

VOLUME 21 NUMBER 3

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MAY 2013

cycling utah

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SPEAKING OF SPOKES

Dreaming of Racing

By David Ward

I had a dream the other night. I dreamt I was at a meeting of our rac-

ing club and we were planning out the coming race season. There was an air of anticipation and excitement as we discussed the upcoming races. I was anxious for the racing to begin.

Then I woke up and reality came flowing back. Yes, this is the time of year to be planning for and become excited about the racing season. But I am, as I have previously painfully

pointed out, sixty-two years old with a body that is slowing me down and, when it comes to cycling these days, just plain slow.

But it was refreshing to feel that anticipation and excitement once again, even if only in a dream. Because I remember being excited about racing and eagerly looking forward to the next season, the next race, and even the midweek practice criteriums at the International Center out past the Salt Lake airport. (How many of you were around back then?)

Racing a bicycle is thrilling. I loved all types of racing. The time trials, the road races, and the criteriums. My one regret is that I never lived near a velodrome to have the opportunity to participate in track racing. But I loved those races I was able to do. Even time trials.

You see, time trials are painful. But they demand full concentration, perseverance, and energy output on and beyond the edge the entire race. They really are more a test of obstinacy, endurance and pushing oneself to the extreme than any other type of race. A time trial is called the race of truth for a good reason: It's only you. No strategy, no drafting, no attacking. Just you.

Typically, there is nothing memorable about time trialing except the pain. I was not a great time trialist, but I was pretty good. When the big guns showed up, like Steve Johnson, Fran Wikstrom and George Veasy, I knew I was toast. (Actually, when they showed up at any race, I knew I was toast.) But amongst us lesser mortals, I could hold my own. One year at the Utah Summer Games, I won the time trial by a matter of seconds. We had a good contingent of racers in our category, and that TT victory set the stage for my sweep of the weekend's subsequent road race and criterium, and the overall gold medal. It was a sweet time trial win.

Road racing was less challenging but more fun than time trials. You spend a fair amount of time just riding in a pack and chatting. What's not to like about that? Eventually, though, someone shoots off the front with several others jumping in behind, making the first thrust in a calculating game of point and counterpoint. Should I attack? Should I follow that attack or is it doomed? Who is in the break? What is the team strategy? Is the strategy shot to hell at this point?

And then there were the climbs. I always had to make certain I was at the front of the peloton when we hit the foot of a climb. I was never a great climber, but with a little care and some good luck, I could often reach the top close enough to catch back on. But road races were won or lost on the climbs. Come too far off, and you typically were just on a training ride the rest of the race.

But road racing can bring some exciting surprises. One year, while riding the Little Mountain Road Race north of Logan, I was dropped on the last climb, but there were still about 10 miles to go. I rode with a friend, and we knew we were battling it out for fourth and fifth places. Given there were probably less than ten that started in our category, that was no big deal. But we would fight it out anyway. On a small roller, I attacked, opened a gap, and he couldn't close

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Cover: John Roberson heading east across Tule Valley in the west desert of Utah, towards the House Range. In the distance the road leads into Marjum Canyon and the pass beyond. See the story on page 42.
Photo: John Roberson

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BIKE MONTH

Celebrate 2013 Utah Bike Month!



Year of the Bike Banners and the new GreenBikeSLC are showing up in downtown Salt Lake City in anticipation of Bike Month. Photo: Dave Ittis

By Jared Eborn

The banners are up, the chains are lubed and tires inflated.

Bike Month, a month-long celebration of pedal-powered transportation is upon us and Salt Lake City and the state of Utah have made numerous plans to celebrate the magnificent invention.

With bike-to-school days, open roads events and the ever-popular Bike Bonanza at Salt Lake's Gallivan Plaza and the state of Utah have made numerous plans to celebrate the magnificent invention.

The month got a bit of an early start with the annual Utah Bike Summit on April 26 where discussions and presentations were made to help promote cycling in the state and foster an environment of active development of cycling as a key component of Utah's future.

May 7 is Bike To Work Day in Salt Lake City. Mayor Ralph Becker will lead a procession of bike-commuters in the state's capitol city. The rest of the Utah and the U.S. will be celebrating Bike Week from May 13-18. Bike to Work days are featured throughout the state. The Bike Bonanza and the Cycle Salt Lake Century cap the week on May 17 and 18th respectively.

The fifth annual Bicycle Art Gallery Roll on May 17 will also be back as Salt Lake City Bicycle Company leads a celebration of bicycle-related art throughout the city.

Century rides, from the annual Cycle Salt Lake Century on May 18

to the Ghost Ride Century on May 11 and a less rigorous Ride of Silence on May 15 will get people moving throughout the region.

Cyclists in Moab can also get in on the action with the May 18 Moonshadows Ride, a supported night-time ride along scenic Highway 313. For more from Moab, see www.cyclingutah.com/news/moab-community-bike-news-for-spring-2013/

A thirst-quenching Tour de Brewtah rolls out on May 4th as cyclists ride from one microbrewery to another to sample various adult beverages and snacks along the route.

On May 25th, head on up to the Cache Valley Bike Festival.

Check out the following list of activities in the state as you explore ways to celebrate National Bike Month.

For updates, see also: www.cyclingutah.com/event-calendars/utah-bike-month/

UTAH BIKE MONTH

April 26, 2013 — Utah Bike Summit - Keep Utah Rolling! Utah Bike Month, Salt Lake City, UT, The Fifth Annual Utah Bike Summit brings together bicycle and trail advocates, representatives from our bike industries, cycling event promoters, city planners, representatives from Utah's tourism industry, local and state government officials with one common goal, to promote biking in Utah., Scott Lyttle, 435-901-4191, slyttle@bikeutah.org, Tara McKee, 801-870-8504, taramckee1@msn.com, utahbikesummit.com, bikeutah.org

May 4, 2013 — Live Green Festival, Utah Bike Month, Salt Lake City, UT, 10th Annual, Sustainable Living Festival, 11 am

to 5 pm at Library Plaza, 210 E. 400 South, Downtown Salt Lake City. 100+ exhibitors, live auction, solar-powered beer garden, live music organic food, kids' eco-activities, film presentation, eco-fashion show and more., Mike Johnson, 801-994-1844, LiveGreen@ReDirectGuide.com, downtownslc.org, livegreenslc.org

May 4, 2013 — Tour de Brewtah, Utah Bike Month, Salt Lake City, UT, A tour of the local micro-breweries in the valley to support local non-profit agencies., Tim Stempel, 602-463-1547, tdstempel@gmail.com, tourdebrewtah.org

May 4, 2013 — OpenStreets Salt Lake City - slc.iovia, Utah Bike Month, Salt Lake City, UT, Designed to engage new people in bicycling and physical activity. The event will temporarily open a route of city streets exclusively to walking, biking, and other forms of active transportation. Includes activities such as exercise classes, dance classes, music, food, games and other attractions along the iconic downtown corridor of 300 South/Broadway between the City & County Building and the Rio Grande Depot. Coincides with the LiveGreen Festival, happening at the east end of the route., Colin Quinn-Hurst, 801-535-6630, bikeslc@slc.gov, bikeslc.com

May 7, 2013 — Salt Lake County and City Mayor's Bike to Work Day, Utah Bike Month, Salt Lake City, UT, A mellow ride with Mayor Ben McAdams / Mayor Ralph Becker and other city mayors under police escort from Liberty Park to the County Complex and then to the City & County Building in downtown Salt Lake City. Liberty Park (700 E 900 S, northeast corner) to the Salt Lake County Government Center (2100 S State St) then continuing to the City & County Building (451 S State St), 7:30 am., Colin Quinn-Hurst, 801-535-6134, Colin.Quinn-Hurst@slc.gov, Cynthia Stringham, 801-535-6167, cynthia.stringham@slc.gov, bicycle.slco.org, slc.gov/bike-toworkday

May 8, 2013 — National Bike to School Day, Utah Bike Month, Everywhere, UT, A day

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COMMUNITY

Utah's Invisible Cyclists



Salir Omer, 19, is a refugee who received a bicycle from the Salt Lake Bicycle Collective's donation program. Omer uses his bicycle to get to work each day so that he can support his mother and seven of his nine siblings who fled the Middle East with him last year.

Photo: Patrick Harrington

By Katie Harrington

In a photograph, Salir Omer looks like most 19-year-olds. A wide smile beneath the brim of his New York Yankees hat reveals a full set of braces. His stance emanates teenage swagger.

But Salir Omer isn't like most 19-year-olds – at least not in America. Omer's days are marked with simple ambitions – go to work, be free, find peace.

And all of it starts with his bicycle.

A Refugee

Each morning, Omer rides on busy thoroughfares and empty streets, meandering across the city to his maintenance job at WalMart – likely unnoticed by any car that passes him.

"Sometimes, it's good," Omer said. "Sometimes, it's hard, you know." But he keeps riding. Not because he wants to, but because he has to.

His life depends on it. His mother's life depends on it. His seven siblings who live with Omer depend on it. He is the sole provider – and right now his bike is the lifeblood of the Omer family.

"I'm the big one," Omer said. "It's okay – my brothers and sisters and my mom, I can help them."

Omer is from Somalia – an eastern African country that borders Ethiopia and Kenya – and gained refugee status in America last year when he and his family escaped years of incorrigible danger in Somalia, Yemen, and Egypt.

"When I came here, it was hard – so, so hard," Omer said. "But I came here for peace, you know. We can work and you have freedom. Where I am from is danger. People kill people. Here is a good place for life."

According to Utah's Refugee Services Office, Omer is one of some 46,154 refugees who have arrived in Utah since 1988, each of whom fled for something better: perhaps freedom or simply a chance for survival.

Just like Omer, many of these refugees have found purpose and gusto in a simple day's work – and it's all begun with their pedals and a crank.

In a city full of fixed gear riders, mountain bikers, and road cyclists who all pedal on pretty, fancy, or otherwise hip bells and whistles, another group of cyclists is overshadowed, forgotten, or never noticed at all – not

even by the cyclists who ride for the statement it makes.

They are the Invisible Cyclists – people like Omer who feel lucky to have any bike at all, no matter its type. They don't bike for recreation or to proclaim their communiqué. They bike for food. They bike for necessity. They bike for survival.

Perhaps that – in itself – is more of a statement than any deliberate action could ever foster.

This contingent of unnoticed cyclists spans far beyond the encompassing refugee population, however; it is imbedded far more deeply into the roots of America – including groups of homeless veterans who somehow slipped through the cracks.

A Homeless Veteran

Robert Quillen is one of those people. At 58, he's had a career as a weatherman for the United States Air Force, he's been an ironworker and a piano technician, an award-winning painter, and he started a degree in metallurgy.

He's also been homeless, a shop-lifter, addicted to drugs – and a cyclist.

He spent the decade of the 1990s in California working on pianos, cycling along the beach, breathing fresh air, and painting when he could.

"A lot of people had plenty of money but they just biked to work because they wanted the exercise, they wanted to keep the air clean," Quillen said. "I can remember riding along the bike path in Santa Cruz by the ocean. There's nothing better than that."

But Quillen found himself leaving California for his hometown, Ogden, Utah, where he continued to cycle – not because he had to but because he liked to.

In 2005, Quillen was riding to work and was hit head on by a driver who had fallen asleep at the wheel. His helmet was the only thing that saved his life as he flew through the driver's windshield and shattered his legs and arms, his pelvis, and his brain hemorrhaged. He and his bike were crumpled up like balls on the pavement as the driver sped off.

"Later the doctor told me, 'If you hadn't been in such good physical



Robert Quillen, 58, is part of the rehabilitation program at Catholic Community Services in Salt Lake City. The men at this facility often bicycle together – for transportation and to cope with their lives.

Photo: Patrick Harrington

shape for your age, riding that bike every day, you wouldn't have made it. We almost lost you a couple of times," Quillen said.

After his accident, Quillen found himself deeply involved in the use of marijuana and methamphetamines.

"I guess I used the accident as an excuse to do drugs. So I was homeless, using drugs. Everything seemed to go downhill when I moved back to Utah," Quillen said.

Biking had since become a necessity for Quillen, who found himself catapulted into the midst of the population of homeless Utahns who rely on cycling for survival.

"That's how I'd get around," Quillen recalls. "At times, I couldn't even afford to ride the bus. But the big problem was keeping your bike safe because so many homeless people used bikes to get around. There were a lot of bicycle thefts. People were always trying to sell used bicycles that you figure might be stolen."

In January 2010, there were 3,372 homeless people on the streets in Utah, though roughly 15,647 people were projected to experience homelessness by the end of that year, according to a report funded by the state of Utah.

The Department of Veteran Affairs (VA) estimated that the number of military veterans in Utah in 2010 was around 155,052, according to the same report. Of which, about 339 of those veterans were homeless

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Patrick Quillen often rides his bicycle to a nature trail and uses it as an easel for his oil paintings. In 2008, he won an art competition through the Ogden Art Club.

Photo: Patrick Harrington

on a single night – roughly 22 percent of the population.

Because of this trend, Salt Lake County District Attorney Sim Gill established drug courts in Utah more than 10 years ago – a program that helped place Quillen into a rehabilitation program after he was arrested for shoplifting.

Gill said the average cost to jail someone in Salt Lake County is \$71 a day, a sum that quickly adds up when the rate of incarceration for

non-violent drug users is consistently increasing.

Gill's focus to reduce the rate of incarceration has been to promote rehabilitation. After treatment in drug courts, Gill said, the recidivism arrest rate—that is, the likelihood in which people commit new crimes—decreased from 68 percent to around 23 percent.

Quillen has been in and out of drug rehabilitation until the VA and Utah's Mental Health Court acknowl-

edged that he needed help.

Now, more than ever, cycling has become a necessity in Quillen's life – not just because it's how he moves around this city, but also because biking has become his main coping mechanism to battle his addictions, his depression, and his ongoing physical ailments that resulted from his accident.

"When I got the bike I have now, I rode it to rehab and I thought I was going to die," Quillen said. "That's how out of shape I was. The next day I felt wonderful. I got right out of bed and everything was different."

A Connection

Though Omer and Quillen have likely never met, they are deeply connected: not simply by their reliance on their bicycles, but by community support they have received from organizations whose goals are to diminish this undeniable invisibility and foster assimilation into the community.

Omer and Quillen are both clients at Catholic Community Services (CCS) of Utah – an organization that helps resettle refugees and provides residential drug rehabilitation for veterans and homeless men.

Among other things, CCS enables their clients to have access to a bicycle – even if they can't afford one.

Amanda Cornelius, a therapist who works with the drug rehabilitation clients at CCS, said that having access to a bicycle broadens her clients' worlds.

"A client who has a bike can expand their job opportunities and other things that they can do with their life," Cornelius said. "So not having any real means of transportation makes a person feel really isolated. They'll think, 'I really want to do something but I have no way to get there.'"

The Salt Lake City Bicycle Collective – a local bicycle advocacy group and community bike shop – works directly with non-profit organizations like CCS to make sure that people who need a bike have access to one.

The Bicycle Collective gives about 1000 bikes per year to those in need at their Salt Lake location alone, said Jonathan Morrison, the group's executive director.

"The program we created benefits us because we can make very safe and accurate assumptions about the people we're helping without asking them anything," Morrison said.

Because the Collective works directly with non-profit organizations, only those who are truly in need of transportation are recommended to the Bicycle Collective's program.

Omer is a shining example of the positive impact that the Bicycle Collective's work has on an unnoticed community in need.

Todd Tapp, the Lead Job Developer at CCS, said that any client he takes to the Bicycle Collective is able to choose the bike that they like best.

Omer said he chose his bike because it was big.

"It's good. It works your legs," Omer said. "Very fast."

Morrison said it takes about 60 dollars to create a bike that is safe and in good working condition, which people in the community can donate to fully sponsor an individual.

"As part of our mission statement, we really want to provide transportation to those in need and this program hits it right on the money," Morrison said. "People use these bikes because their lives depend on it."

Organizations like CCS and the Bicycle Collective notice something that the general public has somehow overlooked:

A bike isn't just a bike for these people – it's a lifeline and a hope for the future.

For Omer, that hope is freedom and life in America. For Quillen, it's a hope to enjoy life's simple pleasures again.

"In Europe they do this thing where they take a three-wheel bike and you fold it out by the beach or something like an easel and then you just paint," Quillen said.

"You can go places on a bike that you can't go in your car," he added. And for an invisible cyclist, the possibilities seem endless.

If you're interested in sponsoring a cyclist in need, visit www.bicyclecollective.org/sponsor to donate.

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COMMUTER COLUMN

Ken Gibbons' Priorities - Family, Religion, and Bicycles

Ken Gibbons riding on the Legacy Trail after Farmington finally plowed after 2 months of snow coverage. The other Legacy cities never did. Photo: Ren Gibbons

By Lou Melini

My previous commuter column (March 2013 issue) was a Salt Lake County based cyclist. For this month I am moving north to Davis County to profile Ken Gibbons who rides early, long, and throughout the year.

Cycling Utah: Ken, your children seem to be quite successful. Before we discuss your bike commute tell the readers about yourself and family.

Ken Gibbons: I've got a really cool family, IMHO. We are Mormons and do the meeting gig every Sunday, but found our strongest tangible bonding

in cycling. I never sat the boys down for a father's interview, but we had countless heart-to-heart chats riding, while working on bikes or driving to Moab. They would choose to go riding with mom and me over playing Nintendo with friends. Last summer, our youngest returned from a 2-year mission in France. The top priority for the homecoming was to go for a classic family ride. It was a little heaven on earth because family is what it's all about.

The boys are tall and lean, definitely genetically mutated from stubby me. At various times they've won their classes at the Snowbird and Porcupine Hill Climbs, High Uintas Classic + KOM, East Canyon Road Race, mountain bike races, and stood on the podium at LOTOJA. But they chose school first, and didn't have the time to concentrate on racing. Our oldest is now at NYU medical school in Manhattan, occasionally riding laps around central park. Our middle son, who's getting an engineering PhD at Stanford, is a Cat 3 on the cycling team. Our youngest did his first century at age 11 on a mountain bike. He is studying engineering at Utah State. They're great guys who know to sit up when they hear the "angel of death", my Garmin's 185 bpm heart rate alarm.

My wife is a schoolteacher. She has ridden the ULCER and does a metric at the annual Little Red all women's ride. When the boys were younger she would ride Slickrock and Mueller Park with us. I don't know if she liked those rides, but did them for us to be together. We have great memories.

I am 54 years old, and I'm not a fitness nut or health fanatic. My metabolism's cruise control has always kept me at 20%+ body fat, no matter how much I exercise or how little I eat. I consider myself an able rider, I did a 10h45min pedaling time LOTOJA, having my wife hand me pizza at one feed zone. I'm not a competitor and don't "train". But last year I did a several early spring races when I had an advantage from commuting all winter, winning my citizens class at the Bear Lake road race, and second in my class at the Cactus Hugger mountain bike race.

C.U.: In one of our early email exchanges you stated that you are an "engineer in sales" who rides partly because of bike fascination". Bike technology can be considered "old school" with cables, chains and gears and the traditional diamond-shaped frame. Tell me what is technologically fascinating about bikes?

K.G.: At age 7, I got a Huffy sting-ray with a neuter-matic stick shifter. I dropped the chain on Christmas morning, and figured out how to put the chain back on a derailleur system to ride back home. I've been hooked ever since. Fortunately, my wife is tolerant when I say stuff like, "I bet that new 790 gm frame would help me keep up with the boys", and "a dropper post would keep me a lot safer at Moab"...

Our biking forefathers got it right

What would the world be like if everyone rode a bike?

a long time ago with their diamond frame design, still the most efficient configuration. From my warped mechanical engineering perspective, the new technologies I've watched improve the cycling experience are: 1. Index shifting; 2. Mountain bike suspension; 3. Use of carbon fiber; 4. Tubeless tires (I run them on my road and mtn bike); 5. Garmin type cycling computers; 6. LED light technology. Modern components such as the Campagnolo Super Record 11 are pieces of art.

C.U.: You ride over 4000 commuter miles per year, which is a pretty good chunk of miles. When did you decide to become a bike commuter and why?

K.G.: I've had bikes my whole life, finally getting a serious road bike in 2005. I thought it would be novel to commute to downtown SLC, and park it in my office, not that anyone would know what a serious road bike looks like. Riding through heavy Bountiful traffic and then dancing with the cars in the downtown automobile criterium ruined the fun factor. I survived that 48 mile round trip 3-4 times a year. My employer relocated to southwest of the airport about the time Legacy Parkway was opening, so I started regularly riding that 58 mile round trip. A year later, I noticed that my upper extremities were getting stiff and sore, but curiously, my lower extremities were fine. I was diagnosed with rheumatoid arthritis, where the immune system destroys the body's own joints. Hmmm... had regular bicycling been helping my legs? The doctor said yes. So putting off looking for a tricked out wheelchair is a pretty good reason to commute!

I'm not a radical environmentalist, and I don't think I am personally saving the planet by riding to work. I tell people who think I do it to save gas money that I probably spend more on energy drinks and gels riding than I would on gas for my car.

I'm actually humored by my eccentric oddball reputation I have at work for commuting 58 miles, I'm the only one who rides. From my secure indoor parking, I walk through our industrial manufacturing plant to my office and shower. I think that my shaved legs and Lycra tights initially creeped out a lot of the shop guys, but they are used to me now. On winter mornings when I walk inside from 15-degree darkness, they look at me extra funny, but it's all flattery to me. On a 5-degree morning last winter a guy said he bet I was glad I hadn't ridden that day. Actually, I did ride that day.

C.U.: Getting out the door at 5:30

AM to ride to work is admirable. What is it like to be out riding at that time of the morning?

K.G.: Morning rides are glorious at 5:30 am. It's quiet and peaceful except for the sizzle of car tires on the parkway in the distance. I especially like a light snow flurry. I've survived close encounters with skunks, foxes, pheasants, deer, snakes, AWOL dogs, and mounds of horse manure.

I don't drink caffeine, but I do power up with a caffeine double shot gel pack and a banana for the ride. I don't know if it's the sense of accomplishment or the ingested stimulant I feel, but it's quite euphoric. It's a great launch for the day.

C.U.: Most people wouldn't do the 1.5-hour commute that you do. How do you mentally say to yourself: "I have a 1 1/2 ride to work to do but if I drove it would be 45 minutes?"

K.G.: Total ride time per day is about 3h15m in the summer and 4h10m in winter. I put my smart phone in my backpack shoulder strap pouch and listen to a hard rock Pandora channel through the speaker (never, ever isolating ear buds). One really cold morning, as I was on my driveway turning on my lights and resetting my computer, the first song to play was "Kick Start My Heart" by Motley Crue, which begins, "When I get high, I get high on speed (meaning velocity)..." Not that I am fast, but that's how I feel as I pedal into the dark.

I'll be honest, after a stress filled day at work, and watching the flag blowing the wrong way in afternoon 100-degree heat or 25-degree cold, sometimes I dread the ride home. The exception is when my wife can leave her classroom within a couple of hours after the bell rings to ride to meet me part way. I know her speed and the trail so well that I can tell her when to start riding and calculate where we will meet to give her a 20-mile ride. Reminiscent of the Beatles' lyrics, "Something in the way she moves..." it's marvelous how I can identify my soul mate from other riders a quarter mile away. She greets me with a salty, sweaty kiss and we ride home together. Life is good.

C.U.: What would you say to someone that was contemplating a long commute like that to help that person mentally adjust?

K.G.: I am very fortunate that all the variables align so I can do my commute. Obviously, routes

Continued on page 13

SATURDAY CYCLES

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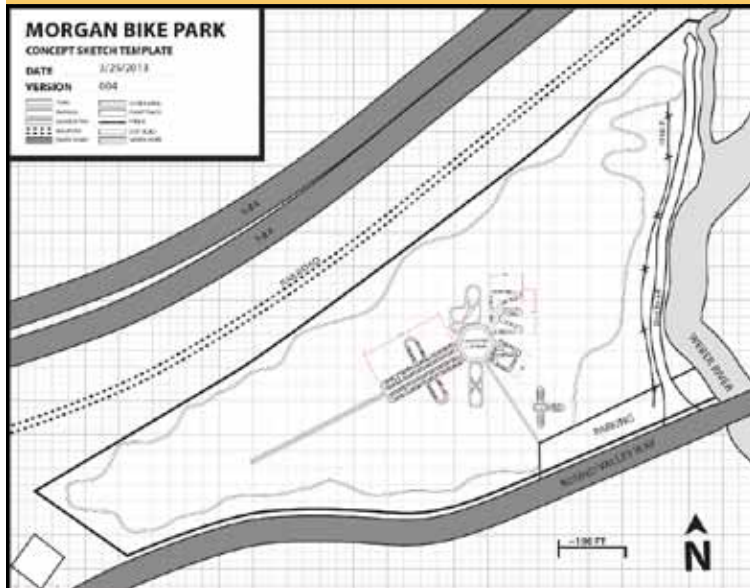


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BIKE PARKS

Morgan City, Utah Building New Bike Park

Map and Photo Courtesy of Jason Johnson

By Katie Harrington

Digging in the dirt – that’s what is happening in Morgan City, Utah these days.

The county – located fifty minutes northeast of Salt Lake City – is installing the area’s first bike park, an outdoor recreation facility that hosts varying types of bike terrain in one encompassing area.

The park was approved by Morgan County Council and has since become a collaborative effort between project designers and community volunteers, according to Jason Johnson, the project’s community organizer.

Morgan’s bike park will fill the need for outdoor recreation, while enhancing businesses, the fairgrounds, and future developments in the area, according to the project’s proposal documents.



“Bike parks provide individuals of all ages with a venue for varying abilities...while utilizing areas of land that are sometimes limited for other uses,” the documents said.

The new park is located on 10 acres of county-owned land just northwest of the Morgan County Fairgrounds, Johnson said. It is situated on a meadow near the Weber River that has previously been proposed as a potential motocross track location.

The land is separated by an access road along a nearby river, which will divide the park into two areas, the documents said. Both areas of the park will be connected by an established singletrack trail around the perimeter of the park that can be built solely by volunteers.

“[The track] may be basic to start, but could be enhanced over time simply by adding dirt features giving variety to terrain,” the plans said.

Only one basic loop will be constructed initially, but organizers hope to build a parallel loop at a later date that will appeal to more skilled riders.

