251, keith@chocolatebunnyproductions.com, chocolatebunnyproductions.com

June 1, 2019 — New Eagle Outside Festival Enduro, Eagle, CO. Mike McCormack, 970-485-5847, mikemacc@eagleoutsidefestival.com, eagleoutsidefestival.com

June 2, 2019 — 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 6-9, 2019 — 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 alternate between single track, double track, and infrequent dirt road sections. The course features over 850ft of relief per lap; while it is not at extremely high altitude, multiple long, steep climbs per lap will test racers' fitness limits. Pro XCT plus UCI Juniors 17-18. Homesteaer 6 hour on Saturday, Ben Horan, 312-502-5997, bfhoran@gmail.com, wtrail.org, usacycling.org

June 8, 2019 — 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, 775-269-6042, 775-296-2162, krobeg@mrwpower.net, elynevada.net/events/fears-tears-beers.html

June 8, 2019 — Knobby 9 to 5, Knobby Tire Series, McCall, ID. High speed rolling double-track. Tight, technical sagebrush single-track, water crossings, quick steep drops, nasty little granny gear climbs. Single speeders' dream. Alex Phipps, 208-841-4120, alex01phipps@gmail.com, knobbytireseries.com

June 8, 2019 — Gowdy Grinder, Cheyenne, WY. Cross country mountain bike race that 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 riding typical of Curt Gowdy. Jodee Pring, 307-631-2980, WyoXMTB@gmail.com, wyoxtmtracing.com/fundraising-via-our-local-race-the-gowdy-grinder

June 8-9, 2019 — 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 single-track 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, 505-554-0059, ELCapitan@ZiaRides.com, ziarides.com

June 8-10, 2019 — Rocky Mountain Race Series Pajarito, Los Alamos, NM, XC, DH, STXC, Slalom, Keith Darner, 719-221-1251, keith@chocolatebunnyproductions.com, chocolatebunnyproductions.com

June 8, 2019 — Homesteader 6 Hour, Missoula, MT. solo, duo, quad, Ben Horan, 312-502-5997, bfhoran@gmail.com, mtmissoula.org

June 8, 2019 — Peninsula Jam, RME, Frisco, CO. 7 mile rolling singletrack course on the Peninsula overlooking Lake Dillon, at the Frisco Adventure Park. Thane Wright, 970-401-1422, tanoricardo@yahoo.com, rockymountainenduro.com

June 8, 2019 — Truckee Dirt Fondo, Truckee, CA. 3 course options: 42, 94, 108 km, Bike Monkey, info@bikemonkey.net, truckeedirtfondo.com

June 9, 2019 — Granby Ranch Enduro, Revolution Enduro Series, Granby Ranch, 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. Race day will offer a mix back country and lift access racing. David Scully, 970-846-5012, david@revolutionenduro.com, revolutionenduro.com

June 9, 2019 — Powderhorn Enduro, Revolution Enduro Series, Powderhorn, CO. one day, lift service race, David Scully, 970-846-5012, david@revolutionenduro.com, revolutionenduro.com

June 9, 2019 — Wellington Cross Border Gravel Grinder, Tour of Colorado Series, Wellington, CO. The second gravel grinder in the Series, the Wellington Cross-Border is an epic challenge through Northern Colorado and Wyoming with nearly 4400 ft of climbing and miles of dirt roads - a true gravel grinder! Andy Bohlmann, 719-428-5807, 719-651-1677, info@tourofcolorado.com, tourofcolorado.com

June 14-16, 2019 — NW Cup Downhill Series - PRO GRT at Tamarack, Northwest Cup Downhill Series, Donnelly, ID. Downhill race. Held at Tamarack Bike Park. Friday will be open practice. Saturday will be split practice by category. Pro/JuniorX seeding Saturday evening. Sunday racing all categories, PRO GRT too. Scott Tucker, 360-797-4288, scott@nwcup.com, nwcup.com

June 14-16, 2019 — Carson City Off-Road, Epic Rides Off-Road Series, Carson City, NV. At the Carson City Off-Road, riders of all skill levels will enjoy big climbs, long singletrack descents and expansive views of Lake Tahoe, the Eastern Sierra Nevada, and the his-

toric Washoe Valley while being immersed in 3-days of mountain bike culture accentuated by free live music. Dave Castro, 520-623-1584, info@picrides.com, Dave Castro, dcastr@epicrides.com, epicrides.com

June 15, 2019 — The Bailey Hundo, Palmer Lake, CO. 10th year for the race. The HUNDO is 100 miles with 10,000 vertical feet, the HUNDIO is 50 miles with 6,000 vertical feet, in the Buffalo Creek trail system - permitted by the USFS. Bob Campbell, 303.526.3000, bob@kcampbell.com, baileyhundo.org

June 21-23, 2019 — Black Hills Mountain Festival MTB Races, Rapid City, SD. 12 hour night race starting at 8:00 pm Saturday and ends at 8 am Sunday. The course consists of an approximate 8 mile loop with 1800 feet of elevation gain and consisting mostly single track trail. Plus, youth XC race. Kristy Lintz, 605-394-4168, 605-484-1724, specialevents@icgao.org, Black Hills MTB Festival, blhmtbfestival@gmail.com, blhmtbfestival.com, icgao.org, rpsandandrec.org

June 22, 2019 — Lake Tahoe Mountain Bike Race, Tahoe City, CA. Race in the cross country race, 4 hour or 8 hour race as a solo or on a team of 2, 3 or 4 (teams of 3 and 4 apply to the 8hr race only). The course is approximately 12.6 miles. Fast lap times are around 50 minutes. Cross country race is two laps. Todd Jackson, 530-546-1019, todd@bigblueadventure.com, Kiley McInroy, kiley@bigblueadventure.com, bigblueadventure.com

June 22, 2019 — Jackass Gravel Grinder, Boise, ID. 54 and 14 miles, fully supported, gravel ride, supports the Juvenile Diabetes Research Foundation, Tina Leoncavallo, 208-489-1535, leoncavallo@BroncoMotors.com, jackassgrinder.com

June 22, 2019 — Morganzo 55 Gravel Grinder, Belgrade, MT. Gravel grinder, 55 miles, unsupported. Start time: 8am. Location: corner of Dry Creek Rd & Theisen Rd just north of Belgrade, MT. Map: https://caltopo.com/m/MOC0_GPX_file: https://drive.google.com/file/d/0B2K15jy_B21MW9FS3p1dIQ1BTA/view?usp=sharing. Shell Thomas, thomassheilo@gmail.com, Kirk Ahlberg, info@morganzo55.com, morganzo55.com, montanacycling.net, morganzo55.com

June 24-30, 2019 — Crested Butte Bike Week, Crested Butte, CO. The World's Oldest Mountain Bike Festival celebrates 39 years with an Amateur Film Festival, Chairless 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. Kat Cooke, 970-349-6438, events@cbchamber.com, cbbikeweek.com

June 26, 2019 — 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, hycycling.org

June 27-30, 2019 — Leadville Training Camp, Leadville Race Series, Leadville, CO. Ride with past champions and experience every inch of the LT 100 MTB course in Leadville. A question and answer session will offer insight into proper training, diet and race strategy. Camp riders will get tons of camp swag, great food and amazing, unforgettable experience. Paul Anderson, 719-219-9364, panderson4@lifefitness.com, leadvillraceeseries.com

June 28-30, 2019 — Grand Gear Grind, Granby, CO. Mountain bike stage race, Stage 1 and Stage 2 will be at Granby Ranch where former mountain bike national races have been held. Stage 3 will be in the Rendezvous area on the east side of Winter Park, Dave Muscianisi, 303-817-6523, dave@ratliffseries.com

June 29, 2019 — 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

June 29, 2019 — 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, dbaueer36@gmail.com, wyominggravel.com, energyadicts.net

June 29, 2019 — Bogus Basin Marathon and Cross Country, Knobby Tire Series, Bogus Basin, ID. Cross country and marathon mtb race, Alex Phipps, 208-841-4120, alex01phipps@gmail.com, knobbytireseries.com

July 7, 2019 — Silver Rush 50, Leadville Race Series, Leadville, CO. At 10,000-12,500 feet above sea level, this challenging 50 mile out-and-back course takes racers through the historic mining district on Leadville's East side. This race is known for its long, lung-burning climbs and rocky, steep terrain. Solo or Tandem 50m. Leadville Trail 100 Qualifier. Paul Anderson, 719-219-9364, panderson4@lifefitness.com, leadvillraceeseries.com

July 13, 2019 — 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, youthoritagcontact@gmail.com, Todd Jackson, 530-546-1019, todd@bigblueadventure.com, tahoetrailmtb.com, youthoritagproductions.com

July 13, 2019 — Enduro Pescado Whitefish Enduro, Montana Enduro Series, Whitefish, MT. Montana Enduro Series, contact@montanaenduro.com, Christine Wike, christine@montanabicycleguild.org, montanaenduro.com

July 13, 2019 — Breckenridge 46, 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 Wright, 970-401-1422, tanoricardo@yahoo.com, rockymountainenduro.com

July 13, 2019 — Philipsburg 46, Western Montana Trail Series, Philipsburg, MT. Cross country race. Ben Horan, 312-502-5997, bfhoran@gmail.com, mtmissoula.org

July 13, 2019 — 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 13, 2019 — Big Mountain Enduro, Big Mountain Enduro Series, Winter Park, CO. 3-4 stages enduro, Brandon Ontiveros, brandon@bigmountainenduro.com, bigmountainenduro.com

July 14, 2019 — Victor Gravel Grinder, Tour of Colorado Series, Victor, CO. The Victor Gold Rush is an epic gravel challenge in the heart of the Rockies with nearly 9000 ft of climbing and incredible views. Start and finish in downtown Victor! 93.3 miles, Andy Bohlmann, 719-428-5807, 719-651-1677, info@tourofcolorado.com, tourofcolorado.com

July 19-21, 2019 — Rocky Mountain Race Series, Angel Fire, NM, XC, DH, STXC, Slalom, Keith Darner, 719-221-1251, keith@chocolatebunnyproductions.com, chocolatebunnyproductions.com

July 20-21, 2019 — Steamboat Springs Enduro, Revolution Enduro Series, Steamboat Springs, CO. Saturday racing will start with a shuttle ride to access new never raced trails for 3-4 Stages in the back country. Sunday August 19, will be three Stages with lift and pedal transfers at the Steamboat Bike Park and Forest Service trail system, David Scully, 970-846-5012, david@revolutionenduro.com, revolutionenduro.com

July 23-28, 2019 — USA Cycling Mountain Bike National Championships, Winter Park, CO. Chuck Hodge, 719-434-4200, chodge@usacycling.org, usacycling.org

July 26-28, 2019 — Leadville Stage Race, Leadville Race Series, Leadville, CO. 100M (100 miles over three days), Team Option. Experience the legendary Leadville Trail 100 course over three days. Push the pace to see what you're made of, or use the stages to prepare or qualify for the Leadville Trail 100 in August. This is one amazing party, with daily stage prizes, raffles, unmatched swag, food, beer and live music. Paul Anderson, 719-219-9364, panderson4@lifefitness.com, leadvillraceeseries.com

July 27, 2019 — Laramie Range Epic, Laramie, WY. The Laramie Range Epic (Formerly the Laramie Enduro) will have two course options, 30/60ish miles. 80% singletrack from smooth and flowy to steep and technical. Choose the One & Done to do one lap, or, the Laramie Range Epic to do two laps. Aid stations with fresh food, water and performance nutrition. Legendary after-party with live music, awards, cash pay-outs, raffle, free refreshments and warm, fresh food! Limited on-course camping and room specials. Dewey Gallegos, 307-742-5533, racedirector@laramieenduro.org, laramieenduro.org

July 27, 2019 — Butte 100 Races, Butte, MT. Continental Divide Trail, Single Track, Big Sky Country, 100 and 50 mile options, and a Sorini 25 mile option. 13th Annual, Stephanie Sorini, 406-490-7632, stephaniesorini@butte100.com, butte100.com

July 27, 2019 — Whit Henry Memorial Galena Grinder, Knobby Tire Series, Galena Lodge, ID. XC/Marathon, 22.5 mile loop with 50% single track, start/finish at 7,000 feet with total gain of 3200 in one loop, open category (for racers who choose not to purchase a license) held for the marathon, which is 22.5 mile loops, Alex Phipps, 208-841-4120, alex01phipps@gmail.com, knobbytireseries.com

July 27, 2019 — 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 27, 2019 — Big Mountain Enduro, Big Mountain Enduro Series, Telluride, CO. 3-4 stages enduro, stages will be broken up across the box canyon, mixing bike park and backcountry terrain. Competitors will experience a wide range of trails in Telluride, from 1,000 feet of hard hitting downhill in the Mountain Village Bike Park, to arduous climbs and technical turns on the historic mining paths. Brandon Ontiveros, brandon@bigmountainenduro.com, bigmountainenduro.com

July 28, 2019 — Rocky Mountain Race Series Powderhorn, Mesa, CO. Keith Darner, 719-221-1251, keith@chocolatebunnyproductions.com, chocolatebunnyproductions.com

July 28, 2019 — Oak Flats MTB Race, New Mexico Off Road Series, Albuquerque, NM. fast and flowy course, Jan Bear, 505-670-4655, janbear@gmail.com, Par, 505-730-2615, parmentides.opinel@gmail.com, nmors.org, oakflatsmtb.com

August 1-4, 2019 — Downville Classic, Lost Sierra Triple Crown, Downville, CA. All mountain, cross country, and downhill races. Live music, premium beer, food vendors and annual-weekend mainstream industry expo top off the event, mountain bike festival, Greg Williams, wiliie@sierratrails.org, downvilleclassic.com

August 2-4, 2019 — NW Cup Downhill Series, Northwest Cup Downhill Series, Kellogg, ID. Downhill race. Held at Silver Mountain Bike Park. Friday will be open practice. Saturday will be split practice by category. Pro/JuniorX seeding Saturday evening. Sunday racing all categories, Scott Tucker, 360-797-4288, scott@nwcup.com, nwcup.com

August 3, 2019 — Pierre's Hole MTB Race, National Ultra Endurance Series, Alta, WY. 11th 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,

packed gravel roads, Amy Charity, 970-215-4045, info@sbtrgrvl.com.

