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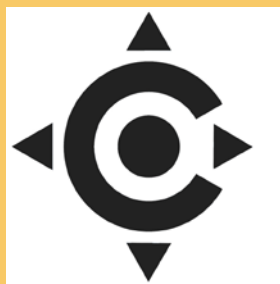


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Cover Photo: Cyclists ride along 2200 West in Salt Lake City, Utah during the 2021 FrontRunner Century that travels from Salt Lake City to Ogden, Utah. Participants then take the FrontRunner train back to Salt Lake City at the end of the ride. 1300 riders participated this year.

Photo by Dave Iltis

BIKE FIT

What is a Bicycle?



What is a bicycle? This is a Rollfast, most likely circa 1970's. Photo by Dave Iltis

By John Higgins

What is a bicycle? Yes, this is a rhetorical question, which means there are many possible answers, and all of them could be correct.

I'd like to offer a perspective that attends to both the mechanicalness of a bicycle, and the experience of riding one. A bicycle is the synergy of content and context.

Step away from the bicycle for a moment and consider this anal-

ogy. Imagine a bowl of fruit artfully arranged and displayed on a table. Your eye is drawn to the fruit and your saliva glands are activated by the colors and anticipated taste. Suddenly the bowl vanishes, and the fruit rolls off. Some falls on the floor and is bruised and dented. It doesn't seem quite as tasty anymore. The bowl was providing context for the fruit, which was the content. The fruit can be replaced. So can the bowl for that matter. But without the bowl the overall appeal is missing, and we just have a mess on the floor.

Back to the bicycle. The frame provides context. Everything attached to it is the content. Our eye may be drawn to the context – the frame – or to the content – the components: wheelset, drivetrain, and contact points.

When we focus on a bicycle and how it will ride, we are often focused on the content. How nice are the wheels? What quality is the drivetrain? How comfortable will that saddle be? Oohhhh – electronic shifting and disc brakes! The saliva glands are activating...

But what about the frame? The frame is a lot more than a simple vehicle for all those shiny bits. However, it often receives scant attention and is summarized as this: cool fast kids ride carbon, old slow guys ride steel. Does alloy even exist anymore? And why Ti?? Carbon it is. (Now, about that wheel upgrade....)

Without a frame we just have a mess of parts on the floor. All those parts are interchangeable and replaceable and may serve to diminish or enhance the role the frame has to play. But the frame sets the scene for ride quality and the over-

Continued on page 5

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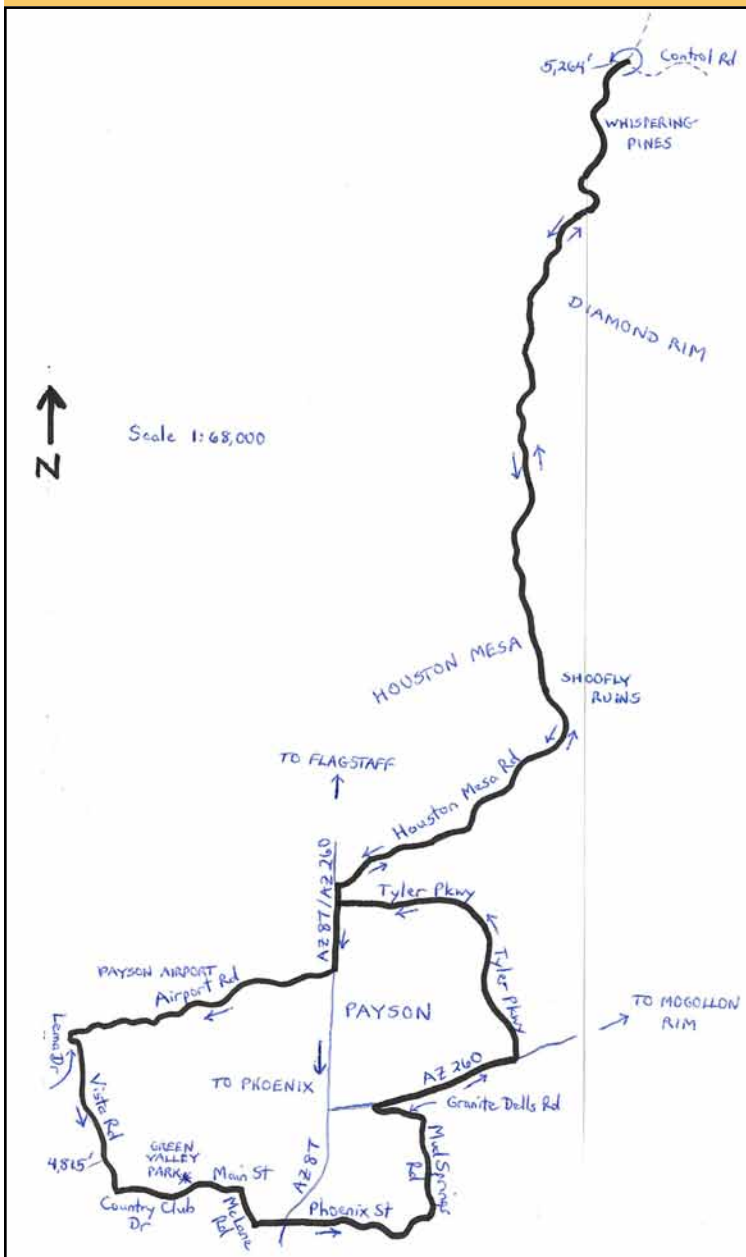
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ROAD RIDE OF THE MONTH

Payson, Arizona Perimeter to Pines Ride



A map of the Payson, Arizona Perimeter to Pines ride. Map by Wayne Cottrell

By Wayne Cottrell

Payson Perimeter to Pines is a 35.0-mile road bike ride in and around Payson, Arizona (not Payson, Utah). Payson is considered to be the "Heart of Arizona," located right in the geographic center of the State. Yet, getting to Payson required even more effort than a hard bicycle ride, until 1958, when the Beeline Highway (Arizona State Highway 87, or AZ 87) was finally completed. The Beeline was upgraded to a high-speed, four-lane expressway in the 2010s – now, the 90-mile trip from Phoenix (which is to the south-southwest) can be completed in 90 minutes or less. Before the highway, it was an eight- to twelve-hour trek. Payson's elevation is 5,000 feet, and it is located about 20 miles to the

south of Mogollon Rim, which is the southern edge of the Colorado Plateau. The Rim has a striking appearance, particularly when traveling to the east of town on AZ 260, jutting upwards to an elevation of 8,000 feet.

Payson had an estimated residential population of 15,800 in 2019, but its location at the "heart" gives the town significant through and visitor populations. Payson is effectively surrounded by Tonto National Forest, which features the largest grouping of Ponderosa pines in the world. In designing a road bike route, I considered a ride to the Mogollon Rim via AZ 260, but decided to mostly steer clear of the main highways. Payson Perimeter to Pines, therefore, is a counterclockwise perimeter ride of Payson, mostly on residential roads, plus an out-and-back on Houston

Mesa Road north of town. The counterclockwise loop is broken, after 7.7 miles, by the out-and-back, which is 21 miles. The final phase of the ride closes the loop. The elevation differential is just 449 feet, but the cumulative climbing totals over 1,800 feet. Start the ride at Green Valley Park (34.230844oN 111.343789oW) – one of Payson's two main parks – and head east on Country Club Drive, beginning a gradual climb. The starting elevation is 4,850 feet. The Green Valley Lakes are on either side of the road (Payson's original name was Green Valley, dating from 1882, but was renamed in honor of Illinois representative Levi Joseph Payson, in 1884, after he advocated for a local post office). Country Club becomes Main Street east of Green Valley Parkway (mile 0.05). Main is the historical center of town, and is worth a closer look, after the ride. Turn right on McLane Road (mile 0.45) and head south, followed by a left on Phoenix Street (mile 0.8) to head east. Phoenix and McLane had the roughest pavement of the route, when I did this in May 2021. Cross the four-lane AZ 87 at mile 1.05 – there is no signal here, so the best strategy is to be patient and wait for a gap. Phoenix crosses AZ 87 at a skewed angle, making sight distance awkward, so use caution. East of Sycamore Street (mile 1.45), Phoenix climbs the steepest hill of the route (9.0% grade) – the hill lasts for just 0.3 miles. After cresting at 5,111 feet, Phoenix descends (7.5% grade) to Mud Springs Road (mile 2.4). Turn left on Mud Springs and head north, continuing the passage through residential areas, climbing gradually. Turn left on Granite Dells Road (traffic circle; use caution) at mile 3.25, to head northwest. At AZ 260 (traffic signal), turn sharply to the right, to head east. AZ 260 has four lanes and a wide shoulder along this stretch – the speed limit is 45 mi/h, increasing to 55 as you move through town, climbing and descending gradually. Now on the eastern edge of town, turn left onto Tyler Parkway (traffic signal; use caution) at mile 5.1 (elevation: 4,970 feet), and head north into the residential area. Tyler climbs gradually, to 5,000 feet. At mile 6.45, Tyler curves left to head west, climbing (4.5% grade) to 5,116 feet. From there, Tyler descends, gradually, ending at AZ 87.

Turn right onto AZ 87 (traffic circle), which is concurrent with AZ 260, at mile 7.7, followed by an immediate right onto Houston Mesa Road (mile 7.9). The next segment of the ride is on Houston Mesa, to the end of pavement at Control Road, and back. The total out-and-back distance is 20.6 miles. The road climbs gradually to Houston Mesa (peak elevation 5,256 feet). The speed limit on the two-lane road is 30 mi/h, dropping to 25 mi/h upon leaving the Mesa. The Shoofly Ruins, on the National Register of Historic Places, are on the right at mile 10.6, and are worth a visit. After traversing Houston Mesa, the road descends and climbs to pass

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Payson Perimeter to Pines is a 35.0-mile road ride in and around Payson, Arizona. Photo by Wayne Cottrell

Diamond Rim and the Brody Hills, with elevations ranging between 4,860 and 5,215 feet. There are intermittent cattle guards, and periodic views of Mogollon Rim in the distance. The Mesa de Caballo community is located just south of Shoofly, and there are several Tonto National Forest trailheads along the road (with parking areas and lavatories). Houston Mesa Road's pavement comes to end after passing through the Whispering Pines. Turn around at Control Road (mile 18.5), at the edge of the community. The elevation here, the highest of the ride, is 5,264 feet, which is nearly the same as that on Houston Mesa. Mogollon Rim is just five miles to the north, as the crow flies, although the view is obscured by trees. Return to AZ 87/ AZ 260 via Houston Mesa; use caution on blind curves. Turn left to head south on the highway (use caution; mile 29.1). Use caution through the traffic circle at Tyler Parkway (mile 29.3). At the next traffic circle, at Airport Road (mile 29.9), turn right.

After crossing McLane Road, Airport climbs (7.4% grade) to a mesa, with Payson Municipal Airport on the right (no commercial flights). The road then descends gradually. At Lema Drive (mile 32.9), turn left, followed immediately by a left onto Bulla Drive. Bulla then curves right to become

Vista Road. Vista descends (5.66% grade), with the downhill ending at the route's lowest point (4,815 feet), as the road curves through Payson Golf Course. At the end of Vista, turn left onto Country Club Drive (mile 34.35) and head east. The ride ends at the Green Valley Lakes.

Be sure to check out some of Payson's history, nearby, including the Haught Cabin, which has no windows, historical ranger properties, and Zane Grey Cabin, all just to the north of the park, on Green Valley Parkway. The latter is a replica of a cabin near Mogollon Rim that the famous author and filmmaker owned during the 1920s. Also, immediately east of the park, on Main Street, are the Ox Bow Inn, Pieper Mansion, and Sidles Mud House, the latter being made primarily of poured mud(!).

Wayne Cottrell is a former Bay Area and Utah resident, and current southern California resident, who continues to conduct extensive research in these places, and elsewhere, to develop the content for bike books. His books include: Best Bike Rides San Francisco, Best Bike Rides books on Los Angeles and Orange County, Best Easy Bike Rides books on Los Angeles, Orange County, and San Francisco, and Road Biking Utah.

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**What is a bicycle? -
Continued from page 3**

all cycling experience. The frame geometry, material, and build quality set the stage for how well all the parts are attached and displayed, but also how they will function. The riding experience requires a careful blend of context and content. Neither is adequate nor functional on its own. A sub-standard frame can be

dressed up with any number of go-fast parts, but this doesn't mean the underlying capability and characteristics of the bike will improve. Can I mention "lipstick" and "pig" in the same sentence?

A superior frame, on the other hand, can be rejuvenated with a makeover so that it lives to ride another day. Yes, frames wear out, crack or break, but generally the

bowl lasts longer than the fruit, and its important job is often taken for granted.

Next time you are thinking of upgrading parts or buying a new bike, give the frame careful thought. If you are upgrading an existing bike, does the frame merit that investment? If you are buying a new bike,

look beyond the marketing gloss and determine how good the frame really is. Is the bike intended to be a long-term buy and hold, or a short-term play? For the latter, any generic carbon frame out of Asia may be totally adequate. For the former, context is more important than content, and you may want to consider something

carefully crafted like a custom hand-made frame that is made for the long road ahead.


John Higgins is a professional bike fitter and purveyor of unique and boutique bicycles and fit-related components and accessories in Salt Lake City. More info on bikefitr.com



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ROAD CYCLING EVENTS

Ride The Rim - Car Free, Carefree Cruising Around Crater Lake

Ride the Rim travels around Crater Lake, Oregon. Photo courtesy Discover Klamath.

By **Joe Metal Cowboy Kurmaskie**

On a cloudless Tuesday in July, a week or so after the National Park Service opened Crater Lake's rim roads to traffic, I found myself laboring up and down the forested circumference on my Surly touring bicycle. The color of the most pristine and pure lake in the world was a shade of blue that stunned me each time it came into view.

"I thought it would be... flat," said my companion, a childhood friend visiting from Florida. "Like a road around a reservoir."

My laughter ricocheted off the rock uplifts that buffer some of the climbs.

"They call it Oregon's hardest ride you'll want to do again." I paused to pull over and take the full measure of a geologic feature on the lake known as Phantom Ship. "I don't know if I agree that it's the hardest ride, but the doing it again part is a no brainer."

"Who are they?" asked my friend.

They, are the organizers of Ride the Rim, a partnership with the National Park Service, Discover Klamath Visitor and Convention Bureau, as well as the Friends of Crater Lake, a non-profit service organization, who host two weekends of car free rim rides every September.

Granted, a Tuesday morning in July saw only a few cars per hour pass us, but I told my pal I would be back in September to experience the route sans vehicles.

"There's just something about not having to look over your shoulder."

Not to mention pedaling with hundreds of other bikers, unicyclists,

joggers, skateboarders. September is typically Oregon's driest month and still warm.

Which is why, after seven years, Ride the Rim boasts 5,000+ participants.

But is it that hard? I'm probably the wrong guy to ask. Having hauled 18 feet of bikes, tag a longs, trailers, gear and kids across both Canada and the USA, I tend to think of a 35-mile jaunt with 3,700 vertical feet of climbing as a fun little pedal in the park... which it is, literally.

What needs to be pointed out is that the car free portion of the ride is 23.5 miles of the 32.6 needed to be covered if one wants to close the circle. Organizers have set up the route to go from the North Junction entrance clockwise to the Park Headquarters. This is the section completely free of cars. When riders reach the headquarters they continue on to the lodge and on to North Junction by bicycle (this is primarily an uphill climb and you will be shadowed by cars trying to pass much of the way). (Sadly they are not able to offer the shuttle in 2021 because of Covid restrictions).

If one keeps riding they will share the road with cars. The National Park has to keep itself open to the general public, so this is the concession it has made on these weekends. That nearly ten mile section open to cars is also congested with them at times during those weekends because everyone is driving back down to get their bikes.

That section felt safer on the Tuesday morning with cars than on the car free weekend with cars. This is due to the number of cars retrieving bikes. If I had one suggestion to

organizers it would be to consider adding a shuttle service trailers to haul bikes back to the north junction, in the same way as they offer the trolley shuttle for passengers only. This would greatly reduce the number of cars retrieving bikes and would add to the car free feel of the entire route. It would also increase the number of bicycle riders who do the entire rim ride.

That said, it's an absolute thrill to take in the views, the five rest stops stocked with free food and drink, the volunteers are knowledgeable and enthusiastic, and the feel good vibe of pedaling with everyone from racers to families hauling their children on tag-a-longs. It's truly a party atmosphere which may help people manage the hills better. The road is wide, and with both directions closed I never felt in danger of fellow cyclists colliding with me. The pavement is in fairly good condition, but at that elevation and due to the harsh winters the park endures, it is best to look at the road ahead on the descents. There are some divots and hot spots which is par for the course with an annual freeze and thaw.

The car free section takes between 3-5 hours depending on your fitness level and how much stopping and taking in of one a natural wonder of the world. Be warned there are hikes and waterfalls and overlooks to explore, so one could easily lose the day. I plan to spend the weekend next year and ride it twice.

The ride is free, but park admission still applies. If you park outside the park, bicycles roll in for \$12.

Organizers want everyone doing the event to register in order to provide proper snacks and water.

A final note. Everyone is coming from somewhere to do this ride. We carpooled, but there are other options including Amtrak and making it a bike camp weekend.

[Also, in 2021, there is not a shuttle that transports people from Klamath Falls to Crater Lake, so Amtrak would not be a good option if someone it not planning to rent a car.]

For more details:

ridetherimoregon.com

Bike Rentals:

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Klamath Falls, OR
541.851.9200
zachsibikes.com

Tall Town Bike & Camp
Lakeview, OR
503.314.6095
thombatty@live.com

Sky Lakes Wilderness Rentals
Chiloquin, OR
541.591.0949

Hutch's Bicycles
Bend-Eastside 541.382.6248
Bend-Westside 541.382.9253

Redmond 541.548.8200

[Editor's Note: Ride the Rim is scheduled for September 11 and 18th, 2021, ridetherimoregon.com]

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

US GAO says Department of Transportation Not Doing Enough to Ensure Bicyclist Safety

The US Department of Transportation (DoT) needs to develop performance assessment measures to evaluate efforts to improve bicyclist safety. It also needs to collect, analyze and share data on state strategies, says a new report from the Government Accountability Office (GAO).

The Federal Highway Administration (FHWA) and National Highway Traffic Safety Administration (NHTSA) have "not fully incorporated performance management practices into (their) pedestrian and cyclist safety efforts," says PEDESTRIANS AND CYCLISTS: Better Information to States and Enhanced Performance Management Could Help DOT Improve Safety, GAO's report.

Of 26 "countermeasures" for bicycle and pedestrian safety NHTSA lists, only three have

proven very effective, GAO states. Bicycle helmet laws for children works best, followed by helmet laws for adults and pedestrian safety zones in high-crash areas.

DoT agreed on the information need and said it will work on it. But it also said some of the other countermeasures are more effective than GAO gives credit for. It also replied that it's hard to judge the impact of something like training on safety. GAO also says we don't know enough about how cyclist "distraction and impairment" affects safety.

DoT is working on a new bike/ped safety plan. It developed a five-year plan in 2016 but officials from both NHTSA and FHWA said the Trump Administration foiled it. The agencies intend to start a new five-year plan this year.

Find the report at <https://www.gao.gov/assets/gao-21-405.pdf>

-Charles Pekow

Breaking Down Barriers to Bicycling in the US

Ultimately, researchers found that these factors led to an inequitable distribution of infrastructure and, in some cases, the association of bike lanes with gentrification," PFB found.

If we're going to expand bicycle transportation in this country to its full potential, we'll need to partner with marginalized groups. This includes making bicycle education culturally relevant, says a new report from People for Bikes (PFB). The industry-supported association conducted focus groups with businesspeople and community members in ten cities (including Denver, Ft. Collins and Tucson) to reach its conclusions.

Expanding bicycling in underserved communities means more than placing bike routes and bike-share stations in neighborhoods. We have to understand cultural reasons why some people hesitate to ride. They may see it as a sport for white men or be scared of how they'll look arriving at work sweaty and in bike gear. (But when questioned, focus group participants agreed that they saw many families and a variety of people biking.)

"What emerged across cities was a racial and gender disparity regarding bicycle use and perception, as well as a lack of inclusive representation and community input when it came to infrastructure planning.

What we need to do with marginalized communities:

- Meet them in their neighborhoods. "Do not expect them to come to traditional meetings."

- Partner with local groups.

- Encourage employers to offer benefits such as showers, bike storage and commuter benefits.

- Expand education outside government facilities and the people featured in education to include the new audiences. And it's not just bicyclists who need to be taught safety: motorists and police do too.

- Yes, infrastructure matters. Safe, well-lit trails and secure parking will encourage people to ride.

Find the report, Where Do We Go From Here? Breaking down Barriers to Bicycling in the U.S. at <https://www.peopleforbikes.org/reports/where-do-we-go-from-here-breaking-down-barriers-to>

-Charles Pekow

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ROAD RIDING

Millcreek Canyon: Jewel of the Wasatch

By Tom Diegel

Millcreek Canyon has been beloved by Salt Lake Valley cyclists for as long as people have been riding bikes in the valley; the long and varied stair-step climbs, cool down-canyon breeze, beloved shade in the heat of summer, and proximity to a vast swath of the valley are all attributes that road cyclists love. Anyone who owns a mountain bike has plied the canyon's Pipeline trail, and when that gets too hot on summer afternoons the lovely, cool network of trails at the top of the canyon are a haven for all levels of mountain bikers. There are a few changes coming to Millcreek Canyon soon, and indeed there are some rules that should be clarified so that the many people who love the canyon can share it equitably.

The Millcreek Canyon road is a county road overlaid atop National Forest land, so it is multi-jurisdictional. Just like on all other county roads, cyclists are obligated to follow the same traffic laws as cars, which includes a 30mph speed limit, and cannot ride more than two abreast. Unlike most other county roads, however, when the winter gate is closed (officially from November 1 to July 1) the road above becomes a "trail" administered by the Forest Service, even after it melts back down to pavement.

This does not affect cyclists using the road; cyclists can use it all year long (including fat bikes on snow

in the winter) but it does mean that cyclists need to watch out for pedestrians in the couple of miles above the gate. Since this "trail" is so easy and accessible, many of the pedestrians are little kids, which as we all know are not known for their predictable behavior! Do not "buzz" the unsuspecting pedestrians; no one likes to have anyone whiz past them at high speed, and the closer you come to them the higher the likelihood that you will hit them, which will ruin everyone's day.

Many of these pedestrians have their dogs with them, since Millcreek is the only canyon nearby with nice hiking that allows dogs. Per Forest Service rules, since the road becomes a trail, dogs must be on (short, i.e., less than 6-foot and not extendable) leashes on even days, while on odd days leashes are optional. However, many dog owners either are unaware of this rule or flaunt it, so – particularly in that zone above the closed gate – be aware of dogs gallivanting about every day; hopefully you've gotten your speed buzz in the upper canyon and can back off a bit in that popular section as you approach the winter parking area (especially in the that-much-faster section below Elbow Fork); having that section above the gate as car-less in the shoulder seasons is great, but the user groups need to be patient with one another.