Another terrain feature – a pump track – has already started being constructed by the project’s designers. Pump tracks are much like rollers and berms found on BMX racetracks, but they also incorporate alternative routes and choices for the bike rider, the proposal said.

Finally, the plans include the construction of a “mountain bike skills area” in the river bend, which can be accessed by the single-track perimeter

trail, the proposal said.

The area will include 2-by-4 plank bridges that will have features like smooth drops, sloped dirt landing, elevated bridges, and bike-friendly teeter-totters.

“The planning of bike parks [is] absolutely customized to fit the physical location and resources available as well as the interest and demand of the public using the parks,” the proposal said.

More than 8000 cubic yards of dirt have been utilized for the project thus far, all of which has been moved to the site from various commercial and private construction sites in the area, Johnson said.

The plan’s proposal also includes the option to host events, such as pump track and BMX competitions, county fair exhibition events, and mountain-skate events.

“Being a relatively new concept in communities, many of the future users of bike parks aren’t even aware they exist,” the proposal said. “[The park] will only enhance what Morgan has to offer [and] will fit well with the image of healthy, active families that have made Morgan home.”

The public is allowed to ride parts of the park that have been completed thus far, but only non-motorized vehicles are permitted.

For more information and for updates, visit www.facebook.com/MorganBikePark.

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Bonneville Cycling Club (BCC) has teamed up with the Utah Valley Chamber of Commerce and the Utah Valley Convention and Visitors Bureau as it celebrates its 29th year of the ULCER bike ride.

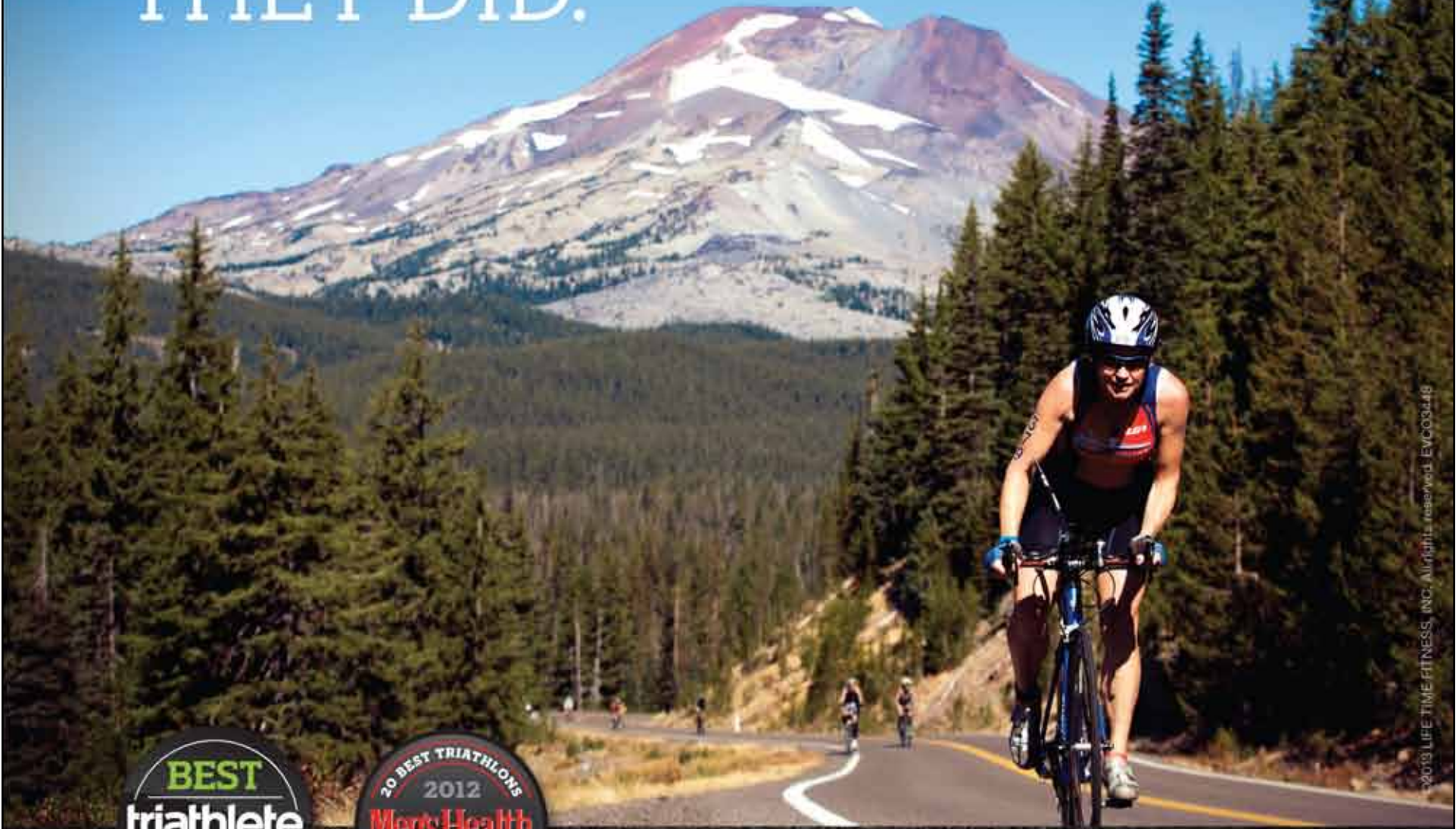


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MOUNTAIN BIKE RACING

Fisher Dominates; Sheridan Takes Her First Win of the Year in Alpine XCO



Top: Pro Women's start. Photo: Lyna Saffell.
Below: AJ Linnell wins the singlespeed race. Photo: mtbracenews.com

Fisher (Rooster's/Biker's Edge) was not about to give Montague the hole-shot and gassed it into the one track just in front of Montague.

Once out front Fisher showed great early-season form to hold off the field lengthening his lead on each of the 5 laps.

Montague and Wyoming rider Ben Aufderheide (The Hub) battled for second with Aufderheide finally getting the upper hand.

Montague held on for third ahead of Sam Sweetser (Cole Sport) who recovered from a first lap crash and

moved through the pack to take fourth followed by his teammate Will McDonald in fifth.

The women's race featured a strong field that produced more action at the front of the race.

Jen Hanks (Epic Brewing/MTBRaceNews.com) gunned it off the line and led into the opening singletrack. She powered through the rocks and mud opening a lead of 10 seconds over Meghan Sheridan (UtahMountainBiking.com).

Sheridan stayed strong and closed her gap to the leader by the end of

lap one.

Starting their second lap Sheridan attacked on the long opening climb and formed a gap of her own off the front of the race.

The UtahMountainBiking.com rider stayed smooth and controlled through the mud and rocks for the next two laps taking her first win of the season over second-placed Jen Hanks.

Erin Swenson (3B Yoga) finished third.

See results on page 10.

By Shannon Boffeli

Alpine, UT -- A soaking rain and cold temperatures couldn't stop Utah's finest from contesting the Lambert Park Super XC on April 20, 2013 in Alpine, Utah.

Overnight rains forced race promoters to make some last minute changes to the world cup-style Alpine course eliminating some of the muddier sections in favor of more rocky trail sections.

The course proved to maintain its

excitement factor as riders relayed their enjoyment after the finish.

The men's pro division was the highlight of the day with a full field of 18 toeing the line.

The race started with a blistering ascent up the longest climb of the day. Pro riders would do a total of 5 laps while the women completed 4.

Geoffrey Montague got off to his usual fast start. Challenging for first wheel heading into the singletrack.

Knowing a long section of single-track descending was coming Nick

Cyclists young and old save these dates!



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June 15, 2013
Mountain View Hospital

Mountain View Hospital/Eagle Rock Cycling
2nd Annual Century
Club BBQ and Social After a fully supported ride
25, 50, and 100 mile rides
www.eaglerockcycling.com

Friday
June 29, 2013
Downtown Idaho Falls

7th Annual Allan Butler Criterium
Fast 6 Corner Criterium
Over \$2000 in cash and prizes.
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Idaho Falls Downtown Development Association
www.eaglerockcycling.com

Saturday
July 13, 2013
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Bike for Kids-Idaho
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Century 65,25,15 and 2 & 4 Mile family rides
www.bikeforkidsidaho.com

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INTERMOUNTAINCUP.COM

- 5/11 Racers Cycle Service's Call to Sundance, UT
- 5/27 Stan Crane Memorial XC Race, Draper, UT
- 6/1 Location To Be Announced, UT
- 6/29 Sherwood Hills, Logan, UT
- 7/6 The Rage at Snowbird - UT State Championship
- 7/27 The Solitude Cup, Solitude Resort, UT
- 8/3 The Bash at Snowbasin, Snowbasin, UT

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Bike Month - Continued from page 3

to climb out of the motor vehicle and onto your bike on your way to school., Curtis Clayton, 801-287-2062, cclayton@rideuta.com.

May 10, 2013 — Salt Lake Bike Party, Utah Bike Month, Salt Lake City, UT, 6 pm, Salt Lake City and County Building - East Side Pullout, Salt Lake Bike Party is an opportunity for all types of bicyclists to ride throughout the Salt Lake area in a safe, fun environment that encourages more widespread engagement in bicycling. We want: To ride safely and follow all traffic rules; To build a strong community of bicyclists; To foster mutual respect between bicyclists and motorists; To have fun - Smile, wave, laugh, meet new people, bring some music along., [facebook.com/events/136854259831057/](https://www.facebook.com/events/136854259831057/)

May 11, 2013 — The Ghost Ride, Utah Bike Month, Tooele, UT, The Ghost Ride is a 100 or 62 mile cycling tour of Utah's Tooele Valley. Honoring the cyclists who are no longer with us, we begin with a short ride of silence and then enjoy a ride of celebration as we visit small towns, scenic vistas and rolling hills in Utah's west desert terrain., Jared Eborn, 801-599-9268, jared@extramileracing.com, [theghostride.com](https://www.facebook.com/theghostride).

May 12 — Cyclofemme Ride, Utah Bike Month, Salt Lake City, UT, Come ride Salt Lake's finest bike lanes and bike paths with women of all ages and abilities. Never ridden on the streets of Salt Lake? Let this be your introduction to riding in the city. Bring the kids, bring your mom, bring a lunch, but most important, bring your bike. The ride will be approximately ten miles and will start and end at Liberty Park. Salt Lake Bike Maps will be available at the ride. Start 1 pm at the NW corner of Liberty Park. Look for the Spoke Stoke banner., Carly Clifton, 419-605-6060, wasatchspokestoke@gmail.com, [facebook.com/spokestoke](https://www.facebook.com/spokestoke)

May 12-19, 2013 — Utah Bike Week, Utah Bike Month, Salt Lake City, UT, Week-long festival with bike races, Bike Bonanza, Cycle Salt Lake Century Ride, Bike to Work Day, and more., Jon Smith, 801-596-8430, cscentury@mac.com, cyclingutah.com/event-calendars/bicycling-events-swaps-and-festivals/

May 13-18, 2013 — Bike to Work and School Week, Utah Bike Month, Logan, UT, Encouraging cycling with information booths at the CVD Transit Center and USU. Refreshments, tuneups and educational materials. Everyday from 7:30 - 9:30 am., Stephanie Tomlin, 435-797-8139, aggiebluebikes@gmail.com, aggiebluebikes.org

May 14, 2013 — UTA Bike to Work Day in Provo City, Utah Bike Month, Provo, UT, 7:30-9:00 a.m. at the Historic County Courthouse (west lawn) off of University Avenue/Center Street in Provo, Utah. Free food and bike swag, Free bike tune-ups, Free bicycle helmets for the first 50 participants, fun ride with Mayor Curtis (begins 8 a.m. sharp), Stacey Adamson, 801-227-8958, sadamson@rideuta.com, utarideshare.com, rideuta.com

May 15, 2013 — Ride of Silence, Utah Bike Month, Salt Lake City, UT, Cyclists will take to the roads, escorted in a silent procession to honor cyclists who have been killed or injured while cycling on public roadways, 7 pm, Gallivan Center. Bike ride at 10 to 12 mph, mostly flat or minimum grade, about 11 miles., Laila Bremner, 801-654-0323, gasele2002@yahoo.com, Tegan Feudale, 717-503-4275, trfeudale@gmail.com, rideofsilence.org

May 15, 2013 — Cycle Salt Lake Century Ride Packet Stuffing, Utah Bike Month, Salt Lake City, UT, We will be stuffing the rider packets at the Gallivan Center Stage at 5:00 p.m. FREE Pizza from Papa John's after stuffing., Jon Smith, 801-596-8430, cscentury@mac.com, cyclesaltlakecentury.com

May 15, 2013 — Ride of Silence, Utah Bike Month, Provo, UT, 7 pm, Cyclists will take to the roads, escorted in a silent procession to honor cyclists who have been killed or injured while cycling on public roadways. 150 S. University Ave., Blu Robinson, 801-319-7218, 801-426-8800, bluryan@gmail.com, rideofsilence.org

May 15, 2013 — UTA Bike to Work Day with the Mayor in Springville City, Utah Bike Month, Springville City, UT, Springville Civic Center at 110 South Main Street. Free breakfast (starting at 7:30 a.m.), Free bike swag, Free bike tune-ups, Free bicycle helmets for the first 50 participants, fun ride with Mayor Clyde (begins 8:00 a.m. sharp), Stacey Adamson, 801-227-8958, sadamson@rideuta.com, utarideshare.com, rideuta.com

May 16, 2013 — UTA Bike to Work Day in Orem City, Utah Bike Month, Orem, UT, 7:30-9:00 a.m. at City Center Park (North Pavilion) at 100 North 300 East in Orem, Utah. Free pancake breakfast (starting at 7:30 a.m.), Free bike swag, Free bike tune-ups, Free bicycle helmets for the first 50 participants, fun ride with Mayor Evans (begins 8:15 a.m. sharp), Stacey Adamson, 801-227-8958, sadamson@rideuta.com, utarideshare.com, rideuta.com

May 17, 2013 — UTA Bike Bonanza, Utah Bike Month, Salt Lake City, UT, Free to public 2012 Bike Bonanza, 4pm-8pm at the Gallivan Center SLC. Entertainment, prizes, booths, and more. Bring family, bring friends!, Jan Maynard, 801-287-2062, JMaynard@rideuta.com, utarideshare.com, rideuta.com

May 17, 2013 — Bike Art Gallery Roll, Utah Bike Month, Salt Lake City, UT, Salt Lake City, Utah Bicycle Culture theme, Opening at Salt Lake City Bicycle Company, 6-9pm in conjunction with SLC Gallery Stroll, 177 E. 200 S., Gallery Roll to other downtown galleries., Brent Hulme, 801-746-8366, brent@slcbike.com, galleryroll.com

May 17, 2013 — National Bike to Work Day, Utah Bike Month, Everywhere, UT, A day to climb out of the motor vehicle and onto your bike on your way to work., Curtis Clayton, 801-287-2062, cclayton@rideuta.com

May 17, 2013 — Ogden Mayor's Bike to Work Day, Utah Bike Month, Ogden, UT, 7:30 a.m. at A1 parking lot near the Social Science bldg at WSU, Free pancake breakfast at City Hall, 2549 Washington Blvd., Josh Jones, 801-

629-8757, joshjones@ogdencity.com, utarideshare.com, ogdencity.com

May 17, 2013 — Bicycle Pit Stops, Utah Bike Month, Salt Lake City, UT, Intersections of 800 South/600 East and 200 South/200 WestSnacks, beverages, safety information, bike maps, for biking in Salt Lake City., Colin Quinn-Hurst, 801-535-6134, Colin.Quinn-Hurst@slcgov.com, bikesic.com

May 18, 2013 — Cycle Salt Lake Century Ride, Utah Bike Month, Salt Lake City, UT, Gallivan Center on Gallivan Ave. 250 S. State St. SLC, UT. Salt Lake to Antelope Island and back, 37, 67, or 100 mile options. Gallivan Center on Gallivan Ave. 7:30 AM Mass start time. Registration opens at 6:00 AM., Jon Smith, 801-596-8430, cscentury@mac.com, cyclesaltlakecentury.com

May 18, 2013 — SLUG Cat, Utah Bike Month, Salt Lake City, UT, Alley Cat! \$5 Registration: 2pm behind Fresh (870 E. 900 S.), Race Time: 3pm, Awards/ After Party: 5:30pm at Este Pizza (156 E. 200 S.), Esther Merono, esther@slugmag.com, slugmag.com

May 18, 2013 — Moab Bike Prom, Utah Bike Month, Moab, UT, A celebration of biking. Moab Spring Ranch. Promenade starts at 3 at HMK Bus Circle., Moab Museum, 435-259-7985, director@moabmuseum.org, moabmuseum.org

May 25, 2013 — Cache Valley Bike Festival, Utah Bike Month, Logan, UT, Annual event at Merlin Olsen Park, promoting bike education, healthy living, and sustainability through bicycles. An event for the whole family, there is a workshop for everyone., Wayne Wheeler, (435) 753-7175, wayne@joyridebikes.com, joyridebikes.com, aggiebluebikes.org

May 25, 2013 — Tweed Ride, Utah Bike Month, Salt Lake City, UT, Come prepared to mozie around the city on your finest velocipede, while dressed in your best early 1900's threads. Congregate at Library Square at 6pm and enjoy a scenic ride around Salt Lake City., Christy Jensen, cannjensen@gmail.com, saltcycle.com

May 30, 2013 — Bike To Work Day, TENTATIVE, Utah Bike Month, Park City, UT, Heinrich Deters, 435-649-8710, 435-659-1188, deters.heinrich@gmail.com, Dawn Bowling, 435-649-6839, dawn@mountaintrails.org, mountaintrails.org, basinrecreation.com

June 1, 2013 — Bike Prom, Utah Bike Month, Salt Lake City, UT, Pierpont Place, 163 W Pierpont Ave. Wear your prom outfits. Pre-prom ride: Liberty Park 6:00 pm., Jonathan Morrison, 801-FAT-BIKE, jonathan@slcbikecollective.org, Syhalla Bales, 801-815-5508, syhalla@gmail.com, bicyclecollective.org, bikeprom.com

May Trail Report from Park City

We are jumping right into spring up here in Park City, but first, we saw a huge increase in winter cyclists on the local trails this winter, Park City makes a wonderful destination for winter riding and we look forward to increased visits next year.

So there are really only a couple things to report on this spring. We will have some new trail updates for the next issue.

First and most important, visit www.mountaintrails.org and click the interactive trail map in the main menu. Once it loads, you can click

the second button from the left side (Conditions). This will give you details on what trails are open and which are still too muddy to ride this spring. Additionally, you can visit the Local Events tab on the same website, we will be listing major events that effect trails you may be planning to ride on any given weekend - check this before you leave your house for a visit to the Park City trails.

Lastly, June 1st is National Trails day, stay tuned for more information on the Mountain Trails website and/or Facebook Page.

See you in the dirt!

-Jay Burke

Utah Bike Summit Recap

The 5th annual Utah Bike Summit presented by Bike Utah was held Friday April 27th at the University of Utah Guest House. Presenters came from across the State, and shared their passion and vision for the future of cycling in Utah. The keynote address was given by Tim Blumenthal of Bikes Belong, the bicycle industries association, and the group behind People for Bikes, an initiative aimed at developing 1 million supporters of cycling in the United States. Check them out at peopleforbikes.org. We heard from several communities about the state of cycling in their area, and we were privileged to hear from a distinguished panel consisting of Carlos Braceras of UDOT, Wayne Niederhauser, President of the Utah Senate, Andrew Jackson from MAG, Andrew Gruber from WFRG, and Michael Allegra of UTA. Mountain biking was also well represented with presentations by Trails Utah and others. Bike Utah would like to thank all of our sponsors, speakers and attendees for making the 5th Utah Bike Summit a great success. It was a great way to start off Bike Month.

Slideshows of the presentations will be posted on bikeutah.org.



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Speaking of Spokes Continued from page 2

it. I went into time trial mode to put more space between him and me.

With about five miles to go, I spotted two riders maybe a half mile ahead. They were good friends who were apparently going to sprint it out for second place. (The winner of our race had finished some minutes before.) I was feeling strong, had a good rhythm going and just felt good. Hoping they would not look back, I put my head down and motored on. When I was about thirty yards behind, one of them looked back, and then did a double-take. He said something to the other, and he looked back. Suddenly, they were off their saddles, trying to get up to speed before I could catch them.

Too late. I was on their wheels before they could really get rolling. We were near the finish, and it came down to a sprint. But catching them had been demoralizing to them. They had slacked off, just coasting into the finish, and it came back to bite. So when the sprint wound up, they just didn't have it, and I easily outdistanced them for second place.

For me, it was as good as win-

ning. It was a coup I had pulled off due to a number of factors, but those are the vagaries and excitement of road racing. I was stoked at what I had accomplished, and I still remember how exhilarating it was. I won many road races in my racing career, but that second place finish rates high in my personal palmarés.

But I loved criteriums. Fast pack riding, cornering at high speeds and fighting for position is one of the great thrills of bike racing. In crit racing, you have to be tenacious. My first rule of crit racing: Never sit at the back. You end up spending all your energy catching back on after coming out of a corner. Second rule: Avoid squirrely riders. They are the ones who move suddenly to one side, taking out the front wheel of the rider just behind, and that is when you hear the scrape of metal on pavement, see bikes and riders flying and crunching, and hear the inevitable cursing that follows.

My strategy was to try to stay close to the front, watch and catch potentially dangerous breaks, and be ready for that opportune moment to make my move and dash to the finish line. More often than not, I would be

frustrated after a crit because I hesitated when I should have launched, missing the critical moment. But occasionally, the right move would pay off, and I would feel exultant as I burst across the finish line at high speed and at least a tire's width ahead of the next guy.

One particularly exciting criterium also took place at the Utah Summer Games. We were racing around a flat city block, keeping the pace high and flying through and around the corners. There were about four of us who knew the victory would come to one of us. Most anticipated we would come sprinting out of the final corner in a flat out drag race to the finish.

But I decided to make my move just prior to the second to last corner. The stretch between that turn and the final turn was relatively short, and I figured if I went into that penultimate turn first, I would also come out of the final turn first and have a leg up on the others.

So it was that, as we approached that turn, I attacked hard, moved to the front, leaned and shot around the turn in first place. I was immediately up off the saddle, cranking it as hard

as I could till I dove into the final turn. Careful not to scrape my pedal on the pavement as I came charging out of the turn, I cruised across the finish line, thrilled with the success of my tactic and the resultant victory.

Geez! Just writing about this gets me excited. Of course, these days I just reminisce, remembering the excitement of those days and the camaraderie of my fellow racers. The only racing I do now is the LOTOJA, and that is only a race against myself and to see if I can finish. But if I were younger, I would do it again.

There are those my age who still race, and who are very good. For various reasons, I don't have, or rather I don't choose to spend, the time and effort necessary to train for racing. And to be honest, the motivation really is not there.

But when I did, I loved it. I enjoyed those I raced with. We thrashed each other on the road, and then spent a lot of time rehashing the race afterward. I enjoyed the club meetings we had. I enjoyed the success others had, though I did not like it being at my expense. I enjoyed the equipment and how well it per-

formed. I enjoyed the prizes, and the rare times I actually won some cash. It was never enough to pay the cost of going to the race, but it was still cash. I enjoyed listening to my children cheering me on, yelling "Go, Dad" as we would fly past the spectators (mostly just our families, girlfriends, significant others, etc.)

But most of all, I enjoyed the racing. Win or lose, it was an adrenaline rush for me. Racing is demanding, exciting, thrilling and exhilarating. Searching for something new and exciting in your life? Come on out and join the race.

**Support your
local bike shop!**

Commuter Column - Continued from page 6

and work situations are different for everyone, so I can't make a silly blanket suggestion like, "everyone ride!" If someone asked, though, I would say, "I'm obviously not a natural athlete, and I can do it. So can you if you want to." Build up some miles to acclimate your buns to the saddle, then just pedal. Enjoy the ride. When you get home that night, you will actually feel like you left work behind. Once you are used to it, you won't notice the real time exertion. And if you must justify it, say you are saving the planet.

C.U.: What is the route of your commute and how does it change with winter snow?

K.G.: First off, let me say that the Legacy trail is the best thing about Davis County. I get on the rail trail through northern Davis County, which goes south to the Legacy trailhead at Farmington. It's 17 miles from home to the end of Legacy in North Salt Lake, where I take the country road to 2200 W past Boeing and the National Guard on a wide bike lane. Reaching the south end of the airport, there's a pedestrian path next to the runways to the business park to the west. From there it's death row, AKA 5600W, a major trucking and commuting route for a couple of miles to my work. I just hug the road's shoulder and hang on. I will never get used to getting sucked towards semi-trucks passing a few feet away at 60mph.

In the winter, because they don't plow the Legacy trail, I have to zigzag through neighborhoods and commercial areas to get to 2200 W in North Salt Lake. Per Pythagorean's theorem on right triangles, it adds 3 more miles to the 29-mile ride one-way ride, with lots of stop signs, lights, and drivers checking emails while eating Egg McMuffins.

C.U.: You discussed the lack of winter maintenance on the Legacy Trail. Can you discuss your efforts to have the trail plowed and the responses?

K.G.: Usually the trail's black top payment will soak up enough radiant heat from the sun to burn off periodic snowfalls. The few bridges over wetland areas stay snowy. This year, the big storms during early January put down so much snow so fast that the blacktop was buried too deep. So the trail was closed for a whopping 2-months! That seems like a terrible waste of a taxpayer investment. It's ironic how the parkway marquee signs next to the trail say to drive less during winter inversions. OK, we would ride more, but the trail is impassable. Duh.

In November I called Centerville City to ask if they could plow off the bridges. They said no, that would

imply that the trails are maintained, and if someone got hurt on a subsequent snowfall, the city could get sued. They said the insurance company wouldn't let them plow. I called Farmington to see if they would plow their section of the rail trail, like Kaysville does, and they gave the same insurance reasoning. I'm not a city manager, but can't imagine it could be that big of an insurance hit compared to everything else they cover. And while snow removal isn't free, the first sunny day after a storm when the roads are cleared, send the plow guys out on bladed 4-wheelers, and let them have some fun plowing the trail. Have signs saying that if you use the trail it's at your own risk.

C.U.: I understand there is a unique microclimate near the Great Salt Lake during your ride.