August 23-25, 2019 — NW Cup Downhill Series. Northwest Cup Downhill Series, Whitefish, MT, Downhill race. Held at Whitefish Bike Park. Friday will be open practice. Saturday will be split practice by category. Pro/JuniorX seeding Saturday evening. Sunday racing all categories. Scott Tucker, 360-797-4288, scott@nwcup.com, nwcup.com

August 24-25, 2019 — Grand Targhee Enduro. Montana Enduro Series, Grand Targhee, WY. There's some seriously fun trails at Wyoming's Grand Targhee Resort, so we're going to race 'em. It's going to be a weekend long celebration of the Tetons. Andy Williams, 800-TARGHEE ext. 1309, awilliams@grandtarghee.com, grandtarghee.com, contact@montanaenduro.com, Christine Wike, christine@montanabicycleguild.org, montanaenduro.com, grandtarghee.com

August 24, 2019 — Big Sky Biggie. Big Sky, MT, 30 and 50 mile races on Saturday. 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. Short-Track event on August 23, the Friday night before offering a family-friendly venue and fun race for children and adults. Natalie Osborne, 907-223-0858, natalie@big-skybiggie.com, bigskybiggie.com

August 24, 2019 — Lake City Alpine 50. Lake City, CO. This lung-busting race will take you by the iconic Lake San Cristobal before climbing through the alpine tundra to the two of the highest passes in Colorado: Cinnamon Pass (12,640 feet) and Engineer Pass (12,800 feet). The race will feature over 7,500 feet of climbing through some of the most incredible sections of the San Juan Mountains. This is a USA Cycling sanctioned event, benefit the Town of Lake City and the Lake Fork Valley Conservancy. Michael Fleishman, mike@lakecityalpine50.com, lakecityalpine50.com

August 24, 2019 — Salt River Challenge. Alpine, WY. A one-day challenging race course in Wyoming's incredible backcountry. Taunya Lofgran, 801-671-9798, saltrivermtb@gmail.com, saltrivermtb.com

August 25, 2019 — Battle of the Gravel. Saverly, WY. South of Rawlins, 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. Kimberly Coats, 307-383-7778, 530-744-8773, teamwandacycling@gmail.com, battleofthegravel.com

August 29-September 1, 2019 — Rebecca's Private Idaho Gravel Grinder and Festival. Ketchum, ID. Lifestyle, mountain bike and outdoor festival staged in beautiful Sun Valley, Idaho over Labor Day Weekend. The cornerstone of the two-day event is a 100-mile Gravel Grinder (or 50-mile option) mountain bike race & ride in the scenic Pioneer Mountains of Central Idaho, with renown mountain bike champion and endurance athlete Rebecca Rusch. The weekend activities are centered around giving back to Rebecca's favorite local, national and global cycling charities. Join the "Queen of Pain" on this beautiful route that ends in a great down-home party with food, festivities, music, and libations. Colleen Guindlen, 254-541-9661, colleen@rebeccarusch.com, rebeccasprivateidaho.com

September 1, 2019 — Royal 50 Mountain Bike Race. Canon City, CO. The Royal 50 takes place on a challenging singletrack course overlooking the famed Royal Gorge. Multiple distances options, including 20 or 50 miles. Elevation gains of over 1,000 or 2,000 feet (depending on course). Ashlee Sack, 719-248-6376, coordinator@joinfar.org, royal50.com, joinfar.org

September 1, 2019 — Signal Peak Challenge MTB Race. New Mexico Off Road Series, Silver City, NM, 12, 25, and 31 mile races. Jan Bear, 505-670-4665, janbear@gmail.com, Martyn Pearson, 575-654-3966, martynpearson56@gmail.com, signalpeakchallenge.com, nmors.org

September 7, 2019 — 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, leadvilleraseries.com

September 7, 2019 — Wyo 131 Gravel Grinder. Wyoming Gravel Grinder Series, Lander, WY. Wyoming's premier gravel race! A 131 mile race that starts and finishes in beautiful, Lander Wyoming. Race through sagebrush desert to alpine forests, along the historic Oregon Trail, and Atlantic City mining district. Tony Ferris, landercycling@gmail.com, Mike Dicken, 307-332-2926, jurassicclassfest@gmail.com, Scott Van Orman, 307-349-4987, wyo131gravel@gmail.com, wyo131.com

September 7, 2019 — Race the Rails. Ely, NV. Race the train in Ely! Fun for the whole family! Race a coal fired steam engine that is over 100 years old. The event will accommodate both road and mountain bike riders of all ages. Kyle Horvath, 775-289-3720, kyle_horvath@elynevada.net, elynevada.net

September 14, 2019 — 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 14-15, 2019 — 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 morning! Niesey Heckart, 307-761-1741, niesey@larimeracing.com, twomoon24.com, larimeracing.com

September 15, 2019 — Junior Enduro. Revolution Enduro Series, Crested Butte, CO. For ages 10-17. David Scully, 970-846-5012, david@revolutionenduro.com, revolutionenduro.com

September 15, 2019 — Double Dip Downhill. Whitefish, MT, Josh Knight, 406-862-2900, info@skiwitefish.com, skiwitefish.com/events

September 15, 2019 — Sunrise Ski Resort Enduro. Sunrise Ski Resort, AZ, MBAA, 480-442-4229, racing@mbaa.net, mbaa.net

September 15, 2019 — High Desert 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, janbear@gmail.com, Andy Stravers, 505-862-2442, squashblossomclassic@gmail.com, nmors.org

September 21-22, 2019 — Tenzovous Enduro. Montana Enduro Series, Teton Village, WY. Montana Enduro Series, contact@montanaenduro.com, Christine Wike, christine@montanabicycleguild.org, montanaenduro.com, montanabicycleguild.org

September 22, 2019 — Horny Toad Hustle MTB Race. New Mexico Off Road Series, Las Cruces, NM, Jan Bear, 505-670-4665, janbear@gmail.com, Dave Halliburton, 575-312-5991, gotdirtnm@gmail.com, hornytoadlustle.com, nmors.org

September 28, 2019 — JayP's Backyard Gravel Pursuit. JayP's Backyard Series, Island Park/West Yellowstone, ID, 60 or 120 miles near Yellowstone National Park on Forest Service roads. It's an incredible time of year to be in this area and visit YNPI. Jay Petervary, 307-413-2248, jaypetervary@gmail.com, gravelpursuit.com

September 28, 2019 — 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 to three days of camping, live music (including a late-night DJ), beer, awesome food, and campfires. Greg Williams, willie@sieratrails.org, grinduro.com

September 28-30, 2019 — 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, FCapitan@ZiaRides.com, ziarides.com

September 28-29, 2019 — Flagstaff Enduro. Flagstaff, AZ, MBAA, 480-442-4229, racing@mbaa.net, mbaa.net

October 4-6, 2019 — Monarch Crest Enduro. Rocky Mountain Enduro Series, Salida, CO. 5 stage epic backcountry enduro in the San Isabel and Gunnison National Forests. Keith Darner, 719-221-1251, keith@chocolatebunnyproductions.com, chocolatebunnyproductions.com

October 5, 2019 — Tour of the White Mountains. Pinetop-Lakeside, AZ. Arizona's longest standing mountain bike event. At 7,000 feet, The Tour is a grassroots event with laid back vibes among a gathering of bike-minded individuals. Dave Castro, 520-623-1584, info@epicrides.com, Dave Castro, dcastro@epicrides.com, epicrides.com

October 5, 2019 — 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 bike race in the United States. Bring the family for a day of fun and try the children's riding obstacle course. This celebrated mountain bike 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 than on the ground! Course terrain also includes short climbs, flats, sandy arroyos and sharp corners. Jan Bear, 505-670-4665, janbear@gmail.com, Leslie Mueller, 505-599-1184, lmuelier@fmin.org, fmin.org/277/Road-Apple-Rally, nmors.org

October 5-6, 2019 — Glorieta Cyclocross. Glorieta, NM. New Mexico-El Paso Regional XC Championship. Glorieta Camps, Jan Bear, 505-670-4665, janbear@gmail.com, corecrew.com

October 5, 2019 — 6 Hours of Disco. Anaconda, MT. Held at Discovery Ski Area. A lap format race lasting 6 hours plus one lap. It will start and end in front of Discovery Ski Lodge. Finishers with the most laps wins. Finishers with the same number of laps will then go by time (or first over the start finish line). Brian Cyr, 406-563-5538 ext. 15, info@anacondatrailsociety.com, anacondatrailsociety.com, anacondatrailsociety.com/6-hours-of-disco/

October 13, 2019 — Prescott Enduro. Prescott, AZ, MBAA, 480-442-4229, racing@mbaa.net, mbaa.net

October 18-20, 2019 — USA Cycling Collegiate Mountain Bike National Championships. Durango, CO. Collegiate National Championships and Montana High School Championships. Chuck Hodge, 719-434-4200, chodge@usacycling.org, Chad Sperry, chad@gorge.net, Ben Horan, 312-502-5997, bfhoran@gmail.com, usacycling.org

October 26, 2019 — 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, prescott6er.com

October 26, 2019 — Mount Lemmon Gravel Grinder. Oracle, AZ, 3rd Annual, 40, 50, 60 mile options on the back gravel roads of Mt. Lemmon with elevation gains ranging from 3,000 to 8,000ft. Begins at 7 a.m. at the YMCA - Triangle Y Ranch just north of Tucson on the "backside" of the Santa Catalina Mountains. John McCarrell, 615-636-4828, john@mtlemmongravelgrinder.com, mtlemmongravelgrinder.com

October 27, 2019 — Kingman Enduro. Kingman, AZ, MBAA, 480-442-4229, racing@mbaa.net, mbaa.net

November 2, 2019 — Showdown at Usery 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, events@twowheeljones.com, mesabikerace.net

November 8-10, 2019 — Bootleg Canyon Gravity and Demo Fest. DVO Suspension, Alchemy Bikes, Trucker Co, Boulder City, NV. Please join us at our 6th annual Bootleg Canyon Gravity Fest. Expect more shuttles, more group rides, more demos, product demos, huck and bunny hop contests, daily happy hour and free camping! Downhill Mike, 518-524-9805, info@downhillmike.com, downhillmike.com

November 16, 2019 — 12 Hours of Fury. Fountain Hills, AZ. 12 Hours of Fury will test your body, mind and mountain biking skills. The race will begin and end at the Four Peaks Staging Area in McDowell Mountain Regional Park. The 15 mile loop is smooth, fast and fun. The most loops in 12 hours wins it! Jeremy Graham, 623-330-0913, jeremy@4peaksracing.com, 4peaksracing.com/events/12-hours-of-fury-2017

December 7, 2019 — 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 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, FCapitan@ZiaRides.com, ziarides.com

505-554-0059, FCapitan@ZiaRides.com, ziarides.com/event-register/dawn-dusk-arizona

January 4, 2020 — 6 Hours in the Papago powered by SRAM. Tempe, AZ, 6 hours in the Papago will test you like never before. Get ready for a highly entertaining course to kick off your racing season. Ride solo, with a friend or on a team to tackle this looped course in Tempe's infamous Papago Park to rack up as many laps as possible. Jeff Frost, 928-380-0633, canisbleu@gmail.com, 12hoursinthepapago.com

Utah Weekly

Road Race Series

Utah Criterium Series — Locations TBD, Utah Crit Series, West Valley City, UT, Saturdays at 11 am in March - Tuesdays at 6pm, April - through September, A and B at 6, C and D at 7 pm, Locations TBD, Marek Shon, 801-209-2479, utahcritseries@gmail.com, utahcritseries.com

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

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

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

Logan Race Club Thursday Night Time Trial Series — Logan, UT, Thursdays. TT series consisting of 18 races on five different courses, with weekly and end-of-series prizes. Check the website for the location of the weekly course., Stephen Clyde, 435-750-8785, swc@kenmeads.com, sa-lo.com

mdsc.com, Ben Kofeod, benhof@hotmail.com, Travis Dunn, travis.dunn@usu.edu, loganraceclub.org

Utah Road Racing

June 7-8, 2019 — Kokopelli Moab to St. George Relay. Moab, UT, Moab to St. George Relay, Road race with 4 rider teams and three legs per rider, covering 528 miles. Multiple start times at Swanny Park in Moab finishing at Unity Park in Ivins. Clay Christensen, 801-234-0399, info@enduranceutah.com, visionrelay.com

June 8, 2019 — Rush Valley Road Race. UCA Series, Rush Valley, UT, Marek Shon, 801-209-2479, utahcritseries@gmail.com, race2wheels.com

June 15, 2019 — Utah State Time Trial Championship. UCA Series, Rush Valley, UT, Marek Shon, 801-209-2479, utahcritseries@gmail.com, race2wheels.com

June 20-22, 2019 — 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, 2019 — Porcupine Hill Climb. UCA Series, Salt Lake City, UT, 18th Annual, Start: Porcupine Pub & Grille finishing at the Brighton Ski Resort, Big Cottonwood Canyon. Citizen's and licensed rider categories. State Championship Hill Climb for licensed categories. 14.7 miles, 3800' of climbing!, Jared Eborn, 801-599-9268, jared@extramileracing.com, extramileracing.com, bikereg.com, porcupine.com

June 28-29, 2019 — 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@kenmeads.com, sa-lo.com

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2019 EVENT CALENDARS INSIDE!



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July 13, 2019 — Cache Gran Fondo. UCI Gran Fondo World Series, USA AND Gran Fondo National Series, Logan, UT, 8th annual, Beginning in 2019, the Cache Gran Fondo has been chosen as a UCI World Championship Qualifier, and riders of all abilities invited. 38, 50, 70 and 112-mile courses follow a fun, mostly-flat scenic route through Northern and Cache Valley, UT with a challenging hill in each. The finish is a festival on a closed-off city-block in downtown Logan including race prizes, (UCI winners jersey and medal), recreational rider prizes, finisher medals, and unique jerseys at cost. 25% of UCI racers in 16 age categories qualify for UCI World Championships., Troy Oldham, 435-764-2979, oldhamtroy@gmail.com.

July 20, 2019 — Iron Lung Race. Salt Lake City, UT, 40, 80, or 100 mile options out and back starting in Huntsville with a solid climb up Old Snowbasin Road, down Trappers Loop, through Morgan and out to the top of Big Mountain. Challenging climbing, with plenty of rollers and flats to recover. Utah Triple Crank qualifier, along with LOTOJA and Kokopelli Relay., Michelle Lyman, 801-941-5526, info@ironlungride.com, ironlungride.com.

July 20, 2019 — The Salt Lake Criterium. USA Crits Series, Salt Lake City, UT, Professional and amateur categories, expo and more! Benefits the Utah Food Bank, Eric Gardiner, 801-660-9173, ericgardiner@gmail.com, saltlakecriterium.com.

July 26-27, 2019 — Saints to Sinners Bike Relay. Salt Lake City, UT, Fundraiser relay road race from Salt Lake to Las Vegas. Over 500 miles with elevations from 1500 to 10500 feet. Race in teams through the night, fundraiser event for ALS/Lou Gehrig's Disease., Steven Tew, 801-822-4870, Steven@SaintstoSinners.com, Chad Neusmeyer, 801-856-7018, chad@saintstosinners.com, saintstosinners.com.

July 27, 2019 — Ophir Road Race. UCA Series, Ophir, UT, 19-68 Mile courses from Ophir Canyon to Dugway and looping back for a solid uphill finish., Jared Eborn, 801-599-9268, jared@extramileracing.com, extramileracing.com.

August 3, 2019 — Goshen Circuit Race. UCA Series, Goshen, UT, 5.7 mile loop with a couple of punchy rollers and about 375 feet of up and down each lap on paved farm roads in southern Utah County., Jared Eborn, 801-599-9268, jared@extramileracing.com, extramileracing.com.

August 10, 2019 — Utah Tour de Donut. Highland, UT, 12th 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., Glenn Smith, 801-477-5214, info@utahourdondonut.org, utahourdondonut.org.

August 10, 2019 — Snowbird Hill Climb. Snowbird, UT, Join us for the 41st 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 11, 10 miles, 3500, vertical. The grueling road bike race up the canyon brings competitors to the base of Snowbird., Breanne Nalder, 801-550-0434, breannenalder@gmail.com, snowbird.com/event/bicycle-hill-climb, bikereg.com/snowbird-bicycle-hill-climb.