Once the gate is open, of course the upper canyon is very popular with folks driving up – like you – to escape the heat and enjoy the

mountains, but the road gets ever-narrower, so even with sweat pouring into your eyes as you grind past the Alexander Basin trail and you are seeing stars up the last pitch to the Big Water lot, keep an eye out for your fellow riders – who are in turn staying to the right, of course – and potentially aimless motorists looking for a parking place.

A good option – if you are up for it! – is the new pavement on the Porter Fork road for a steep mile and a half to the end of the road and the Mount Olympus Wilderness boundary. Go around the gate at the mouth and be respectful of the cabin owners up there as well as the walkers strolling up the mostly-car-less road.

Everyone in the valley who rides a mountain bike has ridden the Big Water trails, and a great new addition is a section of trail connecting Elbow Fork and Big Water on the south side of the road. Yes, that is right: you can now ride singletrack from Guardsman Road all the way to near the mouth of Millcreek Canyon! The last section of the trail to be finished is in the rugged terrain just upcanyon from Elbow Fork, and there is also the need to rebuild the bridge across the creek above and across the road from the upper trailhead for the old Pipeline that was crushed by a falling tree in the September "hurricane", but these should be finished by early summer. As of this writing, the Forest Service is debating on the management of this new trail; it could be subject to the same odd/even day restrictions of the upper



Cycling in Millcreek Canyon, Utah. Photo by Lisa Hazel

Millcreek trails (bikes are allowed on even days) and/or directional restrictions day to day. Regardless of the decision, cyclists should be quite pleased that we finally have a long-sought new trail section to ride to bypass the pavement in the upper canyon and therefore respect the well-intentioned rules that the Forest Service could invoke to maintain the equity of pedestrian and wheeled users.

And speaking of the Forest Service; they have been busy in Millcreek Canyon, putting those kiosk fees to some appropriate use. You have no doubt seen the nice new parking lot with toilets at the Rattlesnake trailhead, and to add to that the FS's other main trail project for the summer is a much better switchbacking climb up to the Pipeline as an alternative to the steep erosion-fest of a trail that exists now.

Speaking of the Pipeline Trail, historically there have been no restrictions for bikes on that trail, but if you've visited Millcreek Canyon at all over the last few years you've noticed dramatically increased use on the Pipeline trail and its spur trails even before COVID-19 created a spike in use, so it's become even more important to be acutely aware of runners/walkers/dogs on this swift trail and its blind corners.

Millcreek Canyon is now seeing over one million visitors a year, and this use has been hard on the canyon and created increased management challenges. The Forest Service itself is perpetually strapped for resources, and the Wasatch Forest is the most heavily used in the country, so it is nice that we have gotten some "love" in our beloved little Millcreek Canyon.



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NUTRITION

Sports Nutrition: Microbes, Bones, and Hot Weather

By Nancy Clark MS RD CSSD

Do you know the bacteria in your gut can enhance athletic performance? Or the sports you play when you are a kid impact your bone health as a young adult? Or your ability to exercise in the heat depends on how well you hydrate? At the annual sports nutrition conference hosted in March 2021 by SCAN (the sports nutrition practice group of the Academy of Nutrition & Dietetics; SCANdpg.org), the speakers offered updates on these topics of interest.

Performance-enhancing probiotics: A new frontier?

Athletes have endurance, strength, ability to recover from injuries, and strong minds. Could those traits be connected to the athletes' microbiome—those health-enhancing bacteria that live in their gut? Are the gut-brain and the gut-muscle connections in elite athletes comparable to those of non-athletes? Can the microbes of elite athletes offer information applicable to others?

To discover the impact of the microbiome on exercise performance, FitBiomics, a biotechnology company based in NYC, is studying the microbiome of top athletes, looking for performance-enhancing microbes. For example, marathon runners (compared to non-runners) have a higher amount of the bacteria *Veillonella* that efficiently eats lactic acid and reduces inflammation. Mice fed *Veillonella* improved 13% in endurance running. What if marathoners consumed *Veillonella* supplements? Would that help them run faster? More research is needed, but the information to date seems promising, so stay tuned!

Parents: Bone up on bone health for your kids

Given that up to 90% of peak bone mass is reached by age 18 in females and age 20 in males, parents should encourage their kids to participate in bone-building sports. This means doing weight-bearing exercise—such as soccer instead of swimming—during early puberty. High impact sports like gymnastics and volleyball also contribute to bones with about 10% greater bone mass.

Multi-directional sports (i.e., soccer, basketball) are better for bone health than one-directional sports (cycling, swimming). The jumping, cutting, and stopping that happens during soccer and basketball leads to stronger, more fracture-resistant bones. Track and field athletes who had participated in ball sports (such as soccer, volleyball, etc.) when they were younger had 50% fewer stress fractures than their peers who had not done so. Same goes for male runners who had played basketball; they had 82% fewer stress fractures. Military recruits who had played soccer and basketball when they were kids experienced fewer stress fractures later in their lives during basic training. Clearly, we need to start early to optimize bone health!

Athletes reduce their bone mass when they restrict calories to lose weight. A smart nutrition recommendation for dieting athletes is to consume foods naturally rich in calcium, i.e., drink more dairy milk. Each cup of skim milk consumed by young female athletes reduced risk for future stress fractures in by 62%.

To help protect against stress fractures, at-risk athletes should consume at least 1,500 mg. a day of calcium + 800 IUs of vitamin D. Female military recruits who took calcium and D supplements for 8 weeks had 20% fewer stress fractures compared to unsupplemented peers. Getting adequate sleep also contributes to bone health.

Exercising safely in hot weather

With global warming, athletes are more likely to train and compete in unusually hot weather. To effectively reduce the risk of exertional heat stroke (and death), athletes should allow 10 to 14 days to acclimatize to exercising in hot weather. During acclimatization, the body adapts to dissipate more heat, thereby enabling athletes to perform better. Most physiological adaptations occur between days 4 to 8 of heat exposure.

During the first week of being exposed to heat, athletes should have only one training session per day. Ideally, they will have access to cool fluids during exercise (more likely to be consumed) and they will frequently take small swigs of fluid throughout exercise (preferable to gulping a large bolus of fluid all at once).

When exercising in the heat, athletes should monitor their urine for color and quantity and think WUT:

- Weight: Is my morning weight lower than the day before?
- Urine: Is my urine dark and concentrated?
- Thirst: Am I thirsty upon awakening?

Yes answers signal they are starting the day underhydrated.

In terms of health risks, being adequately hydrated is more important than being heat-acclimatized (though being well hydrated and heat-acclimatized is ideal for maximizing thermoregulation). An adaptation to heat acclimatization is reduced sodium in sweat. Despite that adaptation, endurance and team sport athletes often fail to replace adequate sodium during extended exercise in the heat. Salty sweaters (who have gritty sodium crystals on their skin) should purposefully consume sodium-rich foods and fluids.

Some athletes salt-load for a day

or two before an event, but researchers advise against doing that. The kidneys do a good job of excreting excess sodium via urine. The additional fluid loss can be counter-productive and hurt, not enhance, performance.

Athletes should try to replace 70% to 80% of sodium and fluid lost during sweaty exercise. Knowing your sweat rate (by comparing pre- and post-exercise body weight) can reduce your risk of over- or under-hydrating. Drinking too much water is dangerous, because it dilutes the body's sodium level and can lead to life-threatening hyponatremia.

Of all electrolytes, sodium is the biggest concern. Endurance athletes need to figure out how to replace sodium losses. Through trial and error, they can learn which salty foods taste good, settle well, and "work" for them. Pickle juice, bouillon, mustard, soy sauce and beef jerky are popular options that can be consumed both right before and during activity.

Conclusion

Eating fruits, veggies and whole grains will fuel your muscles, feed your microbiome, and impact your ability to perform at your best. Milk and yogurt rich in natural calcium will help keep bones strong. A sprinkling of salt can help retain water in your body. Fuel wisely, be responsible and bone up on good nutrition!

Boston-area sports nutritionist Nancy Clark, MS, RD CSSD counsels both casual and competitive athletes, helping them eat to win. The new 6th edition of her Sports Nutrition Guidebook is a best-selling resource. For more information, visit NancyClarkRD.com.

Health and Environmental Benefits of Cycling

Global warming. COVID19 pandemic. We've been living through quite a devastating era. But a new study says that bicycling can partially relieve the destruction of these menaces. The Potential Health and Environmental Benefits of Cycling in the U.S says, "Increasing the extent to which populations engage in health-oriented transportation, such as walking and cycling, could help to slow or reverse the advance of these crises by increasing overall physical fitness and decreasing vehicle emissions which contribute to air pollution and climate change."

That said, the presenters come with a bias. The paper was released by the Initiative for Health-Oriented Transportation at the University of Wisconsin-Madison Global Health Institute. TREK Bicycle Co. funded the study.

The main conclusion is rather obvious, saying "walking and cycling in lieu of routine driving is one of the most effective ways to improve human health and can help mitigate climate change."

Climate change is killing people because of floods, wildfires, reduced food supply, allergies, and respiratory disease from smog, etc. Obesity and lack of exercise kill people too. The paper notes that while only about one percent of urban trips in American cities are taken by bike, about 40 percent are in Amsterdam. "We estimate that if the metropolitan areas of the United States were to achieve 40 percent, approximately 70,000 deaths due to chronic disease would be averted each year in the U.S.," it suggests.

A somewhat more plausible goal: "Approximately 20,000 annual deaths due to chronic disease could be averted if U.S. metropolitan areas increased their cycling percentage to six percent of trips, the rate seen in Madison, Wisconsin" as well as 28,000 cases of cardiovascular disease and 22,000 cases of diabetes.

Find the report at <https://ghi.wisc.edu/wp-content/uploads/sites/168/2021/04/Bicycling-Climate-and-Health-White-Paper-1.pdf>.

-Charles Pekow

BIKE PARKS

Bike Parks for Fun and Practice



The author railing the berms at the West Valley pump track. Photo by Erik Reid

By Tom Jow

So... it's early in the mountain bike season and feeling a little rusty? Went to bike camp and need a place to practice? Visit the bike park. Here in the Salt Lake area, we are lucky to have several bike parks, dirt jumps and pump tracks. What are these bike parks about? Mostly they are about having fun, but we can practice skills there too. Things we can practice are jumps, berms and technical riding. Each park has its own style. Follow along for a tour of my favorite features of our local parks.

One of the earliest dirt jump areas in Salt Lake is the I-Street bike park. Of the parks I visit, I-Street is the most advanced. Many of the young kids there, even some ten-year-olds, ride bigger lines than me. There are some intermediate lines I can ride, but one feature I find really useful is a three-step progression of drops. Riding drops is a key skill for the rocky trails of Utah. At I-street, they built the drop lines with wood ramps leading to sloped

landings. The smallest drop, at about 18 inches, will feel pretty intimidating to a beginner. The layout of the drops makes it easy to practice one height until it's down pat. Then step up to the next level, and then the next. One drawback to I-Street (for beginning jumpers) is that most of the jumps have gaps.

For a lower key jump experience, I head to the 9-Line dirt jumps. At the 9-Line you will find riders of all ages; toddlers on striders, kids on BMX, teenagers, as well as moms and dads. With five jump lines, there is something for everyone. The jumps are much less intimidating at 9-Line. The reason they are less scary is "tabletop" jumps. A tabletop jump has a take off ramp, a landing ramp, and a flat "table" in the middle. The connectedness of the two ramps removes a large amount of the anxiety of jumping. Jumping is a skill that requires much practice to be confident. Especially for jumps with gaps. Even on short jumps, take out the tabletop and it is very intimidating.

A more natural intimidating

feature of Utah trails are rocks. Sometimes a couple of big rocks, sometimes a small field of boulders. Occasionally there is a narrow line of rocks or a wooden bridge built up between surfaces. Mastering rough rocks and bridges requires being able to focus on the chosen line and little else. I recently found that Eagle Mountain Bike Park has an extensive skills area which includes two narrow, technical rock lines and wooden bridges in a variety of widths and elevation. The wood may seem wide, but add a little elevation and some angle and it will get your nerves jumpy.

Trailside Park in Park City has a variety of terrain including a nice area with low bridges of various widths. To practice these skills at speed, the builders at Trailside developed a short flow trail with technical rocks and bridges. What is really nice about Trailside is the very short climb required to do laps on the flow trails.

Flow trails, like at Trailside Park are a fantastic way to practice riding jumps and berms. Berms are banked turns designed to help the rider keep momentum. In addition to the tech trail mentioned earlier, Trailside also has beginner, intermediate and advanced flow lines. What is really nice here is a short climb back up to facilitate multiple laps. Berms are also a key feature of "pump" tracks. A pump track is like a flow trail, with rollers and berms, except flat. The idea behind pump tracks is to learn to "pump" the bike up and down the rollers to keep, or even increase your momentum around the track. My favorite pump track right now is located at Centennial Park in West Valley. Constructed of wood,



Derrick rides the skinny rocks at Eagle Mountain. Photo by Tom Jow



Dirt jumps at 9-Line Bike Park. Beginners to the left, experts in the middle and intermediates on the right. Photo by Tom Jow

the track has a rubberized surface for traction. The rubberized surface provides one hundred percent, confidence inspiring traction. Zipping around the berms on this track is incredibly fun.

These are by no means the only bike parks in Utah, or across the country for that matter. They can be found in the city centers like the 9-Line, or adjacent to trails like Trailside and Eagle Mountain. The

parks accommodate all riders from beginner to expert, and from toddlers to Moms and Dads. A wide variety of features can be found including jumps and berms. By far the best feature though is fun. And perhaps some practice disguised as fun.

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



This bridge at Eagle Mountain may be wide, but adding elevation makes it more challenging. Photo by Tom Jow



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COACHING

Changing the Paradigm: Stretching and Mobility in Cycling

By Pat Casey

How many of you reading this article have been told to “stretch more” or “add some yoga” into your routine? Mobility practice and maintenance of your body’s functional ranges of motion are often the first items to fall off on our training calendars. Most riders I work with at Peak State Fit acknowledge that they need to improve their movement quality, but they let their maintenance routine take a back seat in their busy lives. Many will mention that they stretch, but don’t have any rhyme or reason or process of how long per stretch or why they are stretching the muscles they do.

Having a purpose driven routine for your recovery, mobility, strength, and core stability are not only tremendously beneficial to your riding, but will make you a more productive human in your various roles in life, and help you as you age (sorry, but we all are). Expanding your knowledge and how to address pervasive muscle tension might be transformative for you, so do yourself a favor and try this out next time you unroll your yoga mat for some quality movement and restoration.

What is Really Causing Muscle Tension?

Although stretching provides a temporary relief, feels good and aids in active recovery, many mainstream methods of stretching barely scratch the surface of the underlying reason for ‘why does muscle tension, tendon pain, or movement pattern discrepancies or encumbrances occur in the first place?’

The answer to this question is multifactorial. But at the very root of muscle tension and subsequent tendon pain or movement pattern imbalances are our brains. We hope to address symptoms of our pains and tensions through stretching routine, but rarely do we try to send a signal to change or disrupt the environment that our body is in. When an issue is

embedded neurologically, it requires change to the pattern.

What is P.A.I.L.s and R.A.I.L.s?

The solution is found in changing the pattern. Presenting the muscle with a timed stimulus that allows the muscle to relax, or reset itself. This is done by adding an active, or isometric load to a stretched position. This way of “hacking the system” is known as P.A.I.L.s and R.A.I.L.s - which stand for passive and active angular isometric loading. This method is also known as Kinstretch and Functional Range Conditioning.

Why is this the Preferred Method? How and why does it work?

Reciprocal inhibition is a neurological mechanism of the muscles on one side of a joint relaxing in order to allow contraction on the other side of the joint. While these should function in synchronicity for optimal movement, due to our habitual movement patterns, mostly seated lifestyles, and even from the sport of cycling, we can expect some imbalances between these extensors and flexors that are commonly used: particularly our quadriceps, anterior hip and core muscles, and hip abductors and adductors.

First, the P.A.I.L.s and R.A.I.L.s are meant to retrain not only range of motion, but also the strength in the joint, and the brain’s familiarity with increased function at those end ranges. The Progressive portion is an active movement, which sends signals to your brain that the end range of your stretched position is not a threat to the body. Then, by using an antagonist muscle to pull the joint into a greater range, activating motor units and changing the relationship between the extensors and flexors that are causing the muscle tension in the first place.

There are many resources and available information on responsibly using this technique to address muscle tension, rotational impingements and mobility issues, as well

as changing neuro drive to various muscles. First, understanding the appropriate amount of time and intensity will help the most in achieving the goal of the technique. Below, I will provide you with a guide to add P.A.I.L.s and R.A.I.L.s into a common stretch. Then, you may add this to stretches you are already familiar with and address some of your own tight muscles and common aches!

“P.A.I.L.’s/ R.A.I.L.’s is an isometric loading protocol created by Dr. Andreo Spina. In other words, this is when we are stretching and contracting the muscles that are being lengthened/ stretched followed by the opposing muscles to pull us deeper into the stretch.” (<https://www.markowtrainingsystems.com/2020/07/09/p-a-i-l-s-and-r-a-i-l-s-explained/>)

Pat Casey is a USA Cycling level 1 Coach, USA Triathlon Level 2 Coach, Team USA Coach, CSCS and Retül Certified bike fitter. He owns and operates Peak State Fit in Salt Lake City Utah with his wife Heather. peakstatefit.com

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How to start: Position your body in a “90 90 Pose” with one leg out front in external rotation (left leg in first image), and the other in an internal rotated position (right leg in first image). Begin by spending approximately 2 minutes in the starting position of each stretch. Breathe steady with a 4 count in, 4 count out. After 2 minutes, begin with a progressive contraction for 20 seconds (P.A.I.L.s). Here, you will press into the internally rotated knee into the floor. Start with a 20% contraction and progress to a 40-50% effort. Relax for 5 seconds. Photo by Heather Casey



For the internally rotated hip now, perform a progressive contraction for 20-30 seconds (P.A.I.L.s). Here, you will press into the internally rotated knee into the floor. Start with a 20% contraction and progress to a 40-50% effort. Increase this effort for subsequent sets, starting at 30%, 40%, etc. Relax for 5 seconds. Photo by Heather Casey



Then, without lifting the knee, raise your ankle and deepen the internal rotation of your hip. Hold this internally rotated position for 20-30 seconds. Challenge yourself in each regressive pattern - these take control and focus! Repeat 3X for each, alternating your progressive and regressive movements. With each progressive (P.A.I.L.s) movement, increase your effort on each set. On the third and final set, you should reach maximal contraction. After you’re finished, rehydrate and allow your body to recover. This is training! Photo by Heather Casey

Then, follow this movement with your regressive (opposing movement) pattern. Inhale, then on an exhale, lift the externally rotated leg up for 20-30 seconds. Photo by Heather Casey



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HEALTH

Fractures in Cycling - It's the Collarbone, Isn't It?



Beat's broken clavicle. Photo by Jill Homer

By Mark D. Scholl, M.D

All cyclists know the joy of riding on the perfect day. Whether trails or road, gravel, or the flow of a downhill mountain track, when the weather is favorable and you find yourself pedaling circles with power to spare, you feel yourself energized in the moment. Many of us have seen our day quickly plummet to the other end of the spectrum, however. The dread cycling crash: a touch of wheels and hard to the tarmac, the mountain bike endo, an unexpected rock or pothole, or maybe a distracted driver. When that perfect day goes sideways, it becomes time to assess the damage. Some falls result in scrapes and bruises, losing skin and pride, but allow the day's ride to continue. Other cycling crashes result in more significant injury. Breaking a bone from a fall is usu-

ally an injury that ends your day and often a good portion of your riding season. As with many sports, cycling fractures tend to show patterns due to the common mechanics of falling from a bicycle. As the bike loses its vertical positioning, the upper body accelerates to the ground at a high rate of speed resulting in over 85% of cycling fractures occurring in the upper body. The most common being a fracture of the clavicle / collarbone.

The clavicle is a doubly curved bone that connects the sternum to a projection of the shoulder blade called the acromion. Its primary function is acting as a strut to position the shoulder joint broadly outside the rib cage, to maximize function and range-of-motion. It derives its name from the Latin word "clavicula" which means "little key" because as the hand is taken above the head, the clavicle is seen

to rotate on its long axis like a key in a lock.

Historically in medicine, fractures of the clavicle have been treated with limited intervention. Comfort measures such as a sling, or a figure-of-eight brace are used to help support the bone as the healing process occurs over time. Surgery was reserved for uncommon situations where the bone had broken through the skin, or was nearly through and was "tenting" the skin demonstrating significant stretch and risk of pressure injury developing. Traditional teaching instructed us that the vast majority of fractures would heal without intervention, often leaving a residual 'bump' but having no detrimental functional effect on the shoulder.

Over the past decade or so, orthopedic surgeons have begun to re-define what the effects of a clavicle fracture on a shoulder may be. It turns out our previous notion - that all patients who have a broken clavicle and successfully heal the bone go on to have full function of the shoulder without problems - may have been a bit shortsighted. Reports in the Journal of Bone and Joint Surgery (British & American versions) have begun to look at long-term outcomes after successful healing of displaced clavicle fractures. We have found that although these fractures often go on to heal, some patients with a healed fracture still have weakness or other functional limitations in the

affected shoulder. Recent articles have shown that even at an average of 4.5 years after healing a displaced fracture of the clavicle, tested subjects were found to average around 80% strength in their shoulder compared to their uninjured side.

This loss of strength is, in most cases, the result of the loss of length to the clavicle. When the bone is fractured, the forces of the muscles which span from chest to shoulder (primarily the pectorals) cause compression of the broken bone, and it becomes shortened. Clavicle fractures have a high rate of healing in this shortened position, but it results in permanent change to the biomechanics and compromises the ability to generate strength. This is one of the main reasons orthopedic surgeons now treat many more fractures of the clavicle with surgery than we did even ten years ago.

The other reason we have begun to see orthopedic surgeons recommend treating clavicle fractures with surgery more often, has to do with the speed with which we can rehabilitate an athlete and return them to sport after surgery. Orthopedics has seen important advancements in the technology of devices available to stabilize clavicle fractures in surgery. As we are able to hold the fracture more securely, we can be more aggressive with our rehabilitation and get athletes back to sport much sooner than if we treat with immobilization and waiting. Most of

the pain from a fracture comes from motion between the bones where there should not be any. Stabilizing the fracture with a plate and screws brings the bone ends together solidly, so there is no longer motion at the fracture site. This improves comfort much sooner, allowing early advancement in range-of-motion, sooner resumption of cardiovascular activities, and faster return to strengthening. All of these lead to faster return to sport.