K.G.: Absolutely. On my route, there's a strong south headwind in the morning, and a strong north headwind in the evening. Every dang day! A weather guy I asked said it has to do with the water's stable thermal mass, and the air temperature change cycles from day and night. Sure, I am riding for health and fun, but a headwind all the time gets old. In temperature extremes, it can get dangerous. On a 10-degree morning, riding 15mph into a 20mph headwind, you get a -14 degree wind chill factor. Been there, done that. And when the temperature is over 98.6 degrees, you get the toaster oven effect where convective heat transfer is adding heat to your body. In the summer I easily knock down two water bottles one way. In the winter, I'm lucky to get a few sips before the bottle nozzles freeze.

C.U.: You use some very powerful lights. How did you make your choice and how do you adjust the settings?

K.G.: I had some cheapo lights that seemed OK. I demo'ed some NiteRider products from Biker's Edge bike shop, which convinced me they were worth the price. I ride with a 650 and 1500 lumen (remote battery) light. Isolated on the trail, I will put them both on 400 lumens, which is fine with no approaching traffic. I turn them both on full blast as I near the airport traffic. I have been brighted by a car! LED technology is a miracle. I mount the 1500 on my bars for down the trail, and the 650 on my helmet so I can illuminate things that aren't right in front of me. As I approach an intersection with cars, I will look directly at the drivers, aiming a full beam dose at them until I see they have seen me. Works well! When it gets lighter in the morning as I approach my office, I turn both on that annoying but conspicuous flash mode.

I have two NiteRider 2-watt Solas tail lights on the flip side. They are painfully bright if you're close. They

look like police car lights flashing in the distance. One light goes on the seatpost in flash mode, and the other on the back of my helmet in steady mode. I seriously, honestly feel safer riding at night with these two tail-lights than riding in the day. Instead of getting close call buzzed, cars will very deliberately weave into the opposing lane giving me maximum clearance as they go around me. When I get to work, I take the lights in my office and re-charge them with USB cables from my PC. Easy. In my opinion, if you're going to commute in early or late hours, spend the money on lights and be safe. I don't want to be morbid, but your family will think the cost of the lights is worth it.

C.U.: Why the Wilier and the Santa Cruz vs. a "commuter bike" with racks and panniers? What do you like about these bikes?

K.G.: Both bikes are pretty zippy for their intended usages, and when the lights and fenders come off for regular riding, they are a blast. I did 6200 total miles for the year. Riding that much, I will buy any mechanical or psychological advantage I can afford.

I like to ride the Wilier in the summer because it's fast and re-active. There are often people on Legacy to work with, and the Wilier allows me to go 24mph when it's my turn to pull. But in the winter, I switch to the Santa Cruz full suspension mountain bike with 29er knobbies, goofy looking fenders, and a close ratio 11-23 tooth cassette. Its riding position is a bit less aggressive, so it handles better in tricky situations like on ice patches and crusty shoulder snow. Even still, I took an impressive digger on the airport bypass trail's ice. I didn't break my helmet and my company-issued PC still works, so all is well. I was lucky. Next year I may give studded snow tires a try.

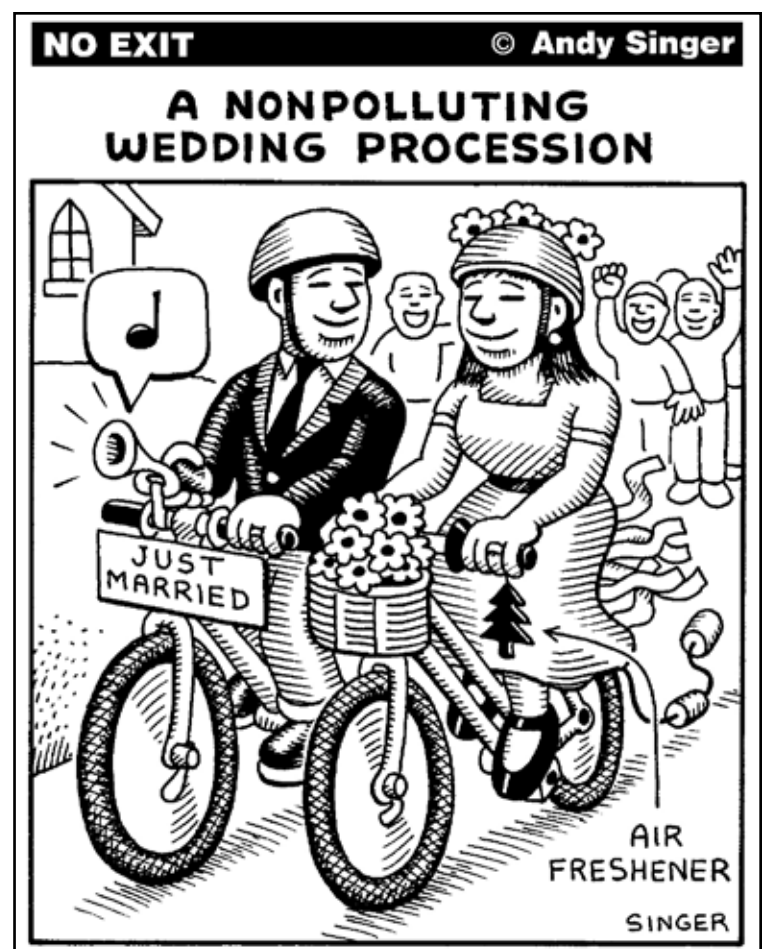
Since everything I need fits in my backpack, I don't need panniers. The pack carries my cell, laptop PC, change of clothes, thermos of milk for breakfast cereal, and Weight Watchers TV dinner for lunch. I also carry a spare tire, spare tube, and a bunch of inflators. The pack weighs about 16 pounds, which is manageable but ever present. I initially feel like Superman when I begin a Saturday ride without it.

Under similar conditions, the commute takes about 10 minutes longer on the mountain bike. But the instantaneously exertion isn't any higher, as I ride by my heart rate



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monitor and adjust speed accordingly. I cruise at about 160 bpm. My dad died at age 60 from heart disease, and I don't want to follow those footsteps. I justify my bikes by thinking of them as a durable medical goods expense. I wish the IRS would agree with my logic for itemized deductions.

C.U.: Ken, what is your favorite bike shop?

K.G.: Biker's Edge in Kaysville. There are bike shops, and then there are biking community cores that also sell bike stuff. Biker's Edge changed my life, having all the stuff to allow me to choose the right options for my needs and having the stuff in stock for my instant gratification. They are super friendly and never condescending because they deal with kids, beginners and pros, road and mountain. It's a fun hang out. I would have never updated my old road or mountain bikes without their inspiration and/or temptation. Their services like having high-end lights to demo are unmatched. I would like to give them a shout out as well as hint to others that professional, personal

help is there.

C.U.: Ken thanks for participating in the column and the update that Farmington plowed their section of the Legacy Trail at the end of February. Perhaps your call helped!

K.G.: Lou, it was fun to count my blessings while pondering responses. When I discovered Farmington's plowing, I sent a note thanking the city. Two city people emailed back, thanking me for my note. The city manager said they would probably start plowing on a non-priority basis. Yay! Please contact Centerville, West Bountiful, Woods Cross and North Salt Lake, asking for plowing to make commuting or joy riding safer next winter. If anyone has any of the 3 "i's" (interest, insight or influence) in keeping the Legacy trail plowed please contact me at kgibbons@xmission.com.

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

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GEAR PICKS

Reformulated First Endurance Optygen HP Steps it Up a Notch

By Jared Eborn

Endurance athletes rarely stop trying to improve. Sitting on the couch looking at trophies and jerseys hanging on your wall won't help you when you decide to line up for that next race.

It stands to reason, then, that endurance supplement manufacturers and the scientists behind them seldom take a day off. When one product is launched, research and testing on the next big thing is already on the drawing board.

Hailed by many as the best endur-

ance supplement on the market, First Endurance's line of Optygen products has a devoted following – so devoted, in fact, that many professional cyclists keep buying the stuff even after they sign on with teams sponsored by other fueling and supplement companies.

First Endurance's OptygenHP has been on the market for only a couple of years. But as science, research and testing yielded new evidence it became obvious to the crew at the Utah-based supplement company that a new formula would produce even better results for athletes who are continually pushing their limits in search of better performance and results in races – whether that be cycling, triathlon or ultra-running.

OptygenHP's new prototype has been making the rounds with a few trusted users and the result has been unanimous – this stuff, if used with a solid training plan, makes you faster.

"OptygenHP, in a nutshell, increases your ability to train and race at a higher level," said First Endurance Vice President of Science and Technology Robert Kunz. "You're able to take that last lap at the crit, or that last interval on your ride to another level and stay at threshold longer."

The secret to OptygenHP's success is its ability to modulate cortisol – commonly referred to as the stress hormone. This allows athletes to not

only recover from threshold exertion faster, but to train or race longer and harder as the cortisol levels are kept in check.

In numerous clinical studies, components in the OptygenHP formula were used to test athletes in their recovery time as well as in their threshold performance. The results were astounding, Kunz said. The Rhodiola and Beta-Alanine used in OptygenHP "showed a significant increase in VO2 Max, and improvement in time to exhaustion and lactate concentrations," according to a 2012 study in the Journal of Preventative Medicine.

The latest formula has increased its Beta-Alanine component by 50 percent, kept its Rhodiola but removed cordyceps from the ingredients.

"We still have a strong ability to modulate cortisol with the Rhodiola alone," Kunz said. "To take any one of those components out is quite a risk. But we've always been married to the very best research out there and the studies show we're on the right track."

Simply put, Kunz said, OptygenHP allows athletes to train harder, race faster and recover more quickly because the body is less stressed physically and in many cases mentally.

As the research came in and was verified, First Endurance quickly

began fine-tuning its Optygen formula and sending samples to some very willing guinea pigs.

"We wanted to put a formula together, put it in people's hands and get feedback from them before we released it," Mike Fogarty, First Endurance's vice president for sales and marketing said. "We don't want to just push it out there. We want the best athletes in the world to try it out and let us know how it works for them."

Jeff Louder, a Utah professional cyclist with the United Health Care team, was among the first to test the new formula.

"I really like the new version of Optygen. I've been using 1st Endurance products now for 10 years and they keep getting better. I feel like the new generation of Optygen is the best yet," Louder said. "I recently did a three-week block of racing in Belgium while using the prototype and, although the racing was as tough as ever, I felt like I was shouldering the work as well as I ever have. I think it was due, in part, to the Optygen."

Louder said he pays very close attention to his body during his most intense periods of racing and training. With variables such as heart rate, power and good old-fashioned gut feelings, he's as sold as ever on the newest version of OptygenHP.

"One distinct effect I see is that

I have had higher peak heart rates when I take it and I feel that this is a sign that I adapt better and recover quicker when I use Optygen," Louder said.

Another devoted First Endurance user is Burke Swindlehurst. Though now 'retired' after a long career as a professional cyclist, Swindlehurst still rides frequently and, he says, his performance has not dropped during his golden years thanks to Optygen.

"I've been a dedicated Optygen and Optygen HP user since it was first introduced over 10 years ago. It's been the one and only supplement that has stayed a constant not only during my professional racing career, but now that I'm no more than a common Strava junkie," Swindlehurst said. "I've been using the new 'Prototype' version now for over a month and in that time I have knocked several of my best climbing PR's down significantly and nothing has changed in my riding or training other than using the prototype version. I don't think that's a coincidence. These guys are on to something good!"

The new prototype has been in the hands of some elite testers and will soon roll off the production line and onto the training tables of athletes of all levels.

UTAH BIKE INDUSTRY

Cycleface, A New Nutritional Company, Starts Up in N. Salt Lake

By Jared Eborn

Call it Meals on Wheels. Or, perhaps more accurately, Meals for Those on Wheels.

Any dedicated cyclist or endurance athlete knows it can be a challenge – and an expensive one at that – to keep their fueling plans dialed in during intense training and racing seasons.

Cycleface, a startup company based in North Salt Lake, hopes to take much of the guesswork and all of the legwork out of keeping your training table loaded with exactly the type of fuel your body, and palette, prefer.

Software developer Brightface had numerous cyclists on staff and as clients. The crew there began thinking about how they could develop an

application that would help fine-tune a cyclist's nutritional demands based on user profiles and recorded training sessions and that turned into a service that gathers information and delivers product to the door of its clients.

"As we discovered more about our customers and that many of them were cyclists," Cycleface's Seth Jenks said, "we started to think maybe we could start a product or service that would help them eat better."

Partnering with a variety of energy and supplement companies, Cycleface essentially gathers information from athletes, pairs it with their preferences and creates a nutritional plan that not only reminds those athletes what to eat and fuel with, but how often to do it and how many calories they should consume

to perform at peak levels.

Then they deliver that nutrition to your doorstep so you don't run out or have to spend valuable time or other resources traveling to different retailers to stock up on supplies.

"You'll be able to upload a file from your Garmin and we'll be able to create a profile based on the last few rides," Jenks said. "Then we'll make a nutritional plan for you and ship your meal plan right to you."

So far, Jenks said, more than 3,000 users have taken the first step in creating profiles. With options ranging from GU Energy gels, Clif Bars and Jelly Belly Sport Beans – among many others – Cycleface will order, process and deliver your goods.

"You don't have to think about it," Jenks said, "that's our goal."

Cycleface founder Nate

Walkingshaw helped develop the service as he saw his co-workers and clients spend time discussing what to eat and drink on their daily lunch rides.


"I think what we really provide is not the nutrition. The nutrition, the experts, the scientists, everyone has already figured out how to get that type of fuel into your body," Walkingshaw said in a promotional video. "But it's knowing when to go out and eat when you're on the bike... We give you Week One through Week Four and we tell you

exactly what you need to consume on your ride. It's very simple."

David Harward, one of Utah's top bike racers for the past 20 years or so, played a part in the development of the service.

"Cycleface is such a cool, forward thinking idea. You can open up your box, you don't have to think about it," Harward said in the Cycleface video. "Here's today, in your pocket, in your bottle and you're ready to go. With proper nutrition for an athlete your body is ready to go all the time."

Find out more at cycleface.com.



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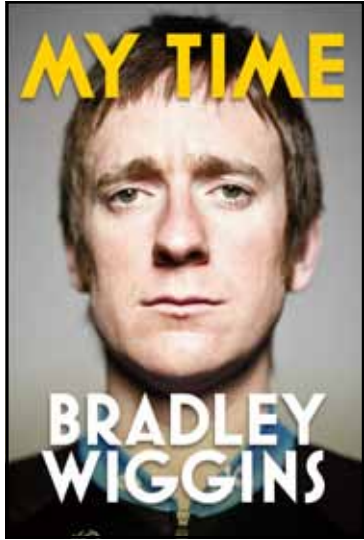


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BOOK REVIEW

Book Review: "My Time" by Bradley Wiggins with William Fotheringham



By Bruce Ewert

"In many ways, I don't want to go back to the Tour ever again. I don't need to: I'll always have winning it in 2012. I don't know if the desire is going to be there... If I were to go back to the Tour and my heart was not in it, or I hadn't done the work, I'd be in big trouble... If I can't do it 110 percent to win, I'd rather not be there.

If I'm honest, I have other goals. I'm not going to be doing this forever; I have said I'll do another two years at this level, so that means I don't have much time to win other events I feel are important such as the Giro d'Italia and Paris-Roubaix."

Sir Bradley Marc Wiggins, CBE (Commander of the Most Excellent Order of the British Empire), known as "Wiggo", is a breath of fresh air for cycling. A true family man, albeit one whose father was missing from his life like another much more arrogant former Tour winner, Wiggo wants simple life without the trappings of the fame that comes with his multiple Olympic and World Championship gold medals and now a Tour win. He just wants to go home to Cath, the woman he has known since age 15, and his two children Ben and Isabella. He is a very private man, one who shies away from the limelight and certainly has no need for a phalanx of bodyguards.

He has written a fine book in the first person covering his life, progress in cycling and focusing on 2012, his "golden year". Together with noted cycling journalist William Fotheringham, "My Time" covers a lot of ground with a personal touch. In 2012 Wiggo won Paris-Nice, the Tour of Romandie, the Critérium du Dauphiné, the Tour de France, and the gold medal in the Olympic Time Trial in London nine days after the finish of the Tour. He has won six other Olympic medals, including three golds, on the track, and ten World Championship medals, including six gold. He was instrumental in helping Mark Cavendish win the World Championship Road Race in 2011. And he states he always wanted to lead the Sky leadout train down the Champs-Élysées in the yellow jersey, leading Cav in the World

Champion rainbow stripes jersey. He took the next to last pull, dropping off teammates Edvald Boasson Hagen and Cavendish at 700 meters to go. Cav won going away, in his World champion rainbow jersey.

Wiggo is one of the new generation of riders that is outspokenly anti-doping. To my eye, watching the races over the last 30+ years, as the peloton has become cleaner over the last few years the racing has gotten even better. The climbing times may be slower, but there are more protagonists in the mix. Wiggo gave a memorable response to a direct question comparing Sky's performances to US Postal's with Lance Armstrong during the Tour's rest day press conference, and then got up and stalked away.

He devotes an entire chapter to the subject, addressing former dopers, both confessed and caught, and why he won't dope: He feels lucky that he ended up in Manchester riding track for Great Britain rather than in the pro peloton on the Continent in the late 1990's and early 2000's. He also is grateful for feeling like now he is on a level playing field without doping, and that the new generation of riders coming into the pro ranks will not have to face that question: do I have to dope to be successful? It is an interesting chapter to read.

A historian of cycling, he was also a boy who had posters of Miguel Indurain, Robert Millar and Sean Kelly on his wall rather than the soccer stars most of his friends had. It is plainly hard for him to think of himself as their equal, let alone thinking that he belongs in the company of riders like Merckx, Indurain, and Hinault. One of his favorite memories from the 2012 Tour is receiving a red scarf during a TV interview, a scarf along with a recorded message from Indurain. The scarf was from the Pamplona bull run, a private model unavailable for sale, with the Indurain family emblem on it along with Indurain signature "To my friend Bradley". Wiggo seems truly touched to be recognized by one of his childhood idols. The first person voice with which "My Time" is written really shows the depth of respect held for for those champions before him.

A bonus is the excellent introduction by Robert Millar, who touches on the Tour as theatre. He reminds us that the French refer to each stage as un étape, which when you translate it as intended means "part of a journey". He reminds us that life itself is a journey of trials and tribulations, and that Wiggo's life was such a journey. From being abandoned by his father, early success on the track, to a bout of depression and drinking after the 2004 Olympics while trying to deal with the fame from winning gold medals. From a very rough 2011 season to a golden year in 2012. It's a good summer read, one worth picking up.

"My Time"
Bradley Wiggins
Velopress (2013)
ISBN 978-1-937715-13-7

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SHARING THE ROAD

Road Respect Tour Kicks off in May



Respect is something taught early in life, along with sharing and taking turns. These behaviors may come easy to some individuals, while others seem to need a little more encouragement in order to get along and play by the rules. With multiple roadway users, including motor vehicles, bikes, motorcycles, and pedestrians everyone needs to share the road, take turns, and ultimately show respect to one another on the road. Respect is a two-way street- when

Photos:
Left: Teaching the new generation to share the road in Vernal.
Right: The Road Respect Tour rolls through St. George in 2012.
Photos: Evelyn Tuddenham

you give respect, you get respect; and nowhere is that truer than on Utah's roads.

The Utah Department of Public Safety and Utah Department of Transportation have partnered together to promote Road Respect. "Road Respect Cars and Bikes Rules to Live By" is a grassroots campaign that aims to educate drivers and cyclists about the rules of the road and also encourage mutual respect so that everyone gets home safely. For the third year, Road Respect cyclists are touring the state and seeking to be a positive influence on people who ride and drive. Cyclists on the tour serve as a moving billboard that demonstrate how to follow the rules of the road. There are two tours for 2013 beginning at the end of May. The Southern Utah Tour will take place May 29- June 1 and will visit Cedar City, Kanab, Springdale, St. George, and Parowan. The Wasatch Front tour runs June 13-15 visiting Provo, Salt Lake City, and Ogden. Cycling enthusiasts of all ages and riding levels are encouraged to participate in the community rides and festivities that include kids rides, bicycle rodeos, 25 & 50 mile ride options and mini-car shows. UTA is also offering free Frontrunner passes during the Wasatch Front tour for riders who wish to participate in the rides. For more information about the tour and community events, visit www.roadrespect.utah.gov

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SLCBAC to Hold Mini-Summit

The Salt Lake County Bicycle Advisory Committee is seizing the Year of the Bike as an opportunity to meet with the community. We are inviting bicycle advocates, activists, business owners, governmental agencies, community groups, and concerned citizens who wish to express their opinions on the future of bicycle travel and infrastructure in Salt Lake County to a "Mini-Summit". Please join us on June 5, 2013 from 4:30-5:30pm at the County Government Complex, Room S-1010, for an informative and constructive discussion concerning all things bicycle. Space is limited so please RSVP to: ajmartine801@gmail.com Find us on Facebook: search "SLCBAC".

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232 N. Main Street
Kaysville, UT 84037
(801) 544-5300
bebikes.com

Bingham Cyclery

2317 North Main Street
Sunset, UT 84015
(801) 825-8632
binghamcyclery.com

Bountiful Bicycle Center

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

Masherz

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

Top Gear

145 S. Main Street
Bountiful, UT 84010
(801) 292-0453
topgearbicycleshop.com

SALT LAKE COUNTY

Central Valley

Cottonwood Cyclery

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

Millcreek Bicycles

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

Salt Lake City

Beehive Bicycles

1510 South 1500 East
Salt Lake City, UT 84105
(801) 839-5233
beehivebicycles.com

Bicycle Center

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

Bicycle Transit Center (BTC)

600 West 250 South
Salt Lake City, UT 84101
(801) 359-0814
bicycletransitcenter.com

Bikewagon

680 West 200 North
North Salt Lake, UT 84054
(801) 383-3470
bikewagon.com

Bingham Cyclery

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

Blue Monkey Bicycles

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

Contender Bicycles

875 East 900 South
Salt Lake City, UT 84105
(801) 364-0344
contenderbicycles.com

Cyclesmith

250 S. 1300 E.
Salt Lake City, UT 84102
(801) 582-9870
cyclesmithslc.com

Fishers Cyclery

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

Go-Ride.com Mountain Bikes

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

Guthrie Bicycle

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

Hyland Cyclery

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

Jerks Bike Shop (Missionary Depot)

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

Performance Bicycle

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

REI (Recreational Equipment Inc.)

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

Salt Lake City Bicycle Company

177 E. 200 S.
Salt Lake City, UT 84111
(801) 746-8366
slcbike.com

Saturday Cycles

605 N. 300 W.
Salt Lake City, UT 84103
(801) 935-4605
saturdaycycles.com

SLC Bicycle Collective

2312 S. West Temple
Salt Lake City, UT 84115
(801) 328-BIKE
slcbikecollective.org

Sports Den

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

The Bike Guy

1555 So. 900 E.
Salt Lake City, UT 84105
(385) 218-1649
bikeguyslc.com

Wasatch Touring

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

Wild Rose Sports

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

South and West Valley

Bingham Cyclery

1300 E. 10510 S.
(106th S.)
Sandy, UT 84094
(801) 571-4480
binghamcyclery.com

Canyon Bicycles

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

Canyon Bicycles

11516 S District Drive
S. Jordan, UT 84095
(801) 790-9999
canyonbicycles.us

Infinite Cycles

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

Lake Town Bicycles

1520 W. 9000 S.
West Jordan, UT 84088
(801) 432-2995
laketownbicycles.com

REI (Recreational Equipment Inc.)