August 12-18, 2019 — Larry H. Miller Tour of Utah. Various, UT, The Tour of Utah is a UCI 2.HC sanctioned stage race for the top men's teams in the world. As America's Toughest Stage Race, the race covers more than 500 miles across Utah, and 52,000 feet of climbing. It is broadcast worldwide on Tour Tracker and is free for spectators., Larry H. Miller Tour of Utah, 801-325-7000, info@tourofutah.com, tourofutah.com.

August 17, 2019 — Wildflower Hill Climb. Mountain Green, UT, Timed 5.5 mile climb during the 65 mile course option in this women-only cycling event., Nick Bowsher, 801-610-9422, info@wildfloweroutdoor.com, wildfloweroutdoor.com.

August 17, 2019 — 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 pro 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 23-26, 2019 — Hoodoo 500. Planet Ultra Grand Slam Endurance Series, St. George, UT, 500 mile loop race through Southern Utah. Non-stop or stage race, solo and relay team divisions. 300 mile option as well., Deborah Bowling, 818-889-2453, embassy@planetultra.com, Hoodoo500.com.

August 31, 2019 — West Mountain Road Race. UCA Series, Benjamin, UT, 100 Miles of rolling terrain around West Mountain in Utah County, Jared Eborn, 801-599-9268, jared@extramileracing.com, extramileracing.com.

September 7, 2019 — LOTOJA Classic Road Race. Logan, UT, 37th Annual, 1 day, 3 states, 200-plus mile road race from Logan, UT to Jackson Hole, WY, Brent Chambers, 801-546-0090, info@lotoja.com, lotoja.com.

October 8-11, 2019 — 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, hws@seniorgames.net, seniorgames.net.

October 12, 2019 — City Creek Bike Sprint. Salt Lake City, UT, Race starts at the mouth of City Creek Canyon and finishes at Rotary Park where we will have awards, food, music and

fun, James Zwick, 801-870-4578, sports@sports-am.com, sports-am.com.

Regional Weekly Road Race Series

May 14-July 16, 2019 — Expo Idaho SWICA Criterium Series. SWICA Criterium Series, Boise, ID, Local training crit series at Expo Idaho West lot (Glenwood Street south of Hawks Stadium), Tuesdays except June 4 and June 21, Kurt Holzer, 208-890-3118, idahobikeracing@yahoo.com, Kevin Spiegel, idahobikeracing@gmail.com, idahobikeracing.org.

May 15-August 14, 2019 — 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 15 at 6:30 pm, 7:00 pm, June 12, July 10 and July 31 Hill Climbs: Park at Cherry Springs, Crystal start at Cherry Springs and Scout start at bottom of Scout Mtn Rd. Scoring is best Crystal plus best Scout time. Approximately 5 mile climbs. mass start., May 29 -Crystal Summit, 6:30 pm, 7:00 pm; June 26-Scout, July 17-Crystal Summit, August 14-Scout, Categories: End of season awards for men and women's overall winners of these categories: A's, B's, Master's 50+, Masters 60+, Triathlete, Recreational (Non TT bike, Eddie Merckx style), Single Speed, and Clydesdale (210 lbs+) and Athena (150 lbs+), Peter Joyce, 208-282-3912, joycpete@isu.edu, Tony Chesrow, 435-671-2506, hebermrtsp@yahoo.com, idahocycling.com.

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

June 1, 2019 — 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 1, 2019 — 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'. Breathtaking views. All ages are welcome to come & join in the fun!, Cindy Higgins, 208-983-8550, chiggins@syringahospital.org, syringahospital.org/hill-of-it-challenge.html.

June 1-2, 2019 — Flagstaff Omnium. Flagstaff, AZ, Climb to the Snowbird Ski Area - 6.34 miles-1850 ft of Climbing - avg 5.6%, Williams-Perkinsville Road Race, Kyle, 928-773-1862, singletrackbikes@yahoo.com, singletrackbikes.com/flagstaffomnium.

June 2, 2019 — Guanella Pass Hill Climb. Colorado Summit Cycling Series, Georgetown, CO, 8th 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, blee1216@icloud.com, [facebook.com/GuanellaPassHillClimb](https://www.facebook.com/GuanellaPassHillClimb).

June 15-16, 2019 — Bike the Bluff. Show Low, AZ, 12th Annual, AZ Elite Road Race Championship, USAC Sanctioned Races, Citizens Race, 22-81 miles, Criterium, Jeff Frost, 928-380-0633, canisbleu@gmail.com, Christy Church, 928-242-3722, christy@bikethebluff.com, bikethebluff.com, azcycling.org.

June 16, 2019 — Emmett-Roubais Road Race. Emmett, ID, Idaho State Road Race Championships., Justin Ward, 208-322-8042, sales@bobs-bicycles.com, idahobikeracing.org, upcycleboise.com.

June 16, 2019 — Parker Main Street Criterium. Parker, CO, fast and flowing criterium, Barry Lee, 720-244-8228, 720-409-7048, blee1216@icloud.com, [sanitascycling.com](https://www.facebook.com/sanitascycling.com).

June 20-23, 2019 — USA Cycling Amateur Road National Championships p/b Papa John's. Hagerstown, MD, Elite, U23 and Junior Road National Championships., Chuck Hodge, 719-434-4200, chodge@usacycling.org, usacycling.org.

June 27-30, 2019 — USA Cycling Professional Road, ITT, and Criterium National Championships. Knoxville, TN, Chuck Hodge, 719-434-4200, chodge@usacycling.org, usacycling.org.

June 28-30, 2019 — Baker City Cycling Classic. Oregon Women's Prestige Series, Baker City, OR, three days and four stages in beautiful eastern Oregon, with great support and unparalleled scenery. Over 8,000 ft of climbing over the three days in one of the country's most beautiful cycling regions. Pros and amateurs race the same courses and the women's and men's prize purses are matched by sponsor BELLA Main St. Market., Brian Vegter, 541-325-1689, dogbr@icloud.com, bakercitycycling.org.

June 30, 2019 — New Mexico Spokettes Women's Time Trial. Algodones, NM, 10 mile Time Trial, 8:30 am. Includes all levels of racers from the beginner to the pro. Also new this year, all female and co-ed team time trials., Maripat Glover, 505-301-9143, spoketest@gmail.com, spokettes.com.

July 4-7, 2019 — Northwest Tandem Rally. Boise, ID, We have two group rides planned and several social functions. 4 days of tandem

rides!, Mike Cooley, 208-343-3782, mcooley@georgescycles.com, georgescycles.com.

July 6, 2019 — Twin Falls Criterium. SWICA, Twin Falls, ID, Idaho State Criterium Championships, Rick Greenwald, 208-316-6176, greenwald@cableone.net, idahobikeracing.org, froidtowncrit.com.

July 7, 2019 — 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, blee1216@icloud.com, [sanitascycling.com](https://www.facebook.com/sanitascycling.com).

July 12, 2019 — Chrono Kristin Armstrong Time Trial. Pro Road Tour, Boise, ID, UCI 1.2 men's, women's time trial, Mike Cooley, 208-343-3782, mcooley@georgescycles.com, georgescycles.com, chronokristinarmstrong.com.

July 13, 2019 — ASWB Twilight Criterium. USA Crits, Boise, ID, 33rd Annual, Pro Road Tour, races for all categories, and race under the lights for the pros., Mike Cooley, 208-343-3782, mcooley@georgescycles.com, boisewillightcriterium.com.

July 14, 2019 — Double Eagle Time Trial Series. Albuquerque, NM, 20k, Phil Neis, EchelonRace@gmail.com, echelonracing-team.com, nmbra.org.

July 17-20, 2019 — 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, 208-317-9918, southeastidahoseniorgames@gmail.com, seidahoseniorgames.org.

July 21, 2019 — Bill McLain Memorial - Sandia Crest Road Race. Albuquerque, NM, 27 or 57 miles, Randy Corcoran, 505-440-0603, randycorcoran1@gmail.com, nmcycling.org.

July 27, 2019 — 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 Weinbrant, 208-354-2354, peaked@silverstar.com, Forest Dramis, jacksonholecycling@gmail.com, jhcycling.org.

July 27, 2019 — 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, execdir@teamevergreen.org, Kim Nordquist, 303-249-6168, director@bicyclerace.com, bicyclerace.com, teamevergreen.org.

July 27, 2019 — Double Eagle Time Trial Series. Albuquerque, NM, 20k, Phil Neis, EchelonRace@gmail.com, echelonracing-team.com, nmbra.org.

July 28, 2019 — 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), 21st Anniversary, this year held on Old Pass Road instead of the highway! No cars, no brake dust, just peace and quiet for you to enjoy your suffering!, Dick Weinbrant, 208-354-2354, peaked@silverstar.com, Forest Dramis, jacksonholecycling@gmail.com, jhcycling.org.

July 28, 2019 — Tour de Los Alamos. Los Alamos, NM, 47th Annual, road race, 27 mile circuit, 27-81 miles, Cyndi, cyndi@launchendurance.us, tdlabikerace.org.

August 3-4, 2019 — Idaho Senior Games. Kuna, ID, 5k and 10K Time Trials both at 9 a.m. date coordinates 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 S. Cole Road & Hubbard/10 Mile Creek Rd., Mike Thornton, 208-861-8000, idahoseniorgamesinfo@gmail.com, Frank Gilbert, 208-853-1964, frank@georgescycles.com, idahoseniorgames.org.

August 4, 2019 — 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., Joey Luliano, juliano88@gmail.com, tucsonmasters.org, azcycling.org.

August 8-11, 2019 — USA Cycling Masters Road National Championships. Colorado Springs,

CO, Chuck Hodge, 719-434-4200, chodge@usacycling.org, usacycling.org.

August 10, 2019 — Lamaille Canyon Hill Climb. Lamaille, 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 Lamaille Grove, 11:30am, Gayle Hughes, 775-753-7789, 775-934-4532, nvelkovel@gmail.com, elkvelo.com.

August 10, 2019 — 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 mi./20 km, later, with an average grade of 7%, and a gain in altitude of 4,725 ft./1,440 m, to conclude at 14,115 ft./4,302m. It will be held in conjunction with The Broadmoor Pikes Peak Cycling Hill Climb gran fondo fun ride, The Sports Corp., 719-634-7333, info@thesportscorp.org, thesportscorp.org, Jeff Mosher, 719-634-7333 Ext 1005, jeff@thesportscorp.org, usacycling.org, PikesPeakCyclingHillClimb.org.

August 17, 2019 — Bogus Basin Hill Climb. Boise, ID, 42nd Annual, Mike Cooley, 208-343-3782, mcooley@georgescycles.com, georgescycles.com.

August 18, 2019 — Double Eagle Time Trial Series. Albuquerque, NM, 20k, Phil Neis, EchelonRace@gmail.com, echelonracing-team.com, nmbra.org.

August 24, 2019 — 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, tegelhoff@clubic.com, nmbra.org, newmexico-sportsonline.com.

September 1, 2019 — 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, sugaravelo.org.

September 8-14, 2019 — World Human Powered Speed Challenge (WHPSC). Battle Mountain, NV, 20th annual hosted by the IHPVA. Current record is 89.59 mph. Classes: Men's, Women's, Juniors in Open, Multi-track, tandem and Arm Power. International cyclists from around the world will gather on SR305, the fastest stretch of road in the world to see who can break the World Record., Al or Alice Krause, 707-443-8261, 707-845-3683, a.krause@sbcglobal.net, ihpva.org, whpsc.org.

September 13-15, 2019 — Silver State 508. Reno, NV, 36th Annual, Founded by John Marino in 1983 and recognized as "The Toughest 48 hours in Sport," This 508-mile bicycle race is revered the world over for its epic mountain climbs, stark desert scenery, desolate roads, and its reputation as one of the toughest but most gratifying endurance challenges available, bar none. Solo supported, randonneur, 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@ccscd.com, Jo Panzera, jo@ccscd.com, the508.com.

September 15, 2019 — Mt. Graham Hill Climb. Safford, AZ, 8 am, mass start, Nippy Feldhake III, 520-747-2544, nippy-mr-smarty-pants@uno.com, azcycling.org.

September 28, 2019 — Bear Lake Monster Cross. St. Charles, UT/ID, A Dirt Fondo along the back roads of the Bear Lake Valley. Starting and finishing at St. Charles, Idaho, the race tours the foothills and backcountry of the Bear Lake Valley with approximately 70 miles of dirt and gravel and just enough pavement to get you where you're going. A cut off exists for those looking for closer to 60 miles. Cyclocross or Mountain Bikes are your best options. Race it, ride it, love it., Jared Eborn, 801-599-9268, jared@extramileracing.com, racebearlake.com.

September 28, 2019 — Man vs Machine. Williams, AZ, The Grand Canyon Railway, in partnership with Grand Canyon Racing, will fire up its steam engine 4960 - a 310-ton behemoth built in 1923 - to take on hundreds of intrepid bicyclists on a 53-mile course that will climb 2,023 feet starting at the South Rim of the Grand Canyon to iconic Williams, AZ, finishing on historic route 66., PJ Borman, 602-296-8313, info@grandcanyonracing.com, grandcanyonracing.com.

October 5-6, 2019 — Nevada Senior Games. Las Vegas, NV, Cycling competition for age groups: 50-94, 5 and 10k time trials, 20 and 40k road races, 1-15 & US-93, 10 miles north of Las Vegas, Tim Jones, 702-994-6205, tjones@cox.net, nevada.fusesport.com, seniorgames.net.

Utah Road Touring and Gran Fondos

June 1, 2019 — Little Red Riding Hood. Lewiston, UT, Women only century ride, 27, 36, 50, 70 and 100 mile distances in Cache Valley, fundraiser for Women's Cancer Research at the Huntsman Cancer Institute. Reg. will be available early January. This event sells out quickly., Penny Perkins, penperk@centurylink.net, Curt Griffin, lrh@bbfc.net, bbcfah.org/lrh.

June 1, 2019 — Ride the Gap Century. Parowan, UT, Enjoy cooler weather in the high country of beautiful Southern Utah. Fun and fast with a mileage option for every rider. Nothing like a small town with big fun! Enjoy open roads and very little traffic., Joey Dye, 435-674-3185, joey@redrockbicycle.com, Margaret Gibson, 435-229-6251, margaret@redrockbicycle.com, Ryan Gurr, info@spingeeks.com, ridesouthernutah.com.

June 1, 2019 — Gran Fondo Salt Lake. Salt Lake City, UT, A timed bicycle tour of the Salt Lake Valley. Fully supported aid stations, professional on-course support, and a finish line meal await. Optional KOM/QOM challenge ride for the climbers out there, 100 Miles, 63 Miles or 30 Miles. Join hundreds of cyclists and raise funds for charity., Jared Eborn, 801-599-9268, jared@extramileracing.com, GranFondoSaltLake.com.

June 8-9, 2019 — Utah Bicycle Touring Society's Overnight Bike Tour. Salt Lake City, UT, 13th annual overnight. This event is for new and experienced bicycle travelers. We will bicycle in a self-sufficient manner to Rock Cliff Recreation Area to camp overnight, and then return Sunday, Lou Melini, 801-487-6318, lmelini@comcast.net, Cheryl Soshnik, 435-649-9008, csoshnik@yahoo.com.