The best clavicle is the one that was never broken, so using caution while riding, particularly in traffic or other adverse conditions, is always recommended. However, if you do have a crash and feel significant, focal pain around the clavicle or shoulder, it's best to have it checked early by an orthopedic surgeon. Timing of treatment can make a difference and as with many medical problems, earlier diagnosis and formulation of treatment plan will lead to better results. We may be able to get you back in the saddle sooner than you think, and quite possibly with a better long-term outcome than a generation ago.

Mark D. Scholl, M.D. is an Orthopedic Sports Medicine Surgeon with Endurance Orthopedics & Sports Medicine. Information on his practice can be found online at Enduranceortho.com

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BIKEPACKING

Bikepacking the Cathedral Valley



Danni rides through the Painted Desert. Photo by Jill Homer

By Jill Homer

It was one of the most life-affirming moments I've experienced. I stood on a sandstone ledge wearing every stitch of clothing I'd packed into bicycle bags for an overnight trip in the desert. Inside my coat, I cradled a hydration bladder with three liters of icy water to keep it from freezing solid. I was exhausted at 7 a.m., both from the long pedal to reach this high overlook, and from shivering through the night. In this bleary state, I watched as the rich light of this late November morning stretched across a desert floor more than a thousand feet below. My heart fluttered in wonder as a bright orange glow crept up the sculpted sandstone monoliths known as the Cathedrals. It's difficult to describe the elation I felt. I had survived the night. The world was endlessly beautiful. Everything was going to be okay.

Over Thanksgiving 2020, my friend, Danni Coffman, and I met up from our respective quarantine zones — Montana and Colorado — for a

week of bikepacking in the Utah desert. We spent a couple of days on the White Rim in Canyonlands National Park before moving onto a more remote region of central Utah for an overnight ride through the Cathedral Valley. We planned this trip as a brief respite from the long isolation of the COVID-19 pandemic. This meant it was a no-frills, self-supported endeavor. We brought all of our food and water, didn't venture into local businesses, and even maintained a physical distance from each other while riding. These were strange times, but we were glad to simply be out in the world again.

And what a world! Located in Capitol Reef National Park, the Cathedral Valley is known for entrada sandstone monoliths rising from the sand. The cathedrals are so named because they resemble ornate structures built to withstand the harsh winds that scrape the desert floor. The first superintendent of Capitol Reef, Charles Kelly, explored the area in 1945 and decided the Gothic sandstone formations deserved a grand name.

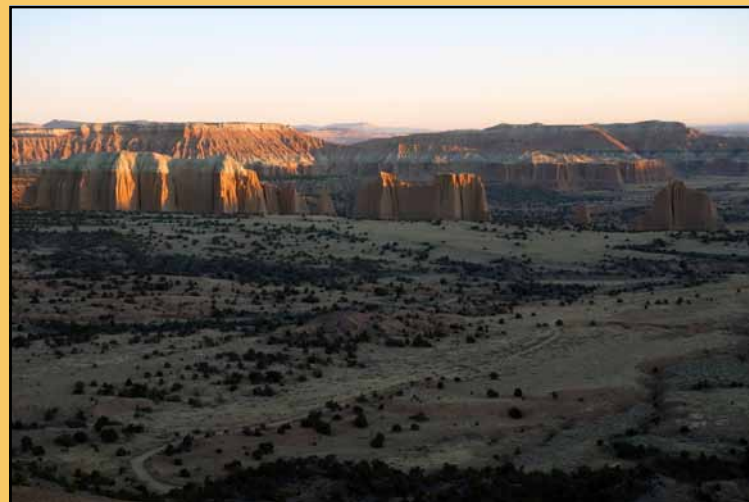
Other unique features in the

region include the Bentonite Hills. These barren yet colorful, contoured mounds formed during the Jurassic period when mud, fine sand, and volcanic ash were deposited in swamps and lakes. This beautiful moonscape can be the bane of both drivers and cyclists when it rains because bentonite clay becomes extremely sticky when saturated. Even foot travel becomes impossible as the gray sludge builds up in thick layers on any surface it touches.

Then there's Glass Mountain, a house-sized mound of exposed selenite crystals. This sparkly "mountain" formed when gypsum carried by groundwater began to crystallize, causing a "plug" that is now eroding away.

The Gypsum Sinkhole formed from the reverse of this process, as groundwater dissolved buried gypsum, collapsing the surrounding rock layers, and leaving a sinkhole that is nearly 200 feet deep. These geologic anomalies add to the otherworldly atmosphere of Cathedral Valley.

Most visitors explore the area via a 58-mile loop on rugged, sandy roads. A popular bikepacking Web



Upper Cathedral Valley at dawn. Photo by Jill Homer



Danni Coffman rides through the Bentonite Hills. Photo by Jill Homer



Danni descends into Cathedral Valley. Photo by Jill Homer

site, bikepacking.com, took this scenic drive and added a few side trips for an ideal bikepacking overnight: 76 miles, 4,607 feet of climbing, and 92 percent unpaved. Near the half-

way point is an established campground where visitors can stay for free on a first-come, first-served basis. There is typically no water on the route, so bikepackers will need

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ended up running short. We watched the sun set over the Upper Cathedral Valley and pulled into camp with the last light of dusk.

Temperatures plummeted with the disappearance of the sun. We bundled up in puffy jackets and pants, fired up stoves to rehydrate meals, and crawled into our tents before 7 p.m. Here I would discover that while the Utah desert is an ideal location for a late-November bikepacking trip, it's also far from balmy at 7,200 feet. My lightweight sleeping bag, rated to 32 degrees, was not going to cut it. On this night, the temperature plunged to a chilling 4 degrees (F.) I moved both my fuel canister and drinking water bladder into my sleeping bag to prevent freezing. I'm no stranger to winter camping, but without the proper gear, it's a miserable experience indeed. Throughout the night, I alternated between shivering until I lapsed into sleep, snoozing for thirty minutes or so, waking up from unconscious shivering, and leaving my tent to pace the campground until my limbs felt somewhat warm again. Then I repeated the process. It was one of the longest nights of my life.

At 6:30 a.m., the first hints of dawn started to appear on the horizon. I decided to finally get up for good. My muscles were so stiff from shivering that I walked like a zombie for several steps, cradling my water bladder — I called it my "ice baby" — beneath my puffy coat. The air still felt painfully cold, but a streak of crimson light appearing over the juniper-clad foothills gave me hope. I waddled to an overlook at the edge of the campground and gasped when I gained my first full view of the Upper Cathedral Valley. Watching the rising sun cast its glimmer of warmth on the cathedrals was an incredible experience. It was almost worth suffering through the long, cold night ... almost.

Danni had a better sleeping bag and fared much better than me through our 12 hours of waiting out the long night. I was eager to start moving again, but she was content to linger over coffee and oatmeal as the morning sun rose high enough to spread real warmth across the desert sand.

Finally, we launched into the long descent into the valley, craning our necks at the cathedrals as we



Glass Mountain Photo by Jill Homer

pedaled and swerved through a veritable sandbox. At higher altitudes, the road had been rocky, but the surface dissolved into increasingly deep sand that proved challenging when it came to maintaining momentum. We'd launch into sandpits and pedal with all of our might, only to swerve and stall and finally put a foot down.

Again, I dragged Danni through all of the side trips. She was beginning to feel the fatigue of long days of pedaling but was a good sport about my insistence that we had to visit the Gypsum Sinkhole, Glass Mountain, and Temples of the Moon and Sun. Although we were generally descending — a reward for the continuous climbing of the first day — the deep sand kept us churning. Meanwhile, sheer sandstone cliffs and cathedrals loomed overhead. Late-autumn shadows cast a stark contrast of deep reds against shimmering yellow and orange hues. In this light, the formations seemed particularly stoic and grand.

We descended out of the national park and into the rolling and colorful hills and arroyos of the Painted Desert. On this section, I relished in launching into a descent and full speed and staying in the big ring as I mashed the pedals up another punchy climb. The afternoon sun felt almost hot. Danni and I had finally shed most of our layers by the time we arrived back at Highway 24 for a six-mile pavement pedal to our cars. It had been a brief journey — just over 24 hours — and we'd pedaled a mere 76 miles in that time. But it

felt like we'd traveled to the far end of the world and back.

Trip Details:

More information and a GPS track can be found at: <https://bikepacking.com/routes/cathedral-valley-loop>.

Facts (from bikepacking.com):

- Distance: 76 miles
- Days: 2
- Unpaved: 92%
- Difficulty: 5 out of 10
- Rideable: 100%
- Total ascent: 4,607 feet
- High point (Cathedral Campground): 7,204 feet

Notes: There is no water on route. Within the national park, camping is only permitted in the campground. Be prepared to be self-sufficient, and if it's early or late in the season, it is more than worth carrying a few extra layers and a warmer sleeping than you think you'll need.

The best seasons for the Cathedral Valley Loop are spring and autumn. It can be ridden any time of year, but winter and summer rides will require extra gear or water. Temperatures can dip below zero during the winter months and climb above 100 degrees in the summer. There is limited shade, no resupply, and no shelter along the route.

Jill Homer is a freelance editor and writer in Boulder, Colorado. She enjoys exploring the world around her on two feet or wheels, and writes about her adventures at jilloutside.com.

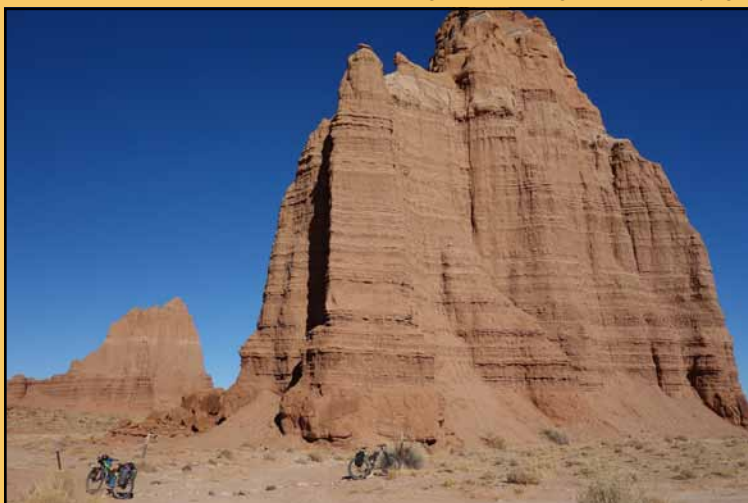
Deep sand on Cathedral Road. Photo by Jill Homer

to carry at least two days' worth. This can range from five or six liters in the winter months, to as many as 12 in the heat of the summer. The rugged terrain and limited resources make the Cathedral Valley loop a tough but worthy challenge.

Danni and I set out around noon on November 27, 2020. We had to drive from Moab that morning, which led to this late start, but we were confident we could reach the campground at mile 35 before dark. First, we had to contend with a crossing of the Fremont River. We opted to start our ride at the junction of Hartnet Road and Highway 24, then ride clockwise. We figured it would be best to ford the river in the relative heat of midday and hoped the dry autumn months would mean lower flows on this major tributary. What we found was an ice-choked shoreline and swift-flowing water the color of chocolate milk. We removed shoes and socks and should-

dered our gear-laden mountain bikes. Danni got a head start and picked the best line, walking diagonally to the bank until she reached the other side of the road about 50 yards upstream. I tried a direct crossing and ended up fighting the swift current in a thigh-deep channel. I could not find a ramp to climb up the near-vertical bluff and nearly dropped my bike as my feet went numb. It was harrowing, but the hard part was now over ... right?

The ride along the washboard gravel of Hartnet Road was difficult but decidedly more pleasant. We climbed through the Bentonite Hills and enjoyed the sweeping vistas of North Blue Flats. A diversion to the South Desert Overlook revealed jaw-dropping views of Jailhouse Rock, which rises 500 feet from the valley floor. I dragged Danni through all of the recommended side trips and lingered so long that our daylight



Our bikes in front of Temple of the Sun. Photo by Jill Homer



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www.rollinghcycles.com

Victor/Driggs

Fitzgeralds Bicycles
20 Cedron Rd
Victor, ID 83455
208-787-2453
fitzgeraldsbicycles.com

Habitat

18 N Main St.
Driggs, ID 83422
208-354-2354
ridethetetons.com

Peaked Sports

70 E Little Ave,
Driggs, ID 83422
208-354-2354
peakedsports.com

Idaho Falls

Bill's Bike and Run
930 Pier View Dr
Idaho Falls, ID
208-522-3341
billsbikeandrun.com

Dave's Bike Shop

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

Idaho Mountain Trading

474 Shoup Ave
Idaho Falls, ID 83402
208-523-6679
idahomountaintrading.com

Intergalactic Bicycle Service

263 N. Woodruff
Idaho Falls, ID 83401
208-360-9542
intergalacticbicycleservice.tumblr.com

Pocatello

Barries Ski and Sport
624 Yellowstone Ave
Pocatello, ID
208-232-8996
barriessports.com

Element Outfitters

222 S 5th AVE
Pocatello, ID
208-232-8722
elementoutfitters.com

Element Outfitters

1570 N Yellowstone Ave
Pocatello, ID
208-232-8722
elementoutfitters.com

Rexburg

Bill's Bike and Run
113 S 2nd W
Rexburg, ID
208-932-2719
billsbikeandrun.com

Twin Falls

Epic Elevation Sports
2064 Kimberly Rd.
Twin Falls, ID 83301
208-733-7433
epicelevationssports.com

Spoke and Wheel

148 Addison Ave
Twin Falls, ID 83301
(208) 734-6033
spokeandwheelbike.com

Cycle Therapy

1542 Fillmore St
Twin Falls, ID 83301
208-733-1319
cycletherapy-rx.com/

Salmon

The Hub
206 Van Dreff Street
Salmon, ID 83467
208-357-9109
ridesalmon.com

Sun Valley/Hailey/Ketchum

Durance
131 2nd Ave S
Ketchum, ID 83340
208-726-7693
durance.com

Power House

502 N. Main St.
Hailey, ID 83333
208-788-9184
powerhouseidaho.com

Sturtevants

340 N. Main
Ketchum, ID 83340
208-726-4512
sturtevants-sv.com

Sun Summit South

418 South Main Street
Hailey, ID 83333
208-788-6006
crankandcarve.com

The Elephant Perch

280 East Ave
Ketchum, ID 83340
208-726-3497
elephantperch.com

NEVADA

Boulder City

All Mountain Cyclery
1601 Nevada Highway
Boulder City, NV 89005
702-250-6596
allmountaincyclery.com

Ely

Sportsworld
1500 E Aultman St
Ely, NV 89301
775-289-8886
sportsworldnevada.com

Las Vegas

Giant Las Vegas
9345 S. Cimarron
Las Vegas, NV 89178
702-844-2453
giantlasvegas.com

Las Vegas Cyclery

10575 Discovery Dr
Las Vegas, NV 89147
(702) 596-2953
lasvegascyclery.com

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WESTERN STATES

CALENDAR OF EVENTS

Calendar Notes

Due to the ongoing COVID-19 coronavirus crisis, we have updated as many events as we can.

If you are an event promoter, please email any updates to calendar@cyclingatuh.com.

If you are a participant, and your event has been postponed or rescheduled, please consider deferring your entry to the new date, or donating your entry to the event promoter so that their event will be back in the future. Event promoters must invest thousands of dollars before the day of the event, and many are hurting as a result of the global pandemic.

Your support is needed.

Event promoters must invest thousands of dollars before the day of the event, and many are hurting as a result of the global pandemic.

Cycling West will endeavor to keep the calendar as current as possible. Please also check our online calendar here: <http://www.cyclingatuh.com/event-calendars/>

Happy Cycling!
Dave Ittis
Editor and Publisher

417-1544, info@bicyclecolorado.org, bicyclecolorado.org

Bike Walk Montana — Helena, MT. Statewide bicycle advocacy organization. Taylor Lonsdale, bznbybike@gmail.com, Doug Haberman, 406-449-2787, info@bikewalkmontana.org, 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 Teton area of Wyoming and Idaho. Dan Verbeten, 208-201-1622, dan@tvtap.org, tvtap.org, tetonbiketfest.org

Bike Orem — Orem, UT. The Orem Bicycle Coalition exists to cultivate a more bicycle friendly community in Orem so that more residents will be able and excited to ride in our community. We do this by encouraging bicycle safety, accessibility, inclusivity, and infrastructure to the community and its residents. Come join us! Currently we are meeting on the second Wednesday of each month, from 5:30pm to 7:00pm at Mac Dog Cycles. The address is 350 North Orem Blvd, Orem, UT 84057, Randy Gibb, 801-222-9577, andy@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 Gilliam Center, 200 S. between State and Main in SLC. Non-profit, noemail@cyclingutah.com, [facefacebook.com/groups/SLCCM/](http://facebook.com/groups/SLCCM/)

Beehive Bike Polo Club — Salt Lake City, UT. Weekly hardcourt and grass bike polo. Tuesdays at 8pm, Saturday afternoons. Check out the Beehive Bike Polo Club on Facebook for location. Chuck Heaton, 801-688-7268, heatpolocompany@gmail.com, facebook.com/groups/189631497724953/, 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 PCR lot. Scott Dudevoir, 435-649-4806, scott@dudevoircolessport.com, colessport.com, mountaintrails.org

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

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

June 13, 2021 — Ride to End Alzheimers. Fort Collins, CO. Come help fuel cutting edge research by fundraising and riding to help in the discovery of treatment and prevention methods for Alzheimer's. Ride options are available for 20, 50, 70, and 100 mile distances. Sara Prevost, 833-239-7433, ride@alz.org, alz.org/ride

September 11-18, 2021 — Ride the Rim. Crater Lake, OR. Events will be held on the 11th and the 18th of September at Crater Lake National Park. All federal guidelines in place for the COVID-19 pandemic will be in place to ensure the utmost safety throughout the events. Discover Klamath, visit@discoverklamath.com

September 22, 2021 — World Car Free Day. Everywhere, UT. Ride your bike and leave the car at home! None, noemail@cyclingutah.com, worldcarfree.net

October 7-10, 2021 — Sea Otter Classic. Monterey, CA. Road, Mountain, Gravel, and XC races offered. Sea Otter Classic, 1-800-218-8411, info@seaotterclassic.com

Mountain Bike

Tours and Festivals

June 5, 2021 — Weiser River Trail Ride. Council, ID. A one day gravel mountain bike ride of either 28 or 48 miles on the Weiser River Trail, a trail

Calendar Guidelines:

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

Submit your event to:

calendar@cyclingatuh.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!

conversion trail. Shuttles from Cambridge or Council. Snack stops. Craig Kjar, 208-571-7447, 208-253-4433, octoberfest@gmail.com, kotah.com/annual-bike-ride, weisertrailsociety.org

June 18-20, 2021 — Black Hills Mountain Festival. Canceled for 2021. Rapid City, SD. Mountain Bike Race and Running events starting at 8AM at Founder's Park. The course consists of an approximate 8 mile loop. Also, a couple fun extra races, concerts, and vendors will be on site. Kristy Lintz, 605-394-4168, 605-484-1724, specialevents@rcgov.org, Black Hills MTB Festival, blackhillsmountainfest@gmail.com, rcparkandrec.org

June 18-20, 2021 — BetterRide MTB Camp. Durango, CO. Take your skills to the next level by investing in yourself! Learn the skills to greatly improve your riding and drills to master those skills. Increase your confidence, skill and efficiently with the most experienced (20 years), effective and sought after coach in the sport, Gene Hamilton, Ise Harms, admin@betterride.net, betterride.net

June 19, 2021 — Beaver Dam 49er Gravel Grinder. Beaver Dam State Park, NV. Ride the Rim and see the park from a different perspective. Pedal down an old chaining road that runs along the Park's rim and winds you through Pinyon and juniper trees. Through the small town of Barclay where lunch is served at the one room schoolhouse. The course then swings around back to the main park road and down into Campground 8 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, cathedragorgevc@clutbonet.com, beaverdamgravelgrinder.com

June 19, 2021 — Around the Rock Gravel Ride. Jackson, WY. This is an annual ride of passage, leaving from Fitzgerald's Bicycles each year on the Solstice Weekend. We'll head clockwise around the Rock (The Grand Teton) on a 50/50 mix of gravel and pavement. 154 miles, 6000 feet of climbing and TOTALLY doable for the average fit rider. Whether you ride for speed or ride for the accomplishment it doesn't matter. The beers taste just as good after! This self-supported, mixed-terrain cycling adventure is a RIDE OF PASSAGE and sure to challenge anyone who takes it on. Fitzgerald's, 307-201-5453, info@fitzgeraldsbicycles.com, fitzgeraldsbicycles.com/ridewithgps.com/events/120834-around-the-rock-2020

June 25-27, 2021 — BetterRide MTB Downhill-Enduro Camp. Durango, CO. Take your skills to the next level by investing in yourself! Learn the skills to greatly improve your riding and drills to master those skills. Increase your confidence, skill and efficiently with the most experienced (20 years), effective and sought after coach in the sport, Gene Hamilton, Ise Harms, admin@betterride.net, betterride.net

July 4-August 22, 2021 — Glacier National Park Bike Tour. Whitefish, MT. 7/5-10, 7/12-17, 7/19-7/24, 7/26-31; 8/2-7, 8/9-14, 8/16-21, 8/23-28. 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@zardtheadcyclingguides.com, zardtheadcyclingguides.com

July 9-11, 2021 — BetterRide MTB Camp. Winter Park-Fraser Mountain, CO. Take your skills to the next level by investing in yourself! Learn the skills to greatly improve your riding and drills to master those skills. Increase your confidence, skill and efficiently with the most experienced (20 years), effective and sought after coach in the sport, Gene Hamilton, Ise Harms, admin@betterride.net, betterride.net

July 10, 2021 — Wildflower Trailfest. Powder Mountain, UT. A non-competitive, women only mountain bike ride. All ages and levels welcome. Come join us for a day of fun on Powder Mountain! Nick Bowsher, 801-610-9422, info@wildfloweroutdoor.com, wildfloweroutdoor.com

July 10, 2021 — 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 with only primitive aid and drop bag zone(s). Fitzgerald's, 307-201-5453, info@fitzgeraldsbicycles.com, fitzgeraldsbicycles.com

July 16-18, 2021 — Caribou Loop Trail. Alpine, WY. Join us on the brand new Caribou Loop Trail inaugural bikepacking and biking event! This event can be raced or ridden at a snail's pace. Stop to see the sights, catch some fish, gaze up at the sky and immerse yourself in the beauty. Fitzgerald's, 307-201-5453, info@fitzgeraldsbicycles.com, fitzgeraldsbicycles.com