230 W. 10600 S.
Sandy, UT 84070
(801) 501-0850
rei.com/sandy

Revolution Bicycles

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

Salt Cycles

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

Taylor's Bike Shop

2600 W. 12600 S.
Riverton, UT 84065
(801) 253-1881
taylorsbikeshop.com

Taylor's Bike Shop

3269 W. 5400 S.
Taylorsville, UT 84118
(801) 969-4995
taylorsbikeshop.com

UTAH COUNTY

American Fork/Lehi/Pleasant Grove

Bike Peddler

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

Infinite Cycles

1678 East SR-92
Highland/Lehi, UT 84043
(801) 766-5167
infinitecycles.com

Timpanogos Cyclery

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

Trail This

120 S 1350 E
Lehi, UT 84043
(801) 768-8447
trailthis.com

Trek Bicycle Store of American Fork

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

Payson

Utah Trikes

40 S. Main
Payson, UT 84651
(801) 804-5810
utahtrikes.com

Wild Child Cycles

36 W. Utah Ave
Payson, UT 84651
(801) 465-8881
wildchildcyclesutah.com

Provo/Orem/Springville

Bingham Cyclery

187 West Center Street
Provo, UT 84601
(801) 374-9890
<

RACE RESULTS



Hugger, Intermountain Cup, St. George, Utah, April 6, 2013

Beginning Men

- Ryan Margetts; Utahmountainbiking.com; 36:53:00
- Chad Jenkins; Utahmountainbiking.com; 37:13:00
- Tyler Margetts; Utahmountainbiking.com; 37:29:00
- Joel Schafer; 37:55:00
- Archie Lopez; LTR Sports; 39:39:00

Beginning Women

- Jessica Bender; 43:15:00
- Rachel Hutchings; Utahmountainbiking.com; 43:16:00
- Megan Warner; 48:47:00
- Summer Perkins; Team Perkins; 52:39:00
- Michele Disney; 59:35:00

Clydesdale

- Mike Oblad; Dialogue; 1:24:21
- Karl Shuman; Revolution/Peak Fasteners; 1:31:15
- John Twitchell; Utahmountainbiking.com; 1:35:19
- Bret Galbraith; 1:36:55
- Greg Johnson; 4 Life Mad Dog Cycles; 1:42:54

Expert Men 19-29

- Josh Brown; Bountiful Bicycle p/b Threshold; 1:28:26
- Jace Heger; Bike Fix; 1:30:05
- Bryson Deppe; Bountiful Bicycle p/b Threshold; 1:33:01
- Eudoro Guizgas; Luke 10:27; 1:34:55
- Devan Wiggins; Bike Fix; 1:36:09

Expert Men 30-39

- Brian Tolbert; KUHL/Rocky Mountain; 1:25:18
- Stewart Goodwin; KUHL; 1:27:42
- Scott Bergon; Red Rock; 1:30:41
- Kevin O'Keefe; Bike Fix; 1:30:46
- Ryan Blaney; KUHL/Rocky Mountain; 1:34:20

Expert Men 40+

- Jonas Croft; Revolution Peak; 1:30:24
- Jason Sparks; Utahmountainbiking.com; 1:33:00
- Rob Brasher; Slim & Knobby's; 1:33:02
- Mitt Stewart; Utahmountainbiking.com; 1:34:32
- Mark Messer; Utahmountainbiking.com; 1:35:17

Expert Women

- Haley Batten; White Pine Racing; 1:10:23
- Kimberly Ridgeaway; McGuthries; 1:15:21
- Nicole Tittensor; Revolution/Blain Nielson Truck; 1:16:05
- Ellen Guthrie; Revolution/Peak Fasteners; 1:20:00
- Betsy Spiegel; Contender Bicycles; 1:22:48

Junior Men 12-15

- Jordan Andersen; Canyon Bicycles; 34:51:00
- Matthew Behrens; Summit Bike Club; 34:52:00
- Seth Coccimiglio; Canyon Bikes; 36:16:00
- John Andersen; Canyon Bicycles; 36:44:00
- Aidan Clark; LTR Sports; 37:06:00

Junior Men 16-18

- Jordan Pope; KUHL; 32:29:00
- Trey Lopez; LTR Sports; 33:48:00
- Tyler Ashton; Bike Fix; 37:28:00
- Kason Perkes; 38:42:00
- Justin Hasson; 40:40:00

Junior Women 12-15

- Sydney Palmer-Leger; Summit Bike Club; 42:14:00
- Lia Westermann; Revolution Peak Fasteners; 46:53:00
- Mila Leger-Redel; Summit Bike Club; 49:01:00
- Elisse Shuman; Revolution Peak Fasteners; 56:45:00

Junior Women 16-18

- Sienna Leger-Redel; Summit Bike Club; 41:10:00
- Katie Shuman; Revolution Peak Fasteners; 50:04:00

Men 50+

- Jordan Swensen; ColeSport; 1:05:10
- Mike Buckley; Team Excelsior; 1:09:17
- David Kelsey; Red Burro Racing; 1:11:13
- Jody Bailey; 4Life/Mad Dog Cycles; 1:12:29
- Lynn Deppe; Bountiful Bicycle p/b Threshold; 1:14:39

Men 60+

- Joel Quink; Utahmountainbiking.com; 1:22:19
- Bruce Argyle; Utahmountainbiking.com; 1:27:41
- Gene Poncelet; Utahmountainbiking.com; 1:49:58

Pro Men

- Cary Smith; Team CF; 1:47:52
- Jason Sager; Team Jamis; 1:48:16
- Chris Holley; KUHL Rocky Mountain; 1:49:57
- John Russell; KUHL Rocky Mountain; 1:52:13
- Richie Trent; 1:52:50

Pro Women

- Jen Hanks; Epic Brewing/MTBraceNews.com; 1:35:18
- Joey Lythgoe; KUHL/Rocky Mountain; 1:38:11
- Meghan Sheridan; Utahmountainbiking.com; 2:02:00

Sport Men 19-29

- Brock Jeske; Utahmountainbiking.com; 1:11:12
- Travis Millward; Bountiful Bicycle p/b Threshold; 1:11:14
- Drew Palmer-Leger; 1:11:24
- Hayden Sampson; Roosters/Bikers Edge; 1:12:30
- Danny Fendler; Summit Bike Club; 1:14:17

Sport Men 30-39

- Jon Pack/ Pershickety Prints; 1:14
- Brian Beardall; Utahmountainbiking.com; 1:14:20
- Christian Walton; Bountiful Bicycles p/b Threshold; 1:15:52
- Scott Miles; 1:18:14
- Cary Jenkins; 1:20:30

Sport Men 40-49

- Mike Bergen; Red Rock; 1:11:01
- Jon Argyle; Bountiful Bicycle; 1:13:24
- Sean Hoover; Canyon Bicycles; 1:13:38
- Doug Rock; Red Rock; 1:14:16
- Steve Ellis; Oracle Cycling; 1:16:57

Sport Women 19-34

- Birgit Morris; LTR Sports; 1:35:00
- Whitney Warner; Dixie Cycling Club; 1:35:30
- Amy Francis; Dixie Cycling Club; 1:49:19
- Jenna Johnston; Bingham Cyclery; 1:51:49
- Kristie Beardall; Pirates; 1:55:02

Sport Women 35+

- Lyna Saffell; Revolution/Peak Fasteners; 1:29:54
- Chari Pack; Pershickety Prints; 1:30:06
- Priya Ellwood; Revolution/Peak Fastener; 2:00:08

Singlespeed

- Alex Smith; 3B Yoga; 1:02:17
- Shannon Boffeli; Epic Brewing/MTBraceNews.com; 1:04:51
- Brad Newby; Red Rock; 1:06:45
- Brad Thurgood; 3B Yoga; 1:06:45
- Danny Christensen; Red Rock; 1:11:02

Women 40+

- Angela Johnson; Bountiful Bicycles p/b Threshold; 45:15:00
- Dorothy Gibson; 4Life/Mad Dog Cycles; 47:30:00
- Sally Reynders; Utahmountainbiking.com; 54:04:00

Alpine XCO, USC Series, Alpine, UT, April 20, 2013

Juniors 13-15

- Joshua Peterson; Kuhl; 32:26:00
- Seth Coccimiglio; 33:27:00
- Bryn Bingham; 34:00:00
- Kreed Frenchwax; Slim and knobby; 35:02:00
- Daniel Morrin; Lone Peak High School; 36:44:00

Jr Women 13-15

- Sydney Palmer-Leger; Summit Bike Club; 38:56:00
- Mila Leger-Redel; 40:11:00
- Elisse Shuman; Revolution; 50:19:00
- Hattie Ransom; 55:14:00

Beginner Men 35+

- Bruce Ritter; Utah BMX.com; 36:26:00
- Jason Taylor; 38:14:00
- Brian Vanderwel; Utah MTB .com; 42:05:00
- Steve Dalley; 43:00:00

Beginner Women

- Angela Johnson; Bountiful Bike; 41:25:00
- Susan Kertesz; 42:15:00
- Sally Reynders; Utahmountainbiking.com; 53:36:00
- Holly Hopkins; 4 Life / Maddog Cycles; 1:02:06

Beginner Men 19-34

- Josh Ragsdale; Infinite Cycles; 39:38:00
- Seth Blumer; 4Life/maddog; 41:42:00
- Benjamin Hancock; 50:05:00
- Aaron Luptak; 55:25:00
- Mike Olson; 58:00:00

Clydesdale

- Karl Shuman
- John Twitchell

Jr Men 16-18

- Erica Tingey; Team Jamis; 45:11:00
- Jordan Pope; 47:01:00
- Conner Patten; 50:44:00
- Nick Loyola; 51:03:00
- Chase Vallejo; 54:58:00

Jr Women 16-18

- Sienna Leger-Redel; 54:54:00
- Lia Westerman; 59:25:00
- Katie Shuman; 1:11:45

Men 50+

- Kevin Moffitt; 43:18:00
- Paul Lastayo; 44:34:00
- Gary Gardiner; 45:48:00
- Michael Profsky; 46:14:00
- Jeff Flick; 47:14:00

Men 60+

- Joel Quinn; 53:35:00
- Bruce Argyle; 53:57:00

Sport Men 19-29

- Josh Bromley; 42:37:00
- Scott Miles; 1:18:14
- Drew Palmer-Leger; 44:29:00
- Travis Millward; 45:15:00
- Hayden Sampson; 45:37:00

Sport Men 30-39

- Kevin Winzerler; 43:33:00
- Preston Edwards; 46:24:00
- Jeremy Smith; 46:32:00
- Christpher White; 46:34:00
- Darren Balls; 47:04:00

Sport Men 40+

- Ryan Nielsen; 44:10:00
- Lance Anderson; 44:51:00
- Bobby Lincoln; 46:45:00
- Greg Roberts; 47:20:00
- Greg Sironen; 47:26:00

Sport Women 19-34

- Claire O'Donnell; 1:09:58
- Karen Holmes; 51:26:00
- Jennifer Miller; 51:41:00
- Jan Holding; 52:13:00
- Jennie Wade; 57:57:00

Pro Men

- Nick Fisher; 1:01:32
- Ben Aufderheide; 1:03:21
- Geoffrey Montague; 1:04:27
- Sam Sweetser; 1:04:51
- Will McDonald; 1:05:04

Pro Women

- Meghan Sheridan; 57:39:00
- Jen Hanks; 59:16:00
- Erin Swenson; 1:01:52

Singlespeed

- AJ Linnell; 51:33:00
- Alex Smith; 51:35:00
- Shannon Boffeli; 53:56:00
- Josh Van Jure; 59:39:00
- Steve White; 1:03:10

Expert Men 40+

- Ty Hopkins; 53:00:00
- Mitt Stewart; 53:10:00
- Rich Abbott; 54:53:00
- Jay Burke; 55:37:00
- Reed Topham; 56:18:00

Expert Men 30-39

- Stewart Goodwin; 50:46:00
- Brian Tolbert; 51:14:00
- Andrew Medlock; 52:04:00

Expert Women

- Debbie Mortensen; 1:01:00
- Nicole Tittensor; 1:04:36
- Melanie Smith; 1:06:00
- Ellen Guthrie; 1:10:41
- Erin McDermott; 1:13:18

Mountain; 1:52:13

5. Richie Trent; 1:52:50

Pro Women

- Erica Tingey; Team Jamis; 45:11:00
- Jordan Pope; 47:01:00
- Conner Patten; 50:44:00
- Nick Loyola; 51:03:00
- Chase Vallejo; 54:58:00

Jr Women 16-18

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Men 50+

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- Paul Lastayo; 44:34:00
- Gary Gardiner; 45:48:00
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- Jeff Flick; 47:14:00

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- Bruce Argyle; 53:57:00

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- Lance Anderson; 44:51:00
- Bobby Lincoln; 46:45:00
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Sport Women 19-34

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- Jan Holding; 52:13:00
- Jennie Wade; 57:57:00

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- Ben Aufderheide; 1:03:21
- Geoffrey Montague; 1:04:27
- Sam Sweetser; 1:04:51
- Will McDonald; 1:05:04

Pro Women

- Meghan Sheridan; 57:39:00
- Jen Hanks; 59:16:00
- Erin Swenson; 1:01:52

Singlespeed

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- Alex Smith; 51:35:00
- Shannon Boffeli; 53:56:00
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- Steve White; 1:03:10

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- Mitt Stewart; 53:10:00
- Rich Abbott; 54:53:00
- Jay Burke; 55:37:00
- Reed Topham; 56:18:00

Expert Men 30-39

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- Brian Tolbert; 51:14:00
- Andrew Medlock; 52:04:00

Expert Women

- Debbie Mortensen; 1:01:00
- Nicole Tittensor; 1:04:36
- Melanie Smith; 1:06:00
- Ellen Guthrie; 1:10:41
- Erin McDermott; 1:13:18

Blaney; 53:00:00

- Aaron Haggie; 54:23:00
- Travis Mullen; 52:38:00
- Devin Wiggins; 54:50:00
- Connor Barrett; 55:00:00
- Adam Lee; 55:13:00

Expert Women

- Debbie Mortensen; 1:01:00
- Nicole Tittensor; 1:04:36
- Melanie Smith; 1:06:00
- Ellen Guthrie; 1:10:41
- Erin McDermott; 1:13:18

Mountain; 1:52:13

5. Richie Trent; 1:52:50

Pro Women

- Erica Tingey; Team Jamis; 45:11:00
- Jordan Pope; 47:01:00
- Conner Patten; 50:44:00
- Nick Loyola; 51:03:00
- Chase Vallejo; 54:58:00

Jr Women 16-18

- Sienna Leger-Redel; 54:54:00
- Lia Westerman; 59:25:00
- Katie Shuman; 1:11:45

Men 50+

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- Paul Lastayo; 44:34:00
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- Jeff Flick; 47:14:00

Men 60+

- Joel Quinn; 53:35:00
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- Scott Miles; 1:18:14
- Drew Palmer-Leger; 44:29:00
- Travis Millward; 45:15:00
- Hayden Sampson; 45:37:00

Sport Men 30-39

- Kevin Winzerler; 43:33:00
- Preston Edwards; 46:24:0

Moab's Colorado Riverway Path Gets Closer to Completion with New Grant

The bikepath connecting Moab with public recreation lands around it should be largely completed this fall. Grand County received a third grant from the Federal Transit Authority to complete the segment of the Colorado Riverway Path along Rt. 191 to Arches National Park. The county got the money under the Paul S. Sarbanes Transit in Parks Program.

The \$900,000 grant will continue the trail for three miles on land owned by the Bureau of Land Management (BLM) along the Colorado River.

Previous grants have paved the trail further south along Rt. 191 through Moab to Canyonlands National Park, the Colorado Riverway Recreation Area and other public lands. Last year, the county got \$2.5 million from the program to pave a segment further south. Two years ago, it got \$2.9 million.

When this new section gets completed, no more than half a mile of the eventual trail will need to be paved, says Katie Stevens, recreational planner with the BLM Moab Field Office.

-Charles Pekow

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GRAN FONDO
CACHE VALLEY
JULY 13 | 2013

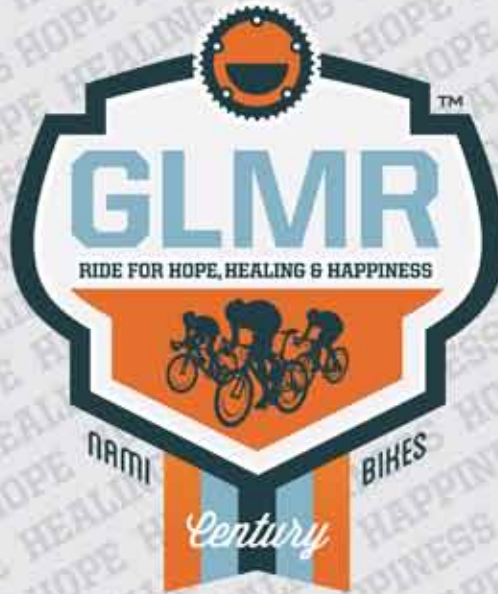
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FUN CHALLENGES & PRIZES.

LOGAN REGIONAL HOSPITAL FOUNDATION
Intermountain Logan Regional Hospital selecthealth
Cache Valley VISITORS BUREAU

HELP FUND BREAST CANCER SCREENINGS FOR OUR CACHE VALLEY WOMEN

REGISTRATION NOW OPEN AT:
cachegranfondo.com

Register at fightstigmaandride.org



- * **Start Time:** 7:00am
- * **Start Location:** Spanish Fork, Ut
Young Living Oils
142 E 3450 N
- * **Registration Fees:**
Century / \$55
Metric Century / \$50
45 Miler / \$45
- * **Ride for FREE** by raising \$200-\$250
See more details and Pre-Register at FightStigmaAndRide.org

CENTURY, METRIC, & 42 MILER

JULY 27TH, 2013

Join us in a Ride for Hope, Healing and Happiness.

NamiBikes Utah: The GLMR is a 100 mile ride to raise an awareness of mental illness and suicide prevention. In 2008 an avid cyclist, Gary Ludlow was taken by mental illness. We ride in honor of him and to enjoy the great sport that he loved. Proceeds raised go to support the National Alliance on Mental Illness (NAMI Utah).

NAMI, the National Alliance on Mental Illness, is the largest grassroots mental health organization in the country. We are dedicated to building better lives for the millions of Americans affected by mental illness. By riding with us, you are ensuring that help and hope are available to the families and individuals in need.



Smart Phone QR Code.



www.theglmr.com

glmrinfo@gmail.com 801-830-6655

COACH'S CORNER

Crank Length: Coming Full Circle

Shorter can allow you to turn a bigger gear without working harder! Your editor just downsized. Photo: Dave Iltis

By Mark Deterline

[Note: A variation of Deterline's crank length discussion first appeared as The Crank Length Debate: Coming Full Circle in the November 2008 issue of Triathlete Magazine.]

A few years ago I was building up a new TT/tri bike and asked friend and colleague John Cobb, famed aerodynamics and biomechanics expert, what length cranks to use. John has been a well respected fixture in the world of triathlon for decades, and in some road cycling circles, especially those who followed LeMond and Armstrong's

early visits to the wind tunnel, and Cobb's design activities for companies like Rudy Project.

When I had first gotten into cycling, I was told that at my height (6'3") I should be using 180mm cranks on my TT and mountain bikes, and maybe 177.5mm cranks on my road bike. It was all about having as big a lever as possible for climbing hills and turning over big gears on the flats. That thinking still prevailed in some circles. However, Cobb had always been a maverick, so I shouldn't have been as surprised as I was by his response:

"I used to be a big believer in long crank arms, but now I'm going in a different direction. I'm con-

vinced that crank length and pedal rate (i.e. cadence) should be more directly related to one's natural running cadence and stride length than anything else. Every muscle has a natural contraction rate that will yield maximum efficiency. The game is to keep the muscle in its most efficient extension range and at its most efficient rate of rotation."

John McDaniel holds a PhD in Exercise Physiology, and is an elite amateur road racer and triathlete. He has also worked as a research associate of Dr. Jim Martin, whose exercise physiology lab at the University of Utah is renowned. McDaniel added some insight to Cobb's observations:

"Every muscle does two things for which an athlete should strive to determine optimal performance parameters: one is the contraction-relaxation rate (the rate at which the muscle will contract, perform work, then relax), and shortening velocity (the speed at which the muscle is working [a muscle shortens as velocity increases]). These two tasks determine maximum power and maximum efficiency.

"By varying pedal rate and crank length we can adapt conditions to the muscular system so that it operates closer to its maximum efficiency or power. Our goal is to do both! It is interesting to note, however, that the parameters in which max power is produced are often not the same as those that produce max efficiency. This is obvious in cycling where max power is usually produced around 120-130 pedal rpm's (rotations

per minute), yet max efficiency is reached at around 60-70 rpm's."

When I subsequently brought up the issue of crank length with Ironman champ and über-biker Chris Lieto, he informed me that internationally renowned Exercise Physiologist and coach Max Testa had made the same suggestion – that Lieto consider transitioning to shorter cranks to improve efficiency. But Lieto confided that he had been reluctant to make the switch, since he was comfortable on 175mm cranks, the same length he used on his road bike, and hadn't wanted to mess with what he felt was "dialed in".

Cobb went on to explain what got him moving in his new direction of thought in the first place:

"My initial motivation for experimenting with shorter cranks was to get riders lower on their bikes by rotating them forward and down, without their legs hitting their rib cage, and without restricting their breathing. But first, I had to determine that shorter cranks and the potentially lower overall seat heights new geometries could eventually afford) would not adversely affect power output or efficiency. That led me to Professor Jim Martin at the University of Utah.

"Martin conducted a study using 60 racers of all skill levels. He would vary crank length in 15mm increments, both longer and shorter. His findings showed that there was no power difference from one length to another, but that oxygen uptake was always better with shorter cranks.

"Subsequently I worked with a rider who is 6'5", bringing his crank length down to 165mm's over three months. He's gained 65 watts of power."

McDaniel elaborates:

"During one particular study, Martin and I recorded athletes' oxygen consumption while cycling on a stationary bike in the lab. We used crank lengths of 145, 170 and 195 mm; pedaling rates of 40, 60, 80 and 100 rpm's; and intensity levels of 30, 60 and 90% of lactate threshold.

"We found that the power produced (i.e. force applied to move the pedals) during exertion accounted for 95% of oxygen consumption (VO₂). Changes in crank length and pedal rate had the capacity to alter oxygen consumption or efficiency by about 3%.

"Furthermore, this study demonstrated that the body requires more oxygen as pedal speed (speed of the pedal along its axis of travel – NOT cadence) increases. So, for any given pedal rate (cadence), pedal speed will therefore be slower with shorter cranks, resulting in a decreased oxygen requirement.

"Let me emphasize, however, that we determined modest changes in oxygen consumption across the large variations in crank length (145 to 190 mm) that we implemented. So switching from 175 to 172.5 mm would likely have little measurable or even undetectable benefit. The

Continued on page 40



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ROAD RIDES

Cycle the City Self-Guided Tour Route Launched in Salt Lake City

By Bruce Ewert

Salt Lake City has created a new self-guided tour of the city for visitors and residents, a route of 13.5 miles that loops through downtown Salt Lake City, Liberty Park, and the Peace Gardens. It is anticipated to take about half a day to traverse the entire route. The new Green Bike Share program that provides bikes at convenient locations around downtown is perfect for tourists to ride the "Cycle The City" route. One can rent a bike for 24 hours for \$5 and ride the fully signed route, enjoying some of the best that Salt Lake City has to offer.

The route passes near Gilgal Sculpture Garden (www.gilgalgarden.org), at 749 E. 500 South, just four blocks east of the official route),

a highly recommended stop. It drops down around Liberty Park and then heads west out to the Jordan River Parkway. The Parkway has become my favorite easy day ride, with no traffic and lots of birds.

An optional extra loop goes up and around City Creek Canyon, along a lovely creekside trail with spectacular views of the city. This extra loop also goes by the State Capitol before it returns downtown next to Temple Square. This signed trail promises to be a fine addition during the current "Year of the Bike" proclaimed by Salt Lake City Mayor Ralph Becker.

More information and a map is available at bikeslc.com/cyclethecity or by scanning the QR code found on route signs.



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COACH'S CORNER

Teamwork Pays: The Dividends of Racing as a Cohesive Squad

This photo is the essence of team racing. Clinton Mortley (left) and Cameron Hoffman celebrate a teammate's victory. Photo: Ricky Bangerter.

By Mark Deterline

As we discussed in the March 2013 issue of Cycling Utah, at its essence competitive cycling is a team sport. The successful professional teams tend to be the most organized

and unified, and the best riders in the world often make contractual demands and commitments based on which riders they will call teammates.

What does that have to do with you? Everything.

As you've inevitably experienced on any group ride or even a ride you

started alone but finished with someone, how other cyclists ride affects you. Working with other riders, or keying off what they do, influences your effort and – ultimately – an outcome. In racing we call that outcome a result, good or bad.

Using road bike group riding and racing as our context for this discussion, let's consider in more detail the concepts presented in March.

-Riding tempo. This is a pace established by a team to discourage drastic changes in speeds, and to discourage breakaways. It can also serve to reel in breakaways without necessarily expending the same energy as "chasing". Cool, how do we implement? By having strong riding companions or teammates ride strong tempo at the front of a group, we encourage a steadier pace for longer periods of time. It can have the positive effects of discouraging hard attacks and, if one or more riders do storm off the front, gradually reeling them in. Without strong, willing companions setting a good tempo at the front of the pack, the pace can constantly change, making efforts more surgy and riders more antsy.

-It's all about the counter-attack. Unless a very strong rider attacks at

just the right time on just the right terrain, an attack often doesn't succeed in launching a breakaway or causing a split in the group. What any strong or well timed attack does tend to do is "soften up" the pack so that it is tired or beaten into submission when the next attack occurs. If timed just right, which is often just as the previous attack is being subdued, a counter-attack takes advantage of everyone thinking – or wanting to believe – that with a threat now neutralized, things will settle down. This is when the magic happens. I like to remind riders on teams I direct and those I coach that these aren't just intense moments in a race; these decisive moments ARE the race.

-Attacking as a decoy. As stated above, any type of attack can serve a purpose. On group rides, especially at designated sections of an established route, attacks can be a great opportunity for cyclists to push each other and develop tactical skills. In a race, attacks can always lead to gaps or breakaways, forcing other riders or teams to chase. When a team works together to take this kind of initiative, it enables its riders to "sit in" and rest, benefitting from opponents doing extra work while they save themselves for the next tactical and potentially decisive move.

-Going with a breakaway vs. chasing a breakaway. We pretty much covered this last time: It is always much easier to jump on an opponent's wheel as a breakaway is forming than to be in the wind closing a gap. Riding near the front and being vigilant can mean the difference between making the selection and missing out, the latter forcing your team to chase.

-Chasing vs. bridging. There is a big difference between going to the front of the peloton and upping the pace to chase down a breakaway, and trying to get away from the pack to bridge. In the latter scenario, one or more riders must get away clean from the pack, opening up a sufficiently large gap, to get up to the breakaway without towing any (or too many) opponents in the process.

-Waiting for a detained teammate. If a strong teammate gets sidelined, depending on the type of race, you need to know in advance how to deal with the situation. Do you drop yourself from the pack as the teammate gets a wheel from a support vehicle or wheel pit, or do you stop and give them your own wheel? Both options represent team racing at its best; you just need to know how to be a help as opposed to taking both yourself and the teammate in need out of the race. This requires discussion prior to a ride or race, communication during

the event, and often a post-mortem follow up afterward to ensure everyone is on the same page and the group is making decisions that lead to a positive outcome for all involved.

-Protecting your team leader. This paragraph will also serve as an important as-is repeat from the previous article. Mastering the following concept will improve your individual and team riding skills as much as or more than anything else you'll learn on a bike. Cycling can be a very noble sport, with savvy and selfless riders doing everything they can toward the success of one or more teammates. Watching teams keep their leaders out of the wind, in good position without those leaders having to exert themselves too much, and led out for a clean shot at victory in the sprint is exhilarating. No matter how good you are, or how much potential you believe you have, if you don't learn early on how to be an excellent team/support rider, or domestique, your opportunities will be severely limited. For elite cyclists, it can mean the difference between getting a pro contract and languishing forever in the land of could-have-been. For cyclists of all levels, the better a team rider you are, the more you will be a desirable entity for discerning clubs, teams and potential teammates.

-Blocking and leadouts are both concepts that deserve and arguably require more detail than we have room for this issue. Let's look a future issue for thorough explanation and guidance regarding how each can be ethically employed for desired outcomes and exciting team racing.

Mark Deterline coaches some of Utah's and California's top cyclists, as well as triathletes, distance runners, cross-country skiers, motocross racers and boxers. Leadout Endurance Coaching provides completely customized training plans, bike fitting and biomechanics, and performance testing for athletes of all backgrounds and levels. Contact: mark@2thefront.com or visit 2thefront.com.

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MECHANIC'S CORNER

Keep it Clean in Spring



Top: A basic cleaning kit.
Middle: Scrub the rims, tires, and spokes.
Bottom: Wash the frame.