June 8, 2019 — Double Loop Series. Salt Lake Randonneurs Brevet Series, Nephi, UT, Choose from 200 km (125 mile) or 400 km (250 mile) distances that travel into south through Koosharem, Junction and Richfield. A brevet is a timed ultra distance, self-supported event., Richard Stum, 435-462-2266, richard@eogear.com, saltlakerandos.org.

June 15, 2019 — 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-Lucker, 801-584-5815, jmurano@huntsmanfoundation.org, Porter Spruiell, 801-584-5882, pspruiell@huntsmanfoundation.org, huntsman140.com.

June 22-23, 2019 — Bike MS: Harmons Best Dam Bike Ride. Bike MS, Logan, UT, Join

National Series, Logan, UT, 8th annual, Beginning in 2019, the Cache Gran Fondo has been chosen as an UCI World Championship Qualifier, and riders of all abilities invited. 38, 50, 70 and 112-mile courses follow a fun, mostly-flat scenic route through Northern and Cache Valley, UT with a challenging hill in each. The finish is a festival on a closed-off city-block in downtown Logan including race prizes, (UCI winners jersey and medal), recreational rider prizes, finisher medals, and unique jerseys at cost. 25% of UCI racers in 16 age categories qualify for UCI World Championships., Troy Oldham, 435-764-2979, oldhamtroy@gmail.com, cachegranfondo.com

July 20, 2019 — Pedal Away Parkinson's. Kaysville, UT. The 13th Annual 10 mile family fun ride begins at 8 am at Galtay 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 24, 2019 — 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, ridesouthernutah.com

July 20, 2019 — Iron Lung Ride. Huntsville, UT, 40, 80, or 100 mile options out and back starting in Huntsville with a solid climb up Old Snowbasin Road, down Trappers Loop, through Morgan and out to the top of Big Mountain. Challenging climbing, with plenty of rollers and flats to recover. Utah Triple Crank qualifier, along with LOTOJA and Kokopelli Relay., Michelle Lyman, 801-941-5526, info@ironlungride.com, ironlungride.com

July 24, 2019 — South Sevier Ram Ride. Monroe, UT, 15 miles, 38 miles, and a metric Century. Start time is 7:00 a.m. Start & Finish location is Monroe Fire Station, Heather Newby, 435-201-0138, Heather.N@jonesanddemille.com, [facebook.com/ssramride](https://www.facebook.com/ssramride)

July 26-27, 2019 — Saints to Sinners Bike Relay. Salt Lake City, UT. Fundraiser relay road race from Salt Lake to Las Vegas. Over 500 miles with elevations from 1500 to 10500 feet. Race in teams through the night, fundraiser event for ALS/Lou Gehrig's Disease., Steven Tew, 801-822-4870, Steven@SaintstoSinners.com, Chad Neusmeyer, 801-856-7018, chad@SaintstoSinners.com, SaintstoSinners.com

July 28, 2019 — 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 mile bike ride and a 10 mile family fun ride with proceeds going to the Spanish Fork Police Department and to the Blue Haven Foundation. The 50 mile timed event will be routed from the South parking lot of Spanish Fork High School around West Mountain and back., Blue Haven Foundation, 801-380-7400, info@bluehaven.foundation, [race-reviews/fiesta-days-50blue-haven-half-century](http://racecentry.com/race-reviews/fiesta-days-50blue-haven-half-century)

August 3, 2019 — CF Cycle For Life. Coalville/Morgan, UT. Fully supported, beautiful ride with five route options - 20, 40, 60, 80 and 100 miles. All funds raised go to the Cystic Fibrosis Foundation., Laura Hadley, 801-532-2335, 801-558-8310, lhadley@cff.org, Patti Balli, 801-532-2335, pballi@cff.org, fightfor.cff.org

August 10, 2019 — Ride for the Kids. Syracuse, UT. 100% of monies raised go to the MAKE-A-WISH UTAH FOUNDATION. Ride to Antelope Island. Ride options: 25/50/100 miles, depending on skill level of the rider. Ride times available at www.rcwilley.com/ride. Ride begins at Syracuse RC Willey, 1693 W. 2700 S. Syracuse, UT. Breakfast, lunch and drinks will be provided. Tons of prizes given away in raffle., Devin Kingsbury, 801-663-3267, devin.kingsbury@rcwilley.com, Brent Jones, 801-774-2801, 801-645-0247, brent.jones@rcwilley.com, rcwilley.com/ride

August 10, 2019 — Metro Salt Lake Brevet Series. Salt Lake Randonneurs Brevet Series, Salt Lake City, UT. Self-supported ride up Emigration Canyon, along the Wasatch Front and out to Antelope Island. 100, 200 km (65 to 125 mile) options. A brevet (bruh vay) is a timed ultra distance event, Richard Stum, 435-462-2266, richard@eogear.com, saltlakerandos.org

August 17, 2019 — 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 17, 2019 — Wildflower Pedalfest. Morgan, UT. A non-competitive, women only road bike ride. All ages and levels welcome. The 65 mile course option has a timed hill climb with prizes., Nick Bowsher, 801-610-9422, info@wildfloweroutdoor.com, wildfloweroutdoor.com

August 17, 2019 — To the Moon and Back Century Ride. Tabiona, UT. Come and enjoy the High Uintas. There are four ride options: 150 miles, Century, 75, 50, and 25 mile. All 4 rides will cover the back roads of Duchesne County that has very minimal traffic. Free overnight camping is available. The ride will be based out of Tabiona, Utah. Elevations from 6,522 to 8,150. This ride is fully supported by providing lunch and dinner. All proceeds will go to the Rapha House & Operation Underground Railroad, non-profit organizations that help rescue children from trafficking and sexual exploitation., Karen Redden, 435-828-0467, roxred@redden@gmail.com, tothemoonandback-events.com

August 23-25, 2019 — Haute Route Utah. Cedar City, UT. Three-day social/competitive event (2 road stages, 1 hill-climb) featuring timed-segment racing, pro-level mechanical and nutritional support, post-stage massages, rider briefings and great food., Gretchen Brett, 719-287-8489, contact@northamerica@hauteroute.org, Micah Rice, micah.rice@ocgroup.com, hauteroute.org

August 24, 2019 — 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 LoToJa!, Bob Jardine, 435-713-0288, 435-757-2889, info@cachevalleycentury.com, CacheValleyCentury.com

August 24, 2019 — Summit Challenge. Park City, UT. Riders of all ages and abilities will hit the pavement for a 100, 80, 50 or 16-mile road ride event in support of the National Ability Center's mission. All three fully-supported routes of this event follow paved roads in and around the beautiful Park City mountainside. This exciting event promises to serve up a challenge for a wide range of cycling levels and abilities. And don't forget - all Summit Challenge riders who have a disability can register and ride for free! The 100 ride goes through the prestigious Wolf Creek Ranch property which is usually closed off to road bikers. Enjoy a ride length of your choice and end up back at the National Ability Center for food, drinks and music., Tommy Youngblood, 435-649-3991, 435-200-0990, events@discovernac.org, Whitney Thompson, 435-649-3991, whitneyt@discovernac.org, summitchallenge100.org, discovernac.org

August 24, 2019 — Sevier Valley Rooster Ride. Richfield, UT. Sevier County in conjunction with Sevier County Trail Days is presenting a 33, 55, or 100 mile bike 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, cmcwilliams@sevier.utah.gov, traildaysutah.com/sy-rooster-ride/

September 8-14, 2019 — 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, 2019 — Wander Woman Ride. Payson, UT. Join us for the 10th 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, wanderwomanride@gmail.com, Carolina Herin, herin.carolina@gmail.com, wanderwomanride.com

September 14, 2019 — 9.90.Road.Pedal. Scofield, UT. Mark Jesperson, 435-637-2453, mark@castlecountycycling.com, Ed Malmgren, 435-637-2453, ed@castlecountycycling.com, castlecountycycling.com, carbonrec.com

September 20-21, 2019 — Bike the Bear Century. Garden City, UT. 100 and 50 miles. Begins at Raspberry Square in Garden City, UT. Ride around the scenic Bear Lake loop on the Utah/Idaho border. Nelson Palmer, 435-760-6901, 801-479-5460, nrpalmer@comcast.net, Tom Jensen, 801-475-7488, tom.jensen@scout.org, trappertrails.org/bike

September 20-21, 2019 — Salt to Saint Relay. Salt Lake City, UT. 420 mile relay race from Salt Lake City to St. George following Hwy 89. Broken into 24 legs. Ride Solo, or as 4 or 8 person relay teams. Men, Women, and Mixed categories., Clay Christensen, 801-234-0399, info@enduranceutah.com, salttosaint.com

September 21-22, 2019 — Moab Century Tour. Moab, UT. The Moab Century Tour sends riders across Moab's unique topography of mountain passes, canyons, and the mighty Colorado River. From gaining elevation into the La Sal Mountains (including "The Big Nasty!"), to carving down red rock canyons, and finishing along the Colorado River, this event has landscape worth training for! Live music, beverages, great food await you at the post-ride party. Join us in September when temperatures cool down, the fall foliage comes alive, and cyclists from across the country unite in red rock country to experience awe-inspiring landscapes. An annual fundraiser to benefit cancer survivorship programs, your registration includes a donation to Moab Healthcare Foundation. Groups use the event to inspire fundraising for large and small foundations. Ask how your beneficiary can participate., Beth Logan, 435-260-8889, 435-260-2334, info@skinnytireevents.com, skinnytireevents.com

September 21, 2019 — 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@goldilockside.com, goldilockside.com/gsl

September 21, 2019 — Wheels of Justice, Ain't No Mountain High Enough. Sandy, UT. The ride will ascend each of Salt Lake City's five riding canyons, for a total of 116.3 miles and 14,272 feet - one of the most challenging one-day bike rides in Utah! Raises money to prevent childhood trauma and abuse, Greg Hoole, 801-272-7556, greg@teamwheelsofjustice.org, aintnomountainhighenough.org

October 19, 2019 — SoJo Marathon Bike Tour. tentative date, 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 Quairh Mountains before winding through Heriman and South Jordan, Janell Payne, 801-253-5203, ext 1411, jpayne@sjc.utah.gov, SoJoMarathon.com

October 26, 2019 — Fall Tour de St. George. St. George, UT. Tour around southern Utah and see some of the most scenic views as you climb to Veyo and go through Gunlock State Park as well as all the beautiful colors throughout this 35, 75, or 100 mile ride. This event is one of our best Gran Fondos in southern Utah., Joey Dye, 435-674-3185, joey@redrockbicycle.com, Margaret Gibson, 435-229-6251, margaret@redrockbicycle.com, Ryan Gurr, info@spingees.com, ridesouthernutah.com

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

June 1, 2019 — Buena Vista Bicycle Festival. Buena Vista, CO. Scenic and easy to challenging routes 35, 50, 62 and 100 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, info@bvbf.org, Aaron Rosenthal, 719-594-5655, info@bvbf.org, Chris Quoyeser, 719-398-9257, chris@emakerssoc.com, bvbf.org

June 1, 2019 — Tour de Lava. Lava Hot Springs, ID. Come and see Lava on your bike! The ride begins and ends at the Lava Hot Springs Senior Center, with on-site registration at 9 a.m. and the ride starting at 10 a.m., 16-mile option: Whiskey Mike's and back, 34-mile option: Bancroft and back/50-mile option: Bancroft and Chesterfield and back., Danielle Bagley, 208-339-2043, barriessports@gmail.com, barriessports.com

June 1, 2019 — Eastern Sierra Double Century. California Triple Crown and Planet Ultra Grand Slam Endurance Series, Bishop, CA. 200 mile ride including Mammoth and Lake Lakes, Deborah Bowling, 818-889-2453, embassy@planetultra.com, planetultra.com

June 2, 2019 — America's Most Beautiful Bike Ride - Lake Tahoe. Stateline, NV. 28th 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 TBD), Curtis Fong, 800-565-2704, 775-771-3246, tgff@biketahoe.com, biketahoe.com, biketahoe.com

June 2, 2019 — Subaru Elephant Rock Cycling Festival. Castle Rock, CO. The unofficial start to the Colorado cycling season. You will not want to miss the excitement and camaraderie of the 30th pilgrimage to Castle Rock for the Rocky Mountain region's premier cycling festival. Whether you are 6 or 60, prefer to ride on the road or dirt, there is a course for cyclists of all abilities. All of the rides start and finish at the Douglas County Fair Grounds. Stick around for the party at the Rock post-ride picnic and cycling expo., Scott Olmsted, 303-282-9015, info@elephantrockride.com, Amanda Knutson, 515-681-6036, amanda@clippedinevents.com, elephantrockride.com

June 8, 2019 — Fremont Area Road Tour (FART). Lander, WY. 13 to 100 mile options, includes breakfast, bba, t-shirt and bottle, in conjunction with Lander Brew Fest, Nyssa, fart@landercycling.org, Tony Ferliss, landercycling@gmail.com, Amanda Dyer, 307-332-3394, landercycling@cw.edu, landercycling.org

June 8, 2019 — Ride for Hope. Kuna, ID. 4th 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, rideforhopeccb@gmail.com, rideforhopeidaho.com

June 8, 2019 — Tour of Two Forests. Santa Clarita, CA. 200 mile ride, Deborah Bowling, 818-889-2453, embassy@planetultra.com, planetultra.com

June 9-15, 2019 — Ride the Rockies. Breckenridge, CO. Ride the loop to explore Colorado's Rocky Mountains by bicycle. The 2019 tour will be a brand new route showcasing the state's unmatched scenery and breathtaking mountain views. Proceeds benefit Colorado nonprofits through The Denver Post Community Foundation., Deirdre Moynihan, 303-954-6704, dmoynih@denverpost.com, ridetherockies.com

June 10-July 4, 2019 — Great Alaska Highway Ride. Dawson Creek, BC, AK. Ride the full length of the notorious Al-Can Highway from Dawson Creek BC to Delta Junction Alaska. A fully supported camping and cycling adventure, with a few motel nights., Tom Sheehan, 352-353-8712, tours@pedalerspubandgrille.com, pedalers.travel@alaska-bicycle-tours.com, great-alaska-highway-bike-tour.him

June 15, 2019 — Spinderella. Pocatello, ID. 8th 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, spinderella33.com

June 15, 2019 — 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. K & Q of the Mountain or non-competitive for jersey and \$100.00, 4 age groups - 100, 75, or 50, 6 AM. Florissant, CO., Deborah Maersca, 719-689-3435, redhorse680552003@yahoo.com, mountaintopcyclingclub.com

June 22, 2019 — 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 22-29, 2019 — Oregon Bicycle Ride. Condon, OR. Time Flies: A one-week road tour, fully supported, with legendary BRNW food and amenities. 405 miles, 29,000 feet of elevation gain, Jim Moore, 503-281-1526, 503-504-2656, info@bicycleridesnw.org, bicycleridesnw.org

June 22, 2019 — Bike for Kids Idaho Falls. Idaho Falls, ID. Kids Crit Series, family ride, and 5K run. Held at Snake River Landing, Kristy Mickelsen, 208-522-1205, 208-680-9397, sknick@hotmail.com, bikeforkidsidaho.com

June 22, 2019 — Holly Frontier Tour de Prairie. Cheyenne, WY. Course heads west out of Cheyenne along Happy Jack Road - WYO 210, past Curt Gowdy State Park and through Medicine Bow National Forest, to the Lincoln Memorial at the I-80 Rest Area. 3,000ft of elevation gain. Courses ranging from 10-100 miles, start at Lions Park, road course only., Kari Kivisto, 307-637-6404, kkivisto@cheyennecity.org, cheyennecity.org

June 22-28, 2019 — Mavic Haute Route Rockies. Haute Route, Boulder, CO. The seven timed and ranked stages will take riders on an all-new route at the 2018 Mavic Haute Route Rockies, covering approximately 500 miles through high altitude 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@thesportscorp.org, Doug Martin, 719-634-7333 Ext 1010, doug@thesportscorp.org, Gretchen Brett, 719-287-8489, contact@northamerica@hauteroute.org, Micah Rice, micah.rice@ocgroup.com, hauteroute.org/events/overview/mavic-rockies-2018

June 23, 2019 — GFNY Santa Fe. Gran Fondo New York, Santa Fe, NM. The roads of GFNY Santa Fe will take riders through the spectacular and diverse terrain of the southwest. Both routes start in downtown Santa Fe. 81 and 65 mile courses, Michael McCalla, mike-likhebike@hotmail.com, gfnyasantafe.com

June 29, 2019 — La Mosca Bicicleta. Grants, NM. Road + Dirt = Fun!! The 67 mile distance includes two dirt sectors, 17.5 mile dirt sector that is rolling and 22.5 miles with lots of climbing. 46 mile ride has one dirt sector, 22.5 miles, along with most of the climbing. 7:00 am start for both distances. FOUR aid stations. Beautiful scenery. Ride for fun, ride for time; all riders welcome! Proceeds from this event



17th ANNUAL TOUR DE TAHOE
In partnership with the National Psoriasis Foundation
Sunday, September 8, 2019 Lake Tahoe, NV
Enjoy scenic views of Lake Tahoe with ride options for everyone.