July 17, 2021 — Divide Scramble. Butte, MT. BikeWalk Montana and The Montana Cycling Project, scenic views of the Continental Divide Route through Montana, fully supported ride offers the Golden Eagle and the Grizzly Route. Golden Eagle 1 (63 mi), Golden Eagle 2 (57 mi) and the Grizzly (68 mi), the Grizzly is 68 miles of terrain not suitable for beginners with a joint return to Butte. Kathleen Aragon, 406-698-2992,

ridethedividemontana@gmail.com, ridethedividemontana.com

July 23-25, 2021 — BetterRide Women's MTB Camp. Winter Park-Fraser Mountain, CO. BetterRide's Women-Only Mountain Bike Camp, Clinic and Skills Coaching covers the same core skills as the co-ed camps in a supportive, non-judgemental atmosphere. Take your skills to the next level by investing in yourself! Learn the skills to greatly improve your riding and drills to master those skills. Increase your confidence, skill and efficiently with the most experienced (20 years), effective and sought after coach in the sport, Gene Hamilton, Ise Harms, admin@betterride.net, betterride.net

July 30-August 1, 2021 — BetterRide MTB Camp. Park City, UT. Take your skills to the next level by investing in yourself! Learn the skills to greatly improve your riding and drills to master those skills. Increase your confidence, skill and efficiently with the most experienced (20 years), effective and sought after coach in the sport, Gene Hamilton, Ise Harms, admin@betterride.net, betterride.net

July 30-August 1, 2021 — BetterRide MTB Camp. Park City, UT. Take your skills to the next level by investing in yourself! Learn the skills to greatly improve your riding and drills to master those skills. Increase your confidence, skill and efficiently with the most experienced (20 years), effective and sought after coach in the sport, Gene Hamilton, Ise Harms, admin@betterride.net, betterride.net

August 13-15, 2021 — Outerbike Summer in Crested Butte. Crested Butte, CO. An opportunity to ride next year's bikes and gears on world class trails. Participants get bike demos, shuttles, lunch, beer, and admission to parties and films at Crested Butte Mountain Resort, Mark Sevenoff, 800-845-2453, 435-259-8732, outerbike@westernspirit.com, outerbike.com

August 13-16, 2021 — Fitz-Barn Ride. Hamilton, MT. This event has been nicknamed "Tour Divide for the Working Class" due to its grassroots nature and few, but purist set of rules. Some choose to race it. Others choose to tour it. Should you intend to compete with others, you must rely completely on yourself with the event being self-supported. We ask for transparency; if you take aid or skip a section please be aware you are disqualified from competing. Ride completes in Victor, ID., Fitzgerald's, 307-201-5453, info@fitzgeraldsbicycles.com, fitzgeraldsbicycles.com

August 14-15, 2021 — VIDA MTB Series: Snowmass Bike Park. TENTATIVE, VIDA MTB Series Flagship Clinics, Snowmass Village, CO. Women's mountain bike skills clinic, Rachel Gottfried, 949-677-6809, info@vidamtbc.com, vidamtbc.com

September 3-6, 2021 — Wydaho Rendezvous Teton Mountain Bike Festival. Teton Valley, WY/ID. 11th annual festival 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 tvtap.org. Includes 2019 demos, group rides, skills clinics, shenanigans, kids activities, music and libations. TVTAP, 208-201-1622, info@tetonbiketfest.org, Devin Dwyer, 208-201-1622, devin@tetonbiketfest.org, tetonbiketfest.org, grandtarghee.com

September 11-12, 2021 — Trek Dirt Series Mountain Bike Camp. Park City, UT. Women specific mountain bike coaching for beginner to advanced levels, focusing on skill development and exploring local trails. Suitable for cross country and downhill riders. Angela Campbell, 403-358-1144 (Canada), info@dirseries.com, Elli Petersilie, elli@dirseries.com, dirseries.com

September 17-19, 2021 — Albuquerque Dirt Fiesta MTB Festival. Albuquerque, NM. 12 hour race, 2 hour race, and weekend long mtb festival, Seth Bush, 505-554-0059, ICapitan@ZiRides.com, zirides.com

September 17-19, 2021 — Outerbike Tahoe. South Lake Tahoe, CA. 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. In South Lake Tahoe, CA. Mark Sevenoff, 800-845-2453, 435-259-8732, outerbike@westernspirit.com, outerbike.com

September 18-19, 2021 — Trek Dirt Series Mountain Bike Camp. Crested Butte, CO. Learn new skills, increase confidence on the bike, or simply enjoy the sport like never before. World class women's only instructional weekend camp for beginner, intermediate, and advanced riders. Angela Campbell, 403-358-1144 (Canada), info@dirseries.com, Emily Neuman, 604-484-6238, info@dirseries.com, dirseries.com

September 19, 2021 — Monarch Crest Crank. Salida, CO. Mountain bike event along one of IMBA's Epic mountain bike trails with proceeds going to the local nonprofit organization: The Alliance, which helps victims of domestic and sexual abuse. There will be a post-ride party in Salida's Riverside Park featuring live music, free lunch, libations, and games with space limited to 100 riders. Monica Gutierrez, 719-539-8376, director@alliancechaffee.org, Becky Rupp, crestcrank@gmail.com, monarchcrestcrank.com

September 25-26, 2021 — Trek Dirt Series Mountain Bike Camp. Santa Cruz, CA. 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 switch-back turns to technical climbs, descents, drops, jumps and more. Angela Campbell, 403-358-1144 (Canada), info@dirseries.com, Elli Petersilie, elli@dirseries.com, dirseries.com

October 1-3, 2021 — 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 Sevenoff, 800-845-2453, 435-259-8732, outerbike@westernspirit.com, outerbike.com

October 1-3, 2021 — Trek Dirt Series Mountain Bike Camp. Corte Madera, CA. 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 switch-back turns to technical climbs, descents, drops, jumps and more. Angela Campbell, 403-358-1144 (Canada), info@dirseries.com, Elli Petersilie, elli@dirseries.com, dirseries.com

October 2-3, 2021 — 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, octoberfest@gmail.com, Pat Trainor, 208-253-4433, 208-571-7447, bikeratonctweb.net

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@kikphoto.net, litrnx.com, radcanyonbmx.com, Rad Canyon Legacy Outdoor Schedule 2014.pdf

Advocacy

Bike Utah — UT. Utah's Statewide Advocacy Group. They work on education and other bike related advocacy. Crys Lee, 385-831-1515, cvs@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 committee. Meetings are the second Wednesday of each month from 5:30-7:30 pm and are held in Suite N-2800 of the Salt Lake County Government Center, 2001 S. State St., Salt Lake City, UT., Helen Peters, 385-468-4860, HPeters@slco.org, bicycle.slco.org

Weber Pathways — Ogden, UT. Weber County's trails group. We are committed to the idea that a non-motorized network of public 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@weberpathways.org, weberpathways.org

Moosknucker 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@moosknuckleralliance.org, moosknuckleralliance.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 Roll Spur to connect the Bonneville Shoreline Trail with the Provo/Jordan River Parkway. Juan Arce-Larrea, 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, askabelund@gmail.com, bikeprovo.org

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

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

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

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

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

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

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

Bicycle Colorado — Denver, CO. Statewide bicycle advocacy organization. Dan Grunig, 303-



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801-322-3055

www.cucinadeli.com

weiserrivertrail.org/octobertrek.html, kotaho.com/octobertrekinformation/

October 8-10, 2021 — BetterRide MTB Camp. Moab, UT. Take your skills to the next level by investing in yourself! Learn the skills to greatly improve your riding and learn the skills to master those skills. Increase your confidence, skill and efficiency with the most experienced (20 years), effective and sought after coach in the sport, Gene Hamilton! lise harms, admin@betterride.net, betterride.net

October 15-17, 2021 — BetterRide MTB Trail Subtleties and Strategy Camp. Moab, UT. Take your skills to the next level by investing in yourself! Learn the skills to greatly improve your riding and drills to master those skills. Increase your confidence, skill and efficiency with the most experienced (20 years), effective and sought after coach in the sport, Gene Hamilton! lise harms, admin@betterride.net, betterride.net

October 23-24, 2021 — Trek Dirt Series Mountain Bike Camp. Tucson, 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 switch-back turns to technical climbs, descents, drops, jumps and more., Angela Campbell, 403-358-1144 (Canada), info@dirseries.com, Elli Petersilie, elli@dirseries.com, dirseries.com

October 28-31, 2021 — Moab Ho-Down Mountain Bike Festival & Film Fest. Moab, UT, 15th Annual - Mountain bike festival with dual stage endurance race, group shuttle rides, bike films, townie tour with poker run, dirt jump comp and costume party! The festival is a fundraiser for local trails and the bike park! Tracy Bennett, 435-259-4689, info@chleebikes.com, moabdown.com, chleebikes.com

October 30-31, 2021 — Trek Dirt Series Mountain Bike Camp. Fruita, CO. 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 switch-back turns to technical climbs, descents, drops, jumps and more., Angela Campbell, 403-358-1144 (Canada), info@dirseries.com, Elli Petersilie, elli@dirseries.com, dirseries.com

Utah Weekly MTB Race Series

April 21-July 28, 2021 — Weekly Race Series. WRS, Sundance, Wasatch County, UT. Wednesday nights, April-July. 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@ucildoutdoors.com, John Woodruff, 801-223-4044, 801-223-4849, johnw@wrs-sundance-utah.com, Josey Apostol, 435-200-3239 (Wasatch), 801-223-4849 (Sundance), acesweeklyraceseries.com, weeklyraceseries.com

April 27-August 10, 2021 — Mid-Week Mountain Bike Race Series. Wasatch Front, Wasatch Back, Salt Lake Valley, Utah Valley, UT, Tuesday nights (mostly), starting April 27! Locations TBD. Fun, competitive mountain bike racing for all ages and abilities. 7 XC races, 5 Mini Enduro races, 1 Women's Mini Enduro., Crys Lee, 365-831-1515, crys@bikerat.org, Trilly Cox, 385-831-1515, trilly@midweekmtb.com, midweekmtb.com

Regional Weekly MTB Race Series

May 7-June 18, 2021 — Missoula TGIF Friday Night Race League. Missoula, MT. Various courses., Shaun Radley, 406-219-1318, montanacyclocross@gmail.com, montanacyclocross.com/events/

Utah Mountain Bike and Gravel Racing

June 12, 2021 — Wasatch 50. Intermountain Cup, Heber, UT. The Wasatch 50 (formerly Wasatch Back) course is a truly epic route through some of Utah's beautiful high country. This 21 mile loop (+/-) features roughly 1,700 feet of climbing per lap and tackles almost the entirety of the Coyote Loop trail starting and finishing at the UVU-Wasatch campus., Margaret Gibson, 435-229-6251, margaret@redrockbicycle.com, intermountaincup.com

June 26, 2021 — Fast Times at Richfield ICUP. Intermountain Cup, Richfield, UT. Check back for complete details., Margaret Gibson, 435-229-6251, margaret@redrockbicycle.com, intermountaincup.com

June 26, 2021 — Brianhead Downhill. Go-Ride Gravity Series, Brian Head, UT, Ron Lindley, 801-

375-3231, info@utahdh.org, go-ride.com, utah-dh.org

July 10, 2021 — The Crusher in the Tushar. Beaver, UT. 70 grueling miles exploring Southern Utah's Tushar Mountains on a mix of dirt, gravel, and asphalt. Features 10,000+ of climbing traversing Utah's highest and most scenic roads. Join us for the original mixed-surface gravel and road classic!, Burke Swindlehurst, roadart@msn.com, tusharcruiser.com

July 17, 2021 — The Rage at Snowbird ICUP. Intermountain Cup, Snowbird, UT, XC race. Snowbird has done a great job with some new trails and creating trails for real MTB racing with a great mix of fast flow single track, service roads, and a few short technical sections to keep you on your toes. 5-25 miles, 570' elevation gain per lap. Beginning just above the Tram Plaza at Snowbird Center on the dirt road, this 5.1 mile course offers up approximately 570ft of climbing per lap., Margaret Gibson, 435-229-6251, margaret@redrockbicycle.com, intermountaincup.com

July 17, 2021 — 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@gocalfoundation.com, Claressa Millour, 801-399-1773, claressa@gocalfoundation.com, eldoceut.com

July 31, 2021 — Cedar City Fire Road 100 Gravel Grinder. Cedar City, UT, 100K or 60K options - with over 80% dirt! Chip timed. Prizes for top finishers., Deborah Bowling, 818-889-2453, embs-sy@planetultra.com, gravelgrinder.com

August 6-7, 2021 — Abajo (Blue Mountain) Enduro. Monticello, UT. Two day, three stage race in the Abajo Mountains by Monticello Utah. Stage 1 starts Friday afternoon. A shuttle will be provided from the end of each stage to the start of the following course or to the parking area for the stage., Dustin Randall, 435-590-2741, info@roomutah.com, roomutah.com/abajoaduro

August 7, 2021 — Powder Mountain ICUP. Intermountain Cup, Powder Mountain, UT, 360' panoramic views all along the course, and promises fast and exciting riding with a starting elevation of 8,200 feet and a maximum elevation of approximately 8,900 feet. 7-mile lap of the network with approximately 1,400 feet of climbing starting from the Timberline Lodge., Margaret Gibson, 435-229-6251, margaret@redrockbicycle.com, intermountaincup.com

August 7, 2021 — Bucked Up Gravel. Heber City, UT, Details TBD., Troy Huebner, 427-0532, workone@comcast.net.

August 13-15, 2021 — Flyin' Brian Downhill and Dark Hollow Super D. Go-Ride Gravity Series, Brian Head, UT, Practice opens on Friday at noon. The downhill is on Saturday. Dark Hollow Super D is on Sunday., Ron Lindley, 801-375-3231, info@utahdh.org, go-ride.com, utahdh.org

August 14, 2021 — Mountain Madness Bike Race. Vernal, UT. Relay race through the Ashley National Forest, Quin., 435-781-0982, Quin@uintahcreation.org, uintahcreation.org

August 21, 2021 — Dirty Arts Gravel Grinder Fondo. Helper, UT. The Fondo is a 62 mile ride on pavement, gravel and dirt roads. The route takes you through central Carbon County exploring some high desert vistas and the foothills of the Mantle-La-Sal mountains. 5,000' of climbing and 5,000' of descending consisting of 2 main long climbs with plenty of short climbs. Enjoy the Helper Arts & Film Festival afterwards for food, drink and fun, if you have the strength. Start: Historic Conoco Station, Mark Jesperson, 435-637-2453, mark@castlecountycycling.com, Ed McGinren, 435-637-2453, ed@castlecountycycling.com, castlecountycycling.com, carboncc.com

August 28, 2021 — 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@endurance-utah.com, edenepic.com

August 28, 2021 — Brian Head Endurance. Intermountain Cup, Brian Head, UT, Margaret Gibson, 435-229-6251, margaret@redrockbicycle.com, intermountaincup.com

August 28, 2021 — Wasatch All-Road Bicycle Race. Heber, UT. The first Gravel Grinder Wasatch All-Road Bicycle Race will feature postcard views in Utah's hidden gem of Heber Valley. This event will offer two routes, local food, entertainment, and a \$10,000 prize purse split evenly between the male and female open categories., Jeff Louder, jeff@thewasatchallroad.com, thewasatchallroad.com

September 4, 2021 — 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., Joy Burke, 801-330-3214, snowchicken.jb@gmail.com, thepcpp.com

September 12, 2021 — Tour des Suds Virtual. Park City, UT. We love a party just as much as anybody, but 2020 doesn't seem to want us celebrating en masse. So, to carry on a 37 year Park

City trail tradition, we are turning the infamous Tour des Suds VIRTUAL and VIRUS FREE. NEW COURSE! In light of the uniqueness of this virtual race season, we've created a new course that will showcase a brand spanking new (and yet to be opened) section of the 9K trail along with some great, old-school singletrack., Ginger Ries, 435-649-6839, ginger@mountaintrails.org, mountaintrails.org

September 18-19, 2021 — Big Mountain Enduro. Big Mountain Enduro Series, Brian Head, UT, Revere for its incredible gravity fed descents, technical single track, and access to hundreds of miles of scenic back country trails beyond the resort boundaries. Brian Head's lift served terrain is accessible to beginner through advanced level riders. This is the only BME race that does not include an e-bike category for 2021., Brandon Ontiveros, brandon@bigmountainenduro.com, bigmountainenduro.com

October 8-9, 2021 — Salty Lizard 100. Wendover, UT. Only an hour and a half west of Salt Lake City, the Salty Lizard 100 showcases the best of Wendover's amazing gravel roads with views of towering peaks and the Bonneville Salt Flats. Circling the Silver Island Range, the 106-mile route gives riders of all abilities the chance to check off an early-season century or experience a well-supported day out in the desert with friends., Robert Kennedy, 319-551-6174, stupidponyride@gmail.com, saltylizard100.com

October 8-9, 2021 — Salty & Stupid Gravel Fest. Wendover, UT, Featuring three races over two days and over 300 miles of gravel for the hardy and idiotic among you: the Salty Lizard 100, the Stupid Pony, and their love child, the Stupid Lizard., Robert Kennedy, 319-551-6174, stupidponyride@gmail.com, saltyandstupidcycling.com

October 11-12, 2021 — 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, 435-674-0650, hws@seniorgames.net, seniorgames.net

October 16-18, 2021 — Moab Rocks. Moab, UT. Incorporates Moab's best classic and new routes and combines them into a 3-day masterpiece of cross-country and timed descents in a fully supported format., Kevin McDonald, 866-373-3376, info@transrockies.com, transrockies.com

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

June 2, 2021 — Mid Week Melee - Race 1. Bear Creek Lake, CO. Three distances to choose from including: the Elite Mini Course (1.9 miles), Short Course (4.3 miles), and Long Course (4.8 miles)., Dave Musciansi, 303-817-6523, dave@ratlerseries.com, ratlerseries.com/event/mid-week-melee-1/

June 5, 2021 — 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, thedeadswede.com

June 5, 2021 — The Angry Horse Gravel Grinder. Idaho Falls, ID. The course will be unmarked this year but a route file or cue sheet is mandatory. There will be primitive aid only with water and drop bag zones so prepare for a self-supported ride! Funds obtained will go toward local trail development within the Greater Teton/Eastern Idaho region., Scott Fitzgerald, 208-787-2453, scott@fitzgeraldsbicycles.com, Brooke Jeffs, 208-528-0664, ridetheangryhorse@yahoo.com, John Koudelka, 208-270-1730, john.koudelka@gmail.com, cbibikes.com, ridetheangryhorse.com

June 5, 2021 — Elephant Rock Sunrise to Sunset. Roll Massif, Castle Rock, CO, 12 hour endurance race on a moderately technical off-road course. Register as an individual or form a team that loves to shred for a memorable day of racing, camaraderie and laughs., Tracy Powers, sup-port@rolmassif.com, rolmassif.com

June 5, 2021 — Rimrock MTB Dash. Billings, MT. The Ride Cyclery., 406-272-2233, sam@theridecycling.com, The Spoke Shop, 406-656-8342, info@spokeshop.com, facebook.com/RimrockMTBDash

June 6, 2021 — Dirty Bone Gravel Ride. Idaho Falls, ID. A group ride that will guide you through the gravel roads outside of Idaho Falls. The course will be marked and a couple of coolers with water and nutrition will be available but please be self-sufficient. Friday and Saturday

will have music, while The Bone Store will have food and stories afterward., Scott Fitzgerald, 208-787-2453, scott@fitzgeraldsbicycles.com, Brooke Jeffs, 208-528-0664, ridetheangryhorse@yahoo.com, John Koudelka, 208-270-1730, john.koudelka@gmail.com, cbibikes.com, ridetheangryhorse.com

June 9, 2021 — Frisco Roundup. Frisco, CO, Jeff Westcott, 970-390-4760, westy@mvpsports.com

June 11-13, 2021 — Missoula PRO XCT. 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. Homesteader 6 hour on Saturday, Ben Horan, 312-502-5997, bfhoran@gmail.com, missoula.org, usacycling.org

June 11-13, 2021 — Silver Mountain Enduro - North American Enduro Cup. Montana Enduro Series, Idaho Enduro Series, North American Enduro Cup, Kellogg, ID. Held at Silver Mountain Ski Resort, Returning for its 5th year to Silver Mountain, the North American Enduro Cup will once again be an EWS qualifier where racers from across North America will descend upon sunny, scenic Kellogg, Idaho to take on world class trails, national caliber competition, and the \$12,000 pro purse. New trails, race categories to include e-bikes* and more amateur age categories, cut-off times, full on finish line festivities and MORE! In endurance, naenduro.com

June 11-13, 2021 — Missoula XC. Missoula, MT, solo, duo, quad, Shaun Radley, 406-219-1318, montanacyclocross@gmail.com, montanacyclocross.com/events/

June 12, 2021 — Fears, Tears, and Beers Enduro. Ely, NV, Enduro mountain bike event. Timed sections mostly downhill, combined time wins. Men's and women's events for all classes. Fun run, beginner, sport, and expert classes., Kent Robertson, 775-289-6042, 775-296-2162, krobeg@mwpower.net, Kyle Horvath, 775-289-3720, kyle.horvath@elynevada.net, fears-tears-and-beers/

June 12-13, 2021 — 24 Hours in the Enchanted Forest. N24, Albuquerque, NM. Everything that you want from a 24 Hour Race. We have an amazing course with epic singletrack winding through meadows, pines and aspens. The Zuni Mountains outside of Gallup, NM are a great place to ride. We have an awesome venue to hang out with friends and family and hang your hammock, great party atmosphere with vendors, movies, food, kids activities, and fun for everyone., Seth Bush, 505-554-0059, FCaptain@ZiARides.com, ziarides.com

June 12, 2021 — Gowdy Grinder. TENTATIVE, 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 challenging riding typical of Curt Gowdy., Jodee Pring, 307-631-2980, WycXMTB@gmail.com, wycxmtbikeracing.com/fundraising-our-local-race-the-gowdy-grinder

June 12, 2021 — Salida Big Friggin Loop. Colorado Endurance Series, Salida, CO. This self-supported endurance ride is mixed with gravel and single-track. There will be the base loop and long loop to choose from with the long loop passing through the ghost town of Futurity with a brief hike-a-bike., Rafa: The Hispanic Mechanic, .