By Tom Jow

Everyone knows that mountain biking is a dirty sport. At no time is it dirtier than right now, early season in the mountains. Rain, melting snow and wet trails combined with an unstoppable desire to ride make for dirty, muddy bikes. The problem with a muddy bike is dirt

gets everywhere; on you, in the car, in the garage. It doesn't have to be that way. All it takes to have a clean bike is some dish soap, degreaser and a good set of brushes. Just follow these steps to get your bike ready to be dirty again.

1. Using a high pressure jet, spray off the majority of the mud from the

frame and rims. Avoid directly spraying the hubs, bottom bracket, headset and suspension to reduce water contamination.

2. Spray the derailleurs, chain, cassette and chainrings with degreaser and allow it to soak in.

3. Fill a bucket with dish soapy water (warm if possible and lots of suds).

4. Using a large square brush, wash the rims, tires and spokes. Use a skinny brush to clean the hubs.

5. Wash the frame and fork with the large brush. Use a skinny brush to get into tight areas. Do not scratch the upper fork or rear shock tubes.

6. Remove the rear wheel and scrub the cassette with a dedicated greasy brush. Re-install the wheel.

7. With the same dirty brush, clean the side of the chain by brushing it against the outer chainring. If done properly, it should come out looking like new.

8. Clean the chain rollers by wetting the greasy brush and scrubbing the chain while rotating the pedals backwards. Wet the brush often and continue until the water dripping off comes out fairly clean.

9. Rinse. Using a high pressure spray, rinse out the derailleurs, chain and cassette while rotating the pedals backwards. Use a low pressure for the rest of the bike.

10. Lift the bike up and give it a couple bounces to get the loose water off. Wipe or air dry. Lubricate the chain before riding.

11. Wash the frame and fork with the large brush. Use a skinny brush to get into tight areas. Do not scratch the upper fork or rear shock tubes.

12. Remove the rear and scrub the cassette with a dedicated greasy brush.

13. With the same dirty brush, clean the side of the chain by brushing against the outer chainring. If done properly, it should come out looking like new.

14. Clean the chain rollers by wetting the greasy brush and scrubbing the chain while rotating the pedals backwards. Wet the brush often and continue until the water dripping off comes out fairly clean.

15. Rinse. Using a high pressure spray, rinse out the derailleurs, chain and cassette while rotating the pedals backwards. Use a low pressure for the rest of the bike.

16. Lift the bike up and give it a couple bounces to get the loose water off. Wipe or air dry. Lubricate the chain before riding.

Got a bike question? Email Tom at 1tomjow@gmail.com.



Top: Wash under the head tube.
Second from top: Be sure to clean the cassette.
Third from top: An old chain looks new after scrubbing the side plates.
Bottom: Use your dirty brush on the chain rollers.

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CALENDAR OF EVENTS

Calendar Guidelines:

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

Submit your event to:

calendar@cyclingutah.com

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

Let us know about any corrections to existing listings!

Utah BMX

RAD Canyon BMX — Farmington, UT, Indoor bmx racing going on at the Legacy Events center 151 South 1100 West, Farmington, UT., Ron Melton, 801-699-9575, radcanyonbmx@radcanyon-bmx.com, radcanyonbmx.com

Deseret Peak BMX — Tooele, UT, 1200 foot long track, ABA sanctioned, open to public for practice daily, fee is \$2 per rider. Sign ups 5:30 to 7:00 on race day. Races: May 8, 22, June 12, 26, July 10 - Race for Life, 17 - State Qualifier, August 14, 28, September 18, 25., Darrin Cook, 435-843-4049, deseretpeakbmx@msn.com, deseretpeakcomplex.com

May 18, 2013 — USA Cycling Elite BMX National Championships, Chula Vista, CA, Micah Rice, 719-434-4200, mrice@usacycling.org, usacycling.org

June 1, 2013 — USA Cycling Amateur BMX National Championships, Nashville, TN, Micah Rice, 719-434-4200, mrice@usacycling.org, usacycling.org

Utah Advocacy

Bike Utah — UT, Utah's Statewide Advocacy Group., Scott Lyttle, 435-901-4191, slyttle@bikeutah.org, bikeutah.org

Salt Lake County Bicycle Advisory Committee — Salt Lake City, UT, Bicycle Facilities Planning Meetings are third Wednesday each month from 4-6 p.m., with the exception of the month when the Quarterly County Advisory Committee is meeting on the third Wednesday from 6-8 p.m. (see website for meeting details). Meetings are held in Suite N-3001 of the Salt Lake County Government Center, 2001 S. State St., Salt Lake City, UT. 801-468-3351, Megan Hillyard, 801-468-3351, MHillyard@slco.org, bicycle.slco.org

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

Rod Kramer, 801-393-2304, rod@weber-pathways.org, weberpathways.org

Davis Bicycle Advisory and Advocacy Committee — Farmington, UT, Not Currently meeting. Organizers needed., davisbike.org

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

Park City Alternative Transportation Committee — Park City, UT, Normally meets the second Wed. of the month, location TBD, Michael Watson, redtail@sina.com, mountaintrails.org

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

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

Parley's Rails, Trails and Tunnels (PRATT) — Salt Lake City, UT, PRATT is a 501(c)(3) nonprofit organization, run by volunteers. The mission of the Parley's Rails, Trails and Tunnels (PRATT) Coalition is to assist city, county, state and federal agencies and other public and private partners in completing a multi-use trail

along I-80 via Parley's Creek Corridor and the Sugar House Rail Spur to connect the Bonneville Shoreline Trail with the Provo/Jordan River Parkway., Juan Arce-Lareta, 801-694-8925, parleystrail@gmail.com, parleystrail.org

Holladay Bicycle Advisory Committee — Holladay, UT, The Holladay Bicycle Advisory Committee (HBAC) works to make Holladay bicycle friendly. The HBAC meets on the first Tuesday of every month from 6:00 p.m. to 6:45 p.m. in the Hy Nielson Room of the city building at 4580 S. 2300 E. , Greg Hoole, 801-272-7556, greg@hooleking.com, tinyurl.com/holladaybac

Provo Bike Committee — Provo, UT, Come join us every first Thursday of the month at 5:30 pm in the Conference Room in the Provo City Building on 351 W. Center Street. We promote bike safety, culture, and better relations between bikes and cars., Zac Whitmore, 801-356-1378, whitmore@gmail.com, bikeprovo.org

Events, Swaps, Lectures

Salt Lake Critical Mass — Salt Lake City, UT, Last Friday of every month, 5:30 pm, meet at the Gallivan Center, 200 S. between State and Main in SLC., None, noemail@cyclingutah.com, slccriticalmass.org

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, heatpolo-company@gmail.com, facebook.com/groups/189631497724953/

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

May 4, 2013 — GOTS, Bike and Outdoor Toy Swap, Salt Lake City, UT, Held at Wild Rose, 702 3rd Ave. Check in on Friday, Swap on Saturday., Tim Metos, 801-533-8671, vtshopdog@earthlink.net, wildrosesports.com

May 4, 2013 — Live Green Festival, Utah Bike Month, Salt Lake City, UT, 10th Annual, Sustainable Living Festival, 11 am to 5 pm at Library Plaza, 210 E. 400 South, Downtown Salt Lake City. 100+ exhibitors, live auction, solar-powered beer garden, live music organic food, kids' eco-activities, film presentation, eco-fashion show and more. , Mike Johnson, 801-994-1844, LiveGreen@ReDirectGuide.com, downtownslc.org, livegreenslc.com

May 4, 2013 — OpenStreets Salt Lake City - C.S.L.C.lovie, Utah Bike Month, Salt Lake City, UT, Designed to engage new people in bicycling and physical activity. The event will temporarily open a route of city streets exclusively to walking, biking, and other forms of active transportation. Includes activities such as exercise classes, dance classes, music, food, games and other attractions along the iconic downtown corridor of 300 South/Broadway between the City & County Building and the Rio Grande Depot. Coincides with the LiveGreen Festival, happening at the east end of the route., Colin Quinn-Hurst, 801-535-6630, bikeslc@slcgov.com, bikeslc.com

May 7, 2013 — Salt Lake County and City Mayor's Bike to Work Day, Utah Bike Month, Salt Lake City, UT, A mellow ride with Mayor Ben McAdams / Mayor Ralph Becker and other city mayors under police escort from Liberty Park to the County Complex and then to the City & County Building in downtown Salt Lake City. Liberty Park (700 E 900 S, northeast corner) to the Salt Lake County Government Center (2100 S State St) then continuing to the City & County Building (451 S State St), 7:30 am., Colin Quinn-Hurst, 801-535-6134, Colin.Quinn-Hurst@slcgov.com, Cynthia Stringham, 801-535-6167, cynthia.stringham@slcgov.com, bicycle.slco.org, slcgov.com/biketoworkday

May 8, 2013 — National Bike to School Day, Utah Bike Month, Everywhere, UT, A day to climb out of the motor vehicle and onto your bike on your way to school., Curtis Clayton, 801-287-2062, cclayton@rideuta.com

May 10, 2013 — Salt Lake Bike Party, Utah Bike Month, Salt Lake City, UT, 6 pm, Salt Lake City and County Building - East Side Pullout, Salt Lake Bike Party is an opportunity for all types of bicyclists to ride throughout the Salt Lake area in a safe, fun environment that encourages more widespread engagement in bicycling. We want: To ride safely and follow all traffic rules; To build a strong community of bicyclists; To foster mutual respect between bicyclists and motorists; To have fun - Smile, wave, laugh, meet new people, bring some music along., facebook.com/events/136854259831057/

May 10-12, 2013 — Young Riders Bike Swap, Park City, UT, Benefits Young Riders Youth Mountain Biking Program. Located at The Yard, 1255 Kearns Blvd Park City, UT. Saturday May 11th 8am-5pm and Sunday May 12th 11am-3pm. Buy or sell gear., Julie Minahan, 435-640-8642, julie.minahan@gmail.com, youngriders.com

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May 11, 2013 — Pedal Palooza, Herriman, UT, An event for the whole family, kids bike parade, kids bike races, bike safety rodeo, helmet safety inspection, helmet decorating station, adult/kid mountain bike event. 10 am (pre-event helmet checks at 9), Butterfield Park, Kami Greenhagen, 801-913-3251, kgreenhagen@gmail.com, pp.infinitecycles.com

May 11, 2013 — Cyclefest, tentative, Salt Lake City, UT, Utah High School Cycling League benefit dinner & silent auction featuring guest host Ned Overend. University of Utah Douglas Ballroom. Cocktail hour begins at 5:30, dinner and program at 6:30pm., Lori Harward, 801-502-8516, 801-661-7988, lorig@utahmtb.org, utahmtb.org

May 11-12, 2013 — Eagle Outside Festival, Eagle, CO, Inaugural Firebird 40 MTB Race, the women's-only Firebird la Femme, the Mother of a Half 1/2 Marathon, a grip of Strava challenges on some of Eagle's signature climbs and descents and last-but-not-least, the Rocky Mountain Bicycle & Outdoor Expo., Mike McCormack, mikemac@eagle-outsidefestival.com, eagleoutsidefestival.com

May 11, 2013 — Firebird 40, Eagle, CO, This year's course is rolling, flowy and fun, has ample room for passing, and some "Wow!" singletrack sections.; Re-route of the VRD racecourse.; 40 Mile event - 9:30 start; 8 Mile event - 12:30 start; 32 and 25 Mile event - 1:30 start., Mike McCormack, mikemac@eagleoutsidefestival.com, eagleoutsidefestival.com

May 12-19, 2013 — Utah Bike Week, Utah Bike Month, Salt Lake City, UT, Week-long festival with bike races, Bike Bonanza, Cycle Salt Lake Century Ride, Bike to Work Day, and more., Jon Smith, 801-596-8430, cscentury@mac.com, cyclingutah.com/event-calendars/bicycling-events-swaps-and-festivals/

May 12, 2013 — Firebird La Femme, Eagle, CO, Same course as the day before, but in reverse. Open Women - 24(ish) miles: 9:30AM; \$20 - Femme-bot Hotlap - 8(ish) miles: noon; Citizen Women - 16(ish) miles: 1PM., Mike McCormack, mikemac@eagleoutsidefestival.com, eagleoutsidefestival.com

May 13-19, 2013 — Boise Bike Week, Boise, ID, A celebration of cycling in all of its forms and number of wheels. The event week has been set - coinciding with National Bike to Work Day on Friday the 17th. This year, we will have a few of the old favorites planned (including the awesome Pedal Power Parade on Saturday the 18th), but want to energize the week with some new and fun rides., Promoter , tvca@biketresurevalley.org, boisebikeweek.org

May 13-18, 2013 — Bike to Work and School Week, Utah Bike Month, Logan, UT, Encouraging cycling with information booths at the CVTD Transit Center and USU. Refreshments, tuneups and

educational materials. Everyday from 7:30 - 9:30 am., Stephanie Tomlin, 435-797-8139, aggiebluebikes@gmail.com, aggiebluebikes.org

May 14, 2013 — UTA Bike to Work Day in Provo City, Utah Bike Month, Provo, UT, 7:30-9:00 a.m. at the Historic County Courthouse (west lawn) off of University Avenue/Center Street in Provo, Utah. Free food and bike swag, Free bike tune-ups, Free bicycle helmets for the first 50 participants, fun ride with Mayor Curtis (begins 8 a.m. sharp), Stacey Adamson, 801-227-8958, sadamson@rideuta.com, utarideshare.com, rideuta.com

May 15, 2013 — Ride of Silence, Utah Bike Month, Salt Lake City, UT, Cyclists will take to the roads, escorted in a silent procession to honor cyclists who have been killed or injured while cycling on public roadways, 7 pm, Gallivan Center. Bike ride at 10 to 12 mph, mostly flat or minimum grade, about 11 miles., Laila Bremner, 801-654-0323, gasele2002@yahoo.com, Tegan Feudale, 717-503-4275, trfeudale@gmail.com, rideofsilence.org

May 15, 2013 — Cycle Salt Lake Century Ride Packet Stuffing, Utah Bike Month, Salt Lake City, UT, We will be stuffing the rider packets at the Gallivan Center Stage at 5:00 p.m. FREE Pizza from Papa John's after stuffing., Jon Smith, 801-596-8430, cscentury@mac.com, cyclesaltlakecentury.com

May 15, 2013 — Ride of Silence, Utah Bike Month, Provo, UT, 7 pm, Cyclists will take to the roads, escorted in a silent procession to honor cyclists who have been killed or injured while cycling on public roadways. 150 S. University Ave., Blu Robinson, 801-319-7218, 801-426-8800, bluryan@gmail.com, rideofsilence.org

May 15, 2013 — UTA Bike to Work Day with the Mayor in Springville City, Utah Bike Month, Springville City, UT, Springville Civic Center at 110 South Main Street. Free breakfast (starting at 7:30 a.m.), Free bike swag, Free bike-tune-ups, Free bicycle helmets for the first 50 participants, fun ride with Mayor Clyde (begins 8:00 a.m. sharp), Stacey Adamson, 801-227-8958, sadamson@rideuta.com, utarideshare.com, rideuta.com

May 16, 2013 — UTA Bike to Work Day in Orem City, Utah Bike Month, Orem, UT, 7:30-9:00 a.m. at City Center Park (North Pavilion) at 100 North 300 East in Orem, Utah. Free pancake breakfast (starting at 7:30 a.m.), Free bike swag, Free bike tune-ups, Free bicycle helmets for the first 50 participants, fun ride with Mayor Evans (begins 8:15 a.m. sharp), Stacey Adamson, 801-227-8958, sadamson@rideuta.com, utarideshare.com, rideuta.com

May 17, 2013 — UTA Bike Bonanza, Utah Bike Month, Salt Lake City, UT, Free to public 2012 Bike Bonanza, 4pm-8pm at the Gallivan Center SLC. Entertainment, prizes, booths, and more. Bring fam-

ily, bring friends!, Jan Maynard, 801-287-2062, JMaynard@rideuta.com, utarideshare.com, rideuta.com

May 17, 2013 — Bike Art Gallery Roll, Utah Bike Month, Salt Lake City, UT, Salt Lake City, Utah Bicycle Culture theme, Opening at Salt Lake City Bicycle Company, 6-9pm in conjunction with SLC Gallery Stroll, 177 E. 200 S., Gallery Roll to other downtown galleries., Brent Hulme, 801-746-8366, brent@slcbike.com, galleryroll.com

May 17, 2013 — National Bike to Work Day, Utah Bike Month, Everywhere, UT, A day to climb out of the motor vehicle and onto your bike on your way to work., Curtis Clayton, 801-287-2062, cclayton@rideuta.com

May 17, 2013 — Ogden Mayor's Bike to Work Day, Utah Bike Month, Ogden, UT, 7:30 a.m. at A1 parking lot near the Social Science bldg at WSU, Free pancake breakfast at City Hall, 2549 Washington Blvd., Josh Jones, 801-629-8757, joshjones@ogdencity.com, utarideshare.com, ogdencity.com

May 17, 2013 — Bike Maynia, Murray, UT, Riding enthusiasts of all levels are invited to an evening education, fun and entertainment; 5:00pm; Murray Theater 4965 State Street, Murray Utah; , Kirk Sherrod, 801.261.0736, jerkbikeshop.com

May 17, 2013 — Bicycle Pit Stops, Utah Bike Month, Salt Lake City, UT, Intersections of 800 South/600 East and 200 South/200 WestSnacks, beverages, safety information, bike maps, for biking in Salt Lake City. , Colin Quinn-Hurst, 801-535-6134, Colin.Quinn-Hurst@slc.gov, bikeslc.com

May 18-19, 2013 — Cole Sport Bike Swap, Park City, UT, 9-5 Sat., 9-3 Sun. \$10 fee if bike sells. Proceeds go to Mountain Trails Foundation. Drop bikes off at Cole Sport, 1615 Park Ave. on 5/17. Pick up is by 3 pm on 5/19, Scott Dudevoir, 435-649-4806, dude@colesport.com, mountaintrails.org, colesport.com

May 18, 2013 — Cycle Salt Lake Century Ride, Utah Bike Month, Salt Lake City, UT, Gallivan Center on Gallivan Ave, 250 S. State St. SLC, Ut. Salt Lake to Antelope Island and back, 37, 67, or 100 mile options. Gallivan Center on Gallivan Ave. 7:30 AM Mass start time. Registration opens at 6:00 AM., Jon Smith, 801-596-8430, cscentury@mac.com, cyclesaltlakecentury.com

May 18, 2013 — Mike the Headless Chicken Poker Ride, Fruita, CO, Urban Poker Ride, Fruita, Colorado, Mike the Headless Chicken Festival, Mike Driver, 970-904-5708, mdriver@liveatrainrace.com, Brent Steinberg, 970-712-2012, bs@lfrsports.com, lfrvents.com

May 18, 2013 — Ride of Silence, Flagstaff, AZ, International day to honor dead and injured cyclists. Pedal with ghost bikes through down town Flagstaff, about 3 miles, then sign a letter to local authorities requesting better bicycle infrastructure, Joe Shannon, 928-523-1740, joseph.shannon@nau.edu, flagstaffcycling.org, squarespace.com, rideofsilence.org

May 18, 2013 — SLUG Cat, Utah Bike Month, Salt Lake City, UT, Alley Cat! \$5 Registration: 2pm behind Fresh (870 E. 900 S.), Race Time: 3pm, Awards/After Party: 5:30pm at Este Pizza (156 E. 200 S.), Esther Merono, esther@slugmag.com, slugmag.com

May 18, 2013 — Moab Bike Prom, Utah Bike Month, Moab, UT, A celebration of biking. Moab Spring Ranch. Promenade starts at 3 at HMK Bus Circle., Moab Museum , 435-259-7985, director@moabmuseum.org, moabmuseum.org

May 25, 2013 — Cache Valley Bike Festival, Utah Bike Month, Logan, UT, Annual event at Merlin Olsen Park, promoting bike education, healthy living, and sustainability through bicycles. An event for the whole family, there is a workshop for everyone., Wayne Wheeler, (435) 753-7175, wayne@joyridebikes.com, joyridebikes.com, aggiebluebikes.org

May 25, 2013 — Tweed Ride, Utah Bike Month, Salt Lake City, UT, Come prepared to mozie around the city on your finest velocipede, while dressed in your best early 1900's threads. Congregate at Library Square at 6pm and enjoy a scenic ride around Salt Lake City., Christy Jensen, cannjensen@gmail.com, saltcitybikes.com

May 30, 2013 — Bike To Work Day, TENTATIVE, Utah Bike Month, Park City, UT, Heinrich Deters, 435-649-8710, 435-659-1188, deters.heinrich@gmail.com, Dawn Bowling, 435-649-6839, dawn@mountaintrails.org, basinrecreation.com

June 1, 2013 — Bike Prom, Utah Bike Month, Salt Lake City, UT, Pierpont Place, 163 W Pierpont Ave, Wear your prom outfits. Pre-prom ride: Liberty Park 6:00 pm., Jonathan Morrison, 801-FAT-BIKE, jonathan@slcbikecollective.org, Syhalla Bales, 801-815-5508, syhalla@gmail.com, bicyclecollective.org, bikeprom.com

June 10, 2013 — Share the Road Ride, Park City, UT, A 17 mile road ride to spread awareness in sharing the road between cyclists and motorists. Ride leaves Cole Sport, 1615 Park Ave. at 6 pm. Park at lower PCMR lot., Scott Dudevoir, 435-649-4806, dude@colesport.com, colesport.com, mountaintrails.org

June 28-29, 2013 — Velo Weekend, Salt Lake City, UT, A whole weekend of urban cycling events beginning with Critical Mass and a Tall Bike Joust on Friday and continuing into Saturday with an Alleycat, Freestyle Trick Comp., Sprints and a Raffle. Lots of fun and prizes., Nathan Larsen, 801-916-0884, contact@velocitybags.com, veloweekendslc.com

June 28-30, 2013 — Park City Cycling Festival presented by KPCW, Park City, UT, 3 day festival celebrating cycling; fat tires, skinny tires and training wheels. Showcases the trails and terrain of the Park City area and combines the best of road riding, mountain biking and classic cruising, teaming it up with a first class outdoor festival featuring live music, exposition center, clinics, vendors, food & beverages and fun for the whole family. Hosted by Park City Mountain Resort and KPCW. Proceeds support KPCW, "Your Community Voice", a local, non-profit community radio., Cindy Bywater, 435-649-9004, cbywater@kpcw.org, kpcw.org

July 27, 2013 — DealerCamp 2013 Consumer Expo, Park City, UT, Consumer day at DealerCamp 2013, 9am-6pm. Booths from lots of national bike companies. Free admission., Chad Battistone, chad@lifeboatevents.com, bikedealer-camp.com

August 17, 2013 — Tour de Fat, Boise, ID, Rolling Revival of Sustainable Folly!, Various Western Locations., 888-622-4044, nbb@newbelgium.com, newbelgium.com/tour-de-fat

September 21, 2013 — Edible Wasatch - Bites & Bikes, tentative, Salt Lake City, UT, The ride kicks off at Pioneer Park where participants will receive a "clue card" and begin the hunt throughout downtown Salt Lake in search of local food gems., Rachel Hodson, 801-742-1592, rachel@ediblewasatch.com, ediblewasatch.com

September 22, 2013 — World Car Free Day, UT, Ride your bike and leave the car at home!, None , noemail@cyclingutah.com, worldcarfree.net

Mountain Bike

Tours and Festivals

May 17-19, 2013 — MECCA Spring MTB Festival, Green River, UT, Registration begins Friday at 1pm followed by a "warm up ride." Evening meal is provided as is a prize drawing. Saturday begins with breakfast and then all-day, guided rides, ranging from beginner to advanced. Finish up on Sunday morning with a provided breakfast and a guided (or on-your-own) scenic ride. Family-friendly., Kim Player, 435-653-2440, meccabikeclub@tv.net, biketheswell.org

May 17-19, 2013 — BetterRide MTB Camp, Moab, UT, BetterRide's team of professional coaches is dedicated to teaching riders of all levels the skills to ride in balance, in control & have more fun on their bikes!, Gene Hamilton, 970-335-8226, Info@BetterRide.net, betterride.net

May 18, 2013 — Amazing Earthfest, Fredonia, AZ, 7th Annual - Joy Jordan Woodhill Trail Ride (BLM): 10, 20 mile non-technical loops on hard-packed natural surface with expansive views of the Kaibab Plateau and Grand Staircase. Fredonia Welcome Center, US 89-A, Fredonia, AZ, 8 am Arizona time., Rich Csenge, 435-644-3735, jw@gwi.net, amazingearthfest.com

May 24-26, 2013 — Black Hills Fat Tire Festival, Rapid City, SD, Trail rides, races (hill climb, XC, Super-D), Triathlon with white water kayaking, running, and mountain biking. Film festival and socials., Kelly Combs, 605-431-8989, 605-343-9534, kellycombs@hotmail.com, bhfatirefestival.com

May 24-25, 2013 — BetterRide MTB Camp - Women's, Fruita, CO, BetterRide's team of professional coaches is dedicated to teaching riders of all levels the skills to ride in balance, in control & have more fun on their bikes!, Gene Hamilton, 970-335-8226, Info@BetterRide.net, betterride.net

May 25-26, 2013 — NUMB Fest, CANCELLED FOR 2013, Vernal, UT., Troy Lupcho, 435-781-2595, troyboy@altitudecycle.com, altitudecycle.com

May 31-June 2, 2013 — Alison Dunlap Adventure Camps Intermediate/Advanced MTB Skills Camp, Moab, UT, Five-3 day advanced skills camp with World Champ Alison Dunlap in Moab, Utah. 3 full days of rides with lunch and transportation included, Alison Dunlap, 719-439-9041, alisondunlap@comcast.net, alisondunlap.com

June 1, 2013 — National Trails Day, Park City, UT, Meet at 9am, coffee and bagels. Location & Project TBA, Charlie Sturgis, 435-649-6839, charlie@mountaintrails.org, mountaintrails.org

June 1, 2013 — National Trails Day, Salt Lake City, UT, Volunteer on Trail Projects., Celeste Eppler, 801-486-2100, ceppler@rei.com, rei.com/saltlakecity

June 1, 2013 — National Trails Day, Weber County, UT, Weber Pathways Trail Day. Come out an build trails! Check website for details., Rod Kramer, 801-393-2304, outreach@weberpathways.org, weber-pathways.org