28th ANNUAL O.A.T.B.R.A.N.
One Awesome Tour Bike Ride Across Nevada
Sunday-Saturday, September 22-28, 2019
Cycle across America's Loneliest Road, US Hwy 50

TO REGISTER VISIT BIKETHEWEST.COM



Sevier Valley ROOSTER RIDE
SEVIER COUNTY, UTAH

SATURDAY, AUGUST 24TH, 2019
RICHFIELD, UTAH

100 Mile Ride 4,055 ft. Elevation Gain	55 Mile Ride 1,158 ft. Elevation Gain	33 Mile Ride 790 ft. Elevation Gain
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Register to Ride at
WWW.TRAILDAYSUTAH.COM
Sevier Valley Rooster Ride

For more info, call (435) 893-0457

will go to Duke City Wheelmen. Start/finish for both distances is at the Junkyard Brewery, 1634 Route 66, Grants NM, where there will be a post-event BBQ., Jennifer Buntz · 505-306-1443, dukecitywheelmen@gmail.com, newmexicocycling.com/events/details.aspx?id=67949, dukecitywheelmen.org

July 13-20, 2019 — Ride Idaho. Boise, ID, 7-Day fully supported, noncompetitive roadbike tour with SAG support, mechanics, showers, beer garden, entertainment, 355 miles of spectacular scenery. Tent and Porter Service available. Boise to Boise, 355 miles, to Idaho City, Lowman, Parma, Walter's Ferry, and more., Earl Grief, 208-890-4434, egrief@cablone.net, rideidaho.org

July 13, 2019 — The Triple Bypass. Evergreen, CO. The legendary Triple Bypass is 120 miles with 10,000' of climbing and travels over 3 beautiful mountain passes from Evergreen to Avon, CO. 30, 75, 120 mile options. Jennifer Barbour, 303-503-4616, execdir@evergreen.org, Kim Nordquist, 303-249-6168, kim@triplebypass.org, triplebypass.org

July 14-19, 2019 — Tour de Wyoming. Thermopolis, WY, 23rd Annual. Bike tour circling Wyoming's Bighorn Basin with daily distances from 55 to 70 miles, Amber Travky, 307-742-5840, atravsky@wyoming.com, cycleywoming.org, tourdewyoming.org

July 14, 2019 — Gran Fondo Hincapie Boise. Boise, ID, 80, 50, 15 miles. The Medio and Gran roads both feature dirt road sections—the Medio for about five miles, and the Gran for approximately 20 miles, including a dirt KOM up Jackass Gulch. If you've never ridden on gravel before, no fear. Most cyclists find a nice comfort level after just a few minutes of riding on this surface. Our route planners have partnered with local riders to identify the safest and most scenic dirt roads. All of these roads are in fantastic shape and have a predominantly flat elevation profile., Hincapie · 866-359-4796, info@hincapieports.com

July 20, 2019 — Pepsi Cola Taylor House Benefit Century Ride. Asst. Benefit ride in the high-altitude cool pines of Northern Arizona. There are 32, 50, 63, and 100 mile route options., Anthony Quintile, 928-779-5969, flagstaff@absolutebikes.net, Ashley Hammarstrom, 877-527-5291, ashley.hammarstrom@nahealth.com, absolutebikes.net/taylor

July 20, 2019 — Tour de Steamboat. Steamboat Springs, CO. An annual bicycle event that brings together 1,200 cyclists for a one-day ride through beautiful Northwest Colorado. We host four different road ride routes—26, 46, 66 and 116 miles—something for riders of all ages and abilities and new this year, a 100 mile (1BD) gravel route. We are a non-competitive event, and participants are encouraged to ride at their own pace and enjoy the scenic beauty in our part of the world! We offer superb aid stations, support, and end of the ride barbecue and beer garden with local microbrews. All proceeds from the Tour de Steamboat go directly to our local beneficiary non-profits, Katie Lindquist, 970-846-9206, info@tourdesteamboat.com, tourdesteamboat.com

July 21, 2019 — 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 Meion Valley and the challenging century route takes you down into Meion 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@fileritel.com, mavtec.org

July 27, 2019 — Fondo on the Palouse. Moscow, ID, Starting at 7:00AM in Moscow, pick from 3 courses (2x, 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, 208-882-0703, fondopalouse@gmail.com, fondopalouse.org

August 3, 2019 — 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, scotty@clippinedevents.com, Amanda Knutson, 515-681-6036, amanda@clippinedevents.com, clippinedevents.com, coppertriangle.com

August 3, 2019 — Tour de Big Bear. WIN Real Estate Group, Sorial Legal, Sports in Science, Big Bear Lake, CA, 10th Anniversary Edition, Southern California's favorite ride! Features legendary aid stations, beautiful mountain scenery and spectacular summer weather. With 25, 50, 70, 106 and 109 mile courses, there's a route for every cycling enthusiast!, Chris Barnes, 951-970-6720, 909-878-0707, bigbearcycling@gmail.com, tourdebigbear.com, bigbearcycling.com

August 10, 2019 — Le Tour de Kocanusa. Libby, MT, Fully supported 83 or 44 mile bike ride which tours the breathtaking shoreline of Lake Kocanusa. Ride finishes with a Blues Festival Finale. Fundraiser for Search & Rescue. Starts at 8 am., Dejon Raines, 406-291-3635, dejonrainses@hotmail.com, Pam Boyke, 406-293-3550, info@lefourdekocanusa.com, lefourdekocanusa.com

August 10-11, 2019 — 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@nms.org, Molly Palmer, 307-433-8664, 855-372-1331, molly.palmer@nms.org, bikemswyoming.org

August 10, 2019 — Four Peaks Gran Fondo. Pocatello, ID, One Day: 82 miles, Four Peaks: 7800ft total elevation gain. Climb the 4 peaks of the Portneuf Valley; Crystal, Scout Mountain, Pebble Creek, Buckskin. The hill climb portions are timed with timing chips. Downhill portions are not timed. Cumulative climb times will be combined to determine rank. Ride 1-4 peaks as you wish, Danielle Bagley, 208-339-2043, barrisevents@gmail.com, David George, 208-317-2225, dgeorge@victoryofidaho.com, 4PGF.com

August 10, 2019 — The Broadmoor Pikes Peak Cycling Hill Climb. Colorado Springs, CO. This is an epic hill climb on Pikes Peak America's Mountain, starting at 9,390 feet and finishing 12.42 miles later at 14,115 feet. There is a timed race and gran fondo, with waves starting at 6:15 am. 4725 feet of elevation gain., The Sports Corp., 719-634-7333, info@thesportscorp.org, Jeff Mosher, 719-634-7333 Ext 1005, jef@thesportscorp.org, PikesPeakCyclingHillClimb.org

August 17, 2019 — HeArt of Idaho Century Ride. Idaho Falls, ID, 25, 62, and 100 mile options. Entry fees cover entry, t-shirts, fully stocked rest stops, and post ride BBQ. Route is flat to rolling, easy to moderate difficulty. Benefit for the Art Museum of Eastern Idaho., Myla Griggs, 208-524-7777, 208-766-6485, mabe@heartmuseum.org, heartmuseum.org/Century.htm

August 17, 2019 — Venus de Miles. Longmont, CO, Venus de Miles is for all skill levels and features courses to accommodate any active woman - whether this is your first athletic event or your hundredth. Choose among a rolling 32-mile course, a 64-mile metric century, and a 100-mile century course. All courses go through beautiful Boulder County. Fundraiser for Greenhouse Scholars., Greenhouse Scholars, 303-459-5473, venus@greenhousescholars.org, venusdemiles.com/colorado/

August 18-24, 2019 — Yellowstone National Park Bike Tour. Belgrade, MT, Experience the world's first national park! 7-Day tour includes 6 nights lodging/meals, guide service, entrance fees, daily lunch en route, and more!, John Humphries, 970-728-5891, info@lizardheadcyclingguides.com, lizardheadcyclingguides.com

August 24, 2019 — Tour de Fox. Santa Rosa, CA, 4 course options, 70.2-mile, 52.4-mile, 34.5-mile or 10.7-mile ride. Raises funds for Parkinson's research and the Michael J. Fox Foundation, Bike Monkey., info@bikemonkey.net, truckeedirffondo.com

September 1, 2019 — West Elk Bicycle Classic. Gunnison, CO, 34-46 mile north rim Black Canyon, 52 mile Raghorn, or 134 mile West Elk Bicycle Classic routes available. This ride is fully supported with optional fundraising to help stop type 1 diabetes by donations to research and treatment. Bikes and Books for Kids will also benefit. Gran Fondo., Jeff Hillis, p2pcycling@gmail.com, westelkbicycleclassic.com, p2pcolorado.com

September 7, 2019 — Race the Rails. Ely, NV, Race the train in Ely! Fun for the whole family! Race a coal fired steam engine that is over 100 years old. The event will accommodate both road and mountain bike riders of all ages., Kyle Horvath, 775-289-3720, kyle.horvath@elynevada.net, elynevada.net

September 7, 2019 — American Diabetes Association's Tour de Cure Colorado. Parker, CO, Tour de Cure is an incredible experience for cyclists, runners, walkers, and extreme triathletes! 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, Lindsay, Mark, Megan, Sasha, 720-855-1102, [LPhealan@diabetes.org](mailto:x7010.LPhealan@diabetes.org), MTaylor@diabetes.org, MAub@diabetes.org, SReeves@diabetes.org, diabetes.org/colorado-tourdecure

September 8, 2019 — Tour de Tahoe - Bike Big Blue. Lake Tahoe, NV, 17th 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). Limited to 2000 participants, Curtis Fong, 800-565-2704, 775-771-3246, tgrf@bikethewest.com, bikethewest.com

September 13-14, 2019 — Grind de Galena. Pocatello, ID, 100 miles, 2 day group ride, Danielle Bagley, 208-339-2043, barrisevents@gmail.com, barrisports.com

September 13-15, 2019 — Pedal the Plains. Kiowa, CO, PIP will take cyclists through the host communities of Holly, Lamar, Springfield. 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. Also includes the Great Mustang Gravel 100 - 80% on packed dirt or gravel roads, this route will be fun and challenging for the gravel expert or rookie! Proceeds from Pedal the Plains benefit The Denver Post Community Foundation in support of the Colorado FFA Foundation and Colorado 4-H., Deirdre Moynihan, 303-954-6704, dmoynihan@denverpost.com, ridetherockies.com

September 15, 2019 — Edible Pedal 100. Carson City, NV, 10 mile, 32 mile, 50 mile, 74 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 Ladings, 775-393-9158, ride@ediblepedal100.org, ediblepedal100.org

September 21, 2019 — Tour de Vineyards. Paisade, CO, Come join this 25-mile ride through Colorado's Wine Country just prior to the Colorado Mountain Winefest., Scott Olmsted, scotty@clippinedevents.com, Amanda Knutson, 515-681-6036, amanda@clippinedevents.com, tourdevineyards.com

September 21, 2019 — Mountains to the Desert Bike Ride. Telluride, CO, 16th 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, justforkidsfoundation.org

September 22-28, 2019 — OATBRAN. Lake Tahoe, NV, 28th annual One Awesome Tour Bike Ride Across Nevada! Following the Legendary Pony Express Trail on U.S. Hwy. 50, 5 days of riding, 420 miles from Lake Tahoe to Great Basin National Park. Fully Supported motel stay tour... limited to 50 participants., Curtis Fong, 800-565-2704, 775-771-3246, tgrf@bikethewest.com, bikethewest.com

September 22, 2019 — Gran Fondo Taos-Mora-Angel Fire. Taos, NM, 8:00 am start. 105, 84, or 46 miles. Five aid stations. Beautiful scenery. Ride for fun, ride for time; all riders welcome! Proceeds from this event will go to the Taos Sports Alliance, whose goal is bringing more sporting opportunities to Taos County youth. Start/finish for all three distances is at the Taos Youth and Family Center, 407 Paseo del Canon East, Taos NM, 87571. Registration: newmexicocycling.com/Cycling/GRANDFONDO-Taos-Mora-Angel-Fire-2018/67872, Jennifer Buntz, 505-306-1443, dukecitywheelmen@gmail.com, taosportsalliance.com, dukecitywheelmen.org

September 27-29, 2019 — Haute Route San Francisco. San Francisco, CA. In one of the most visited and beautiful cities in the world, the three timed and ranked stages including iconic views of the Golden Gate Bridge, a climb to East Peak in Marin County and an ascent to the landmark Mt. Diablo, where the summit view encompasses 80,000 square miles of California., Gretchen Brett, 719-287-8489, contact@northamerica@hauteroute.org, Michah Rice, michah.rice@ocgroup.com, hauteroute.org

September 28, 2019 — Tri-States Gran Fondo. Mesquite, NV, 112 miles, 7,500ft of climbing, three States - Nevada, Arizona, Utah, all in one spectacular day of cycling. Fully supported / Chip Timed., Deborah Bowling, 818-889-2453, embassy@planetultra.com, tristatesgranfondo.com, planetultra.com

September 28, 2019 — 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@tourofthemoon.com, Amanda Knutson, 515-681-6036, amanda@clippinedevents.com, tourofthemoon.com