June 17-19, 2021 — G3 (Grand Gear Grind). TENTATIVE, Winter Park, CO, G3 hosts its second annual 3-day mountain bike stage race in Winter Park, Colorado on June 25-27, 2020. Use this race to qualify for mountain bike nationals., Dave Musciansi, 303-817-6523, dave@ratlseries.com, www.g3race.com

June 18-21, 2021 — Four Seasons of Horsetooth Challenge. Fort Collins, CO. This is a grass-roots event with no entry fees and no real start times and is ridden on the two solstices and equinoxes in Horsetooth Mountain Park and Lory State Park., Four Seasons of Horsetooth Challenge., 4soh.org/

June 19, 2021 — Lake Tahoe Mountain Bike Race. Tahoe City, CA. Race in the cross country race, 4 hour or 8 hour race as a solo or on a team of 2, 3 or 4 (teams of 3 and 4 apply to the 8hr race only). The course is approximately 12.8 miles. Fast lap times are around 50 minutes. Cross country race is two laps. The course is a mix of single track and fire-road. It is a fast and smooth course with few technical sections. The most laps wins. Approximately 1350 feet ascending and descending per lap., Todd Jackson, 530-546-1019, todd@bigblueadventure.com, Kiley McIntroy, kiley@bigblueadventure.com, bigblueadventure.com

June 19, 2021 — 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., Jennifer Barbour, 303-503-4616, jen@teamevergreen.org, baileyhundo.org

June 19, 2021 — Terrible Two. Sebastopol, CA. The Terrible Two is our region's version of an epic, and has been running since 1976. There are two challenging routes, neither for the faint of heart. The first, starting at 121 miles is considered a tough century, and a gateway ride to the more formidable Terrible Two 200 mile course. It is a slightly abbreviated version of the Terrible Two and excludes Napa County. It also starts two hours later. Both are equally supported throughout., Santa Rosa Cycling Club, ridedirector@sccc.com, sccc.webflow.io

June 20-26, 2021 — Desert Rats Classic. Fruita, CO. The 2020 race will be a single 50K loop at 18 RoadRace on the beautiful flowy singletrack and dirt roads at 18 Road. This single loop course combines the Edge Loop and Safface Trails to bring you some difficult climbs, fast descents, dirt roads, flowy singletrack and maybe some hike-a-bike. This fun 50K course is an early season test of stamina and gives a reason to train through the winter. With the combination of many short ups and downs and a couple climbs up the mesa, this event will definitely test your fitness. Racers will have three aid stations and will receive a finisher's memento and age group awards., Reid Delman, 303-249-1112, reid.delman@geminiadventures.com, Kyle Claudell, 303-249-1112, kyla@geminiadventures.com, geminiadventures.com

June 20, 2021 — Party at Purg. Trail Party, Durango, CO. Trail Party . .

June 21-27, 2021 — Junior Bike Week. Crested Butte, CO. For the fifth year, the biggest kids' bike party on the planet will be held in Crested Butte, the birthplace of mountain biking. A mountain bike festival will be held to celebrate getting more kids on bikes; and we would love to have you join us! Junior Bike Week, director@juniorbikeweek.com, juniorbikeweek.com/about

June 23, 2021 — Gold Run Rush. Summit Mountain Challenge, Breckenridge, CO. Multi-segment time trial or enduro only options available., Jeff Westcott, 970-390-4760, westy@mvpsports.com, mvpsports.com/the-gold-run-rush/

June 25-27, 2021 — NW Cup Downhill Series. 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 seating Saturday evening. Sunday racing all categories. PRO GR too, Scott Tucker, 360-797-4288, scott@nwcup.com, nwcup.com

June 25-27, 2021 — 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 historic Washoe Valley while being immersed in 3-days of mountain bike culture accented by free live music., Dave Castro, 520-623-1584, info@epicrides.com, Dave Castro, dcastro@epicrides.com, epicrides.com

June 26, 2021 — 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, alex01@pippisracing.com, twistedturrieracing.com

June 26, 2021 — Pocatello Enduro. Idaho Enduro Series, Pocatello, ID. Long back-country stages. 28+ miles, 5000' descending, 4000' climbing. Pro payout., Alex Phipps, 208-841-4120, alex01@pippisracing.com, idahoenduroseries.com

June 26, 2021 — Lutsen 99er. Leadville Race Series, Leadville, CO. This race offers 99, 69, 49, 25, and kid distances combined with a week-end packed with fun, adventure and "killer" mountain biking for everyone., Paul Anderson, 719-219-9364, panderson4@lifetimfitness.com, leadvilleraceseries.com/lutsen-99er/

June 26, 2021 — Bear Bait 8. Casper Mountain, WY. 4th annual, 860 feet of elevation gain per lap with a total distance of 8 miles., Keith Wharton, 207-253-7511, fatfishracing@gmail.com, bear-bait8.itsyourrace.com/event.aspx?id=8803

June 26, 2021 — Primal Point-to-Point. XC Mountain Bike Race Series, Winter Park, CO. There is a category for everyone from junior riders to professional racers - even first time racers., Jen Miller, 970-726-1570, jmiller@winterparkresort.com, winterparkresort.com/things-to-do/competition-center/summer-programs/trestle-gravity-series

June 27, 2021 — Eagle Enduro. Revolution Enduro Series, Eagle, CO. This venue for the series will be a big one day backcountry race venturing up into the high country with both technical and high speed courses!, David Scully, 970-846-5012, david@revolutionenduro.com, revolutionenduro.com

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June 27, 2021 — Hell Gravel Racing, Montana Off-Road Series (MORS), Helena, MT, 60 miles, Joe Hamilton, j.hamilton@bresnan.net, Jason Steichen, jason.steichen@gmail.com, Sheli Thomas, thomasshelli@gmail.com, Jesus Salazar, 406-202-2868, competitivecyclingmontana.org, montanacyclingclub.org, montanacyclingclub.org, montanacycling.net

July 1-4, 2021 — Leadville Training Camp, Leadville Race Series, Leadville, CO, Ride with top champions and experience every inch of the LT 100 MTB course in Leadville. A question and answer session will offer insight into proper training, diet and race strategy. Camp riders will get tons of camp swag, great food and amazing, unforgettable experience. Paul Anderson, 719-219-9364, panderson4@lifetimfitness.com, leadvilletracingseries.com

July 4, 2021 — Firecracker 50, Breckenridge, CO, Jeff Westcott, 970-390-4760, westy@mavsports.com

July 5-14, 2021 — USA Cycling Mountain Bike National Championships, Winter Park, CO, Mountain bike national championships and high school cycling festival, Chuck Hodge, 719-434-4200, chodge@usacycling.org, usacycling.org

July 7, 2021 — Mid Week Melee - Race 2, Bear Creek Lake, CO, Three distances to choose from including: the Elite Mini Course (1.3 miles), Short Course (4.3 miles), and Long Course (4.8 miles)., Dave Muscianisi, 303-817-6523, dave@rattlerseries.com, rattlertracing.com/event/mid-week-melee-2/

July 10, 2021 — Lone Peak's Revenge Big Sky Enduro, Montana Enduro Series, Big Sky, MT, Montana Enduro Series, contact@montanaenduro.com, Christine Wike, christine@montanabicycleclub.org, montanaenduro.com, montanabicycleclub.org

July 10-11, 2021 — 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, twistedturtleracing.com

July 10, 2021 — Joe Cosley Pancake Ride Gravel Grinder, Whitefish, MT, The Uff da 184 rolls out to about 184 miles with 18k of climbing and descending. The route is a loop, with an aid station at about mile 40, 100, 150, and a convenience store at mile 60. The route rolls over mixed surfaces, 90% dirt and 10% chipseal/pavement. Roads are a combination of Forest Service, Montana Dept. of Resources, BLM and County. Dirt roads are improved and suitable for 2 wheel drive vehicles. Paved roads are, well paved. All roads are open to general vehicle traffic. Route: https://ridewithgps.com/routes/29517384, Brad Lamson, joe@pancake-ride.com, pancakeride.com

July 11, 2021 — Silver Rush 50, Leadville Race Series, Leadville, CO, At 10,000-12,500 feet above sea level, this challenging 50 mile out-and-back course takes racers through the historic mining district on Leadville's East side. This race is known for its long, lung-burning climbs and rocky, steep terrain. Solo or tandem 50m, Leadville Trail 100 Qualifier., Paul Anderson, 719-219-9364, panderson4@lifetimfitness.com, leadvilletracingseries.com

July 14, 2021 — Pennsylvania Gulch Grind, Breckenridge, CO, Jeff Westcott, 970-390-4760, westy@mavsports.com

July 17, 2021 — Tahoe Trail 100, Leadville Race Series, Northstar, CA, Ride 50K or 100K of rocky summits, breathtaking pine forests and beautiful Lake Tahoe views. 100K riders can qualify for the Leadville Trail 100 MTB, Josh Colley, 719-219-9367, youphoriacontact@gmail.com, Todd Jackson, 530-546-1019, todd@bigblueadventure.com, tahoe-trail-mtb.com, youphoria-productions.com

July 17, 2021 — Tahoe Trail, Leadville Race Series, Northstar Village, CA, Leadville Qualifier. The Tahoe Trail 100 offers athletes a 2-loop, 50 kilometer course filled with beautiful views of Lake Tahoe.. Paul Anderson, 719-219-9364, panderson4@lifetimfitness.com, leadvilletracingseries.com

July 17, 2021 — Durango Dirty Century, Colorado Endurance Series, Durango, CO, This self-supported endurance ride with singletrack and high elevation in the backcountry there will be basic support at the top of Hotel Draw and possibly Kennebec Pass., Danny Powers, coloradoes.wordpress.com/swes-event-list/durango-dirty-century-adc/

July 21-August 11, 2021 — Highlands Ranch MTB Race Series, Highlands Ranch MTB Race Series, Highlands Ranch, CO, The Highland Point Circuit will be held on the 21st of July, Rocky Gulch Circuit will be held on the 28th of July, Badlands Circuit will be held on the 4th of August, and the Wildcat Circuit will be held on the 11th of August., Patrick Gojan, 303-471-7048, racedirector@hrc.aonline.org

July 24, 2021 — 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 24, 2021 — Galena Grinder 4.0, Knobby Tire Series, Galena Lodge, ID, XC/Marathon, 40 mile loop; Pro/Expert/SS, 25 mile loop; Sport/Clydesdale, 20 mile loop; Beginner, 10.5 mile loop; and Youth with a 5 mile loop., Alex Phipps, 208-841-4120, alex01phipps@gmail.com, twistedturtleracing.com

July 24, 2021 — Up the Creek (UTC) Cascade Gravel Grinder, Cascade, ID, Cyclists will enjoy

some of Idaho's beautiful back country. We will offer two routes; 1) a 60-mile route that will include a race feature until mile marker 45 and 2) a 40-mile route that features a scenic loop through Round Valley. Most of these routes will be on dirt roads thus the gravel grinder name. We are also adding a race feature for the longer route, please go to the website, Mary, 513-382-3938, info@4summitchallenge.com, 4summitchallenge.com

July 24-25, 2021 — Big Mountain Enduro, Big Mountain Enduro Series, Big Sky, MT, BME Stop #3: 3 to 4 stages per day and upwards of 7,500 feet of descending, most of which will be lift accessed, but with some pedal transitions equalling roughly 3,000 feet of climbing over both days. Steep and technical., Brandon Ontiveros, brandan@bigmountainenduro.com, bigmountainenduro.com

July 24, 2021 — Winter Park Sunrise to Sunset, Roll Massif, Winter Park, CO, Winter Park Sunrise to Sunset will be held in conjunction with Crooked Gravel. The 12-hour relay format and the section of trails used in Sunrise to Sunset are just above town, making access and relaxation between laps super easy. The option to race in teams, from two person to five person squads, gives teammates not on course a chance to enjoy the festive and mountainous atmosphere., Tracy Powers, support@rollmassif.com, rollmassif.com

July 24, 2021 — Crooked Gravel, Roll Massif, Winter Park, CO, This ride is held in conjunction with Sunrise Sunset Winter Park. The 65- and 93-mile routes get right down to business, taking riders from downtown Winter Park onto remote gravel roads and up into the mountains. With high altitude, panoramic views and crisp mountain air, you'll be fired up before the ride even starts! Tracy Powers, support@rollmassif.com, rollmassif.com

July 24, 2021 — The Rift Gravel Race Iceland, Hvalsvoellur, Iceland, The Rift is a 200 km (125 miles) off-road bike race through the dark lava fields in the highlands of Iceland. It traverses the continental rift between North America and Eurasia - a rift that grows one inch every year. The growth is evident with vast lava fields all around creating a surreal landscape. A landscape that is remote, rugged and unpredictable. The Rift, 011-354-626-3332, info@theriftbike.com, theriftbike.com

July 24, 2021 — Snowmass 50, Snowmass, CO, This race will highlight a 25 mile singletrack loop ascending 5000 feet. Solo competitors will have the option of 1 or 2 laps while teams of 2 can race 1 lap each., Aspen Snowmass, 970-923-1227, contact@aspensnowmass.com, aspensnowmass.com/while-you-are-here/events/audiopower-of-four-mountain-bike

July 25, 2021 — Colorado Trail Race, Durango, CO, climbingdreams.net/ctr/

July 28, 2021 — Summit Mountain Challenge: Soda Creek Scramble, Breckenridge, CO, XC and Enduro only options with timed and untimed sections., Jeff Westcott, 970-390-4760, westy@mavsports.com, mavsports.com/soda-creek-scramble/

July 30-August 1, 2021 — Pomerelle Pounder DH, Go-Ride Gravity Series, Albion, ID, Two USAC sanctioned downhill races in two days., Ron Lindley, 801-375-3231, info@utahdh.org, Darren Lightfield, 208-608-6444, wildrockiesemail@yahoo.com, go-ride.com, utahdh.org

July 30-August 1, 2021 — 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@lifetimfitness.com, leadvilletracingseries.com

July 30-August 1, 2021 — 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

July 31, 2021 — 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 payouts, 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 31-August 1, 2021 — 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 31, 2021 — Telluride 100 Mountain Bike Race, Telluride, CO, 100 mile mtb race, Tobin, 970-417-1751, tobin@behling.com, telluride100.com

July 31, 2021 — Jug Mountain Enduro, Wild Rockies Series, McCall, ID, Enduro mtb race, Alex Phipps, 208-841-4120, alex01phipps@gmail.com, twistedturtleracing.com

July 31, 2021 — Race Rendezvous, XC Mountain Bike Race Series, Winter Park, CO, There is a category for everyone from junior riders to professional racers - even first time racers. Jen Miller, 970-726-1570, jmillier@winterparkresort.com, winterparkresort.com/things-to-do/competition-center/summer-programs/trestle-gravity-series

August 1, 2021 — Race Montana Triathlon, Great Falls, MT, Sprint and Olympic Distances along with the option of a solo or team triathlon. Long and short events are offered for youth participants. Beginner adults can sign up for "Try A Tri" Triathlon (100-meter swim, 3-mile bike, and 1-mile walk/run). All participants get a free pass to the Electric City Water Park on the day of the event., Ron Ray, 406-761-2222, info@racent.com, racent.com/event/race-montana-triathlon, racentmfi.com

August 6-7, 2021 — Trestle Gravity Series: Races 1 and 2, Trestle Gravity Series, Winter Park, CO, Jen Miller, 970-726-1570, jmillier@winterparkresort.com, winterparkresort.com/things-to-do/competition-center/summer-programs/trestle-gravity-series

August 7, 2021 — Pierre's Hole MTB Race, National Ultra Endurance Series, Alta, WY, 12th Annual Staging begins at the Grand Targhee Resort, ample lodging and amenities available. 100 consists of 33-mile loop, each lap features approx. 4,000 ft climbing on single and double-track trails. The race course is on an IMBA Epic trails at Grand Targhee. Total elevation for the 100 mile race is approx. 13,000 ft. 100 mile (3 laps), 100km (2 laps), 50km (1 lap) events. The 100 mile race is part of the NUE Series and the 100 k is a new NUE marathon series race., Andy Williams, 800-TARGHEE ext. 1309, awilliams@grandtarghee.com, grandtarghee.com/pierres-hole-50-100-mountain-bike-race/

August 7-8, 2021 — Tamarack Twister & Enduro, Knobby Tire Series, Donnelly, ID, Cross country and enduro race on Sunday at a beautiful venue. Cross Country race, Fast and flowy, Alex Phipps, 208-841-4120, alex01phipps@gmail.com, twistedturtleracing.com

August 7-8, 2021 — Oak Flats MTB Race, New Mexico Off Road Series, Albuquerque, NM, fast and flowy course, Jan Bear, 505-670-4665, janbear@gmail.com, Par, 505-730-2615, parmentides.org/pinell@gmail.com, nmoirs.org, oakflatsmtb.com

August 14, 2021 — Leadville Trail 100, Leadville Race Series, Leadville, CO, One of the most notorious and challenging bike races in the world. 100 mile out-and-back., Paul Anderson, 719-219-9364, panderson4@lifetimfitness.com, leadvilletracingseries.com

August 14-15, 2021 — 12 and 24 Hours of Flathead, Kalispell, MT, A non-profit race to provide awareness and adaptive equipment to individuals living with paralysis and other life altering disabilities. Race features both bicycle and hand cycle courses. Held in Herron Park., Iia Celestano, 406-261-1769, info@24hoursofflathead.org, 24hoursofflathead.org, facebook.com/24hoursofflathead

August 14, 2021 — Enduro Pescado Whitefish Enduro, Montana Enduro Series, Whitefish, MT, Montana Enduro Series, contact@montanaenduro.com, Christine Wike, christine@montanabicycleclub.org, montanaenduro.com

August 14, 2021 — Big Mountain Enduro, Big Mountain Enduro Series, Winter Park, CO, BME Stop #3: The BME returns to Winter Park again in 2021. Taking place on August 14th, this ever-popular event will blend high altitude racing mixed with rugged terrain and big descents., Brandon Ontiveros, brandan@bigmountainenduro.com, bigmountainenduro.com

August 14, 2021 — Colorado Junior Cup, Bailey, CO, Colorado Junior Cup returns for its 3rd year on May 9, 2020 in Bailey, Colorado. Come on out all junior mountain bike racers, Dave Muscianisi, 303-817-6523, dave@rattlerseries.com, rattler-racing.com, coloradojuniorcup.com

August 15, 2021 — SBT GRVL Gravel Grinder, Steamboat Springs, CO, 6:30 am on Yampa Street. Three distances: 37/100/141 miles with 2000/6000/9000 feet of climbing, respectively. Mixed surface with the majority on hard packed gravel roads, Amy Charity, 970-215-4045, info@sbtravi.com, sbtravi.com

August 21, 2021 — York 38 Special, York, MT, Ride 38 or 76 miles on single track, gravel, and Forest Service roads through breathtaking scenery in the Helena National Forest gaining 3000 vertical feet, Rita Naylor, 406-475-3085, rbnron@york38special.org, york38special.org

August 21, 2021 — Tamarack Trail Party, Trail Party, Tamarack, ID, Trail Party

August 22, 2021 — Battle of the Gravel, Good Dirt Ride, Savery, WY, The Battle of the Gravel will host 3 self-supported distances - a 21, 68 and 91 miles (we will have water/drink mix/snacks along the way & with the motos). The event will start and finish at the Boyer YL Ranch with a BBQ dinner to celebrate the finish. The ride is semi supported with three stops. Lodging and camping available at the Boyer YL Ranch and in the town of Baggs (20 miles). All proceeds go to support our work with Africa cyclists at teamafriacycling.org, Kimberly Coats, 307-383-7778, 530-744-8773, teamwandacycling@gmail.com, battleofthegravel.com

August 22, 2021 — The Last Best Ride Gravel, Whitefish, MT, 48 and 78 miles, Jessica Cerra, info@thelastbestride.com, thelastbestride.com

August 25, 2021 — Peaks Trail Time Trial, Breckenridge, CO, Jeff Westcott, 970-390-4760, westy@mavsports.com

August 28, 2021 — Big Sky Biggie, Big Sky, MT, 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.

Natalie Osborne, 907-223-0858, natalie@bigskybiggie.com, bigskybiggie.com

August 28, 2021 — La Tierra Torture Mountain Bike Race, Tentative, New Mexico Off Road Series, Santa Fe, NM, fast and flowy course, Jan Bear, 505-670-4665, janbear@gmail.com, nmoirs.org, core-crew.com

August 28, 2021 — 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 28, 2021 — Old-Fashioned Mountain Bike Race, Flagstaff, AZ, The MTB season re-starts in Flagstaff. Technical challenges await - 1-2-3 lap categories. Old school mountain bike racing in Fort Valley. Jeff Frost, 928-380-0633, canisbleu@gmail.com, barnburnermtb.com, leadvilletracingseries.com

August 28-29, 2021 — Snowmass Enduro, Revolution Enduro Series, Snowmass, CO, Encompassing thousands of feet of descent, you won't want to miss this lift served, two day, gravity filled Enduro., David Scully, 970-846-5012, david@revolutionenduro.com, revolutionenduro.com/snowmass-colorado-enduro/

August 28-29, 2021 — Big Mountain Enduro, Big Mountain Enduro Series, Durango, CO, BME Stop #4: The BME comes to Winter Park in 2021. Taking place on August 28th-29th, this ever-popular event will feature Purgatory Bike Park downhill terrain and high alpine singletrack which is made for hard core mountain bike enthusiasts., Brandon Ontiveros, brandan@bigmountainenduro.com, bigmountainenduro.com

August 28, 2021 — King of the Rockies, XC Mountain Bike Race Series, Winter Park, CO, There is a category for everyone from junior riders to professional racers - even first time racers., Jen Miller, 970-726-1570, jmillier@winterparkresort.com, winterparkresort.com/things-to-do/competition-center/summer-programs/trestle-gravity-series

September 2-5, 2021 — Rebecca's Private Idaho Gravel Grinder and Festival, Ketchum, ID, Lifestyle, mountain bike and outdoor festival over Labor Day Weekend. The cornerstone of the two-day event is a 100-mile Gravel Grinder (or 50-mile Pioneer) mountain bike race & ride in the scenic Pioneer Mountains of Central Idaho, with renown mountain bike champion and endurance athlete Rebecca Rusch. The weekend activities are centered around giving back to non-profit organizations that foster diversity, equity, and inclusion in cycling. Join the "Queen of Paint" on this beautiful route that ends in a great down-home party with food, festivities, music, and libations., Colleen Quindlen, 254-541-9661, colleen@rebeccausch.com, rebeccasprivateidaho.com

September 3-5, 2021 — Trestle Gravity Series: Downhill Race 3, 4, and 5, Trestle Gravity Series, Winter Park, CO, Jen Miller, 970-726-1570, jmillier@winterparkresort.com, winterparkresort.com/things-to-do/competition-center/summer-programs/trestle-gravity-series

September 4, 2021 — Party at Paja, Trail Party, Los Alamos, NM, Trail Party

September 5, 2021 — Fistful of Dirt Gravel Grinder, Cody, WY, A gravel bike race of grand proportions. With the Good (22 Miles), The Bad (65 Miles), or The Ugly (105 Miles), there will be a distance fit for everyone. Free gourmet burgers and beer on Saturday will be offered during packet pick-up with the race on Sunday and a dang good after-party featuring the Denver-based bluegrass band That Damn Sasquatch., Fistful of Dirt, howdy@fistfulofdir.com, Janie Curtis, 307-213-0756, janie@runcodevvy.com, fistfulofdir.com