June 1, 2013 — Buena Vista Bike Fest, Buena Vista, CO, 15th Annual - produced by Colorado Springs Cycling Club, a recreational ride featuring scenic and challenging routes through some of Colorado's highest mountain

The 20th Annual
Antelope by Moonlight Bike Ride
July 19, 2013
Starting at 10:00 pm on Antelope
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peaks. Registration includes rest stops and SAG support, a colorful t-shirt for the first 800 registrants, detailed route maps, Saturday afternoon party. McPhelamy Park, 112-134 West Lake Street., Aaron Rosenthal, 719-313-2994, arjopedal@hotmail.com, bvb.org

June 7-August 16, 2013 — Kids' Mountain Bike Summer, Wood River Cup, Hailey, ID, June 17-22, July 22-26, August 12-16. Kids will learn the following skills: Bike Handling, Pump Track Riding, Trail Course Riding, What to bring: BMX or Mountain Bike, Snacks, Cycling Gloves, Helmet, Sun Glasses, Extra T-Shirt, Hat, sweatshirt, Pants, Rain Jacket, Sun Screen., Billy Olson, 208-788-9184, billy@powerhouse-daho.com, powerhouseidaho.com

June 8, 2013 — Wine Wench Winery Cruise, Palisade, CO, Fruit and Wine Tour for the non racer, 3 routes for road bikes to beach cruisers. Ride through the Orchards and Vineyards of Palisade. Also an MTB race (see mtb race calendar), Rondo Buecheler, 970-464-9266, rapidcreekcycles@aol.com, rapidcreekcycles.com

June 9-September 20, 2013 — Bryce and Zion National Parks (MTB), St. George, UT, 6-day, 140-mi guided Mtn Biking Tour thru Brian Head, Red Canyon, Navajo Lake Trail, Virgin River Rim and Hiking the Zion Narrows. Tour includes 5-night camping and 1 inn or 5-night all inns, transportation and food. Also available throughout the summer., Barbara Goff, 800-596-2953 x4, 702-596-2953, info@escapeadventures.com, escapeadventures.com

June 15-18, 2013 — Stone Temple Mountain Bike Camp, Cheyenne, WY, Curt Gowdy State Park, IMBA Epic singletrack, Ages 13-18, Boys & Girls, Riding-Skills-Education Sessions, 4 Days-\$125, Richard Vincent, 307-745-4499, enduro.rv@gmail.com, laramieenduro.org

June 16, 2013 — Wild Rockies Boise to Idaho City Tour, Wild Rockies Series, Boise, ID, Starts and finishes at the Old Army on Reserve Rd. 7 am Boise to Idaho City (camp overnight) and back to Boise. Full support and SAG wagon included for a low price. We are raising trail awareness and providing a low cost trip for all levels., Darren Lightfield, 208-608-6444, wildrockiesemail@yahoo.com, wildrockiesracing.com, swimba.org

June 23-28, 2013 — Grand Staircase Escalante Intro (MTB), Panguitch, UT, 6-days, Also available 7/7-12, 8/4-9, 9/1-6., Barbara Goff, 800-596-2953 x4, 702-596-2953, info@escapeadventures.com, escapeadventures.com

June 23-28, 2013 — Grand Staircase Escalante Singletrack (MTB), Panguitch, UT, 6-days, The Grand Staircase Lower Canyons provide exploring, camping, and backcountry mountain biking opportunities so vast and picturesque that the rest 7/14-19, 8/18-23, 9/15-20, Barbara Goff, 800-596-2953 x4, 702-596-2953, info@escapeadventures.com, escapeadventures.com

June 28-30, 2013 — Park City Cycling Festival presented by KPCW, Park City, UT, 3 day festival celebrating cycling; fat tires, skinny tires and training wheels. Showcases the trails and terrain of the Park City area and combines the best of road riding, mountain biking and classic cruising, teaming it up with a first class outdoor festival featuring live music, exposition center, clinics, vendors, food & beverages and fun for the whole family. Hosted by Park City Mountain Resort and KPCW. Proceeds support KPCW, "Your Community Voice", a local, non-profit community radio., Cindy Bywater, 435-649-9004, cbywater@kpcw.org, kpcw.org

June 29-July 7, 2013 — Ride Sun Valley Mountain Bike Festival, Sun Valley, ID, Eight days of races and events geared for anyone who can balance on two wheels. Saturday, June 29, Day 1: Sun Valley Super Enduro; Apple's Street Party; Sun Valley Dirt Rally. Sunday, June 30, Day 2: Sun Valley Super Enduro; Sun Valley Dirt Rally. Monday, July 1, Day 3: Sun Valley Bike Demo; Local Stoker Rides. Tuesday, July 2, Day 4: Sun Valley Bike Demo; Local Stoker Rides; 4th Annual Idaho Pump Track State Championships. Wednesday, July 3, Day 5: Local Stoker Rides; Ketchum Critterium. Thursday, July 4, Day 6: Local Stoker Rides; Hailey 4th of July Critterium Bike Race. Friday, July 5, Day 7: Local Stoker Rides; MASSV Music Festival; Kids Mountain Bike Race. Saturday, July 6, Day 8: MASSV Music Festival; USA Cycling Marathon Mountain Bike National Championships; Sun Valley Bald Juan XC; Sun Valley Beer Festival.,

Greg Randolph, 800-634-3347, info@visitsunvalley.com, Ellen Gillespie, 208-726-2777, ellen@sunvalleyevents.com, ride-sunvalley.com, visitsunvalley.com

June 29-30, 2013 — Sun Valley Dirt Rally Bicycle Tour, Ketchum, ID, The Arthritis Foundation brings a new charity ride to Sun Valley, Idaho, featuring the forests, canyons, summits and open country surrounding Ketchum and Sun Valley. Takes place on paved and hard-packed dirt roads, perfect for cyclocross and hard-tail mountain bikes. Experienced cyclists may also opt for a standard road bike with 28+ mm tires. Local bike rentals are available. Ride takes place at roughly 6,000-8,000 feet above sea level. Each day's out-and-back route is roughly 50 miles, uphill on the way out., Tai Lee, 206-547-2707, ilee@arthritisis.org, sunvalleydirtally.kintera.org

July 21-22, 2013 — Trek Dirt Series Mountain Bike Camp, Winter Park, CO, Learn new skills, increase confidence on the bike, or simply enjoy the sport like never before. World class women's only and co-ed instructional weekend camps for beginner, intermediate, and advanced riders., Lu Furber, 604-484-6238 (Canada), lu@dirseries.com, dirseries.com

July 27-28, 2013 — Trek Dirt Series Mountain Bike Camp, Park City, UT, Learn new skills, increase confidence on the bike, or simply enjoy the sport like never before. World class women's only and co-ed instructional weekend camps for beginner, intermediate, and advanced riders., Lu Furber, 604-484-6238 (Canada), lu@dirseries.com, dirseries.com

August 2-4, 2013 — BetterRide MTB Camp, Park City, UT, BetterRide's team of professional coaches is dedicated to teaching riders of all levels the skills to ride in balance, in control & have more fun on their bikes!, Gene Hamilton, 970-335-8226, info@BetterRide.net, betterride.net

August 30-September 1, 2013 — TVTAP WYDAGO Rendezvous Mountain Bike Festival, Teton Valley, ID, 4th Annual WYDAGO Rendezvous Mountain Bike Festival, Grand Targhee Resort WY and Teton Valley ID. Super D (4300 descent from chairlift), Downhill, Hill-Climb and Cross-Country trail races. For-fun Strava events with prizes. Fat Bike race, including high mark. All races included in Festival registration., Tim Adams, 208-201-1622, tim@TVTAP.org, TVTAP, 208-201-1622, bikefest@TVTAP.org, tetonbikefest.org, tvtap.org

September 19-22, 2013 — Alison Dunlap Adventure Camps Intermediate/Advanced MTB Ride Camp, Moab, UT, 4 day advanced ride camp with World Champ Alison Dunlap in Moab, Utah. All-inclusive: 3 full days of rides, lodging, massage, all meals included., Alison Dunlap, 719-439-9041, alisondunlap@comcast.net, alisondunlap.com

September 21-22, 2013 — Trek Dirt Series Mountain Bike Camp, Fruita, CO, Learn new skills, increase confidence on the bike, or simply enjoy the sport like never before. World class women's only and co-ed instructional weekend camps for beginner, intermediate, and advanced riders., Lu Furber, 604-484-6238 (Canada), lu@dirseries.com, dirseries.com

September 27-29, 2013 — MECCA Fall MTB Festival, Castle Dale, UT, Registration begins Friday at 1pm followed by a "warm up ride." Evening meal is provided as is a prize drawing. Saturday begins with breakfast and then all-day, guided rides, ranging from beginner to advanced. Finish up on Sunday morning with a provided breakfast and a guided (or on-your-own) scenic ride. Family-friendly., Kim Player, 435-653-2440, meccabikeclub@qtv.net, bikethestwell.org

October 2-6, 2013 — Outerbike, Moab, UT, An opportunity to ride your dream bike on world class trails and roads. Participants will receive bike demos for 3 days, swag bag, lunch and beer, and admission to evening parties and films., Sean Hazell, 800-845-2453, sean@outerbike.com, outerbike.com

October 24-27, 2013 — Moab Ho-Down Mountain Bike Festival & Film Fest, Moab, UT, 8th Annual - Mountain bike festival with dual stage enduro race, group shuttle rides, bike film festival, townie tour, dirt jump comp and an outrageous costume party!, Tracy Reed, 435-259-4688, info@chilebikes.com, moabho-down.com

Utah Weekly MTB Race Series

May 8-August 14, 2013 — Sundance/Soldier Hollow Weekly Race Series, WWRS, Sundance, UT, Wednesday nights, May - Aug. Venue alternates between Soldier Hollow and Sundance, 6:30 pm. Pros/Experts 1hr race time, Sports 45mins, Beginners 30mins. 2013 Dates: • May 8, 22, • June 5, 19, • July 3, 17, 31, • August 14, • Tyson, 435-200-3239, 801.223.4849, aces@euclidoutdoors.com, weeklyraceseries.com

Regional Weekly MTB Race Series

June 18-August 13, 2013 — Laramie Mountain Bike Series, Laramie, WY, 6/18, 6/25, 7/9, 7/23, 8/6, 8/13. Local mountain bike series, great for riders of any age and ability., Evan O'Toole, info@laramiemtbseries.com, laramiemtbseries.com

Utah Mountain Bike Racing

May 4, 2013 — Mag 7 Enduro, Enduro Cup, Park City, UT, Stop 1 of a 3 race series across Utah. Fun, flowy enduro racing in the Gemini Bridges area, Ali Goulet, 801-560-6479, therealaligshow@gmail.com, Dan Roper, 970-274-6455, droper@mtsports.com, endurocupmtb.com

May 11, 2013 — 8th Annual Racers Cycle Service's Call to Sundance, Intermountain Cup, Sundance Resort, UT, ICS #4, XC, 2 loops: a 7.1-mile toping out at 7100 ft, and the small 0.5-mile lowest part of Archies Loop. First race starts at 8 am for U9, 8:30 am for U12, others 9:30 am., Marek Shon, 801-209-2479, intermountaincup@gmail.com, intermountaincup.com

May 25-27, 2013 — Sundance Showdown Super-D Race Series, UT Gravity Series, Sundance Resort, UT, Super-D Saturday, DH Monday., Ron Lindley, 801-375-3231, info@utahdh.org, go-ride.com, utahdh.org

May 27, 2013 — Stan Crane Memorial XC Race, Intermountain Cup, Draper, UT, ICS #5, 7th annual. Monday race, Great XC course start/finish at the equestrian center, about 80% single-track on a 9.8-mi loop, Total elevation 1100'/lap, first start at 8:15 am for U12, others at 9 am., Marek Shon, 801-209-2479, intermountaincup@gmail.com, intermountaincup.com

June 1, 2013 — Intermountain Cup Race 6, tentative, Intermountain Cup, TBA, UT, ICS #6, Marek Shon, 801-209-2479, intermountaincup@gmail.com, intermountaincup.com

June 8-9, 2013 — Wolf Mountain Mayhem, UT Gravity Series, Wolf Mountain Resort, UT, Saturday Super D (afternoon start), Sunday Downhill (morning start), Ron Lindley, 801-375-3231, info@utahdh.org, go-ride.com, utahdh.org

June 8, 2013 — Wasatch Back 50, USC Series, Heber, UT, 2 25 Mile laps, the premier urban 50 miler on Onetrack!!!! 25 mile option for jrs' and adults., Bob Saffell, 801-588-9020, info@raceuscs.com, raceuscs.com

June 22, 2013 — Dixie 200, Parowan, UT, Self-supported, 200 miles of trail and remote terrain between Bryce Canyon and Brian Head in southern UT. Virgin River Rim, Thunder Mountain, Grandview and several other trails. Start: 7am, intersection of 2nd Left Hand Canyon and Hwy 143., Dave Harris, hairball.dh@gmail.com, 2-epic.com/events/dixie200.html

June 22, 2013 — Round Valley Cross Country, USC Series, Park City, UT, 8-9 mile laps, mostly singletrack. Rolling hills, swoopy turns., Bob Saffell, 801-588-9020, info@raceuscs.com, raceuscs.com

June 28, 2013 — 6th Annual Sundance Single Speed Challenge, Sundance Resort, UT, As the only TRUE Single Speed Race in Utah the Sundance Challenge proves to be an incredible event. Single Speeders get a unique chance to race head to head in this event. A purest category, Single Speed draws in many who feel a connection to the roots of Mountain Biking., Czar Johnson, 801-223-4121, 801.223.4849, czarj@sundance-utah.com, sundance-resort.com/explore/sum_biking_races.html

June 29, 2013 — Sherwood Hills, Intermountain Cup, Logan, UT, ICS #7, Sherwood Hills Resort, Multiple laps, winding single track through trees, 9 am., Kayleen Ames, 435-757-4310, amespromoting@comcast.net, Marek Shon, 801-209-2479, intermountaincup@gmail.com, intermountaincup.com, amespromoting.com

July 6, 2013 — The Rage at Snowbird - UT State Championship, Intermountain Cup, Snowbird, UT, ICS #8, Snowbird, Utah State Open XC Championship, Open to all, Event starts at 8000' near the Snowbird Center (Entry 2). Course: 4-mile loop, with 800' of climbing per lap, First race starts at 8:10am for U9, 8:30am next start., Marek Shon, 801-209-2479, intermountaincup@gmail.com, intermountaincup.com

mountaincup@gmail.com, intermountaincup.com

July 6, 2013 — Fire Road Cycling, Cedar City, UT, 25k, 60k, 100k distances, starts at Main StreetPark, 8am, 7000 ft. total elevation gained for 100km; 4000ft total for 60km. Equal prize \$ for overall men & women in the 100km. 25-qualifying slots for the Leadville 100 up for grabs for 100km event., Paul Huddle, 858-518-0042, 760-936-7459, huddle@multisports.com, fireroadcycling.com

July 13, 2013 — The Crusher in the Tushar, Beaver, UT, A 70 mile "roadirt" race exploring Southern Utah's Tushar Mt. range. 10,500+ ft. of climbing! A perfect 50/50% split between pavement and dirt fire-roads and a traverse of some of Utah's highest and most scenic roads., Burke Swindalehurst, roadirt@msn.com, tusharcrusher.com

July 19-20, 2013 — Wasatch Enduro, Park City, UT, At the Canyons Resort, European style enduro race, \$12,000 Cash and Prizes, 17 miles, 3,200' of technical descents / 1,300' climbing, Ali Goulet, 801-560-6479, therealaligshow@gmail.com, bellwasatchenduro.com, endurocupmtb.com

July 27, 2013 — The Solitude Cup, Intermountain Cup, Solitude Resort, UT, ICS #9, Course combines Cruiser (upper) and Serenity (lower) loops, First start at 8:15am., Marek Shon, 801-209-2479, intermountaincup@gmail.com, intermountaincup.com

August 3, 2013 — The Bash at Snowbasin, Intermountain Cup, Snowbasin, UT, ICS #10, Series finals, an 8.5-mile loop consisting of 90% wide single-track that winds across the lower mountain with about 1,300' of climbing per lap, Marek Shon, 801-209-2479, intermountaincup@gmail.com, intermountaincup.com

August 10-11, 2013 — Flyin' Brian Gravity Festival, UT Gravity Series, Brian Head, UT, Downhill and Super-D Schedule of events T.B.D., Ron Lindley, 801-375-3231, info@utahdh.org, go-ride.com, utahdh.org

August 17, 2013 — Mt. Ogden 100 K MTB Race, Snowbasin, UT, 3 race divisions: 25K, 50k and 100k. Held on the trails of Snowbasin Resort., Steve Andrus, 801-620-1014, sandrus@snowbasin.com, mtogden100k.com

August 31, 2013 — Park City Point 2 Point, NUE Series, Park City, UT, A true point 2 point race! Thanks to the plethora of trails in this area, the race will never be on the same trail twice. Over 90% of the race is single-track. 78 miles & 14,000' of climbing., Jay Burke, 801-330-3214, info@thepcpp.com, thepcpp.com

September 8, 2013 — Utah High School Cycling League Race #1, Utah High School Cycling League Race Series, Park City, Round Valley, UT, Races are for 9th through 12th grades only. Categories for individual scoring are Freshman, Sophomore, JV, and Varsity for boys and girls separately. Team scoring for division I and II teams. Race starts Saturday at 10 am. Bring your family and cowbells for a great day of fun cheering your local high school team at our spectator-friendly 4-6 mile lap courses., Lori Harward, 801-502-8516, 801-661-7988, lori@utahmtb.org, utahmtb.org

September 14, 2013 — 12 Hours of Sundance, Sundance Resort, UT, With Solo, 2-Man, 4-Man and Coed options this event has something for everyone. Race goes from 7am - 7pm., Czar Johnson, 801-223-4121, 801.223.4849, czarj@sundance-utah.com, John Woodruff, 801-223-4044, 801.223.4849, johnw@sundance-utah.com, sundance-resort.com/explore/sum_biking_races.html

September 14, 2013 — Widowmaker Hill Climb, tentative, Snowbird, UT, Starts in Gad Valley 10 AM, 3000' vertical race to the top of the Tram for awrds, food and fun. Snowbird Resort., James Zwick, 801-583-6281, sports@sports-am.com, sports-am.com

September 15, 2013 — Tour de Suds, Park City, UT, 7-mile mountain bike climb from City Park, to the top of Guardsman Pass with a 2,700ft elevation gain. Participants are urged to don 'festive' costumes and celebrate the beginning of the fall mountain bike season in a spirited man-

ner., Ginger Ries, 435-649-6839, ginger@mountaintrails.org, mountaintrails.org

September 21, 2013 — Draper Fall Classic 50, USC Series, Draper, UT, 2 25 Mile laps, the premier urban 50 miler on Onetrack!!!! 25 mile option for jrs' and adults., Bob Saffell, 801-588-9020, info@raceuscs.com, raceuscs.com

September 21, 2013 — Utah High School Cycling League Race #2, Sherwood Hills Resort, UT, Race for 9th through 12 graders only. Sherwood Hills Resort. First wave going off at 10 am, with 3 waves during the day. Spectator friendly 4-6 mile laps, total length depends on category. Both individual scoring and team scoring., Lori Harward, 801-502-8516, 801-661-7988, lori@utahmtb.org, utahmtb.org

September 28-30, 2013 — Big Mountain Enduro #5, Big Mountain Enduro Series, Moab, UT, epic, backcountry enduro rides., Sarah Rawley, 720-407-6142, sarah@bigmountainenduro.com, bigmountainenduro.com

October 6, 2013 — Utah High School Cycling League Race #3, Utah High School Cycling League, Snowbasin, UT, Race for 9th through 12 graders only. Snowbasin Resort, up Ogden Canyon. First wave going off at 10 am, with 3 waves during the day. Spectator friendly 4-6 mile laps, total length depends on category. Both individual scoring and team scoring., Lori Harward, 801-502-8516, 801-661-7988, lori@utahmtb.org, utahmtb.org

October 12, 2013 — 6 Hours of Frog Hollow, Frog Hollow Endurance Series, Hurricane, UT, 13 mile long course in the UT desert combines sweet single track, with some technical sections, and great climbs. Great introduction to endurance racing or a great trainer for bigger races. Categories from solo to 3 person, including single speed categories., Cimarron Chacon, 970-759-3048, info@gropromotions.com, gropromotions.com

October 14-15, 2013 — Huntsman World Senior Games, 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, hws@infowest.com, Merrill Barney, seniorgames.net

November 2-3, 2013 — 25 Hours of Frog Hollow, Frog Hollow Endurance Series, Hurricane, UT, Held Sat 10 am to Sun 10 am with the bonus double midnight lap due to the fallback time change. 13 mile long course in the UT desert combines sweet single track, with some technical sections, and great climbs., Cimarron Chacon, 970-759-3048, info@gropromotions.com, gropromotions.com


November 9, 2013 — Utah High School Cycling League State Championships, Utah High School Cycling League, Moab, UT, Final race & State Championship. Held at Bar M Trails. First wave goes off at 10 am. Registration for races will be done through team coaches. Categories include Freshman, Sophomore, JV and Varsity for both boys and girls. Individual scoring and team scoring and awards., Lori Harward, 801-502-8516, 801-661-7988, lori@utahmtb.org, utahmtb.org

Regional Mountain Bike Racing

May 11, 2013 — Avimor Coyote Classic, Knobby Tire Series, Boise, ID, 11th annual - This is real mountain bike racing: not for the weak. High speed rolling double and single track with a ton of climbing. Tight, technical sagebrush single track, water crossings, quick steep drops, nasty little granny gear climbs., Hal Miller, 208-869-4055, 208-720-3019, info@brokenspoke-cycling.org, knobbytireseries.com, brokenspokecycling.com

May 11, 2013 — Desert Rats Classic, Fruita, CO, 100 km out and back mtb race, Reid Delman, 303-249-1112, reid_delman@geminiadventures.com, geminiadventures.com

May 11, 2013 — Gunny Enduro, Grand Junction, CO, 4 mile race down the Gunny Loop of the famous Lunch Loop Trail system. 800ft of descending and 200 feet of climbing, Mike Driver, 970-904-5708, mdriver@livetainrace.com, Brent Steinberg, 970-712-2012, bs@frsports.com, itrevents.com

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May 18, 2013 — 12 Hours of Disco, Salmon, ID, 8 mile laps, mostly singletrack, at the foot of the mighty Beaverhead Mountains. Race Solo, or teams of 2 and 4., Max Lohmeyer, 208 756 7613, max@ridesalmon.com, ridesalmon.com

May 18-19, 2013 — Big Nasty Mud Run and Mountain Bike Weekend, Ontario, OR, Saturday mud run and Sunday XC mountain bike, Tom Pence Ranch, on Big Willow Road, Sunday is an 8-mile mountain bike loop., Jeff Gasser, 208-867-2488, jgasser@acecosemi.com, Ron Dillon, 208-573-4255, bignasty@cablone.net, bignastyhillclimb.com

May 18-19, 2013 — Big Mountain Enduro #1, Big Mountain Enduro Series, Taos, NM, epic, backcountry enduro rides., Sarah Rawley, 720-407-6142, sarah@bigmountainenduro.com, bigmountainenduro.com

May 24-26, 2013 — Black Hills Fat Tire Festival, Rapid City, SD, Races (XC, SD, DH), Rides, Demo Bikes, Fun Socials, and plenty of fantastic single track all waiting for you to kick off the summer., Kelly Combs, 605-431-8989, 605-343-9534, kellycombs@hotmail.com, bhfatirefestival.com

May 25-27, 2013 — Eagle Bike Park Gravity Festival, Wild Rockies Series, Eagle, ID, Saturday- Sweet super D course, using most of the XC and Dh trails in the park. Sunday, we have dual slalom course that was built by World Champion Eric Carter. Monday's main event supported by the Southern Idaho downhillers program—the mini-DH, filled with small gaps, drops and huge berms!, Darren Lightfield, 208-608-6444, wildrockiesemail@yahoo.com, wildrockiesracing.com, byrdsycling.com

June 1, 2013 — Wood River Cup Race #1, Wood River Cup, Hailey, ID, Hailey Community Bike Park, short track cross country., Billy Olson, 208-788-9184, billy@powerhouseidaho.com, powerhouseidaho.com

June 8, 2013 — Wood River Cup Race #2, Wood River Cup, Hailey, ID, Hailey Community Bike Park, short track cross country., Billy Olson, 208-788-9184, billy@powerhouseidaho.com, powerhouseidaho.com

June 8, 2013 — Knobby 9 to 5, Knobby Tire Series, Avimor, ID, High speed rolling double-track. Tight, technical sagebrush single-track, water crossings, quick steep drops, nasty little granny gear climbs. Single speeders' dream., Hal Miller, 208-869-4055, 208-720-3019, info@brokenspokecycling.org, knobbytireseries.com

June 8, 2013 — Grand Mesa Grind MTB Race and Palisade Bike Festival, Palisade, CO, Expert Course is 35 miles with 4800 feet of climbing around the slopes of the Grand Mesa, and a 24 mile Sport and 20 mile beginner race. Race Start: 8am., Rondo Buecheler, 970-464-

9266, rapidcreekcycles@aol.com, rapidcreekcycles.com

June 15, 2013 — Soldier Mountain, Knobby Tire Series, Fairfield, ID, Soldier Mountain Resort XC course, known for the big climbs and big descents. Racers will climb over 8000' to see views that others dream about., Hal Miller, 208-869-4055, 208-720-3019, info@brokenspokecycling.org, knobbytireseries.com

June 15, 2013 — Wood River Cup Race #3, Wood River Cup, Hailey, ID, Hailey Community Bike Park, short track cross country., Billy Olson, 208-788-9184, billy@powerhouseidaho.com, powerhouseidaho.com

June 15, 2013 — Fear, Tears & Beers, 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, krobeg@mwpower.net, greatbasintrails.org

June 15-16, 2013 — USA Cycling 24-Hour MTB National Championships, Gallup, NM, Micah Rice, 719-434-4200, mrice@usacycling.org, usacycling.org

June 20-23, 2013 — Crested Butte Bike Week, Crested Butte, CO, 32nd Anniversary year: Fat Tire 40 endurance race, Aided Rides, Mountain States Cup Wildflower Rush races, pure Crested Butte classics like the Chainless Race & the 24 Hour Bridges of the Butte, as well as some premiere entertainment., Scott, scott@cbchamber.com, cbchamber.com/crested-butte-bike-week/2012.html