October 5, 2019 — West Yellowstone Old Faithful Cycling Tour. West Yellowstone, MT, West Yellowstone to Old Faithful and back, 60 miles past golden aspens, bugling elk, majestic bison, gurgling geysers, and steaming hot springs, supported riders., Toni, 406-646-7701, 307-899-3367, westyellowstonecycletour@gmail.com, cycleyellowstone.com

October 5, 2019 — Pink Ribbon Tour. Pocatello, ID, A road cycling event centered on building awareness for breast cancer while raising funds for local cancer patients and providing access to early detection mammograms. Distances of 50, 35, 20, and 8.5 miles, Bruce Wayne, 208-851-2329, fraskbl@yahoo.com, pinkribbontour.org

October 5, 2019 — Levi's Gran Fondo. Santa Rosa, CA, 8.8 to 117 mile options. Raises money for Kings Ridge Foundation to help at risk youth., Bike Monkey., info@bikemonkey.net, truckeedirffondo.com

October 12, 2019 — Park to Park Pedal Extreme Nevada 100. Caliente, NV, Road bike ride starting and ending at Kershaw-Ryan State Park. Cyclists visit the towns of Caliente and Pioche, and three other state parks: Cathedral Gorge, Echo Canyon, and Spring Valley. 3 rides available: 100, 60 and 40 mile options. There is a Dutch oven dinner at the end of the town. Andone, 775-728-8101, cathe.dragg@atcvturbo.net, parktoparkpedal.com, lincolncountynv.gov/exploring/biking/park-to-park-pedal/

October 19, 2019 — Gila Monster Gran Fondo. Silver City, NM, With three distances to choose from, everyone can find their challenge. Gran Fondo 115 miles, Gough Park, Silver City 8:00am. Medio Fondo 78 miles, Gough Park, Silver City 8:00am. Nano Fondo 40 miles, Camp Thunderbird, HWY 35 10:00 am., Jack Brennan, 575-590-2612, brennans5231@comcast.net, tourofthegila.com

October 19, 2019 — 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 26, 2019 — Goldilocks Vegas. Goldilocks Bike Ride, Las Vegas, NV. The only women exclusive ride event in Nevada. Cyclists can choose from a 20, 40, 60, 80, and 100 mile ride all featuring downhill, flat, and rolling terrain in Red Rock Canyon., Randy Gibb, 801-222-9577, randy@goldilockside.com, goldilockside.com/events/giv

November 9, 2019 — Ride 2 Recovery Honor Ride Las Vegas. Honor Ride, Las Vegas, NV, Starts and rides down Las Vegas Boulevard with a full escort down the strip! 2 routes will be available with the longer heading out towards Henderson., Jack Shepard, 818-888-7091 Ext. 106, info@projecthero.org, [info@projecthero.org](http://r2r.convo.net/site/?r_id=1361&pg=entry), r2r.convo.net/site/?r_id=1361&pg=entry

November 23, 2019 — 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; tee tech 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 1, 2019 — 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 round with a point to point swim, a killer bike course near the Quairh Mountains and a run around the lake that is unparalleled., Cody Ford, 801-558-2503, 801-432-0511, cody@ustrisports.com, ustrisports.com

June 1, 2019 — Colorado Triathlon. Boulder, CO, Sprint and Olympic distances, at Boulder Reservoir, Lance Panigutti, 303-408-1195, lance@withoulimits.com, withoulimits.com

June 8, 2019 — East Canyon Triathlon. TriUtah Points Series, Morgan City, UT, 8th Annual. This race boasts stunning scenery, a fast, technical bike course, and hometown hospitality like no other; with both Sprint and Olympic distance races to choose from. 2-transition point-to-point race. Begins at the beautiful East Canyon Reservoir. The Sprint bike is

downhill and fast (please stay safe and in control at all times.) The Olympic bike course has two short but challenging hills followed by a fast descent into Morgan City. Both distances offer a cool, scenic run along the Weber River and local neighborhoods., Brogg Sterrett, 702-401-6044, race@triutah.com, triutah.com

June 8-9, 2019 — 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. Depending on water level, athletes will begin the race in the water or on the boat ramp. Plus long course, Olympic, Sprint, and Youth Triathlons, and Aquabike, Raena Cassidy, 877-751-8880, info@xterraplanet.com, TriSports Racing, 520-884-8745, info@trisportsracing.com, deuceswildtriathlon.com/events/xterra-deuces-wild

June 8, 2019 — Tiny Tri. Park City, UT, Kid friendly Triathlon for youth ages 7-15, 9:30am. 100 meter pool swim, 3 mile bike and 1 mile run., Ken Fisher, 435-615-5411, ken@parkcity.org, parkcityrecreation.org

June 14, 2019 — 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 15, 2019 — 1 Can Triathlon. Sandy, UT, Alta Canyon Sports Center, 9565 S. Highland Drive, sprint triathlon, 400m swim, 9 mile bike and 5k run., Alta Canyon Sports Center, 801-568-4600, parksandrec@sandy.utah.gov, sandy.utah.gov/departments/parks-and-recreation/alta-canyon-sports-center/special-events

June 15, 2019 — XTERRA Lory. XTERRA America Tour, Bellevue, CO, 1/2 mile swim in the clear waters of Horseshoeth Reservoir (Eltuk Bay), then a 2-Lap (beginner friendly) 12.2 mile single-track bike over rolling terrain, and across valley bridges at Loy State Park. Finish things off with a fun and challenging 4.8 mile (8k) run through the clouds on single-track trails., Lance Panigutti, 303-408-1195, lance@withoulimits.com, withoulimits.com, #!_xterra-loy

June 15, 2019 — XTERRA Tahoe City. XTERRA America, Tahoe City, CA, Qualifying race for the XTERRA USA Championship, Triathlon and Duathlon and sprint triathlon., Todd Jackson, 530-546-1019, todd@bigblueadventure.com, Kiley McInroy, kiley@bigblueadventure.com, bigblueadventure.com/event/xterra-lake-tahoe/, xterraplanet.com

June 22, 2019 — The Toughman Utah Half Long Course Triathlon 7.3. 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@racefit.com, racefit.com, toughmantri.com

June 22, 2019 — 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 Woffley, 307-885-5956, pwoffley@svmcwy.org, mountainmantriathlon.org

June 22, 2019 — Tribella Triathlon. Aurora, CO, Women's only tri, sprint super sprint, Cherry Creek Reservoir, Lance Panigutti, 303-408-1195, lance@withoulimits.com, withoulimits.com

June 23, 2019 — 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@bsctri.com, Michelle Lund, michelle@bsctri.com, bsctri.com

June 29, 2019 — DinoTri. TriUtah Points Series, Vernal, UT, Sprint and Olympic Distance Triathlon. Race starts with an open swim at Red Fleet state park. The bike starts with a crazy hill climb out of the park and heads into town for a run and finish at Utah State Extension. One of the most beautiful triathlons in Utah!, Brogg Sterrett, 702-401-6044, race@triutah.com, Greg Murphy, 801-656-5897, vernal@dinotri@yahoo.com, dinotri.com

June 29, 2019 — 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

June 30, 2019 — 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, ironman.com/ironman-70.3/coeur-d-alene.aspx#axzz50Enu9lP6

July 6, 2019 — Cache Valley Super Sprint Triathlon. Logan, UT, Held at the Logan Aquatic Center. This race is a great pool triathlon with a 500 meter serpentine swim, 12.4 Mile bike on the Mendon Road which is a flat straight paved road out along farm lands, 3.1 Mile Run on the Logan River Trail under a canopy of trees. For those racers who want to do it Olympic style

ADVOCACY

Roundabouts and Cycling - How Safe are They?

By Charles Pekow

History doesn't give us a guide to determine how to make roundabouts safer for cyclists because hard data are lacking. The National Cooperative Highway Research Program, however, did its best and came up with Development of Roundabout Crash Prediction Models and Methods (<https://www.nap.edu/catalog/25360/development-of-roundabout-crash-prediction-models-and-methods>).

The study looked at more than 350 roundabouts in the United States and examined previous worldwide research on the topic.

Studies dating back as far as 2000, indicated that the more lanes entering a circle and the greater the variation in speed of vehicles entering, the more dangerous for cyclists. An Australian study showed that bicyclists were more likely to get hit when vehicles entered the circle than when in the circle or upon exiting.

Not only have few researchers studied the subject, few crash reporting agencies note that an accident occurred at a roundabout, making examples unavailable to study. Most of the studies of roundabout safety simply don't consider cyclists. But this one says that fortunately, "frequency of vehicle-pedestrian and

vehicle-bicycle crashes at roundabouts is typically very small." Bicycle incidents amounted to only about one percent of accidents found.

But the program's effort found "insufficient vehicle-pedestrian and vehicle-bicycle crashes represented in the assembled database to enable the development of a model for predicting the frequency of these crashes."

While the database included some injuries to cyclists, it found no fatalities. But with a paucity of data, the project couldn't recommend ways to make roundabouts safer for cyclists.

530-546-1019, todd@bigblueadventure.com, Kiley McInroy, kiley@bigblueadventure.com, bigblueadventure.com/event/xterra-lake-tahoe/, xterraplant.com

August 17, 2019 — Poison Triathlon, Poison, MT, Olympic Distance Triathlon. 1.5 km, two-lap triangular swim in Flathead Lake. 40km bike, loop course through the valley southwest of Poison. 10km run single loop course through scenic Poison., Matt Seeley, 406-871-0216, 406-883-9264, seeleyspeedwagon@gmail.com, poisontriathlon.com

August 17, 2019 — Stansbury Days Triathlon, Stansbury Park, UT, Sprint triathlon, unofficial distances: Swim 500m, Bike 20k, Run 5k. Start 7 AM. Swim is open water in Stansbury Lake, starts at Stansbury Park Club House, Elliot Morris, 801-647-8383, emorris53@hotmail.com, Hillary Luke, 435-840-3290, HillaryLuke@yahoo.com, stansburydaystri.com

August 18, 2019 — XTERRA Wild Ride Mountain Triathlon (American Tour Points), XTERRA America / Wild Rockies Series, McCall, ID, Ponderosa State Park at Payette Lake, 3/4-mile swim, a 18.5-mile mountain bike and a 6.2-mile trail run, mass start at 9 am in the Park and the finish line festivities begin at noon with the racer feed and music. Kids triathlon (tentative) to follow--2 different lengths, 13 and under., Darren Lightfield, 208-608-6444, wildrockiesmail@yahoo.com, wildrockies-racing.com, xterraplant.com

August 18, 2019 — Outdoor Divas Triathlon, Longmont, CO, Union Reservoir, Sprint, women only triathlon, Lance Panigutti, 303-408-1195, lance@withoutlimits.com, withoutlimits.com

August 24, 2019 — 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 24, 2019 — Race on the Rock, Rock Springs, WY, The 6th Race on the Rock hosts Olympic, Sprint, and a possible long course Triathlon. Specialty and youth divisions at Flaming Gorge Reservoir., Traci Ciepiela, 307-922-1840, tciepiela723@yahoo.com, raceontherock.weebly.com

August 25-26, 2019 — Lake Tahoe Triathlon, Tahoe, CA, Kids TRI, Sprint TRI, Half TRI, AquaBike, Olympic TRI, Duathlon. Held at Ed Z'berg Sugar Pine Point State Park, Todd Jackson, 530-546-1019, todd@bigblueadventure.com, Kiley McInroy, kiley@bigblueadventure.com, bigblueadventure.com

September 2, 2019 — South Davis Labor Day Triathlon, South Davis Racing Series, Bountiful, UT, Start at 8:00 am, Swim 350 yds; Bike 12.02 mi; Run 5k, relay; Split the Sprint between 2-3 racers. Novice: Swim 150 yds; Bike 2.5 mi; Run 1.5 mi. Novices start at: 8:45am. Location: South Davis Recreation Center, 550 N 200 W, John Miller, 801-298-6220, john@southdavisrecreation.com, Cindy Hunt, 801-298-6220, cindy@southdavisrecreation.com, southdavisrecreation.com, southdavisrecreation.com

September 7, 2019 — Salem Spring Triathlon, RACE TRI, Salem, UT, Utah Triathlon State Championships, 800 meter swim, 12.5 mile bike, and 3.1 mile run triathlon course, spectator friendly park and race venue, Race shirts and finisher medals., Aaron Shamy, 801-358-1411, info@raceetri.com, raceetri.com

September 7, 2019 — Brine Man Triathlon, TriUtah Points Series, Syracuse, UT, 4th annual. This event not only boasts a spectator friendly swim, a bike course you've only dreamt of and a fast/ flat run, but this year it's also the home of the first ever Olympic Course Utah State Triathlon Championship. Sprint, Olympic, and Long Courses, Brogg Sterrett, 702-401-6044, race@triatlah.com, triatlah.com

September 7-8, 2019 — 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 Sunday, John Klish, 970-744-4450, madness@madracingcolorado.com, DesertsEdgeTri.com, madracingcolorado.com

September 14, 2019 — 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@xterraplant.com, xterraplant.com, xterrautah.com

September 14, 2019 — Bear Lake Brawl Triathlon, St. Charles, ID, This race is a great course. Bluest water in Utah and Idaho. This is often called the Caribbean of the Rockies. In 2019 the course will go around the lake again for the Half and Full. This course is primarily flat with rolling hills. The East side of the lake road just had a resurfacing in 2018 so it should be the fastest for this race., Joe Coles, 801-335-4940, joe@onhillevents.com, bearlakebrawl.com, onhillevents.com

September 14, 2019 — Tahoe Big Blue Adventure Race, Truckee, CA, A multi-sport event in which teams and individuals participate and compete in kayaking or stand up paddling, mountain biking, trail running, and navigation. Designed such that participating teams will complete in an 8 hour maximum time format. Teams travel on land and lake to gather as many checkpoints as possible and finish within the 8 hour time limit., Todd Jackson, 530-546-1019, todd@bigblueadventure.com, Kiley McInroy, kiley@bigblueadventure.com, bigblueadventure.com, greattrailrace.com

September 15, 2019 — Harvest Moon Triathlon, Boulder, CO, Long course, at Boulder Reservoir, Triathlon, Duathlon, Aquabike, Lance Panigutti, 303-408-1195, lance@withoutlimits.com, withoutlimits.com

September 21, 2019 — 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 22, 2019 — Oktoberfest Triathlon, Longmont, CO, Union Reservoir, Sprint, Lance Panigutti, 303-408-1195, lance@withoutlimits.com, withoutlimits.com

October 5, 2019 — 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 5, 2019 — 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, Boulder Beach, Lake Mead N. R. A., Tim Jones, 702-994-6205, tjones@cox.net, Bonnie Parish-Kell, 702-373-5293, bparrishkell@slowpokedivas.com, NevadaSeniorGames.com

October 12, 2019 — 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, hws@seniorgames.net, seniorgames.net

October 26, 2019 — Southern Utah Triathlon, Hurricane, UT, Sprint and Olympic. Held at Quail Creek Reservoir, Temps are ideal for triathlons with water temps in the high 60's to low 70's and air temps in the 70's. This venue is truly beautiful with mesas and buttes all around. Enjoy the red rock landscape of Southern Utah., Joe Coles, 801-335-4940, joe@onhillevents.com, southernutahtriathlon.com, onhillevents.com

October 26, 2019 — 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 welcome!, Craig Towler, 318-518-7303, info@bbsctri.com, Michelle Lund, michelle@bbsctri.com, bbsctri.com/pumpkinman

November 2, 2019 — Telos Turkey Triathlon & 5K, T3TRI EVENTS, Orem, UT, Splash distance triathlon which includes a 5K Run, 12 Mile Bike, and 350 Meter Swim in that order. Located at the Orem Rec Center, 665 W Center Street, Shaun Christian, 801-769-3576, 801-678-4032, shaun@t3triathlon.com, Parker Goodwin, 801-769-3576, parker@t3triathlon.com, t3triathlon.com

ADVOCACY

Study Looks at How to Encourage Women to Cycle

By Charles Pekow

A new twist on an old issue: what keeps women from cycling? It has been well documented that women don't cycle as much as men. But what are their attitudes? A research team surveyed 1,868 women who do cycle confidently in the United States and Canada and asked them what problems they saw, though many evidently overcame them. The team published its findings as Advancing Cycling among Women: An Exploratory Study of North American Cyclists, published in the Journal of Transport and Land Use (<https://jtlu.org/index.php/jtlu/article/view/1461>).