September 8-11, 2021 — Paydirt, Carson City, NV, VIP Pioneer's Camp will be held from September 8th-10th with the main race/celebration occurring on September 11th. The perfect blend of competition and camaraderie: Paydirt is equal parts race and celebration. With Bike Monkey's Road Rally format; racing takes place on designated segments. It's the perfect mix of full-gas racing while allowing you time to socialize, regroup, and enjoy the bounty of our aid stations., Bike Monkey, 707-560-1122, info@bikemonkey.net, steinaspaydirt.com

September 11, 2021 — 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 11, 2021 — Gunni Grinder, Gunnison, CO, Two course options. Single loop-format. Although some paved roads are necessary, the vast majority (about 90%) of the course will be on gravel and dirt roads. Some of these roads receive little to no maintenance and can change drastically after heavy rains and/or snowfall. Riders are encouraged to be fully prepared for any and all conditions. The route is remote and therefore, will include signage to help prevent riders from getting off course., Joel Grimmeth, 512-751-8940, joel@acerevolutions.com, thegunnigrinder.com

September 12, 2021 — Walla Walla Grit, Walla Walla, WA, This Grit has three course lengths which include long, medium, and short routes. The long course starts at 6 a.m., medium begins at 8 a.m., and the short course commences at 9 a.m., Michael Austin, 509-386-1149, 509-525-4949, mike@allegrocyclery.com, Kathryn Austin, 509-964-8951, kathryn@allegrocyclery.com, tofwo.org

September 12, 2021 — The Fall Classic, Breckenridge, CO, Jeff Westcott, 970-390-4760, westy@mavsports.com

September 18, 2021 — 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, Paul Anderson, 719-219-9364, panderson4@lifetimfitness.com, barnburnermtb.com, leadvilletracingseries.com

September 18, 2021 — Fire on the Rim Mountain Bike Race, Pine, AZ, 15, 30, and 45 mile mtr races near Payson, AZ, Janet Brandt, info@fireontherim.com, fireontherim.com

September 18, 2021 — Helena Enduro, Montana Enduro Series, Helena, MT, Montana Enduro Series, contact@montanaenduro.com, Christine Wike, christine@montanabicycleclub.org, montanaenduro.com, montanabicycleclub.org

September 18, 2021 — Mountains to Meadows, Grinduro, Mt. Shasta, CA, 62 miles of pavement, gravel, and singletrack with a 10N 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., Kurt Stockton, ks@sieratrails.org, grinduro.com

September 19, 2021 — Rats 50 Endurance MTB Race, Eagle, CO, With the start/finish line right in the heart of Eagle friends and family can enjoy a weekend of relaxing with a beer, a hot meal, music and a massage at the recovery station. The singletrack is beautiful with a great test of stamina by featuring uphill grinds, short ups and downs, and a couple of big climbs which will test your fitness and culminate into a worthwhile summer training. Racers will have three aid stations and will receive a finisher's t-shirt and age group awards. Proceeds will benefit The Cycle Effect, a local non-profit with the mission to empower girls through mountain biking., Reid Delman, 303-249-1112, reid.delman@geminiadventures.com, Kyla Claudell, 303-249-1112, kyla@geminiadventures.com, geminiadventures.com

September 25-February 26, 2021 — The Fox US Open of Mountain Biking, Big Bear Lake, CA, Chuck Hodge, 719-434-4200, chodge@usacycling.org, usacycling.org

September 25, 2021 — Coyote Classic Round 1 of 3, DVO Fall XC and E-Bike Coyote Classic Series, Boulder City, NV, Downhill Mike, 518-524-9805, info@downhillmike.com, downhillmike.com

October 2-3, 2021 — Yeti Betsi Bike Bash p/b Stan's No Tubes, Betsi 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., Jennifer Barbour, 303-503-4616, jen@teamevergreen.org, betsbibikebash.com

October 2, 2021 — 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 2, 2021 — Great Trail Race, Truckee, CA, Ride or Run between Truckee and Tahoe City. The Great Trail Race follows roughly the same route as the Great Ski Race between Truckee and Tahoe City with one major difference: You choose to run or bike one of two course options, Elite or Classic. The Elite division course adds in more technically challenging terrain., Todd Jackson, 530-546-1019, todd@bigblueadventure.com, Kiley McInroy, kiley@bigblueadventure.com, bigblueadventure.com, greattrailrace.com

October 2-3, 2021 — Road Apple Rally MTB Race, New Mexico Off Road Series, Farmington, NM, The Road Apple Rally began in 1991 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, lmueller@fminn.org, fminn.org/277/Road-Apple-Rally, nmoirs.org

October 2, 2021 — 6 Hours in the Basin for Commonweal, New Mexico Off Road Series, Santa Fe, NM, The CORE Crew in conjunction with Commonweal Conservancy is excited to promote this 6-hour endurance race over a 9.3 mile course with varying terrain. Due to the fragile nature of the area the event will be limited to 100 entries., Jan Bear, 505-670-4665, janbear@gmail.com, nmoirs.org

October 2, 2021 — MEGA Party, Trail Party, Angel Fire, NM, Trail Party

October 9, 2021 — Chino Grinder p/b Lauf, Chino Valley, AZ, Endurance Cycling Event: Gravel road cycling adventure with 150, 115, 62, 44 and 25 mile options., AZ Gravel Rides, 480-452-9767, AZGravelRides@gmail.com, azgravelrides.com, chinogrinder.azgravelrides.com

October 14-17, 2021 — 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, bhoran@gmail.com, usacycling.org

October 16, 2021 — 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, Brianna Bissell, 480-734-0658, info@mangledmomentum.com, prescott6er.com

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October 16-17, 2021 — Wild West Fest, Ruidoso, NM, 6 hour and 12 hour race, along with a 40 mile marathon option and pedaleduro held at Grindstone Lake and the Cedar Creek trails, Seth Bush, 505-554-0059, FCapitan@ZiaRides.com, ziarides.com

October 23, 2021 — Horny Toad Hustle MTB Race, New Mexico Off Road Series, Las Cruces, NM, Jan Bear, 505-670-4665, janbea@gmail.com, Dave Halliburton, 575-312-5991, gotdirtnm@gmail.com, hornytoadhustle.com, nmors.org

October 23, 2021 — Coyote Classic Round 2 of 3, DVO Fall XC and E-Bike Coyote Classic Series, Boulder City, NV, Downhill Mike, 518-524-9805, info@downhillmike.com, downhillmike.com

October 30-31, 2021 — Remy, Queen of the Desert, Fruita, CO, Remy has two options: the Solo and the four person relay. The solo spans 208 miles and is for men and women. The relay is for women only., Morgan Murri, 303-475-6053, morgan@desertgravel.com, desertgravel.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, utcritseries@gmail.com, race2wheels.com

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

DLI (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 April - August, Marek Shon, 801-209-2479, utcritseries@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, utcritseries@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@mdsc.com, Ben Kofeod, benkofeod@hotmail.com, Travis Dunn, travis.dunn@usu.edu, loganraceclub.org

Utah Road Racing

June 5, 2021 — 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

June 11-12, 2021 — Rush Valley Road Race, UCA Series, Rush Valley, UT, Marek Shon, 801-209-2479, utcritseries@gmail.com, race2wheels.com

June 11-12, 2021 — 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 Swaney Park in Moab finishing at Unity Park in Ivins., Clay Christensen, 801-234-0399, info@enduranceutah.com, kokopellirelay.com

June 19, 2021 — Antelope Island Classic, UCA Series, Antelope Island, UT, Starts at the west end of the causeway, then across the causeway towards the ranch and end on the island. 32 to 60 mile options. \$2,000 cash plus prizes., James Ferguson, 801-476-9476, ferguson8118@comcast.net

June 24-26, 2021 — 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 courses) with overall Omnium., Pace Clarke, 435-865-8423, paceclarke@suu.edu, Quinn Pratt, 435-572-0007, usacycling@gmail.com, utahsummergames.org

June 26, 2021 — Old Snowbasin Road Hill Climb, Utah State Hill Climb Series, UCA Series, Snowbasin, UT, Late June will see the second race with a road that contains a long climb with a short but fast descent in the middle known as Old Snowbasin Road. During this event, we see riders who can handle their bikes on two short, hard packed sections. This climb will commence by mass starts broken into different start segments., Dirk Cowley, 801-699-5126, dcowley@comcast.net, racedaywebsites.com

July 9-10, 2021 — Cache Gran Fondo, UCI Gran Fondo World Series, USA AND Gran Fondo National Series, Logan, UT, Celebrating our 10th year! In 2020, we worked with state and local officials to re-engineer our event. We are serious about the health and safety of our riders and we plan to be ever-vigilant again this year. We are a UCI Gran Fondo World Championship and GFNS Qualifier, but riders of all abilities are invited to participate. TT on Friday followed by 38, 50, 70 and 100-mile courses on Saturday through a fun, low-traffic, and scenic route in Cache Valley, UT. The finish is a festival for all riders, with race prizes, recreational rider prizes (UCI winners receive a jersey and medal), finisher medals, and unique jerseys at a cost. 20% of UCI racers in

16 different age categories qualify for UCI World Championships., Troy Oldham, 435-764-2979, oldhamtroy@gmail.com, cachegranfondo.com

July 10, 2021 — Utah State Time Trial Championship, UCA Series, Rush Valley, UT, Marek Shon, 801-209-2479, utcritseries@gmail.com, race2wheels.com

July 17-18, 2021 — Salt Lake Criteriums, USA CRITS, Salt Lake City, UT, Professional and amateur categories, expo and more! Benefits The Utah Food Bank, Dirk Cowley, 801-699-5126, dcowley@comcast.net, Eric Gardner, 801-660-9173, saltlakecrit@gmail.com, saltlakecriterium.com

July 26-August 1, 2021 — Larry H. Miller Tour of Utah, Various, UT, The Tour of Utah is a UCI 2.Pro sanctioned men's professional cycling stage race that is part of the new UCI ProSeries. As America's Toughest Stage Race, the week-long event features 120 riders from 17 teams on a variable race route throughout Utah. 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

July 30-31, 2021 — Saints to Sinners Bike Relay, Salt Lake City, UT, The Original fundraiser relay road race from Salt Lake to Las Vegas. Over 500 miles with elevations from 1500 to 10500 feet. Race in teams through the night, fundraiser event for ALS/Lou Gehrig's Disease., Chad Neumeyer, 801-856-7018, chad@saintstosinners.com, saintstosinners.com

July 31, 2021 — Mirror Lake Highway Road Race, UCA Series, Kamas, UT, Details TBD., Troy Huebner, 427-0532, troyworkone@comcast.net

August 14, 2021 — 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 27-30, 2021 — 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

September 11, 2021 — LOTOJA Classic Road Race, Logan, UT, 39th 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

September 11, 2021 — Suncrest Hill Climb, Utah State Hill Climb Series, Draper, UT, The final climb of this series will feature the Back Side of Suncrest, this climb is fast but steep as riders will test their sustainable power output at the end of the season. This climb will be held in time trial format with a rider starting every 30 seconds., Dirk Cowley, 801-699-5126, dcowley@comcast.net, racedayeventmanagement.com

October 2, 2021 — Sugarhouse Criterium, Tentative, UCA Series, Salt Lake City, UT, New date! Bring the entire family and enjoy some of Utah's best crit racing in one of Salt Lake's Sugarhouse Park. State Championship, Jared Eborn, 801-599-9268, jared@extramileracing.com, extramileracing.com

October 5-8, 2021 — 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, hwsj@seniorgames.net, seniorgames.net

October 9, 2021 — 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 25-July 20, 2021 — SWICA Fairground Criterium Series, SWICA Criterium Series, Boise, ID, Local training crit series at Expo Idaho West lot (Glenwood Street south of Hawks Stadium). Every Tuesday except June 8., Kurt Holzer, 208-890-3118, idahobikeracing@yahoo.com, Kevin Spiegel, idahobikeracing@gmail.com, idahobikeracing.org

Regional Road Racing

ID, WY, MT, NV, AZ,

NM, CO, MT, OR, WA,

and Beyond

June 4-6, 2021 — Tour of Walla Walla Stage Race, Walla Walla, WA, Pacific NW premier 3 day Stage race. - 2 RRs, crit, TT, Eight fields, 5 for men and 3 for women- Men Pro-1-2, 3, 4, 5, Mstrs 40+ cats 1-4; Wom 1-2, 3, 4, Stage Race - 2 RRs, Crit, TT, Men Pro-1-2, 3, 4, 5, Mstrs 40+ Cats 1-4, Wom 1-2, 3, 4., Michael Austin, 509-386-1149, 509-525-4949, mike@allegracyclery.com, Kathryn Austin, 509-964-8951, kathryn@allegracyclery.com, tofw.org

June 5, 2021 — Sawtooth 200-mile Team Challenge, Boise, ID, New date! 15th annual team relay race from Boise to Sun Valley. 200 and 100 mile route through challenging mountain terrain. 200 mile route consists of 4 or 6 person teams and 100 mile route either solo or 2 person teams. Participants finish with BBQ and Sawtooth brew in beautiful Ketchum., Katie Hedrich, 951-733-

5198, katie@omnigevents.com, sawtooth200.com

June 5, 2021 — 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 5-6, 2021 — Flagstaff Omnium, Flagstaff, AZ, Climb to the Snowbowl Ski Area, 6.34 miles, 1850 ft of Climbing - avg 5.6%, Williams-Perkinsville Road Race, Jeff Frost, 928-380-0633, canisbleu@gmail.com, Kyle, 928-773-1862, singletackbikes@yahoo.com, singletackbikes.com/flagstaffomnium

June 5, 2021 — Copperopolis Road Race, Copperopolis, CA, 40th Copperopolis Road Race, Milton, CA, the Paris-Roubaix of California. 21 mile loops (105 miles for 1/2/Pro riders) in the foothills of the Sierra Nevada, featuring quiet country and roads that can be best described as mostly patches and some pavement., Robert Leibold, 209-604-1354, velopro1@gmail.com, velopromo.com

June 17-20, 2021 — USA Cycling Professional Road, ITT, and Criterium National Championships, Knoxville, TN, Chuck Hodge, 719-434-4200, chodge@usacycling.org, usacycling.org

June 19, 2021 — Bike the Bluff, Show Low, AZ, 13th 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, usacycling.org/event/bike-the-bluff-state-road-race/

June 24-27, 2021 — USA Cycling Amateur Road National Championships, Clay County, FL, Elite, U23 and Junior Road National Championships, Chuck Hodge, 719-434-4200, chodge@usacycling.org, usacycling.org

June 25-27, 2021 — Baker City Cycling Classic, Tentative, 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, dogbt@icloud.com, Brian Cimmiotti, 541-371-3303, 509-374-8424, scottscycleandsports@gmail.com, bakercitycycling.org

June 26, 2021 — Twin Falls Old Town Criterium, Tentative, SWICA, Twin Falls, ID, Idaho State Criterium Championships, Terry Patterson, 208-420-0087, tpatterson@csi.edu, idahobikeracing.org/tfaldowntowncrit

July 3, 2021 — Leesville Gap Road Race, Williams, CA, 62 miles for everyone up and over storied Leesville Grade and Grapevine Gap in California's Colusa County, mostly paved, some gravel stretches. Watermelon Feed at the finish. USAC licensed., Robert Leibold, 209-604-1354, velopro1@gmail.com, velopromo.com

July 7-11, 2021 — USA Cycling Para-Cycling Road National Championships, Boise, ID, Chuck Hodge, 719-434-4200, chodge@usacycling.org, usacycling.org

July 9, 2021 — 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 10, 2021 — ASWD Twilight Criterium, USA Crits, Boise, ID, 34th Annual, Pro Road Tour, races for all categories, and race under the lights for the pros., Mike Cooley, 208-343-3782, mcooley@georgescycles.com, boisewlightcriterium.com

July 11, 2021 — George's Road Race, Boise, ID, Mike Cooley, 208-343-3782, mcooley@georgescycles.com, georgescycles.com

July 15-21, 2021 — USA Cycling Junior, Elite, and Para-cycling Track National Championships, Trenton, PA, Chuck Hodge, 719-434-4200, chodge@usacycling.org, usacycling.org

July 18, 2021 — USA Cycling Gran Fondo National Championships, Asheville, NC, Shawn Brett, 719-434-4200, sbrett@usacycling.org, usacycling.org

July 24, 2021 — Bob Cook Memorial Mount Evans Hill Climb, Colorado Summit Cycling Series, Idaho Springs, CO, 54th annual, CO State Championship Hill Climb, 27 mile bicycle race and Gran Fondo, that ends on the highest paved road in the United States. Mount Evans, at 14,130', 6000 feet elevation gain., Jennifer Barbour, 303-503-4616, jen@teamevergreen.org, Kim Nordquist, 303-249-6168, director@bicyclerace.com, bicyclerace.com, teamevergreen.org

August 5-8, 2021 — USA Cycling Masters Road National Championships, Albuquerque, NM,

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Shawn Brett, 719-434-4200, sbrett@usacycling.org, usacycling.org

August 7, 2021 — The Broadmoor Pikes Peak Cycling Hill Climb, Colorado Springs, CO, This is an epic hill climb on Pikes Peak, America's Mountain, starting at 9,390 feet and finishing 12.42 miles later at 14,115 feet with an elevation gain of 4725 feet. There is a timed race and gran fondo, with waves starting at 6:13 am., The Sports Corp, 719-634-7333, info@thesportscorp.org, Jeff Mosher, 719-634-7333 Ext 1005, jef@thesportscorp.org, PikesPeakCyclingHillClimb.org

August 14, 2021 — Lamolite Canyon Hill Climb, Lamolite, NV, Self-reporting, ride it and time yourself. 14th annual Road Race hill climb, 12 miles, 3000ft hill climb in Ruby Mountains. Race starts at 9am. Post event picnic and awards in Lamolite Grove, 11:30am, Gayle Hughes, 775-753-7789, 775-934-4532, nvelkovel@gmail.com, elkovel.com

August 15, 2021 — Suisun Harbor Criterium, Suisun City, CA, 2021 Northern California/Nevada District Criterium Championships. A fast paced four cornered downtown criterium on a short loop. USAC licensed, Robert Leibold, 209-604-1354, velopro1@gmail.com, velopromo.com

August 21, 2021 — Bogus Basin Hill Climb, Boise, ID, 43rd Annual, Mike Cooley, 208-343-3782, mcooley@georgescycles.com, georgescycles.com

August 28, 2021 — Race Against Time, San Manuel, AZ, Race will begin at 8:00 a.m., azcycling.org/event/race-against-time-2/

August 29, 2021 — La Vuelta a Santa Catalina Hill Climb, San Manuel, AZ, Climb will begin at 8:00 a.m., azcycling.org/event/la-vuelta-a-santa-catalina-road-race/

September 4-6, 2021 — Steamboat Stage Race, Steamboat Springs, CO, Now in year 13, Pro-am road racing returns to Steamboat Springs Labor day weekend 2021, with all new courses. USA Cycling sanctioned., Corey Piscopo, 970-367-3517, corey@bikesteamboat.com, bikesteamboat.com

September 6, 2021 — Il Giro di San Francisco, San Francisco, CA, 46th annual Labor Day Criterium on the Embarcadero. Challenging six corner course that has hosted some of the best in the nation. 9 separate events including kids challenge. USAC licensed., Robert Leibold, 209-604-1354, velopro1@gmail.com, velopromo.com

September 12, 2021 — Arizona State Time Trial 40K Championships, Picacho, AZ, Arizona State Individual Time Trial, 40K, Course out & back, flat, first ride start 6:30 AM, rider go off in 30 seconds intervals. USA Cycling State awards., Joey Luliano, juliano88@gmail.com, tucsonmasters.org, azcycling.org/event/state-time-trials-20-and-40k/

September 12, 2021 — 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/event/state-time-trials-20-and-40k/

September 17-19, 2021 — Silver State 508, Mountain West Ultra Cup, Reno, NV, 38th 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, two-person and four-person relays with stage and open divisions offered with subcategories for tandems, recumbents, fixed gear, and classic bikes. A Race Across America (RAAM) Qualifier, starts and ends in Reno and traverses across Highway 50, also known as "The Loneliest Road in America", Robert Panzera, 917-543-2670, robert@ccsd.com, Jo Panzera, jo@ccsd.com, the508.com

September 19, 2021 — Oakland Grand Prix, Oakland, CA, Exciting multi lap criterium racing in uptown Oakland for the 16th year. USAC licensed., Robert Leibold, 209-604-1354, velopro1@gmail.com, velopromo.com

September 26, 2021 — Mt. Graham Hill Climb, Safford, AZ, 8 am, mass start, Nippy Feldhake III, 520-747-2544, nippy-mr-smarty-pants@uno.com, azcycling.org/event/mt-graham-state-hc-2/

September 29-October 3, 2021 — Tour of the Gila, Silver City, NM, 5 stages, UCI men, UCI women, amateur categories, great spring racing!, Jack Brennan, 575-590-2612, brennan5231@comcast.net, tourofthegila.com

October 2-3, 2021 — Nevada Senior Games Cycling Races, 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, Joe Dailey, 775-461-9252, NVSGCycling@outlook.com, nevada.fusesport.com

Utah Road Touring and Gran Fondos

June 3-5, 2021 — Red Rock Randonnee, Salt Lake Randonneurs Brevet Series, Kanab, UT, Minimally-supported ride near Zion, Bryce & the Grand Canyon. 375- or 622-mile options (600 or 1000km). A brevet (bruh vay) is a timed ultra distance event organized under the auspices of our national organization Randonneurs, USA., Richard Stum, 435-462-2266, richard@eogear.com, sallakerandos.org

June 12, 2021 — Huntsman SportsFest - Run, Ride, Play, Support Cancer Research, Delta, UT, An epic ride supporting Huntsman Cancer Institute (HCI). Distances: 25, 50, 75, 100 & 140-miles. 100% of all funds support the mission of HCI., Jen Murano-Tucker, 801-584-5815, jmurano@huntsmanfoundation.org, huntsmansportsfestival.com

June 19, 2021 — Castle Country Century, Scofield, UT, Enjoy scenic riding from Scofield reservoir up and over the Manli La-Sal mountains, down through Huntington Canyon and out into the high desert plateaus before finishing in Price, UT. Scenic, challenging and an overall good time. Over 5,300' of climbing and 7,200' of descending. Century and Metric Century available., Mark Jespersen, 435-637-2453, mark@castlecountrycycling.com, Ed Malmgren, 435-637-2453, ed@castlecountrycycling.com, castlecountrycycling.com, carboniec.com

June 25, 2021 — Antelope by Moonlight Bike Ride, Antelope Island, UT, 27th Annual, 10pm. Open to participants of all ages and starts at the Antelope Island's White Rock Bay. This year's theme is the Rolling 20's. It will contain a speakeasy mocktail lounge, a Great Gatsby party, and swanky photo ops., Antelope by Moonlight, 801-451-3237, tou@claviscountyutah.gov, claviscountyutah.gov, antelopeby-moonlight.com