June 21-22, 2013 — City Creek Pedalfest, Pocatello, ID, Mountain Bike Race. Kids Race and Spaghetti Dinner Friday night. Saturday, Race Day! Beginner, Sport and Expert Classes (12, 17, 27 miles) Awards, Prizes, Raffle, music, food & fun., Lindi Smedley, 208-251-5915, indijo@mac.com, pocatellopedalfest.com

June 22, 2013 — Jug Mountain Ranch XC, Wild Rockies Series, McCall, ID, 2-3 hr XC course and 1.5 hr trail run. 5 min Super D-- XC on fast, flowing single track route and wooden bridges. On the 10 mile lap XC and run course, you'll find deep woods, single track and wide-open fire road. Qualifier for USA Cycling Mountain Bike National Championships., Darren Lightfield, 208-608-6444, wildrockiesemail@yahoo.com, wildrockiesracing.com

June 22, 2013 — Wood River Cup Race #4, Wood River Cup, Hailey, ID, Hailey Community Bike Park, Short Track Cross Country., Billy Olson, 208-788-9184, billy@powerhouseidaho.com, powerhouseidaho.com

June 23, 2013 — Jug Mtn. Ranch Super D and 10K/10mi. trail run, Wild Rockies Series, McCall, ID, 5 min Super D Enduro--XC on fast, flowing single track route and wooden bridges. On the 10 mile

lap XC and run course, you'll find deep woods, single track and wide-open fire road. Qualifier for USA Cycling Mountain Bike National Championships., Darren Lightfield, 208-608-6444, wildrockiesemail@yahoo.com, wildrockiesracing.com

June 28-July 4, 2013 — San Juan Huts 200, Pure Austin Endurance Mountain Bike Series, Durango, CO, Choose from 2 events: (1) a 7-Day supported tour from Durango, CO to Moab, UT. (6 nights, 7 days staying overnight in tents using the San Juan Huts southern route and hut system for community camp area). Finish to a celebration party in Moab, UT, 214 miles of fun. (2) There is also an Epic race, that starts on July 2nd and finishes in Moab. This race is nonstop and the first one to Moab wins. Last year's winner finished in 25.5 hours., Kathy Hudson, 972-966-1300, kathy@terrafirmaracing.com, terrafirmaracing.com

June 29, 2013 — Wood River Cup Finals, Wood River Cup, Hailey, ID, Hailey Community Bike Park, Short Track Cross Country., Billy Olson, 208-788-9184, billy@powerhouseidaho.com, powerhouseidaho.com

June 29-30, 2013 — Big Mountain Enduro #2, Big Mountain Enduro Series, Crested Butte, CO, epic, backcountry enduro rides., Sarah Rawley, 720-407-6142, sarah@bigmountainenduro.com, bigmountainenduro.com

June 29-30, 2013 — Sun Valley Super Enduro, Sun Valley, ID, 2 day enduro stage race, four different, hair-on-fire downhill trails on Bald Mountain. Racers will use a combination of lifts and good old pedal power to reach the start of each course. Bike choice: 29'er hardtail to a 6" travel all-mountain bike. Suitable for all levels of technical skill. Same bike and configuration for all stages mandatory., Greg Randolph, 800-634-3347, info@visitsunvalley.com, Ellen Gillespie, 208-726-2777, ellen@sunvalleyevents.com, ridesunvalley.com, visitsunvalley.com

July 3, 2013 — Ketchum Criterium, Ketchum, ID, Downtown Ketchum. Road bike, mountain bike, and team relay categories. Prize money and cash prizes for men's and women's MTB and road divisions. Beer gardens, course-side eats, and unbridled enthusiasm make it a great night out on the town., Greg Randolph, 800-634-3347, info@visitsunvalley.com, Ellen Gillespie, 208-726-2777, ellen@sunvalleyevents.com, ridesunvalley.com, visitsunvalley.com

July 5, 2013 — Kids MTB Race, Ketchum, ID, Down at River Run on the eve of the National Championships we lay out a course for kids of all ages and abilities allowing them the chance to race before the pros take over on Saturday. Free to all kids (12 and under) with medals for all finishers., Greg Randolph, 800-634-3347, info@visitsunvalley.com

Ellen Gillespie, 208-726-2777, ellen@sunvalleyevents.com, ridesunvalley.com, visitsunvalley.com

July 6, 2013 — USA Cycling Marathon MTB National Championship, Sun Valley, ID, The top marathon racers from all over the United States descend on Sun Valley for the glory of the stars and bars. A challenging course will take riders from downtown Ketchum through Sun Valley Resort, over Dollar Mountain and out to tackle two loops of Cold Springs Trail - Warm Springs Trail - Warm Springs Traverse - River Run Trail before finishing at the River Run Base area. Fast flow and buff singletrack with an ideal singlespeed gradient make this course one for the ages. Approx distance: 50 miles; 7,000' climbing., Micah Rice, 719-434-4200, mrice@usacycling.org, usacycling.org

July 6-7, 2013 — Big Mountain Enduro #3, Big Mountain Enduro Series, Keystone, CO, epic, backcountry enduro rides., Sarah Rawley, 720-407-6142, sarah@bigmountainenduro.com, bigmountainenduro.com

July 6-7, 2013 — OuterLocal Summer Games, Jackson, WY, 9:00am in Phil Baux Park at the base of Snow King. This "adventure festival for mountain athletes" will feature four events in mountain biking, trail running, bouldering, and paragliding; capped off with two free concerts at the end of the night., Jeremy Dodge, jerddodge@gmail.com, outerlocal.com/member-profile/the-outerlocal-summer-games

July 7, 2013 — Sun Valley Bald Juan XC, Ketchum, ID, Same start and loop as Marathon National Championship but only one lap in length. Approx 30 miles 4,000' climbing., Greg Randolph, 800-634-3347, info@visitsunvalley.com, Ellen Gillespie, 208-726-2777, ellen@sunvalleyevents.com, ridesunvalley.com, visitsunvalley.com

July 10-13, 2013 — Southeast Idaho Senior Games, Pocatello, ID, Cross country MTB., Jody Olson, 208-233-2034, jodyolson01@gmail.com, seidahoseniorgames.org

July 13, 2013 — Silver Rush 50, Leadville Race Series, Leadville, CO, Cut the Leadville Trail 100 in half, remove all the easy parts, throw in technical descents, burning lungs and wild animals and you'll have a good understanding of what you're about to get into., Keith Hughes, 208-340-4837, khughes@lifetimefitness.com, Josh Colley, 719-219-9357, JColley@lifetimefitness.com, leadville-raceseries.com

July 18-21, 2013 — USA Cycling Cross-Country MTB National Championships, Bear Creek Resort, PA, Micah Rice, 719-434-4200, mrice@usacycling.org, usacycling.org

July 20, 2013 — Tahoe Trail 100, Leadville Race Series, Truckee, CA, Host location: Northstar CA; Straddling the borders

of Nevada and California, the Sierra Nevada is a mountain biker's dream. The Tahoe Trail 100 offers athletes a 2-loop, 50 kilometer course filled with beautiful views of Lake Tahoe. Athletes have many options at the Tahoe Trail 100. Racers ride solo or as part of a two-person team., Keith Hughes, 208-340-4837, khughes@lifetimefitness.com, Josh Colley, 719-219-9357, JColley@lifetimefitness.com, leadville-raceseries.com

July 27, 2013 — Laramie Enduro, Wyoming Marathon Championship, Laramie, WY, 111K (69 miles), Happy Jack Recreation Area, 8600' elevation gain, 7am start, Richard Vincent, 307-745-4499, enduro.rv@gmail.com, laramieenduro.org

July 27, 2013 — Butte 100, Butte, MT, Continental Divide Trail, Single Track, Big Sky Country, 100 and 50 mile options., Gina Evans, 406-498-9653, eatdirtpigpen@gmail.com, butte100.com

July 27-28, 2013 — Pomerelle Pounder DH, UT Gravity Series, Wild Rockies Series, Albion, ID, 20-30 min SUPER-D course. Newer route with fast, flowing single track and individual time trial! On this course, you'll find small drop-offs, and flowing boulders. Lots of fun all day and super easy shuttle., Ron Lindley, 801-375-3231, info@utahdh.org, Darren Lightfield, 208-608-6444, wildrockiesemail@yahoo.com, wildrockiesracing.com, utahdh.org

July 28, 2013 — Bogus Basin Marathon, Knobby Tire Series, Boise, ID, XC/ Marathon, 22.5 mile loop with 50% single track, start/finish at 7,000 feet with total gain of 3200 in one loop, open category (for racers who choose not to purchase a license) held for the marathon, which is 22.5 mile loops., Hal Miller, 208-869-4055, 208-720-3019, info@brokenspokecycling.org, knobbytireseries.com

August 2-4, 2013 — USA Cycling Gravity MTB National Championships, Angel Fire, NM, Micah Rice, 719-434-4200, mrice@usacycling.org, usacycling.org

August 3, 2013 — Pierre's Hole MTB Race, NUE Series, Alta, WY, 5th Annual will offer more single track trail for the 2013 race, which will now be a 3 lap 100 mile or try a 2 lap 100K, we'll also offer a 50K [race](http://nuemtb.com). National Ultra Endurance Series (nuemtb.com), Andy Williams, 800-TARGHEE ext. 1309, awilliams@grandtargee.com, grandtargee.com, ph100.org

August 3-4, 2013 — Tamarack Resort, Regional Championship XC (National qualifier) and State Champs- Super D on Super G, Wild Rockies Series, Tamarack, ID, 20-30 min SUPER-D course. Newer route with fast, flowing single track and individual time trial! On this course, you'll find small drop-offs, and flowing boulders. Lots of fun all day and super easy shuttle., Darren Lightfield, 208-608-6444, wildrockiesemail@yahoo.com, wildrockiesracing.com

August 10, 2013 — Whit Henry Memorial Galena Grinder, Knobby Tire Series,

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

August 10, 2013 — Big Hole Challenge MTB Race and Duathlon, Driggs, ID, Mountain bike mass start first, at 10 am, 9.4 miles, then either bike a second lap or run 6 miles. Awards, Raffle and results 1 pm at the South Horseshoe Trail Head. Net proceeds benefit Teton Valley Trails and Pathways, Dick Weinbrandt, 208-354-2354, peaked@silverstar.com, peaked-sports.com

August 10-11, 2013 — Tamarack Resort SUPER Enduro and DH, Wild Rockies Series, Tamarack, ID, Tamarack Resort SUPER Enduro and DH, Darren Lightfield, 208-608-6444, wildrockiesemail@yahoo.com, wildrockiesracing.com

August 10, 2013 — Leadville Trail 100, Leadville Race Series, Leadville, CO, One hundred miles across the high-altitude, extreme terrain of the Colorado Rockies. Created for only the most determined athletes. Starting at 10,152 feet and climbing to 12,424 feet., Keith Hughes, 208-340-4837, khughes@lifefitness.com, Josh Colley, 719-219-9357, JColley@lifefitness.com, leadville-raceseries.com

August 11, 2013 — Adventure Xstream Summit County, AXS Series, Frisco, CO, Solo's or teams of 2 will mountain bike, kayak, trail run, and orienteer in either a 3-6hr "sprint", or 6-12hr "sport" course., Will Newcomer, 970-403-5320, events@gravityplay.com, gravityplay.com

August 30-September 1, 2013 — TVTAP WYDAGO Rendezvous Mountain Bike Festival, Teton Valley, ID, 4th Annual Wydago Rendezvous Mountain Bike Festival, Grand Targhee Resort WY and Teton Valley ID. Super D (4300 descent from chairlift), Downhill, Hill-Climb and Cross-Country trail races. For-fun Strava events with prizes. Fat Bike race, including high mark. All races included in Festival registration., Tim Adams, 208-201-1622, tim@TVTAP.org, TVTAP, 208-201-1622, BikeFest@TVTAP.org, tetonbikefest.org, tvtap.org

August 30-September 1, 2013 — The Grand Junction Off-Road, Grand Junction, CO, Featuring the world class Lunch Loops and neighboring trail systems, the "Grand" courses will start and finish riders on Main Street in downtown Grand Junction traverses the Tabeguache trail system to the distant reaches of the Magellan loop.Choose a challenge - 15, 30 or 40 Grand routes (1 Grand = 1 mile), \$20,000 Pro Cash purse (equal payout to male/female categories), Sallye Williams, 520-623-1584, info@epicrides.com, epicrides.com

August 31-September 1, 2013 — Big Mountain Enduro #4, Big Mountain Enduro Series, Durango, CO, epic, back-country enduro rides., Sarah Rawley, 720-407-6142, sarah@bigmountainenduro.com, bigmountainenduro.com

September 1-1, 2013 — Targhee Enduro DH and Super-D, Alta, WY, The DH races will be run on a 1.75 mile long single track DH course, with race times around 9-plus minutes for the winners, DH race, chainless DH and a Super D., Andy Williams, 800-TARGHEE ext. 1309, awilliams@grandtarghee.com, grandtarghee.com

September 7, 2013 — Avimor Demo Days Race, Knobby Tire Series, Boise, ID, This is real mountain bike racing; not for the weak. High speed rolling double and single track with a ton of climbing. Tight, technical sagebrush single track, water crossings, quick steep drops, nasty little granny gear climbs., Hal Miller, 208-869-4055, 208-720-3019, info@brokenspokecycling.org, knobbytireseries.com, brokenspokecycling.com

September 14, 2013 — Eagle Bike Park Enduro, Wild Rockies Series, Eagle, ID, 12K trail run. Saturday morning. Two-

person dual slalom course on Sunday, that was built by World Champion Eric Carter., Darren Lightfield, 208-608-6444, wildrockiesemail@yahoo.com, wildrockiesracing.com

September 21, 2013 — Jurassic Classic, Lander, WY, Mountain bike race at Johnny Behind the Rocks. Start time - 9:00 am, Beginner, Intermediate, Advanced/Pro categories. BBQ, t-shirt and swag bag for registered participants., Tony Ferlisi, 307-690-3952, ferlisi11@gmail.com, landercycling.org

September 28, 2013 — Stone Temple 8, Curt Gowdy State Park, WY, 8 hour, 15.1 mile loop, Curt Gowdy State Park, Aspen Grove Parking Area, Tentative start 9AM, IMBA Epic singletrack, additional High School Race., Richard Vincent, 307-745-4499, enduro.rv@gmail.com, laramieenduro.org

October 5, 2013 — Tour of the White Mountains, Show Low, AZ, At 7,000 ft. over 900 riders will discover the challenges and gratification from riding awesome smooth flowing single track among a Ponderosa pine forest backdrop while witnessing the endless beauty (and perfect distraction) of the Apache-Sitgreaves National Forests., Sallye Williams, 520-623-1584, info@epicrides.com, epicrides.com

Utah Weekly

Road Race Series

Cyclesmith Rocky Mountain Raceways Criterium Series — Utah Crit Series, West Valley City, UT, Saturdays A and B Flite off at 12:30, C and D Flite off at 1:25, 6555 W. 2100 S. March 9,16,23 - Tuesdays at 6pm April 2, 9,16, 23, 30 - through September 24, Marek Shon, 801-209-2479, utacritseries@gmail.com, utacritseries.com

Salt Air Time Trial Series — Salt Lake City, UT, Every other Thursday April 5 - September 6, I-80 Frontage Road West of the International Center., Marek Shon, 801-209-2479, utacritseries@gmail.com, utacritseries.com

DLI (DMV) Criterium Presented by Ski Utah — Utah Crit Series, West Valley City, UT, Weekly Training Crit at the Driver's Training Center, 4700S. 2780W., A flite - 6 pm, B flite between 6:45 and 7:05, Call for information regarding C flite. Wednesdays - beginning 4/17 4/24, through 9/4., Marek Shon, 801-209-2479, utacritseries@gmail.com, utacritseries.com, skiutahcycling.com

Emigration Canyon Hillclimb 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 19 thru August 30., Marek Shon, 801-209-2479, utacritseries@gmail.com, utacritseries.com

June 25-July 30, 2013 — Top of Utah Crit Series, Ogden, UT, Tuesdays - New course will be around South Ogden Jr High. Perfect venue for pre-race fitness or introduction to racing in the C-Flight. We will be racing every Tuesday starting June 25th - July 30th. Women's Flight - 5:15pm (25 min), C Flight: 5:50pm (30min), Kids Crit: 6:20pm (10 min), B Flight: 6:30 pm (40min), A Flight: 7:20pm(50min), Joel Rackham, 801.721.6952, joel@simplymacracing.org, thresholdevents.org

June 26-July 24, 2013 — Top of Utah Crit Series, Logan, UT, Wednesdays - Course has four corners and is relatively flat. Start line is at 3065 N. 200 W Logan, UT. Perfect venue for pre-race fitness or introduction to racing in the C-Flight. We will be racing every Wednesday starting June 26th - July 24th. Women's Flight - 5:15pm (25 min), C Flight: 5:50pm (30min), Kids Crit: 6:20pm (10 min), B Flight: 6:30 pm (40min), A Flight: 7:20pm(50min), Joel Rackham, 801.721.6952, joel@simplymacracing.org, thresholdevents.org

Utah Road Racing

May 4, 2013 — Antelope Island Classic, UCA Series, Antelope Island, UT, Utah State Road Race Championships for

Masters and Juniors. Starts at the West end of the causeway, then across the causeway towards the ranch and end on the island. Mileage ranges from 32 to 60. \$2,000 cash plus prizes., James Ferguson, 801-476-9476, ferguson811@comcast.net, bmbbc.com

May 11, 2013 — Salt Lake City Downtown Criterium, UCA Series, Salt Lake City, UT, Fun and fast 4 corner crit around Pioneer Park, 300 W and 300 S., Dirk Cowley, 801-699-5126, dcowley@comcast.net, race-dayeventmanagement.com

May 17, 2013 — Bear Lake Classic Individual Hill Climb, UCA Series, Garden City, UT, 3.4 mile uphill climb from Garden City Office to the Rocky Point look out pull-off. Racers will start on 60-second intervals and will climb right hand side of road, single file. Racers will yield to traffic for return back to The Inn at the Lake (Start location)., Kevin Rohwer, 435-770-9852, krohwer@engineeringexcitement.com, race2raceevents.com

May 18, 2013 — Bear Lake Classic Road Race, UCA Series, Garden City, UT, 51 mile flat loop with some rolling hills on east shore, followed by a FLAT and FAST finish - a beautiful race around Bear Lake., Kevin Rohwer, 435-770-9852, krohwer@engineeringexcitement.com, race2raceevents.com, bearlake.com

May 19, 2013 — Bear Lake Classic Team Time Trial, UCA Series, Garden City, UT, 51 mile flat loop with some rolling hills on east shore, followed by a FLAT and FAST finish. TTT 5-man teams, scoring on 3rd wheel. Each event is scored independently, and Sunday's 5-man TTT is slated to be the Utah State TTT Championship., Kevin Rohwer, 435-770-9852, krohwer@engineeringexcitement.com, race2raceevents.com, bearlake.com

May 25, 2013 — Sugarhouse Criterium, UCA Series, Salt Lake City, UT, Bring the entire family and enjoy some of Utah's best crit racing in one of Salt Lake's Sugarhouse Park., Marek Shon, 801-209-2479, utacritseries@gmail.com, utacritseries.com

May 26, 2013 — State Team Time Trial Championships, Salt Lake City, UT, State Team Time Trial Championship, Dirk Cowley, 801-699-5126, dcowley@comcast.net, racedayeventmanagement.com

May 27, 2013 — SunCrest Bicycle Hill Climb, Draper Trail Days, Draper, UT, Start time - 7:30am; Benefit Water For People Foundation Draper UT, 8 am Draper Equestrian Center 1600 E. Highland Drive (13500 South), road race 15 miles with two hill climbs. Ends at the top of Sun Crest., Brad Gilson, 801-684-7770, 801-694-8859, brad@gilsonengineering.com, drapertrails.com

May 31-June 1, 2013 — Salt Lake Valley B4K Stage Race, UCA Series, Daybreak, UT, Criterium, Road Race and Time Trial. USAC license required- one-day licenses available. Proceeds from the race go to benefit Bikes for Kids Utah., Alex Kim, 801-503-9064, alexander@epiluribus.org, bikesforkidsutah.com, bikes-for-kids-stage-race, utahcycling.org

June 7-8, 2013 — Rockwell Relay: Moab to St. George, Moab, UT, Four person relay, three legs per rider, covering 528 miles. Starts 8 am at Sweeney Park in Moab and goes non-stop to St. George., Cortney Stewart, 801-643-4673, cort@rockwellrelay.com, Tyler Servoss, 801-888-3233, velo11@gmail.com, rockwellrelay.com

June 8, 2013 — Cache Valley Classic - Don't text-n-drive and ruin-the-ride, UCA Series, Clarkston, UT, This 100, 50 or 25 mile race is fun, challenging, with only one major climb (1 mile, 7-10% grade between Trenton and Clarkston - Little Mountain) and one minor climb (1 mile, 4% grade 1-mile south of Clarkston. Starts and finishes in Clarkston. All new race course; only climb Little Mountain one time (50 and 25 miles); twice for 100 miles., Kevin Rohwer, 435-770-9852, krohwer@engineeringexcitement.com, race2raceevents.com

June 15, 2013 — High Uintas 10,000 Road Race, UCA Series, Kamas/Evanston, UT/WY, 1 Day, 80 mile, point to point road race from Kamas, UT to Evanston, WY over Bald Mountain Pass. Gran Fondo for citizen riders and touring riders., Dirk Cowley, 801-699-5126, dcowley@comcast.net, racedayeventmanagement.com

June 20-23, 2013 — Utah Summer Games, Cedar City, UT, Time Trial, Hill Climb, Criterium, Road Race with overall Omnium., Casey McClellan, 435-865-8421, 435-559-2925, usgpress@suu.edu, utahsummergames.org

June 22, 2013 — Sanpete Classic Road Race, UCA Series, Spring City, UT, Start and finish: Main Street, Spring City, loops of 45, 72 and 98 mile courses that go around the rural Sanpete Valley roads. Races start at 10:00 a.m. BBQ lunch, awards, and raffle after race. Fun ride also., Eric Thompson, 801-541-3840, ethompson@visitsaltlake.com, skiutahcycling.com

June 22, 2013 — Three Kings Cycling Event, North Salt Lake, UT, Winding through North Salt Lake, the Three Kings offers some of the steepest climbs of the season. Cyclists can choose to tackle one, two, or all three kings. The cyclists who tackle them fastest will take home the prizes., Matt Jensen, 801-550-0778, mattjensensnl@gmail.com, threekingsnslcity.org

June 29, 2013 — Utah State Time Trial Championship, UCA Series, Salt Lake City, UT, Marek Shon, 801-209-2479, utacritseries@gmail.com, utahbikeracing.com

June 30, 2013 — Utah City Criterium - #1, Wasatch Front, UT, Dirk Cowley, 801-699-5126, dcowley@comcast.net, racedayeventmanagement.com

July 1, 2013 — Utah City Criterium - #2, Wasatch Front, UT, Dirk Cowley, 801-699-5126, dcowley@comcast.net, racedayeventmanagement.com

July 2, 2013 — Utah City Criterium - #3, Wasatch Front, UT, Dirk Cowley, 801-699-5126, dcowley@comcast.net, racedayeventmanagement.com

July 3, 2013 — Utah City Criterium - #4, Wasatch Front, UT, Dirk Cowley, 801-699-5126, dcowley@comcast.net, racedayeventmanagement.com

July 4, 2013 — Utah City Criterium - #5, Holladay, UT, With a start/finish on Holladay Blvd, this course incorporates a hill climb on 4500 South, a descent down 2300 East and a wicked turn on to Laney Avenue back onto Holladay Blvd. This course has something for every racer., Dirk Cowley, 801-699-5126, dcowley@comcast.net, racedayeventmanagement.com

July 6, 2013 — Porcupine Hill Climb for the Fight Against Cancer, UCA Series, Salt Lake City, UT, 12th Annual, Start: Porcupine Pub & Grille finishing at the Brighton Ski Resort, Big Cottonwood Canyon., Mike Meldrum, 801-424-9216, mikesride@gmail.com, Dirk Cowley, 801-699-5126, dcowley@comcast.net, porcupinehillclimb.com

July 13, 2013 — Utah Tour de Donut, American Fork, UT, 6th Annual event - most fun you'll have on a bike. 3 7-mile laps, eat donuts to reduce your time. Starts at 8:30 am., Rodney Martin, 801-427-6400, rotarvod@live.com, Ronald Tolley, 480-285-6281, rtolley@clearvision-reserve.com, utahfourdonut.org

July 17-21, 2013 — Cache Valley Stage Race, tentative, Cache Valley, UT, Dirk Cowley, 801-699-5126, dcowley@comcast.net, racedayeventmanagement.com, utahcitycrits.com

July 20, 2013 — Rockwell Relay: Ladies Pamperfest, Wasatch Front, UT, 4, 3, and 2 lady relay teams race or ride, with massages, mini-manicures, etc. at exchangesbegins.com 8 am at Snowbasin, 160 or 67 miles finishing in Midway. For all levels!, Cortney Stewart, 801-643-4673, cort@rockwellrelay.com, Tyler Servoss, 801-888-3233, velo11@gmail.com, rockwellrelay.com

July 26-27, 2013 — Saints to Sinners Bike Relay, Salt Lake City, UT, Fundraiser relay road race from Salt Lake to Las Vegas. Over 500 miles with elevations from 1500 to 10500 feet. Race in teams through the night, fundraiser event for ALS/Lou Gehrig's Disease., Steven Tew, 801-

822-4870, Steven@SaintstoSinners.com, SaintstoSinners.com

July 27, 2013 — Chalk Creek Road Race, UCA Series, Coalville, UT, Mike Meldrum, 801-424-9216, mikesride@gmail.com, porcupinecycling.com

August 3, 2013 — Tour de Park City, UCA Series, Park City, UT, Classic Road Race and Tour starting and finishing in Park City. 170, 100, 50 and 15 mile timed courses through Northern Utah's beautiful mountain valleys. Food, prizes and more!, Ben Towery, 801-389-7247, team-excelerator@gmail.com, tourdeparkcity.com, teamexcelerator.com