Most of the women surveyed cycled because they wanted to – few did because of a lack of other options, though presumably those most apprehensive to cycle wouldn't be included in the survey. Some did like the fact that it saved gas or bus/train fare, however. The report goes on to say that communities can encourage women to cycle in various ways. These include everything from building proper infrastructure (women said they preferred riding on bicycle-separated routes) to encouraging cycling culture in workplaces and schools. Planners also need to consider the different skill levels among cyclists and cater to all of them.

Most of the survey respondents had graduated college. They ranged in age from their 20s to 50s, with 87 percent white and only 23 percent with school-aged children. While some didn't mind riding on streets with traffic, one impediment for a lot of them was not wanting to. Even most of those feeling confident on street riding said they'd prefer cycle lanes – especially separated ones.

Even the most experienced and confident women cyclists expressed safety concerns about sharing roads with autos, but that concern probably doesn't vary by gender.

"This study found that most women cyclists were environmentally focused, given that sustainability was frequently reported as an important motivation for them to cycle. This could be a potential marketing message to encourage more women to cycle in the future," the report suggests.

It also notes that making cycling fun and appear safer may encourage riders to bike for transportation: "Participation in recreational cycling may help to build the cycling skills and comfort needed to shift to utilitarian cycling," it suggests. A good number of women ride on trails but don't bike when they need to go somewhere and trails or paths aren't available, and maybe many would if they found separated bike lanes along the route.

Biking to Transit: First Mile, Last Mile?

Can better connections to bus and train depots increase ridership? A new research brief from the Transitway Impacts Research Program at the University of Minnesota asks that question. The university looked at how Twin City commuters and others in 16 areas around the country got to public transit (cts.umn.edu/Publications/ResearchReports/reportdetail.html?id=2776).

"Women are more likely to view biking negatively than men do. This possibly indicates barriers to bike usage compared to other modes," the report says. And while people considered time the biggest factor in choosing how to get to the bus, they also factored in safety.

A specific question the program asked was whether better bike connections would help. It came up with a quite unsatisfactory answer: "There was a lack of nationally consistent data about bike and pedestrian facilities. As a result, the study could not determine if better bike or pedestrian connections would create more transit trips."

The project did, however, come up with a new way to measure bike connections to transit-way stations. Rather than just counting routes or trips, it calculated the geographic area (but not the number of people) who could bike to the station on local roads within 15 minutes.

-Charles Pekow

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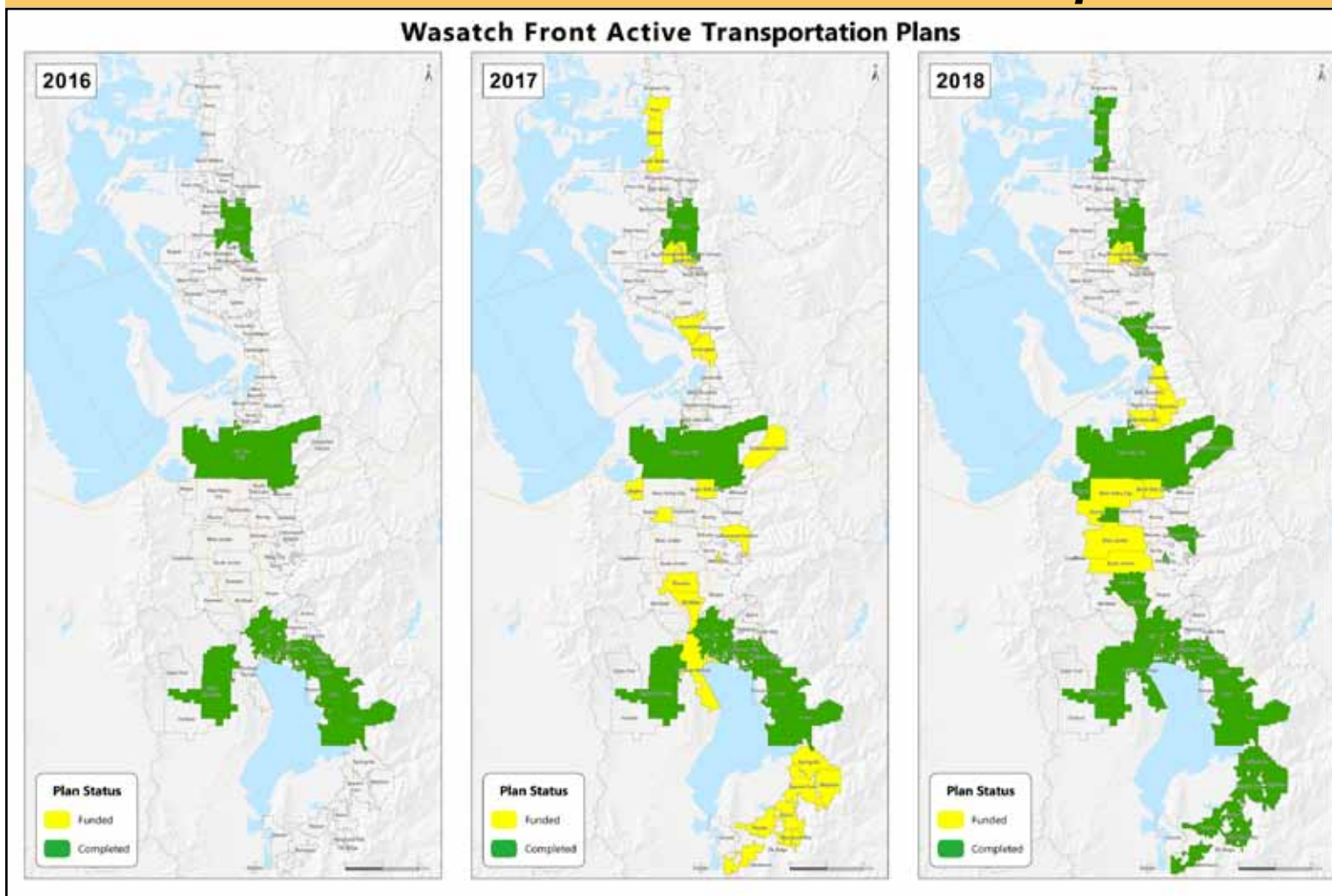
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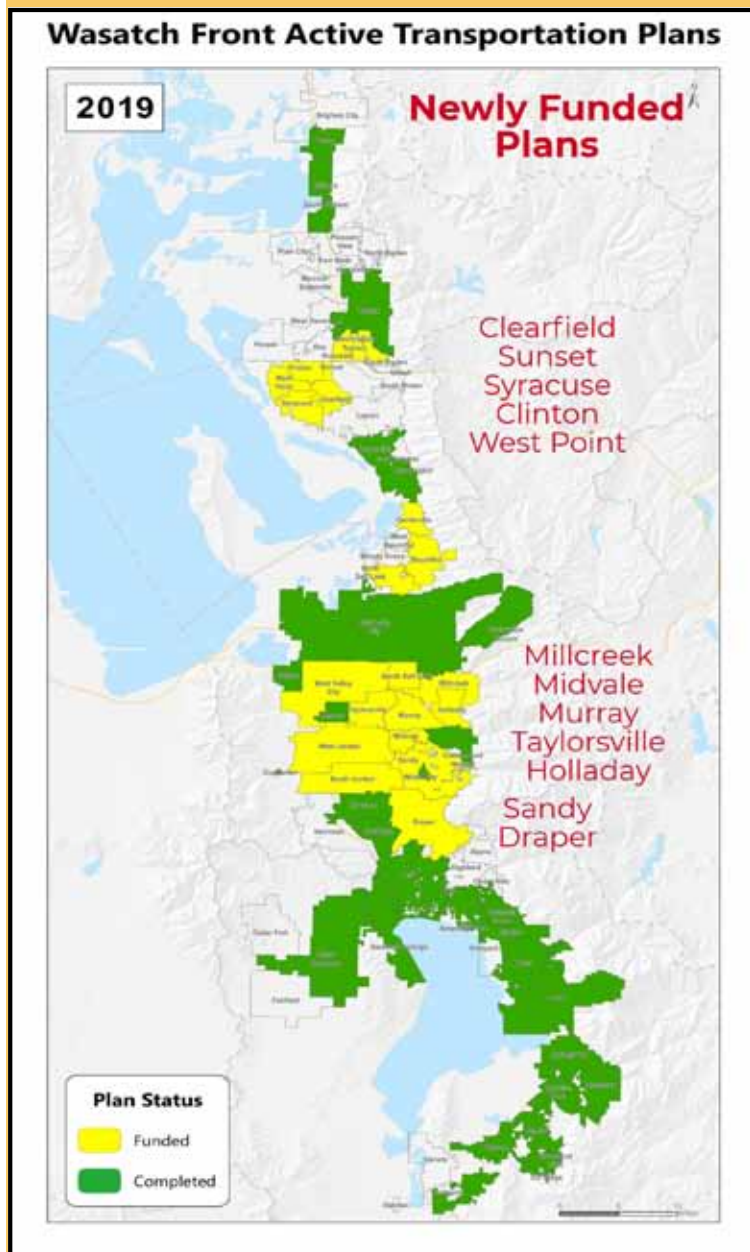
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ADVOCACY

Wasatch Bike Plan Seeks Bike Plans for All Municipalities



The evolution of new bike plans along the Wasatch Front. Green equals adopted plans. Yellow equals plans in development.



Newly funded plans in 2019. Green equals adopted plans. Yellow equals plans in development.

By Phil Sarnoff

A Goal Without a Plan is Just a Wish

In 2016, Bike Utah launched our Wasatch Bike Plan with a goal of every community in the four Wasatch Front counties (Davis, Salt Lake, Utah, and Weber), developing and adopting bicycle and pedestrian master plans (also known as active transportation plans). We started this campaign because our lives don't stop at municipal boundaries and neither should bicycle routes. In order to make bicycling a reasonable transportation and recreation choice for everyone along the Wasatch Front, every community needs to be engaged. When this campaign was

launched, only 13% of the communities in the four counties had adopted active transportation plans.

Over the course of this campaign, we work with numerous partners:

- Metropolitan planning organizations, such as Wasatch Front Regional Council and Mountainland Association of Governments provide technical and financial support in development of the plans.

- County staff provide technical assistance and connections to communities interested in developing plans.

- The Utah Department of Transportation, local health departments, municipal staff, bicycle advocates, and the general public contribute valuable insights so the plans are as comprehensive and useful as

possible.

The Wasatch Front Regional Council recently announced the projects awarded funding in 2019. We are pleased to report that all of the communities that requested Active Transportation Plan Funding this year have received it. The communities are: Sandy, Draper, Millcreek, Midvale, Murray, Taylorsville, Holladay, Clearfield, Sunset, Syracuse, Clinton, and West Point.

This means that of the four counties that make up the Wasatch Front, 63% of the communities have a plan adopted or funded. 84% of the population in these 4 counties live in a community that now has a plan adopted or funded.

In the adjacent map, the GREEN communities have adopted plans and should be in the process of implementing them. The YELLOW communities have the funding to create an active transportation plan and are in the plan development process.

Here's how you can get involved:

- If you live in a community with an adopted plan, you can follow up with your community about what they are doing to implement the plan. Feel free to reach out to us at Bike Utah if you don't know who to contact.

- If you live in a community with a plan that is funded or in process, you can get involved in that planning process to ensure that it is meeting the bicycling and walking needs of your community. Feel free to reach out to us at Bike Utah if you don't know who to contact.

- If you live in a community without a plan, send us an email and we can help get the process rolling.

If you live outside of the Wasatch Front, we are still able to connect you to resources to get a plan going in your community. Send us a message.

To learn more about the Wasatch Bike Plan visit www.bikeutah.org/wbp



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BICYCLE TOURING

My Eyes Explode Open

Waves, bikes, camping on beaches, not a care in the world. Photo by Lukas Brinkerhoff

By Lukas Brinkerhoff

My eyes explode open. There is nothing but darkness and the hum from the fan on the wood burning stove heating the house from the front room. My body is tense. I'm perspiring. I glance at the phone charging on the nightstand. It's 2:13 AM. Typical. I know I won't be able to fall back to sleep till around 4:30, about the time that Kathleen gets up.

My mind wanders through the cavity of my head on an adventure to find all my insecurities. The moment it finds one, I worry about it. I roll over trying to put it to sleep. It hops off that train and immediately runs for another. I roll back onto my back, arms and legs crossed because feeling like I'm in my mummy bag is the most comfortable position for me. My head itches, I resist until my brain won't leave it alone. I itch it.

This particular night is leading up to our trip to Baja. The endless possibilities of things that could go wrong and ruin everything are on shuffle and repeat. What if the airplane is too small for our bike boxes?

What if one of our bikes just doesn't show up? What if I forget my one chamois I plan to wear for the whole week? What if I get saddle sores that bleed? What if my Spanish absolutely disappears the moment I step off the plane? What if our passports for some reason get us blocked out of the country?

For three weeks leading up to our trip to ride the Cape Loop, this strand of endless, illogical worries keeps me up for hours every night. The only thing that is out of the ordinary is the focus on Mexico.

40 million adults in the United States are affected by anxiety according to the Anxiety and Depression Association of America (ADAA). That equals out to about 35% of us walking around and 1/3 of you reading these words. It isn't any comfort that I am not alone and I assume it doesn't help you keep your mind from reeling to know that there is a good chance the dude next to you is dealing with the same mental struggles.

Fast forward a few weeks. It's 7ish PM. The sun has dropped below the horizon and twilight is quickly

fading into a long winter night on the peninsula. Mama Bear has been asleep for an hour already. Typical. It's been a couple of days since we attempted to make it to a normal time to go to bed. The conversation dies, those of us still awake waddle around and make our way into our sleeping bags.

Normally, I'd be sure to stay awake well into the night to ensure that I can sleep through the night. It might seem a bit redundant, but I get anxious about going to bed because I always wake up worrying about stuff. That fear faded after day two.

I lie down. After jotting down some notes for the day, reading a few pages from Prison Memoirs of an Anarchist, my eyelids get heavy. I turn my phone off to save the battery and I close my eyes. The next thing I know, it's 6 in the morning. The first light of the day is thinking about peaking over the tops of the trees. I roll over and get the stove going for coffee and force my way out of bed. I may have slept on the ground, but it was some of the best sleep I've ever had.