June 26, 2021 — Bike MS: Harmons Best Dam Bike Ride, Bike MS, Logan, UT, Join thousands of cyclists from around the region and celebrate 34 years of Bike MS: the premier fundraising cycling series in the nation raising funds for a world free of MS. The Bike MS experience offers route options ranging from 45 to 150 miles over two days and is

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

Neusmeyer, 801-856-7018, chad@saينتosinners.com, saينتosinners.com

July 31, 2021 — Wasatch Front Series. Tentative, Salt Lake Randonneurs Brevet Series, North Salt Lake City, UT. Self-supported ride up Emigration Canyon, along the Wasatch Front and out to Antelope Island. 108, 200, 300 km (67.6, 124.3, 187.4 mile) options. A brevet (bruh vay) is a timed ultra distance event, Richard Stum, 435-462-2266, richard@eogear.com, sallakerandos.org

August 14, 2021 — 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 14, 2021 — To the Moon and Back Century Ride. Tabiona, UT. Located in the High Uintas, four ride options: 150 miles, Century, 75, 50, and 25. Ride back roads of Duchesne County, very minimal traffic. Free overnight camping. Elevations from 6,522 to 8,150. Fully Supported Ride. 100% of proceeds go to Rapha House and Operation Underground Railroad. Karen Redden, 435-828-0467, roxredde@gmail.com, tothemoonandback-events.com

August 21, 2021 — Wasatch Back Super Series. Tentative, BCC SuperSeries, Salt Lake Randonneurs, Draper, UT. Self-supported, timed 237km (137-mile) ride from the Salt Lake Valley climbing over to Heber, down to Heber City and returning via the new Cascade Springs road onto the Alpine Loop. Over 12,000-ft of vertical gain! BCC, roadcaptain@bccutah.org, Richard Stum, 435-462-2266, richard@eogear.com, bccutah.org

August 21, 2021 — 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. Medal 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, cmewilliams@sevier.utah.gov, traildaystatoh.com/sv-rooster-ride/

August 28, 2021 — 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 Lot/Lal, Bob Jardine, 435-713-0288, 435-757-2889, info@cachevalleycentury.com, cachevalleycentury.com, Sammie Macfarlane, 435-713-0288, Sammie@cgadventures.org, CJ Sherlock, 435-713-0288, 435-757-2889, info@cachevalleycentury.com, cachevalleycentury.com

August 28, 2021 — Summit Challenge. Park City, UT. Riders of all ages and abilities will hit the pavement for a 100, 80, 50, 25, or 16-mile road ride event in support of the National Ability Center's mission. All three fully-supported routes of this event follow paved roads in and around the beautiful Park City mountainside. This exciting event promises to serve up a challenge for a wide range of cycling levels and abilities. And don't forget - all Summit Challenge riders who have a disability can register and ride for free! The 100 ride goes through the prestigious Wolf Creek Ranch property which is usually closed off to road bikers. Enjoy a ride length of your choice and end up back at the National Ability Center for food, drinks and music. Kyle Cowdrey, 435-649-3991, 435-200-0990, events@discovernac.org, Whitney Thompson, 435-649-3991, whitney@discovernac.org, summitchallenge100.org, discovernac.org

August 28, 2021 — Gran Fondo Salt Lake. Tooele, UT. Start and finish at the iconic Utah Motor Sports Campus west of Tooele, Utah. Kick off your ride with a shotgun start and mega balloon send-off at the UMC Campus. Choose from 105 miles, the metric century (62 miles), or 30 miles. Dan Aarnott, info@skolevents.com, GranFondoSaltLake.com

September 11, 2021 — Warrior Woman Ride. Payson, UT. Join us for the 12th annual fully supported all women's bike ride. Choose between the 15, 30, 70 or 100 mile options. Keep patriotic during this ride honoring heroes! Mahogani Thurston, 801-318-1420, wonderwomanride@gmail.com, Carolina Herrin, 385-218-9070, herrin.carolina@gmail.com, warriorwomanride.com

September 12-18, 2021 — 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 18-19, 2021 — 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@skinytireevents.com, skinytireevents.com

September 18, 2021 — Goldilocks Utah. Goldilocks Bike Ride, Provo, UT. Goldilocks is a women only bike ride, with a gorgeous route starting at Provo Town Center and beautiful fall weather! With 100, 80, 60, 40, and 20 mile route options, Goldilocks has a route that is "just right" for everyone! Benefits Operation Underground Railroad to end sex trafficking. Randy Gibb, 801-222-9577, randy@goldilockside.com, goldilockside.com, provo.org

September 18, 2021 — Up for Downs Century Ride. Kaysville, UT. This is a non competitive event that will take you on an amazing ride through beautiful Northern Utah. Starting at Pioneer Park in Kaysville you will go on a 25, 50, 75 or a 100 mile ride up to Brigham City and finish back at Pioneer Park. Scott Kimball, sk2socal@gmail.com, Cheryl Johnson, 801-503-5086, ceo@udsf.org, udsf.org

September 24-25, 2021 — 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, salthosaint.com

September 25, 2021 — 5 Canyons Bike Challenge. Sandy, UT. Wheels of Justice. Ain't No Mountain High Enough. 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

September 25, 2021 — Belgian Waffle Ride - Cedar City. TRIPEL CROWN OF GRAVEL, Cedar City, UT. The "Hell of the South". 78% Gravel (106 miles), 22% Paved (30 miles). In the heart of Southern Utah allowing riders to see a wild variety of unique countryside. Course goes through the "Parowan Gap" and past petroglyphs left by the areas past native inhabitants, along with prehistoric dinosaur footprints. Michael Marckx, 760-815-0927, mmx@MonumentsOfCycling.com, belgianwaffleride.bike

October 16, 2021 — Fall Tour de St. George. Ride Southern Utah Road Gran Fondos, 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@spingeeks.com, ride-southernutah.com

June 5, 2021 — Eastern Sierra Double Century. California Triple Crown and Planet Ultra Grand Slam Endurance Series, Bishop, CA. 200 mile ride including Mammoth and June Lakes, Deborah Bowling, 818-889-2453, embassy@planetultra.com, planetultra.com

June 6, 2021 — America's Most Beautiful Bike Ride - Lake Tahoe. Tentative, Stateline, NV. 29th 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, tf@biketwest.com, biketwest.com, bikeandstahoe.com

June 6, 2021 — Elephant Rock. Roll Massif, Castle Rock, CO. This year we have three road courses (44, 60 and 100 miles), one gravel/road route (32 miles) and one great family ride (8 miles). Tracy Powers, support@rollmassif.com, rollmassif.com

June 12, 2021 — Tour of Two Forests. Santa Clarita, CA. 200 mile ride, Deborah Bowling, 818-889-2453, embassy@planetultra.com, planetultra.com

June 12, 2021 — Fremont Area Road Tour (FART). Lander, WY. The Lander Cycling Club is hosting the 12th Annual Fremont Area Road Tour. Join us for another year of fun and friends on the road! This event showcases the Lander cycling experience and offers a unique adventure for the whole family. Cyclists can follow a 75-mile set route or mix and match loops to design their own experience. Collect passport stamps from each aid station for bragging rights. Afterward, join us downtown for an old fashioned BBQ block party with plenty of food, music, and drinks! Gwen Robson, 307-330-3002, fremontarearoadtour@gmail.com, Tony Ferlisi, landercycling@gmail.com, Amanda Dyer, 307-332-3394, landercycling@cw.edu, fremontarearoadtour.com, landercycling.org

June 13-18, 2021 — Ride the Rockies. Durango, CO. Ride the loop to explore Colorado's Rocky Mountains by bicycle. The 2021 tour will be a brand new route showcasing the state's unmatched scenery and breathtaking mountain views. Proceeds benefit Colorado non-profits through The Denver Post Community Foundation, Ride The Rockies, 303-954-6700, ridetherockies@denverpost.com, ridetherockies.com

June 19, 2021 — Spinderella. Pocatello, ID. 10th Annual, ladies-only ride featuring five scenic routes, from 10 to 100 miles. Roll-out begins at 6:00 am at Ross Park in Pocatello, ID. DaNae Young, 208-221-9300, spinderella33@gmail.com, spinderellaride.com

June 19, 2021 — Ruby Roubaix (formerly Ride Around the Rubies). Lamolite, NV. Gravel Fondo! See the Ruby Mountains like you've never seen them before during this one-day bicycle ride or race beginning and ending in scenic Lamolite, Nevada. Choice of a 20, 36, 62 or full 117 mile loop on pavement, gravel and dirt roads. Ride it or race it! Kerry Aguire, 775-397-1922, kerry.aguire@gmail.com, rubyroubaix.com

June 26, 2021 — RATPOD (Ride Around the Pioneers in One Day). Dillon, MT. Now a virtual ride: RATPOD is now RATPOD Unlimited - Your RATPOD. Your way. You can ride any distance you choose, from anywhere you are located all in support of Camp Mak-A-Dream. An oncology camp dedicated to ensuring those affected by cancer can live with and beyond their diagnosis. With just a small donation you can be part of this now national event all to honor those affected by cancer. RATPOD is usually a 130-mile one-day charity ride for Camp Make-A-Dream (a cost free cancer camp). The ride takes place in the beautiful Big Hole Valley of SW Montana. Courtney Imhoff, 406-549-5987, info@ratpod.org, ratpod.org, campdream.org

June 26, 2021 — Cheyenne Superday Tour de Prairie. Cheyenne, WY. This long-distance course heads south past the Capitol before heading west under I-25 and up Happy Jack Road to Vedauwooo. Get ready for some fresh air and swift elevation changes! The Tour de Prairie features 25-, 50-, 75- and 100-mile rest stations/turn around points. Breakfast and lunch are included for registered Tour de Prairie riders., Lori DeVilbiss, 307-773-1044, ldevilbiss@cheyennecycling.org, CheyenneEvents.org, CheyenneRec.org

June 26, 2021 — Alta Alpina Challenge. Markleeville, CA. Experience the breathtaking scenic beauty of classic Sierra roadways. Metric and Century options or pick one or more of the famous Alta Alpina passes for a personalized ride (30 miles and up). Fundraiser for the Alta Alpina Cycling Club, Gregg Westerbeck, 877-845-2453, social@altaalpina.org, Michael Bayer, challenge@altaalpina.org, altaalpina.org, altaalpina.org

June 26, 2021 — Wild Sierra Century and Metric. Markleeville, CA. Experience the breathtaking scenic beauty of classic Sierra roadways. Ride through wilderness areas with no traffic lights and just a few stop signs. Gregg Westerbeck, 877-845-2453, social@altaalpina.org, Michael Bayer, challenge@altaalpina.org, altaalpina.org, altaalpina.org

June 26, 2021 — Alta Alpina Challenge 8-Pass Double Century. Markleeville, CA. The Toughest Single Day Ride in the World. Exclusive 8 Pass Jersey available for finishers. Gregg Westerbeck, 877-845-2453, social@altaalpina.org, Michael Bayer, challenge@altaalpina.org, altaalpina.org, altaalpina.org

July 9-11, 2021 — Ride the Rockies Getaways: Gold Rush Gravel. Woodland Park, CO. A three day self to semi-supported ride that circumnavigates Colorado's famed Gold Belt region, an amazing area rich in old west history and replete with stunning scenery. Deirdre Moynihan, 303-954-6704, dmoynihan@denverpost.com, Ride The Rockies, 303-954-6700, ridetherockies@denverpost.com, ridetherockies.com

July 11-16, 2021 — Tour de Wyoming. Thermopolis, WY. 24th Annual. Bike tour circling Wyoming's Bighorn Basin with daily distances from 55 to 70 miles. Amber Travyk, 307-742-5840, atravyk@wyoming.com, cycleywoming.org, tourdewyoming.org

July 17, 2021 — Tour de Steamboat. Steamboat Springs, CO. Annual bicycle event that brings together 1,200 cyclists for a one-day ride through beautiful Northwest Colorado, taking in Rabbit Ears Pass, Gore Pass, Yellow Jacket Pass, Steamboat, Yampa and Oak Creek. Four different road ride routes: 26, 46, 66, 116 miles, and a 100 mile gravel route., Katie Lindquist, 970-846-9206, info@tourdesteamboat.com, tourdesteamboat.com

July 17, 2021 — Watsonville Criterium. Watsonville, CA. Robert Leibold, 209-604-1354, veloproto@gmail.com, veloproto.com

July 18, 2021 — Canyon Belgian Waffle Ride - San Diego. TRIPEL CROWN OF GRAVEL, San Diego, CA. Pain and suffering will commence at 7 a.m. featuring four waves predicated on riders' USAC categories. The expo will remain open on Sunday throughout the duration of the event until the beers, jeers and awards are distributed for all the day's heroic efforts., Michael Marckx, 760-815-0927, mmx@MonumentsOfCycling.com, belgianwaffleride.bike

July 24, 2021 — Fondo on the Palouse. Moscow, ID. Starting at 0700 in Moscow, pick from 3 courses (15, 50, 100 miles) that build on themselves to provide a touring experience of the Palouse as its communities celebrate along the way., T-Jay Clevenger, 208-882-0703, fordopalouse@gmail.com, fordopalouse.org

August 7, 2021 — Tour de Big Bear. Big Bear Lake, CA. 10th Anniversary Edition, Southern California's favorite ride! Features legendary aid stations, beautiful mountain scenery and spectacular summer weather. With 25, 50, 70, 106 and 109 mile courses, there's a route for every cycling enthusiast!, Chris Barnes, 951-970-6720, 909-878-0707, bigbearcycling@gmail.com, bigbearcycling.com, tour-de-big-bear-cycling-west/, bigbearcycling.com

August 7, 2021 — Copper Triangle Alpine Cycling Classic. Roll Massif, Copper Mountain, CO. The 79-mile loop crests three Colorado mountain passes - Fremont Pass (Elev. 11,318'), Tennessee Pass (Elev. 10,424') and Vail Pass (Elev. 10,662') - for a total elevation gain of 6,500 feet., Tracy Powers, support@rollmassif.com, rollmassif.com

August 8, 2021 — Boulder Roubaix Road Race. Boulder, CO. First held in 1990 and now every other year just north of cycling mecca Boulder, this is an amazing 19 mile loop with mixed terrain, Chris Greulich, 303-619-9419, chris@dbcevents.com, dbcevents.com

August 14, 2021 — Stonewall Century Bicycle Ride. La Veta, CO. 18th Annual. This out-and-back ride offers cyclists stunning beauty and small-town vibe. Colorado's scenic Highway of Legends (State Hwy 12) between La Veta and Segundo is the backdrop for 25-, 50- and 102-mile routes, featuring up to 8000-feet of climbing., Kent Hay, info@spcycling.org, spcycling.org

August 14, 2021 — 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, 208-232-8996, bartisevents@ancil.com, David George, 208-317-2225, dgeorge@victoryofidaho.com, 4PGF.com

August 21, 2021 — HeART of Idaho Century Ride. Idaho Falls, ID. 25, 62, and 100 mile options. Entry fees cover entry, t-shirts, fully stocked rest stops, and post ride BBQ. Route is flat to rolling, easy to moderate difficulty. Benefit for the Art Museum of Eastern Idaho., Margaret Wimborne, 208-317-7716, wimbmarg@a91.k12.id.us, a91.k12.id.us/22/Content2/about-century-ride

August 21, 2021 — The Triple Bypass. Evergreen, CO. The legendary Triple Bypass is 110 miles with 10,000' of climbing and travels over 3 beautiful mountain passes from Evergreen to Vail, CO. 30, 75, 120 mile options. Sunday Gran Fondo and the infamous Double Triple Bypass, 240 miles. Jennifer Barbour, 303-503-4616, jen@teamevergreen.org, Kim Nordquist, 303-249-6168, kimnordquist@msn.com, triplebypass.org

August 21, 2021 — Belgian Waffle Ride - Asheville. TRIPEL CROWN OF GRAVEL, Asheville, NC. The "Hell of the North". The course has scenic views of rolling mountains, rough and rocky outcroppings, lake views, dense forests and passes many rivers and waterfalls. Course will cross the Eastern Continental Divide multiple times! A true multi-surface race with smooth, hard packed, flat, loose, rocky and up/downhill gravel., Michael Marckx, 760-815-0927, mmx@MonumentsOfCycling.com, belgianwaffleride.bike

August 22-28, 2021 — 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 28, 2021 — Venus de Milles. Lyons, CO. Venus de Milles 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, venusdemilles.com/colorado/

August 28, 2021 — Tour de Fox Wine Country. VIRTUAL, Fulton (Santa Rosa), CA. 70.2-mile, 52.4-mile, 34.5-mile or 10.7-mile options. Proceeds from Wine Country will benefit The Michael J. Fox Foundation to speed better treatments and a cure for Parkinson's along with the local GOALS Foundation to support special needs children and adults sports and fitness., Bike Monkey, 707-560-1122, info@bikemonkey.net, Tour de Fox, tourdefox@michaeljfox.org, tourdefox.com

August 28, 2021 — American Diabetes Association's Tour de Cure Colorado. Parker, CO. VIRTUAL, Tour de Cure is an incredible experience for cyclists, runners, walkers, and extreme ninjas! All routes end back at the Salisbury Park Festival where community members are invited to join in the fun. If you have diabetes you are the VIP of the day. Routes options of 12, 30, 63, 100 mile routes, plus a 5k run walk. Lindsay, Mark, Megan, Sasha, 720-855-1102 x7010, LPhelan@diabetes.org, MTaylor@diabetes.org, MTaub@diabetes.org, SReeves@diabetes.org, diabetes.org/coloradotourdecureroute

September 2-October 17, 2021 — Redrock Canyon Utah Bike Tours. Grand Junction, CO. The Redrock Canyons is Lizard Head Cycling's original tour and became our most popular itinerary after it was featured in the New York Times in 2010. It is a supported lodge-to-lodge road cycling tour that follows a seldom seen route through the Redrock Canyon Country of western Colorado and eastern Utah. It is a superb tour for intermediate/+ riders offering unmatched scenery and fantastic lodging., John Humphries, 970-728-5891, info@lizardheadcyclingguides.com, lizardheadcyclingguides.com, Lauren Lasky, 508-561-7580, lauren@lizardheadcycling.com, lizardheadcyclingguides.com

September 10-12, 2021 — Pedal the Plains. Kiowa, CO. PTP will take cyclists through the host com-

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munities of TBA. 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 11, 2021 — 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 12, 2021 — Tour de Tahoe - Bike Big Blue, Tentative, Lake Tahoe, NV. 18th Annual ride around Lake Tahoe's 72 mile Shoreline. Fully supported with rest stops, tech support and SAC. 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, taft@bikethestest.com, bikethestest.com

September 18, 2021 — Tour de Vineyards, Roll Massif, Palisade, CO. Choose between a leisurely 23-mile route that follows the Palisade Fruit & Wine Byway and the more challenging 58-mile route that adds on a loop up and over the Reeder Mesa Climb with a timed segment to challenge your legs and lungs. Tracy Powers, support@rollmassif.com, rollmassif.com

September 18-25, 2021 — California Coast Classic, San Francisco, CA. The Arthritis Foundation's 21th Annual California Coast Classic Bike Tour is a scenic bike ride that takes place over eight days and covers 525 miles along the coast on Highway 1. The Tour starts in the heart of San Francisco and ends on the iconic strand of Los Angeles. Shannon Marang Cox, 909-489-2217, smarangcox@arthritis.org, arthritis.org/events/bike-event

September 19, 2021 — GFNY Santa Fe, Gran Fondo New York, Santa Fe, NM. The roads of GFNY Santa Fe will take riders through the spectacular and diverse terrain of the southwest. Both routes start in downtown Santa Fe, 81 and 55 mile courses. Michael McGalla, mikeli@khebike.com, hotmail.com, gfnysantafe.com

September 25, 2021 — Mountains to the Desert Bike Ride, Telluride, CO. 16th Annual, Ride from the beautiful mountains of Telluride to the incredible desert landscape of Gateway, CO for the Just for Kids Foundation! Choose your distance (72 miles, 101 miles, 104 miles or 132 miles) and pass through golden aspens and brilliant red canyon walls to our destination at Gateway Canyons

Resort., Katie Geissler, 970-708-0566, director@justforkidsfoundation.org, justforkidsfoundation.org/mountainstodesertride

September 25, 2021 — Tour of the Moon, Roll Massif, Grand Junction, CO. Made famous in the 1980's Coors Classic and later in the cycling movie American Flyers. Its legacy continues as one of the premier road cycling events in the western United States., Tracy Powers, support@rollmassif.com, rollmassif.com

September 26-October 2, 2021 — OATBRAN, Lake Tahoe, NV. 30th annual One Awesome Tour Bike Ride Across Nevada! Following the Legendary Pony Express Trail on U.S. Hwy. 50. 5 days of riding, 420 miles from Lake Tahoe to Great Basin National Park. Fully Supported motel style tour... limited to 50 participants., Curtis Fong, 800-565-2704, 775-771-3246, taft@bikethestest.com, bikethestest.com

October 1-3, 2021 — Ride the Rockies Getaways: Cottonwood Classic, Crested Butte, CO. Starting and finishing in Crested Butte, this 194-mile, three-day semi-supported tour makes a clockwise loop around the heart of Colorado's central Rockies. Along the way you'll climb up and over some of the state's most iconic climbs, including the newly paved Cottonwood Pass, Monarch Pass, and Ohio Pass. Total uphill pedaling for this loop ride is just a shade under 13,400 feet, all of it above 7,000 feet, including the tour's highpoint of 12,126 feet atop Cottonwood Pass., Deirdre Moynihan, 303-954-6704, dmoynihan@denverpost.com, ridetherockies.com, ridetherockies.com

October 9, 2021 — 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, tistatesgranfondo.com, planetultra.com

October 10, 2021 — Santa Fe Century and Gran Fondo, Santa Fe, NM. 35th Annual. Beautiful scenery, outstanding food stops and very reasonable registration fees. Century, Half-Century, and 25 mile tours are offered as well as two timed events: Gran Fondo (100 mile timed ride), Medio Fondo (50 mile timed ride). Enjoy massages, great food and local craft beers following the rides., Matt Piccarello, 505-600-1840, ride@santafecentury.com, santafecentury.com

October 16, 2021 — 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 16, 2021 — Hammer Road Rally, Shaver Lake, CA. A ride with options for most ability levels with each route beginning and ending at Shaver Lake. There are four options: a 27.5 mile free untimed route, 34 mile untimed route,

53 mile timed route, and 85 mile timed route. Within the 53 mile option lies a 2000' paved climb, while the 85 mile option features a 15 mile gravel climb from Stump Springs Road to Kaiser Pass with a total of 30 miles of gravel., Bike Monkey, 707-560-1122, info@bikemonkey.net, levisgranfondo.com

Multisport Races

June 5, 2021 — Daybreak Triathlon, Salt Lake Triathlon Series, South Jordan, UT. The only open water Olympic distance race in the greater Salt Lake Valley. Get ready for the best spectator swim around with a point to point swim, a killer bike course near the Quairh Mountains and a run around the lake that is unparalleled., Perry Hacker, perryhacker@me.com, ustrisports.com

June 5, 2021 — Colorado Triathlon, Boulder, CO. Sprint and Olympic distances, at Boulder Reservoir, Lance Panigutti, 303-408-1195, lance@withoutlimits.com, withoutlimits.com

June 12, 2021 — XTERRA Lory, XTERRA America Tour, Bellvue, CO. 1/2 mile swim in the clear waters of Horsetooth Reservoir (Eltuk Bay), then a 2-Lap (beginner friendly) 12.2 mile single-track bike over rolling terrain, and across valley bridges at Lory State Park. Finish things off with a fun and challenging 4.8 mile (8k) run through the clouds on single-track trails!, Lance Panigutti, 303-408-1195, lance@withoutlimits.com, withoutlimits.com

June 12, 2021 — 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@tr Utah.com, tr Utah.com

June 12, 2021 — Lookout Mountain Triathlon, Golden, CO. 525 Yard Swim, 10 Mile Bike with 1000' of climbing, 5K Run on dirt roads. Meet at Mt. Vernon Canyon Club just west of Golden, CO., Paul Karlsson, 303-960-8129, info@digdeep-sports.com, digdeep-sports.com

June 19, 2021 — Valkyrie Multisport Relay, Park City, UT. Spans nearly 100 miles of Utah's spectacular Wasatch Back mountain range. The event pits teams of up to 9 specialized competitors against each other, racing against the clock, and exchanging between trail running, kayak/canoe paddling, marathon, mountain biking, stand-up paddle boarding, open water swimming, and road cycling. Race day consists of four events: Full, Sprint, Marathon, and Half—everything culminating with an all-day Expo (Endurance Sports Summit) at the fin-

ish line., Shawn Snow, info@valkyrirelay.com, valkyrirelay.com

June 26, 2021 — Dino Tri, TriUtah Points Series, Vernal, UT. 13th Annual. 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@tr Utah.com, tr Utah.com, Greg Murphy, 801-656-5897, vernaidino@tr Utah.com, tr Utah.com

June 26, 2021 — Boulder Sunrise Triathlon, Boulder, CO. Join us in celebrating the start of summer in the triathlon capital of the country, Boulder, CO. An athlete favorite with its breath-taking sunrise swim, fast bike and smooth run course, all with the flatirons painted in the background. Includes olympic, sprint, Relay, duathlon, Aquabike, 10k, and 5k., Craig Towler, 318-518-7303, info@bbsctri.com, Michelle Lund, michelle@bbsctri.com, www.bbsctri.com/boulder-sunrise

June 26, 2021 — Mt. Pleasant City Triathlon, Mt. Pleasant, UT. Sprint Triathlon (3.1 mile run/12.1 mile bike/300 yard swim), Mt Pleasant Aquatic Center., Brittany Adams, 435-462-1333, pool@mtpleasantcity.com, mtpleasantcity.com

June 26, 2021 — Lake Tahoe Triathlon, Tahoe City, CA. The swim occurs in one of the clearest, cleanest, and deepest lakes in North America, Lake Tahoe. Tahoe City is also home to some of the area's most treasured mountain biking trails. The bike course features single track and double track, fields of wildflowers, and breathtaking Sierra views. The races start and finish at Commons Beach on the shore of Lake Tahoe., Todd Jackson, 530-546-1019, todd@bigblueadventure.com, Kiley McInroy, kiley@bigblueadventure.com, bigblueadventure.com, adventureportsweektahoecolorado.com/competetahoecolorado.com/competetahoecolorado.com

June 27, 2021 — Ironman Coeur D'Alene, Coeur D'Alene, ID. 2.4-mile swim in Lake Coeur d'Alene, 112-mile bike course, run on the lake shore, 303-444-4316, cda@ironman.com, ironman.com

July 10, 2021 — Echo Triathlon, TriUtah Points Series, Coalville, UT, 19th Annual. Warm July temperatures, a scenic ride in Utah's unique Echo Canyon, and a run on the Historic Rail Trail makes for the perfect event for both seasoned athletes and beginners. 600 rider cap., Brogg Sterrett, 702-401-6044, race@tr Utah.com, tr Utah.com

July 10, 2021 — Cache Valley Super Sprint Triathlon, Logan, UT. Held at the Logan Aquatic Center. This race is a great pool triathlon with a 500 meter serpentine swim, 12.4 Mile bike on the Mendon Road which is a flat straight paved road out along farm lands, 3.1 Mile Run on the Logan River Trail under a canopy of trees. For those racers who want to do it Olympic style they will do it twice in an F1 format., Joe Coles, 801-335-4940, joe@onhillevents.com, onhillevents.com, cvst.com

July 10, 2021 — Logan Tri, Logan, UT. Cache Valley Super Sprint Triathlon, Joe Coles, 801-335-4940, joe@onhillevents.com, onhillevents.com

July 11, 2021 — Boulder Peak Triathlon, Boulder, CO. Sprint and Olympic distances, at Boulder Reservoir, triathlon, Duathlon, Aquabike, Lance Panigutti, 303-408-1195, lance@withoutlimits.com, withoutlimits.com

July 17, 2021 — San Rafael Classic Triathlon, Huntington, UT. Huntington State Park, Olympic distance tri, Olympic team relay, Sprint tri, Sprint team relay, spring swim/bike duathlon, sprint bike/run duathlon, youth tri. New: paddle board tri (sprint) and a paddle board race. Friday night

activities offer live music during the pasta dinner. Body marking and packet pickup available Friday night. Camping available. Reservations necessary to ensure campsite. Held on a closed course. Special prizes and awards will be issued to the athletes, Wade Allinson, 435-609-3126, allinson2@gmail.com, sanrafaelclassic.com

July 17, 2021 — XTERRA Beaver Creek, XTERRA America Tour, Avon, CO. The last of four regionals in the XTERRA America Tour, featuring sprint and championship distance off-road triathlon options., Raena Cassidy, 877-751-8880, info@xterraplanner.com, xterrabeavercreek.com

July 24, 2021 — Tri Boulder, BBSC Twin Tri Series, Boulder, CO. One of the fastest growing triathlons in Colorado. Challenge yourself at mile high elevation, Sprint, Olympic, and Half distances., Craig Towler, 318-518-7303, info@bbsctri.com, Michelle Lund, michelle@bbsctri.com, bbsctri.com/triBoulder

July 24-25, 2021 — Donner Lake Triathlon, Truckee, CA. One of the best! The Donner Lake Triathlon is a favorite California Triathlon of many triathletes. The venue, setting, and course offer a truly beautiful and challenging experience. Join us in July in Truckee, California! Half Triathlon 70.3, Olympic Triathlon, Sprint Triathlon, Kids Triathlon, Aquabike, Aquathlon | Duathlon, Todd Jackson, 530-546-1019, todd@bigblueadventure.com, Kiley McInroy, kiley@bigblueadventure.com, bigblueadventure.com, adventureportsweektahoecolorado.com

July 25, 2021 — Steamboat Lake Triathlon, Steamboat Lake, CO. Sprint Distance Triathlon, Aquabike, & Stand-Up Paddle-Board Options at Steamboat Lake, Lance Panigutti, 303-408-1195, lance@withoutlimits.com, withoutlimits.com

August 7, 2021 — TriathlonMom, Riverton, UT. Women only triathlon at the Riverton Country Pool. 300 yard swim, 12 mile bike ride, and 5k run. Carnival style cheering section provided for families of participants., Perry Hacker, perryhacker@me.com, gotriathlonmom.com

August 7, 2021 — Ironman 70.3 Boulder, Boulder, CO. boulder70.3@ironman.com, ironman.com

August 14, 2021 — Jordanelle Triathlon, TriUtah Points Series, Park City, UT. 21st annual. Enjoy everything from the wildlife and boardwalks on the river bottoms in Rock Cliff Recreation Area at Jordanelle to the local country backdrop of the towns of Francis and Woodland., Brogg Sterrett, 702-401-6044, race@tr Utah.com, tr Utah.com

August 14, 2021 — XTERRA Indian Peaks, XTERRA America Tour, Eldora, CO. time trial start on a chilly 1000 meter swim, followed by a 600 meter run to the transition area, a very hilly but beautiful 22km bike ride on the roads and single track of the Eldora Nordic Center, and finally a 7km run on the eastern trails of the Eldora Nordic Center, Paul Karlsson, 303-960-8129, info@dig-deepsports.com, dig-deepsports.com

August 15, 2021 — Wild Ride Mountain Triathlon (USAT American Tour Points), 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. This year Wild Ride will contain a kids' Off-Road Triathlon and an inaugural duathlon category. The finish line festivities begin at noon, along with racer feed and music., Darren Lightfield, 208-608-6444, wildrockiesmail@yahoo.com, wildrockiesracing.com, webscorer.com



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June 26, 2021 - Cheyenne, Wyoming

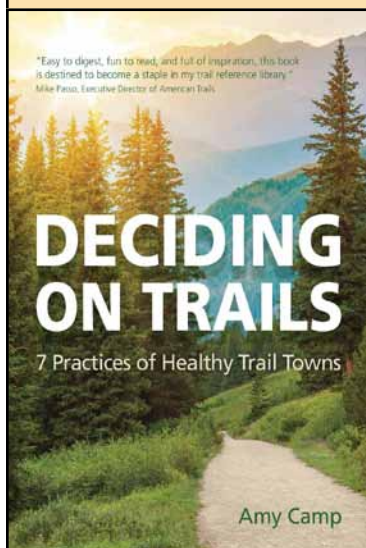
The ride tours up Happy Jack Road to Vedauwoo, through Medicine Bow National Forest.

Registration and event details:

hub.enmotive.com/events/superday-2021-tour-de-prairie or www.CheyenneRec.org/Superday

TRAILS

Book Review: *Deciding on Trails - 7 Practices of Healthy Trail Towns*



By Charles Pekow

It's not enough to just build, maintain, use, and promote a trail. The greatest level of use and support comes from making a community's trails an integral part of its culture and economy – becoming a "Trail Town."

Or as the old African proverb, renewed by Hillary Clinton, might have said, it takes a village to raise a trail to its highest potential.

And a recent book not only explains that but can serve as an inspiring guide for those who want to expand support for recreational trails and take advocacy to a new level. *Deciding on Trails: 7 Practices of Healthy Trail Towns* by trails and tourism consultant Amy Camp notes that a successful trail town involves much more than building and maintaining trails, distributing maps, and organizing rides and other activities. The benefits of trails to recreation, transportation and economics have been well documented elsewhere.

The Arbor Foundation runs a Tree City USA with more than 3,400 communities and the League

of American Bicyclists has designated more than 500 places Bicycle Friendly Communities. No one has yet started a national Trail Town program, but several states; including Florida, Kentucky, and Michigan; operate statewide programs. But, the book adds, you can take some steps without a formal government or non-profit running a trail culture program. And no one owns a copyright on the name Trail Town should a community decide to call itself one.

The solution is instilling a trail culture. That means much more than supporting businesses. The author writes "those places that value trails only for the anticipated financial benefits miss out on what I think of as the 'trail magic' that can touch communities"

Camp describes her own experiences developing a culture along the 150-mile Great Allegheny Passage (GAP) in Western Pennsylvania, where she initially found a "disconnect" between the population and the trail, as non-users couldn't see how they could benefit from it – a restaurant that closed on the busiest trail days and a C-store clerk who couldn't direct people to the trail half a mile away. So, a successful initiative must get the whole community involved in welcoming trail users.

When a trail connects multiple communities, it's vital that the towns work together in numerous ways, regarding everything from signs pointing to the next town, to arranging tours and accommodations for visitors. And note that improving trail conditions outside town helps people get there. "It is better for you to be among a cohort of communities than to do your own thing...." the book warns.

Trail culture can revolve around a single multi-community trail such as GAP, or a series of trails going

into and through a town.

A few examples Camp gives: Several waterfront towns in Ontario started bike share programs initially to help boaters explore the areas. Then locals started using the bikes. Elsewhere, art grants to place murals and sculpture located most of the artworks within sight of the trails.

Build a great trailhead. Just adding a welcome sign at the trailhead lets people know the town cares. A kiosk with maps and information about town can help but it's important to keep it stocked. A bikeshare station or loaner bikes at the trailhead instills culture. "I can imagine hikers who would LOVE to take an easy pedal into town rather than going by foot," Camp writes. The City of Council, ID even allows approved trail users to camp in a local park and get a bathroom key from the sheriff.

And if a major trail runs through your town, don't just market tourism to long-distance haulers. People who aren't up to overnight rides will want a tour or ride through town. If the trail doesn't go through downtown, build a connector.

The book is very well structured and takes you on a three-part trail starting with a history of trail towns to turning your community into one to where the movement goes from here (even coping with a pandemic). It's very readable and the author keeps reminding you where you are and why you're reading. It stops short of being a step-by-step how-to guide, only aiming to send the audience down the right path.

Deciding on Trails: 7 Practices of Healthy Trail Towns
Author: Amy Camp
218-page paperback, Plug & Play Publishing, \$19.95; kindle \$9.99, is available on Amazon, ISBN-13 : 979-8578619489.

Sen. Mike Lee Reintroduces Controversial Bill to Allow Mountain Bikes in Wilderness

Once again, Senator Mike Lee (R-UT) is trying to let those in the neighborhood decide which currently designated wilderness areas people can ride their bikes. He reintroduced the Human-Powered Travel in Wilderness Areas Act (S. 1686), which would amend the Wilderness Act of 1964 to allow local federal officials to determine the manner in which non-motorized uses may be permitted in wilderness areas. The bill was referred to the Committee on Energy and Natural Resources.

The Interior Department has interpreted the law to ban mountain biking in federally designated wilderness. Lee's act would not affect the ban on motorized transport.

The bill picked up no initial cosponsors. Lee has introduced the bill in the previous three congresses, but it never got out of committee, though it became the topic of a subcommittee hearing last November.

"The National Wilderness Preservation System was created so that the American people could enjoy our country's priceless natural areas," Sen. Lee said in a prepared statement. "This bill would enrich Americans' enjoyment of the

outdoors by expanding recreational opportunities in wilderness areas."

"Sen. Lee is using the mountain bike community to poke the environmental community in the eye and sew discord between us and the environmental groups," charges Ashley Korenblat, owner of Western Spirit Cycling in Moab, UT, a mountain bike trip organizer. "Further, this bill will never open one inch of trail. It will be litigated instantly and if any land manager actually tried (to open land), the land manager will be sued."

"We have something like 100,000 miles of ready to ride trails" in the country with more on the way and less than 1,200 miles would be affected by the law. "We don't need those miles."

Korenblat notes that while mountain biking is increasing, "the environmental community right now is growing much faster than the mountain biking community is growing. At a time of climate change, do you really want to attack the founding legislation of the modern environmental movement? Is that where we want to put ourselves in the cycling community?"

-Charles Pekow

USGS Plans National Trails Program to Link More Trails

Imagine a national digital list and map of all trails on federal recreational land. It's on the way. The U.S. Geological Survey (USGS) announced plans to create a National Digital Trails Project-- Trails Data Portal. But the map will be geared toward maintaining trails and linking them, not helping riders locate them.

The project includes three main goals:

1. A web-based geospatial analysis tool to assist federal land managers identify and prioritize connecting trails and trail networks.

2. Creating "a robust nationwide geospatial trails dataset including, at a minimum, trails from key federal agencies including the Bureau of Land Management, National

Park Service, Fish and Wildlife Service and Forest Service.

3. A "mobile responsive application that will assist trail stewards, land management agencies, and members of the public in the maintenance of trails information."

USGS opened a public comment period until August 2, 2021. It especially wants comments on creating the dataset, which will involve collecting information from federal, state and local officials and non-profits. Trail managers will login to provide info for the dataset. But participation will be voluntary so the list may not include all trails.

For details and to send comments, see <https://www.govinfo.gov/content/pkg/FR-2021-06-01/html/2021-11017.htm>

-Charles Pekow

★★★★★ – Highly Recommended

"NOT ONLY WOULD WE RECOMMEND GREG, WE WOULDN'T IMAGINE USING ANYONE ELSE IF EVER ANOTHER SITUATION WERE TO ARISE." – BRIT

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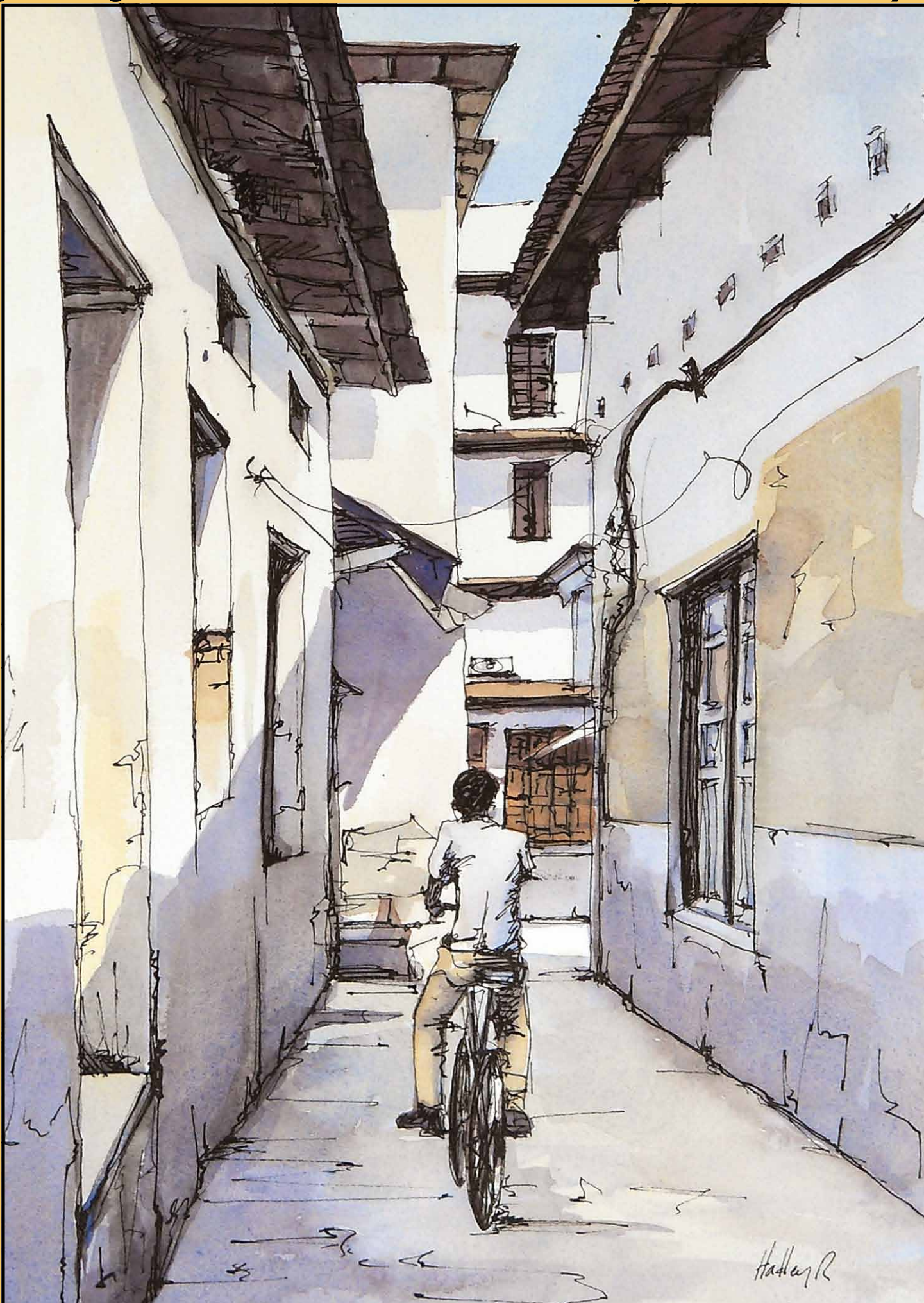


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BICYCLE ART***Peddling Through Stone Town, Zanzibar - The Bicycle Art of Hadley Rampton***

Artist: Hadley Rampton

Title: Peddling Through Stone Town, Zanzibar

Medium: watercolor and ink

Size: 14 x 10 inches

Artist's Statement: Hadley Rampton's paintings are an amalgamation of her love of composition, color, mark making and being pres-

ent in the outdoors. "I'm energized by the challenges and beauty of nature, by the dynamics of light, atmosphere and temperature in the Rocky Mountains and in the deserts of the southwest" says Rampton. Her work rests somewhere between abstraction and realism. "It's clear to see in [Rampton's] work that her sense of being outside mixes with her thoughts and blends with her knowledge of formal color theory, paint application, as well as a feel for

the abstract composition." (Michele Corriel, *Western Art & Architecture*, 2015). In plein air painting, there is an immediacy that takes hold and guides the process. Rampton grasps hold of this energy but, especially in her larger pieces, combines it with a more contemplative studio approach, as she will work on the same piece over several days. "I prefer to work onsite where I not only see the scene before which I stand but feel its light, weather and mood.

Those feelings inform the energy by which I lay down each stroke. I paint with a palette knife in bold strokes, happy to break my subject matter down into simplified form composed of value and color. This is a two dimensional surface upon which I work and I don't want to hide that. I want my process and the abstract nature of the accumulation of paint strokes to be evident, but when one stands back, for a three dimensional, Renaissance form and space to

emerge. This is what excites me."

She is currently represented by Phillips Gallery, Salt Lake City, UT, Torrey Gallery, Torrey, UT, Sorrel Sky Gallery, Durango, CO and Santa Fe, NM and Abend Gallery, Denver, CO.

Website: HadleyRampton.com



HUNTSMAN SPORTSFEST

SATURDAY, JUNE 12, 2021
SALT LAKE CITY, UTAH

FORT DOUGLAS FIELD AT
THE UNIVERSITY OF UTAH



REGISTRATION
DEADLINE:
Wednesday,
June 9

**The 2021 Huntsman SportsFest will be held in person with a virtual option. In order to keep participants as safe as possible an event adaptation plan will be in place.*

DISTANCES OF 25, 50, 75, 100, AND 140 MILES
WITH 140-MILE RELAY OPTION



The Ride is a non-competitive, single day, fully-supported ride, with multiple distance options including 25, 50, 75, 100, and 140 miles. Each distance is an out-and-back ride starting and ending at Fort Douglas at the University of Utah, and is ideal for both the beginner and seasoned cyclist.

RIDER PERKS

- Option to sign up solo or with a team and receive a personal fundraising web page
- Incentives for reaching different fundraising levels (jerseys, jackets, cycling bibs, and more)
- A training program for beginner and established cyclists who fundraise \$250 or more
- Join the ranks of thousands who have raised more than \$4.5 million to fuel cancer research at Huntsman Cancer Institute (HCI)

WWW.HUNTSMANSPORTSFEST.COM



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