If I was to be honest with myself,

I would have to admit that a good part of the motivation to move under my own power for extended periods of time is the ability to sleep.

The ADAA recommends regular exercise to help manage stress and anxiety. They cite studies that show that exercise, in some instances, can be as effective as medication in controlling anxiety and depression. They claim, "One vigorous exercise session can help alleviate symptoms for hours, and a regular schedule may significantly reduce them over time."

Works for me.

About a week prior to our departure, I got an email from the airline we had booked flights with. They informed me that the flight they had sold me no longer existed. We had two options, cancel the trip or fly back via a different airport that was about 100 miles south of where we would be ending. After arguing in Spanish and English, calling various times and wasting about an hour of my life, we had to accept the change.

Outside of making some inquiries on possible reservations and taxi rides, the fact that we would be ending our ride and then have to get to

a completely different town, never bothered me or my sleep. It was just something in the future that I would have to deal with. In stark contrast to the weeks leading up to our trip, my worries were at bay. Held behind a dam that I can only attribute to moving all day, every day. I slept wonderfully, almost always on the ground.

For ten days, we pedaled from La Paz around the tip of the Baja Peninsula and back to La Paz riding over 300 miles almost entirely on dirt. We camped on beaches, slipped through small towns where the store was someone's garage with only a few things for sale and drank our fair share of watery Mexican beer. The only fear that had kept me awake that came to fruition was the bleeding saddle sores. Caused by what was a bad batch of chamois cream, it made the ride interesting, but you couldn't have slapped the smile off my face for those ten days.

Once home, the only thing that kept me out of the deepest of despair was knowing I would be doing it again soon.

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Kathleen getting a resupply in El Triunfo. Photo by Lukas Brinkerhoff



Just a thought, but I'm guessing I would be way more anxious if I was on that yacht (on the far right in the ocean). Photo by Lukas Brinkerhoff



Feeling quite relaxed and at home camping in a wash with a million Daddy Long Legs. Photo by Lukas Brinkerhoff



Just the open, sandy road. Photo by Lukas Brinkerhoff

Notes:

The Cape Loop is a 283 mile circuit around the tip of the Baja Peninsula and is part of the Baja Divide. The route was created by Nicholas Carman and Lael Wilcox and is provided free of charge at

<https://bajadivide.com/>

For info and tips about managing anxiety and depression visit the Anxiety and Depression Association of America at <https://adaa.org/>

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

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TRIATHLON EVENT PREVIEW

The DinoTri to be Held June 29, 2019 in Vernal, Utah

By Dave Ittis

The DinoTri is one of Utah's classic triathlons. Held each June in Vernal, it draws racers from around the West. No wonder. The course is incredibly beautiful, and the event is very well run. This year's event will be on June 29, 2019.

We asked Brogg Sterrett of TriUtah who is the new organizer of Dino Tri to tell us about the event.

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

DinoTri: The race starts at the stunning Red Fleet State Park. Olympic swims the 750-meter circle twice, the Sprint swims it once. Then you bike a steep hill out of the park before hitting the canyon where you'll glide downhill into town. The sprint will go 13 miles to the transi-

tion and the Olympic will take a turn in town and go up Dry Fork Canyon before coming back to the transition for a total of 24 miles. Then everyone runs around the neighborhoods with the Olympic doing two loops for a 10K and the sprint doing one loop for a 5K.

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

DT: The scenery is amazing. Triathlon magazine called it one of their top 10 destination races because you can't beat the brilliant red rocks of Red Fleet or the amazing views as you head through the canyon into town.

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

DT: The Marriott Hotels have offered a discount to anyone that mentions Vernal DinoTri when they

call in for a room. There is camping at the KOA in town or at Steinaker State Park.

CW: What are some of the options for families when the race is over, or for the rest of the weekend? Tell us more about the region.

DT: It's a great place for a full weekend. There is a dinosaur museum in town, and Dinosaur Monument just outside of town where you can see actual fossils still in the rock. You can also hike and camp and see petroglyphs and a historic cabin. There is hiking and mountain biking throughout the area. There are also beaches at Red Fleet and Steinaker State Parks if you want more water fun.

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

DT: The DinoTri is a great race where the entire community comes together and makes it happen. TriUtah is so excited to be a part of this great long standing Utah Triathlon.

Event Details:

June 29, 2019 — DinoTri, TriUtah Points Series, Vernal, UT, Sprint and Olympic Distance Triathlon. Race starts with an open swim at Red Fleet state park. The bike starts with a crazy hill climb out of the park and heads into town for a run and finish at Utah State Extension. One of the most beautiful triathlons in Utah!, Brogg Sterrett, 702-401-6044, race@triutah.com, triutah.com



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

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New Bill in Congress: Local Communities Might Get More TAP Bike Funding at the Expense of States

The start of the next reauthorization of the Transportation Alternatives Program (TAP) has begun. It has a long way to go and a lot of changes before it gets folded into the next surface transportation reauthorization package which expires after FY 20. But if history is a guide, it may take another year with a temporary extension.

But two senators have introduced the TAP Enhancements Act (S. 1098), sent to the Committee on Environment & Public Works. While the bill has bipartisan support in that half of its sponsors come from each party, so far only senators Ben Cardin (D-MD) and Roger Wicker (R-MS) have sponsored it ([https://www.](https://www.congress.gov/bill/116th-congress/senate-bill/1098/)

[congress.gov/bill/116th-congress/senate-bill/1098/](https://www.congress.gov/bill/116th-congress/senate-bill/1098/)).

The bill aims to loosen federal control and make it easier for smaller communities to get grants if states develop a plan and award funds competitively. The changes would start in FY 21.

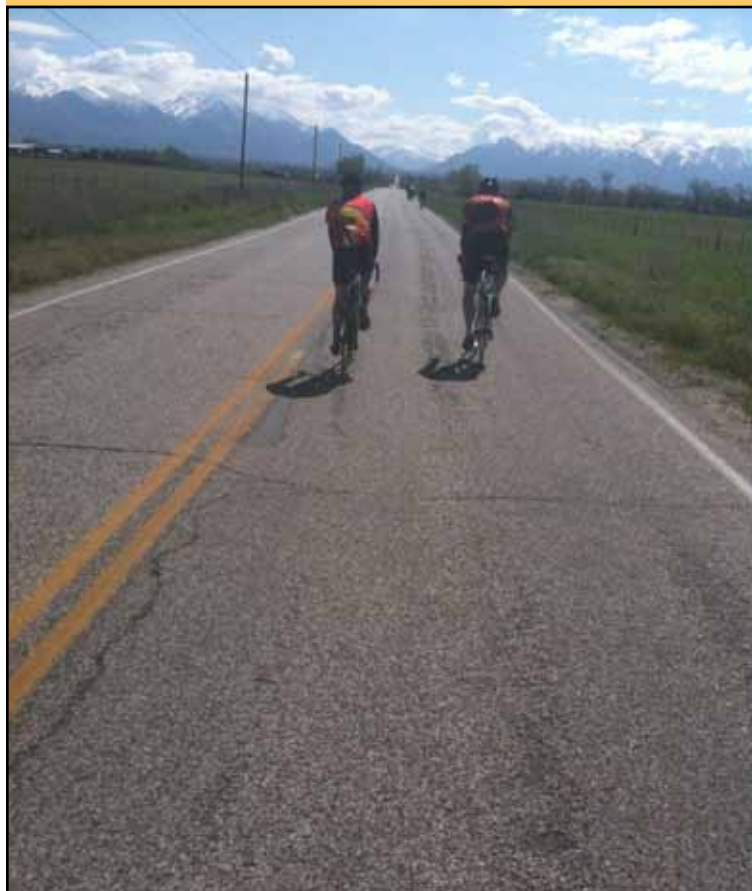
Under current law, TAP can't get more than \$850 million a year. Under the bill, it would get 10 percent of the Surface Transportation Block Grant, so it could grow if the overall program grows. Now, states get half and local communities get the other half of TAP. The bill would give local communities two-thirds, a move designed to give smaller towns a fairer shake. Current law also only allows metropolitan planning organizations (MPOs) serving at least 200,000 people to get funds; the bill would open it up to smaller MPOs.

-Charles Pekow

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RIDE OF THE MONTH

West of Roy Roads Ride



On the roads of Hooper, Utah, near Roy. Photo by Dave Ittis

By Wayne Cottrell

The West of Roy Roads Ride is a 25.7-mile tour of nearly flat roads in extreme southwest Weber County, Utah. The ride is on roads west of the city of Roy, passing through the cities of West Haven and Hooper, as well as the community of Taylor. The route follows a clockwise star-like pattern that is designed to maximize the mileage and coverage of the area. For those of you who are familiar with Utah's road naming convention, the entire ride is confined between 1800 South and 5500 South on the north and south, and between 2700 West and 5900 West on the east and west. Actually, some familiarity with the convention may be useful, given that the ride makes a number of turns; keeping track of one's direc-

tion (north or south, east or west) would help. Just remember that, if you are on a "West" road, then you are moving north or south; and, if you are on a "South" road, then you are moving east or west. Got it?

The route is entirely west of 2700 West, as a way of avoiding the busier, central areas of Weber County (such as Roy and Ogden). But, get out here soon, as the communities mentioned above continue to grow. West Haven, which became a city in 1991, combining the communities of Kaneshville and Wilson, had a population of 12,330 in 2016, up 20% since 2010, and a whopping 468% since 2000. Similarly, Hooper's population of 8670, in 2017, had more than doubled since 2000. Yet, these cities are still small enough for their roads to have light traffic volumes – fine for cycling. Roadway shoulders tend to

be narrow along the route. The heaviest volumes are on the State routes, with the highest, at just over 10,000 vehicles per day, on UT 37 and UT 97 near 2700 West and Midland Drive, respectively.

Start the ride at Country Park in West Haven, located at 2850 West 3300 South. The park entrance is off of 3300 South. The starting elevation is 4,271 feet. The net climb along the route is 185 feet, with a highest elevation of 4,308 feet, and a low of 4,226 feet. Start by heading east on 3300 South. Turn right at 2700 West and head south. Regarding the route, there are seven left and 12 right turns along the way. The sequence is two right turns, followed by two lefts, three rights, two lefts, five rights, two lefts, and then right-left-right. Simple, eh?

Continue south on 2700 West to Midland Drive. Turn right here; Midland is the only road with a diagonal orientation along the entire route. After just one-quarter mile, turn right onto 4000 South (Utah State Route 37, or UT 37) to head west, now 1.2 miles into the ride. Just past mile 3, turn left onto 4300 West to head south, for one mile. Next, turn left onto 4800 South and head east, returning to Midland Drive. Turn right on Midland (sharp right) to head southwest. After a little over one mile on Midland, turn right on 5500 South (UT 97) and head west. This is a 2.2-mile stretch, taking you to 5900 West, which is part of UT 37. Welcome to Hooper! Hooper has been settled since 1854, but did not become a city until 2000. Turn right here and head north. At 4000 South (just past mile 10), turn right and head east. Another right turn follows at 5500 West. At 5100 South (mile 12), turn left and head west. Just down the road (not actually along the route), near 5500 West, is the Muskrat Springs historical marker. A plaque commemorates the spring site, which supplied fresh water to the area's early settlers. In fact, Hooper was formerly named Muskrat Springs, before being renamed Hooperville, and then Hooper. William Henry Hooper was a Congressional delegate, back when Utah was still a territory. Back to the ride, at 5100 West,

turn left to head north. Continue to 3300 South, where some traditional, agrarian-style homesteads are mixed in with newer, suburban-style residences. Turn right and head east on 3300 South to 4700 West, which is UT 134. Turn left to continue heading north. You are now entering the unincorporated community of Taylor. Continue northward to 1800 South; make a right here. Continue heading east to 2700 West (just before mile 20). Turn right here to head south, returning to West Haven.

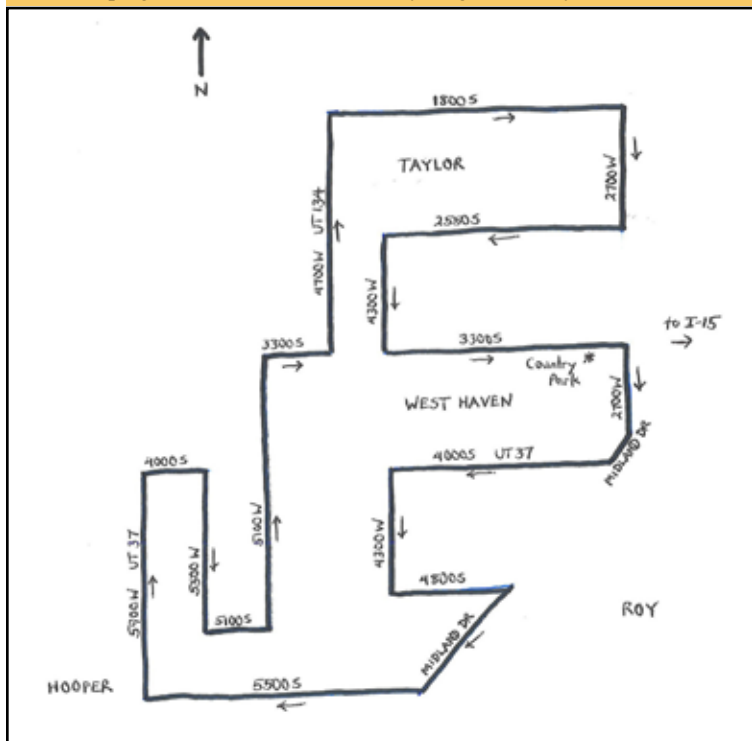
Yes – welcome back to West Haven! Most notable about West Haven is that it is the home of the confluence of the Ogden and Weber Rivers. The Weber, at 125 miles in length, is longer than the Ogden, which is 35 miles. Both rivers form in the mountains to the east, with the Weber forming in the Uintas, and the Ogden forming in the Wasatch Range. After the Ogden River merges with the Weber River, in the northeastern corner of the city, the latter flows westward to empty into the Great Salt Lake. (The ride does not cross either river). At 2550 South, turn right to head west one more time. The road leaves West Haven, returning to the rural areas west of the city. At 4300 West, turn left, followed by another left onto

3300 South. Once on 3300 South, the route is on its final segment, heading east to return to West Haven. Look for Country Park on the right at 2850 West. The ride ends here.

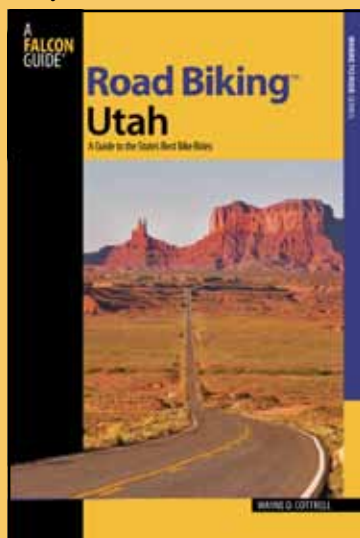
Starting & ending point coordinates: 41.204992N 112.049100W

For more Utah 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.



A map of the West of Roy (Utah) ride. Map by Wayne Cottrell



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