August 3, 2013 — Snowbird Hill Climb, Snowbird, UT, 34rd Annual, 8 am start on 9400 S. near 20th East, climb to Snowbird's entry II., Misty Clark, 801-933-2115, misty@snowbird.com, snowbird.com/events/summer/hillclimb.html

August 3, 2013 — Mammoth Creek Race, Cedar City, UT, There will be a USAC race that will be 100 miles. There will be a "casual" Killer Loop of 65 miles. Registration is \$60 through usacycling.org. Brian Jeppson, 435-586-5210, 435-559-2925, brian.jeppson@gmail.com, colorcountrycyclingclub.org

August 6-11, 2013 — Larry H. Miller Tour of Utah, UT, America's Toughest Stage Race is one of the top pro bicycle races in North America. More than 17 international and national pro teams will compete over 500+ miles in six days. Free for spectators. UCI 2.1 stage race. Stages run through Brian Head, Cedar City, Panguitch, Torrey, Richfield, Payson, Salt Lake City, Snowbasin Resort, Snowbird Ski and Summer Resort and Park City., Tour of Utah, 801-325-2500, info@tourof-utah.com, tourof-utah.com

August 17, 2013 — Wildflower Hill Climb, Mountain Green, UT, The Wildflower Hill Climb is a 5.5 mile timed climb to Big Mountain from Morgan County averaging a 5-6% grade. It is held in conjunction with the Wildflower Pedalfest. Awesome prizes will be awarded to the 3 fastest overall and the top age group winners. Women only., Stacie Palmer, 801-644-9940, 801-391-2819, wildflowerpedalfest@gmail.com, wildflowerpedalfest.com

August 24, 2013 — Powder Mountain Hill Climb, UCA Series, Eden, UT, Utah State Hill Climb Championships. 6 miles and 3000 feet up Powder Mountain Road, start at Wolf Creek Balloon Festival Park, finish in Timberline parking lot., Ben Towery, 801-389-7247, teamexcelerator@gmail.com, teamexcelerator.com

August 24, 2013 — Heber Valley Circuit Race, UCA Series, Heber, UT, Scenic but challenging 8-mile circuits in Heber Valley, Utah. \$1,500 prize purse, equal payout for Men's 1-2 and Women's 1-2-3 fields., Jared Eborn, 801-599-9268, jared@extramileracing.com, extramileracing.com

September 7, 2013 — LOTOJA Classic Road Race, Logan, UT, 31st Annual, 1 day, 3 states, 206 miles from Logan, UT to Jackson Hole, WY., Brent Chambers, 801-546-0090, info@lotojaclassic.com, lotojaclassic.com

September 14-16, 2013 — Hoodoo 500, St. George, UT, 500 mile loop race along the best roads in Southern Utah. Solo and relay team divisions., Deb Bowling, 818-889-2453, embassy@planetultra.com, Hoodoo500.com

September 20-21, 2013 — Salt to Saint Relay, Salt Lake City, UT, 400ish mile relay race from Salt Lake City to St. George following Hwy 89. Broken into 24 legs. Ride Solo, or as 4 or 8 person relay teams. Men, Women, and Mixed categories., Clay Christensen, 801-234-0399, info@salttosaint.com, salttosaint.com

September 21, 2013 — Harvest Moon Criterium, UCA Series, Ogden, UT, 4 corner crit in Downtown Ogden around the Municipal Park between 25th & 26th Streets., Ben Towery, 801-389-7247, team-excelerator@gmail.com, teamexcelerator.com

October 8-11, 2013 — Huntsman World Senior Games, St. George, UT, Must be 50 years or older. Four events: hill climb, time trial, criterium and road race. Skill divisions I, II, and III., Kyle Case, 800-562-1268, hwsq@infowest.com, seniorgames.net

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October 12, 2013 — City Creek Bike Sprint. Salt Lake City, UT, Race starts at the mouth of City Creek Canyon and finishes at Rotary Park where we will have awards, food, music and fun. , James Zwick, 801-583-6281, sports@sports-am.com, sports-am.com

Regional Weekly

Road Race Series

May 7-August 14, 2013 — ICE BAR Time Trial/Hillclimb Series. ICE BAR Series, Pocatello, ID, Time Trials are flat, hill climb is up either Scout Mountain or Pebble, tentative dates: May 7th – Flat TT; May 23rd – Uphill TT, Mass Start, Crystal Summit; June 6th – Flat TT; June 18th – Uphill TT, Scout Mountain; July 3rd – Flat TT; July 17th – Uphill TT, Scout Mountain; August 14th – Uphill TT, Crystal Summit; August 21st- Flat TT., Bryan Gee, 208-406-8477, bryan_gee_otr@yahoo.com, idahocycling.com

May 14-July 9, 2013 — EXPO IDAHO SWICA Criterium Series. SWICA Criterium Series, Boise, ID, Tuesdays starting in May 2013. Local training crit series at Expo Idaho West lot. May 14, 21, 28/June 4, 11, 18, 25, July 2, 9, Kurt Holzer, 208-890-3118, idahobikeracing@yahoo.com, idahobikeracing.org

Regional Road Racing

May 5, 2013 — Emmett-Roubaix Road Race. Spring Series, Emmett, ID, Mike Cooley, 208-343-3782, mcooley@georgescycles.com, georgescycles.com

May 11, 2013 — Idaho State Road Race Championships. SWICA, Boise, ID, USA Cycling Categories, 37, 56, or 69 miles, Mike Cooley, 208-343-3782, mcooley@georgescycles.com, Vernon Padaca, 208-571-1730, dobbicoboard@cablone.net, idahobikeracing.com, teambicoboard.com, page_id=722

May 11, 2013 — All In Criterium. Las Vegas Crit Series, Las Vegas, NV, USAC Sanctioned Races; Held at Las Vegas Motor Speedway; Registration opens at 6:00am - closes 15 minutes before each start. Course is 1.2 miles, flat with 6 corners and 2 chicanes. Amazing pavement with no curbs., David McDonough, 702-823-1680, dmdonough@mac.com, brokenspokebikesv.com

May 17-18, 2013 — Idaho Time Trial Festival. Boise, ID, Mike Cooley, 208-343-3782, mcooley@georgescycles.com, John Rogers, 208-284-9671, obccwebdesign@yahoo.com, teamrace.obccwd.com, idahobikeracing.org

May 18, 2013 — Ride for the Pass. Aspen, CO, Part of the Aspen Cycling Festival, Benefits the Independence Pass Foundation. 19th Annual from the Winter Gate, 4 miles east of Aspen, to the Independence Ghost Town approximately 10 miles east up Highway 82

on Independence Pass, gains approximately 2200 feet of elevation, from 8,500' to 10,700'. Mark Fuller, 970-963-4959, fulcon@comcast.net, independencepass.org, aspencyclingfestival.com

May 19, 2013 — Aspen Cycling Criterium. Aspen, CO, Fast paced, energy packed race held on closed streets in the heart of downtown Aspen. Speeds of 28 mph and higher around a .8 mile track with sharp curves on road bikes., Kristin Lathrop, 970-429-2098, kristin.lathrop@ci.aspen.co.us, aspencyclingfestival.com

May 19, 2013 — Criterium at DC Ranch. Phoenix, AZ, Criterium at DC Ranch, Eric Prosnier, 602-381-3581, eric@wmrc.org, wmrc.org

May 25-27, 2013 — Iron Horse Bicycle Classic. Durango, CO, 42th Annual, Road Race from Durango to Silverton, Criterium, Time Trial 25/50 mile tour, kids race and Mountain Bike Race., Anne Cheeney, 970-259-4621, director@ironhorsebicycleclassic.com, ironhorsebicycleclassic.com

May 25-27, 2013 — USA Cycling Professional Road and TT National Championships. Chattanooga, TN, Micah Rice, 719-434-4200, mrice@usacycling.org, usacycling.org

May 25, 2013 — Twin Falls Criterium. SWICA, Twin Falls, ID, Criterium, races starting at 2:00 pm, fields TBD, Tentatively scheduled on a course approximately 0.8 miles, excellent pavement and wide roads., Rick Greenwald, 208-316-6176, greenwald@cableone.net, idahobikeracing.org

June 1, 2013 — Lyle Pearson 200-mile Team Challenge. Boise to Sun Valley, ID, 7th Annual - Team relay road race from Boise to Sun Valley., Mike Cooley, 208-343-3782, mcooley@georgescycles.com, georgescycles.com

June 1, 2013 — High Stakes Criterium. Las Vegas Crit Series, Las Vegas, NV, USAC Sanctioned Races; Held at Las Vegas Motor Speedway; Registration opens at 6:00am - closes 15 minutes before each start. Course is 1.2 miles, flat with 6 corners and 2 chicanes. Amazing pavement with no curbs., David McDonough, 702-823-1680, dmdonough@mac.com, brokenspokebikesv.com

June 6-20, 2013 — Eagle Rock Criterium Series. Idaho Falls, ID, Wednesday Night Criterium series down at Snake River Landing., Mike Collaer, 208-681-0919, 208-533-5445, dadcollaer@hotmail.com, eaglerockcycling.com

June 15, 2013 — Nampa Belle District Criterium. Nampa, ID, Located in Belle District at the heart of historical Nampa, this spectator orientated 1.1 km Criterium course has long straight-aways with fast left- and right-hand turns., Vernon Padaca, 208-571-1730, dobbicoboard.com

coboard@cableone.net, teambicoboard.com

June 15, 2013 — Blazing Saddles Omnium, Speedweekend. Philipsburg, MT, Morning 25km mostly flat TT followed by afternoon RR with 7.5 miles of good hard-packed dirt and two significant climbs. Shorter TT and RR for juniors., Don Russell, 406-531-4033, montanacycling.net

June 16, 2013 — Food Truck Criterium. tentative, ID, bccparker21@gmail.com,

June 22-23, 2013 — Dead Dog Classic Memorial Stage Race. Laramie, WY, Two day, 3 stage road race, Sat: RR (85 miles or 53miles) elevation to 10,200 feet, Sun: Critand TT (10 miles), Approx \$8,000 purse, USAC/BRAC sanctioned., Michael Harokopis, 307-760-4797, deaddogclassic@hotmail.com, deaddogclassic.com, laramiebikenet.com

June 22, 2013 — Idaho State Time Trial Championships. Nampa, ID, Rudy Estrada, 208-713-3705, elitecycling@msn.com, Howard Roose, 208 484 8342, hkroose@gmail.com, idahobikeracing.org

June 22-23, 2013 — BYRDS Junior Stage Race. Boise, ID, 10th annual BYRDS Junior Tour of Idaho. All junior categories represented., Douglas Tobin, douglas@tobin-coaching.com, byrdsycling.com

June 28-30, 2013 — Baker City Cycling Classic. Baker City, OR, Stage race. Three days and four stages in beautiful eastern Oregon, with great support and unparalleled scenery. Over 8000 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, dogbri@g.com, bakercitycycling.org

June 29, 2013 — Allan Butler Memorial Criterium. Idaho Falls, ID, This is a six-corner downtown criterium in the heart of Idaho Falls. The racing will start at 4:00 and finish with the Pro/1/2 race. We also have a kids race prior to the racing at 3:00., Nathan Starnes, 208-534-8095, nathanstarnes@gmail.com

June 29, 2013 — Sick Hill Climb. Hansen, ID, This is a timed event, a 22 mile cycling hill climb, summit finish. The climb is a 3000 foot climb. The first 15 miles are gradual and the last 7 miles limbs 1800 feet. Starts at Rock Creek General Store, 3048 North 3800 East. This is a USA Cycling non-competitive event., Ken Stephens, 208-430-4514, sak41@pmt.org, sick-riders.com

July 3-7, 2013 — USA Cycling Amateur & Para-cycling Road National Championships. Madison, WI, Elite, U23 and Junior Road National Championships., Micah Rice, 719-434-4200, mrice@usacycling.org, usacycling.org

July 4, 2013 — 4th of July Hailey Criterium. Hailey, ID, Downtown Hailey Criterium, Exciting four corner course. \$5,000 in cash prizes., Janelle Conners, 208-578-5453, 208-720-7427, jconners@bcrd.org, bcrd.org

July 5-7, 2013 — Single Track Bicycle Shop Road Race. Flagstaff, AZ, Three day Omnium starting with a 20K TT, Six mile Snowbowl Hill Climb on Saturday and Sunday is a 45 mile Road Race. Pedal to the Peaks for Pediatrics, Joe Shannon, 928-523-1740, joseph.shannon@nau.edu, Flagstaffcycling.Squarespace.com

July 10-13, 2013 — Southeast Idaho Senior Games. Pocatello, ID, Hill Climb Cherry Springs to Crystal Summit - 5 miles to 6% grade. Criterium Holt Arena Parking lot - ISU Campus. 5K - 10K Time Trial. 20K - 40K Road Races Held in Arimo., Jody Olson, 208-233-2034, jodyolson01@gmail.com, seidahoseniorgames.org

July 13, 2013 — Boise Twilight Criterium. National Criterium Calendar, Boise, ID, 26th Annual, NCC race., Mike Cooley, 208-343-3782, mcooley@georgescycles.com, boisetwilightcriterium.com, georgescycles.com

July 14, 2013 — Idaho State Criterium Championship. Hidden Springs, ID, Start/Finish at Hidden Springs Community-Village Green., 9 am., Kurt Holzer, 208-890-3118, kurfholzer@hotmail.com, lostrivercycling.org

July 20, 2013 — Dirt Bag Dash. Mountain Home, ID, Hard packed dirt road race. Short puchy climbs. Post race party. Mountain Home, ID. Pro/AM/Jr 45mi-20mi. No day of race registration., James Lang, 208-571-1853, 208-344-9182, ilang83702@yahoo.com, dirtbagdash.com

July 27, 2013 — Grand Targhee Hill Climb. Driggs, ID, Time trial starts at 10 am with 30 sec intervals. Starts at Peaked Sports in Driggs, climbs Ski Hill Road and ends half a mile from the Grand Targhee Resort. Course covers 12 miles and 2200 vertical feet. Awards, Raffle and results 1 pm at Peaked Sports. Net proceeds benefit Teton Valley Trails and Pathways., Dick Weinbrandt, 208-354-2354, peaked@sil-verstar.com, peakedsports.com

July 27, 2013 — USA Cycling Professional Criterium National Championships. High Point, NC, Micah Rice, 719-434-4200, mrice@usacycling.org, usacycling.org

August 10, 2013 — Lamolille Canyon Hill Climb. Elko, NV, 12 mile 3000 ft hill climb road race up beautiful Lamolille Canyon

Road in Nevada's Ruby Mountains; post event picnic, awards., Annette White, 775-842-9125, annette.white42@gmail.com, Troy Wouters, 775-401-0826, troy-bea@yahoo.com, elkovelo.com

August 10, 2013 — Sick 55 Road Race. Albion, ID, This is a sanctioned mountain course road race. It starts and finishes in Albion, Idaho. There are two category climbs and two fast downhill. It is 53.7 miles challenging race., Ken Stephens, 208-430-4514, sak41@pmt.org, sick-riders.com

August 17, 2013 — Bogus Basin Hill Climb. Boise, ID, 40th Annual, Mike Cooley, 208-343-3782, mcooley@georgescycles.com, georgescycles.com

August 17, 2013 — Garden Creek Gap Road Race. UCA Series, Arimo, ID, Courtney Larson, courtars@gmail.com, idahocycling.com

August 24, 2013 — The West Race. LaGrande, OR, The race is open to Runners, Walkers, and Cyclists. The race starts on the corner of 2nd & B streets, approximately 6 blocks (2 south, 4 west) from the Eastern Oregon University Campus, to the top of Morgan Lake Road. It is a challenging uphill, with a distance of roughly 2.35 miles. The first male and female to the top of the hill will be crowned King and Queen of the hill., sean williams, sean.williams607@gmail.com, mountaincrossandtrack.com/werstrace.htm

August 25, 2013 — Mormon Lake Road Race. Flagstaff, AZ, Sunday 8 am: Road Race - beautiful rolling circuit race - 16 miles 361 ft climbing/lap, Joe Shannon, 928-523-1740, joseph.shannon@nau.edu, Flagstaffcycling.Squarespace.com

September 4-8, 2013 — USA Cycling Masters Road National Championships. Bend, OR, Micah Rice, 719-434-4200, mrice@usacycling.org, usacycling.org

September 7, 2013 — Race to the Angel. Wells, NV, 12.6 mile course climbs 2,784 feet to Angel Lake, entirely on pavement. Runner and walkers at 8 am, road bikers at 8:30. Shirt, Lunch, water and fruit provided in entry fee., Matt Holford, 775-752-3540, 775-934-1481, wellschamber@wellsnevada.com, racetotheangel.org, wellsnevada.com

September 9-14, 2013 — World Human Powered Speed Challenge. Battle Mountain, NV, Cyclists from around the world will gather on SR305, perhaps the fastest stretch of road in the world to see who is the fastest cyclist in the world. The 2009 record was 82.19 mph!, Al Krause, 707-443-8261, a.krause@sbj-global.net, ihpva.org, whpva.org

September 19, 2013 — USA CRITS Finals. Las Vegas, NV, Criterium, Part of USA CRITS Championship, during Interbike, Mandalay Bay Resort, Men and Women Pro races, various amateur classes, and an Industry Cup Challenge., Casey Lamberski, 706-549-6632, casey@swagger.us, usacrits.com, swagger.us

October 5, 2013 — Mt. Charleston Hill Climb. tentative, Las Vegas, NV, 17.5 miles, 5357' of climbing, finish at Las Vegas Ski Resort, Begins at the base of Highway 156. 10 am., John Tingey, 702-449-6842, info@everykidabike.org, everykidabike.org/mount-charleston-hill-climb

Utah Road Touring

May 4, 2013 — Gran Fondo Moab. Moab, UT, Mass start timed road cycling event on the beautiful La Sal Loop road, 60 miles with 5500 feet of climbing. Not a sanctioned race, but you will get a time, awards, and placings., 435-259-7882, 800-635-1792, shop@poisonspiderbicycles.com, granfondomoab.com

May 4, 2013 — Tour de Brewtuh. Utah Bike Month, Salt Lake City, UT, A tour of the local micro-breweries in the valley to support local non-profit agencies., Tim Stempel, 602-463-1547, tdstempel@gmail.com, tourdebrewtuh.org

May 4, 2013 — Biker's Edge Cinco de Mayo Century. Kaysville, UT, Free, fully-supported by Biker's Edge, 100 and 50-mile ride starting in Kaysville 7:00am. Made for every level of rider with a gradual +/- 1,800ft. Community fun ride with great food., Taylor Arnold, 801-544-5300, taylor@bebikes.com, bebikes.com

May 11, 2013 — Springville to Nephi 100. BCC SuperSeries, Springville, UT, Start

Cracker Barrel to Nephi and back thru orchards. Self Supported with shorter 30 and 60 mile options. Store stops enroute. FREE., Don Williams, 801-641-4020, roadcaptain@bccutah.org, bccutah.org

May 11, 2013 — The Ghost Ride. Utah Bike Month, Tooele, UT, The Ghost Ride is a 100 or 62 mile cycling tour of Utah's Tooele Valley. Honoring the cyclists who are no longer with us, we begin with a short ride of silence and then enjoy a ride of celebration as we visit small towns, scenic vistas and rolling hills in Utah's west desert terrain., Jared Eborn, 801-599-9268, jared@extramileracing.com, theghostride.com

May 11, 2013 — Back Roads of the Great Basin 300K Brevet. Saratoga Springs, UT, Back Roads of the Great Basin 300K Brevet (188 miles). Self-supported loop ride. Starts in Saratoga Springs, out to the West Desert, climbs up to Eureka, through Nephi and finally travels along the west side of Utah. A brevet (bruh vay) is a nationally certified, timed, ultra distance event. Sponsored by Bonneville Cycling Club and the Salt Lake Randonneurs (rahn doe ners), Richard Stum, 435-462-2275, richard@distancebiker.com, sallfikerandos.org

May 12-17, 2013 — Bicycle Tour of Arches & Canyons. Cycling Escapes, Moab, UT, UT, 5 riding days, 350 mi, distance from 40-110 mi per day. Travel through Arches Nat'l Park Canyonlands Nat'l Park, follow the Colorado River and the La Sal Mountain loop., Cycling Escapes, 714-267-4591, info@cyclingscapes.com, CyclingEscapes.com

May 12-October 12, 2013 — Cycling Bryce, Zion, and Grand Canyon National Parks. St. George, UT, 7-day, 400-mi guided road biking tour of the Bryce, Zion and Grand Canyon National Parks reas, including Brian Head, Panguitch Lake, Red Canyon and Kanab. Tour includes 6 nights camping with last night at Inn or 6 nights instay, transportation and food. Available every Sun.-Sat. from May 12-Oct. 12., Barbara Goff, 800-596-2953 x4, 702-596-2953, info@escapeadventures.com, escapeadventures.com

May 18, 2013 — Cycle Salt Lake Century Ride. Utah Bike Month, Salt Lake City, UT, Gallivan Center on Gallivan Ave. 250 S. State St. SLC, Ut. Salt Lake to Antelope Island and back, 37, 67, or 100 mile options. Gallivan Center on Gallivan Ave. 7:30 AM Mass start time. Registration opens at 6:00 AM., Jon Smith, 801-596-8430, cslcentury@mac.com, cyclesaltlakecentury.com

May 18, 2013 — Moonshadows in Moab. Moab, UT, Watch the full moon rise briskly above the mountains; take in the sweet sage of the desert as you make your way to the Earth's edge overlooking the Colorado River two thousand feet below. A fully supported ride in the magic scenery of Moab., Beth Logan, 438-260-8889, 435-259-3193, info@skinnytireevents.com, skinnytireevents.com

May 18, 2013 — Goldilocks Herriman. Herriman, UT, Fully supported, non competitive, women only bike ride with 20, 40, 60, 80 and 100 mile route options. W&M Butterfield Park in Herriman, staggered start times beginning at 7 am., Dani Lassiter, 801-635-9422, dani@goldilocksride.com, goldilocksride.com

May 19-22, 2013 — Bicycle Barnstorming Tour. Richfield, UT, Experience and learn the history and culture in Utah's designated National Heritage Area along Heritage Highway 89 on this unique supported bike ride., Susan Crook, 435 773 7920, susan@odesigncollaborative.com, Brad Smith, 801 532 3113, travelutah@aol.com, utahheritagefoundation.org

May 19-25, 2013 — Epic Bike 5 National Parks. Cycling Escapes, Zion NP, UT, 5 National Parks and Scenic Byways in 6 days! Starting in Zion National Park in southern Utah, on this spring and fall cycling vacation we'll bike from Zion National Park to the red rock hoodoos of Bryce National Park, then onward to Grand Staircase Escalante National Monument, Capitol Reef National Park, Lake Powell, and then up the little known Burr Trail., Cycling Escapes, 714-267-4591, info@cyclingscapes.com, CyclingEscapes.com

May 25, 2013 — Pony Express Century. Saratoga Springs, UT, Starting in Saratoga Springs and essentially following the Pony Express route to Faust, then head-

ing north to Rush Valley and back., Dan Burton, 801-653-2039, epicbiking@gmail.com, epicbiking.com

May 27, 2013 — Antelope Island 100, BCC SuperSeries, Salt Lake City, UT, Memorial Day - Meet at Westpoint Park 1100 N 2 blocks west of Redwood road 1800 west to Antelope Island Ranch and back, shorter options of 65 to Syracuse. Free., Don Williams, 801-641-4020, roadcaptain@bccutah.org, bccutah.org

May 29-June 1, 2013 — Road Respect Southern Utah Tour, Cedar, UT, This year, the Road Respect Campaign will feature tours in Southern Utah. The Road Respect Campaign is sponsored by UDOT, DPS, UHP and Bike Utah. Cedar City (5/29), Kanab (5/30), Washington County/St. George (5/31), "Ride the Gap" (6/1), Kerri Gibson, 801-273-7571, kgibson@utah.gov, utah.gov, roadrespectutah.org

June 1, 2013 — Little Red Riding Hood, Lewiston, UT, Women only century ride, 15, 35, 62, 80 and 100 mile distances in Cache Valley, fundraiser for Women's Cancer Research at the Huntsman Cancer Institute. Reg. opens in February. This event sells out quickly., Penny Perkins, 801-474-2282, penperk@centurylink.net, centurylink.net, Curt Griffin, 801-474-2282, lrh@bbtc.net, bccutah.org

June 1, 2013 — Ride the Gap Century, Parowan, UT, Enjoy cooler weather in the high country of beautiful Southern Utah., Ryan Gurr, 435-674-3185, info@spingees.com, Margaret Gibson, 435-229-6251, margaret@spingees.com, spingees.com

June 1, 2013 — Double Loop Four 400K Brevet, Nephi, UT, Unsupported figure-8 ride begins in Nephi and travels south past Gunnison Reservoir, climbs to Kooshare and returns via Richfield. A brevet (bruh vay) is a nationally certified, timed, ultra distance event. Sponsored by Bonneville Cycling Club and the Salt Lake Randonneurs., Richard Stum, 435-462-2275, richard@distancebiker.com, saltlakerandos.org

June 8, 2013 — American Diabetes Association Tour de Cure, Brigham City, UT, Fully supported 100, 80, 60, 25 and family-fun mile with rest stops, food, medical support, SAG vehicles. Funds American Diabetes Association research, education and advocacy., Dustin Stark, 801-363-3024 ext. 7071, dstark@diabetes.org, main.diabetes.org/utahfourdecure

June 8, 2013 — Tour de Habitat Lakes to Peaks Ride, Orem, UT, The official ride of Orem SummerFest. Utah Lake to top of Squaw Peak, South Fork and Alpine Loop. 65 miles, 4,000+ climbing, well supported. Proceeds benefit Habitat of Utah County, 9 am., Eric Bennett, 801-796-9888, eric@thebarefootgroup.com, habitatuc.org

June 8-9, 2013 — Utah Bicycle Touring Society's 7th Annual Overnight Bike Tour, Salt Lake City, UT, This event is for new and experienced bicycle travelers. It involves traveling by bicycle in a self-sufficient manner to an overnight destination. We will camp overnight and then return the next day., Louis Melini, 801-487-6318, lymelini@comcast.net

June 8, 2013 — Cache Valley Classic — Don't text-n-drive and ruin-the-ride, Clarkston, UT, 62.5 mile metric century fun, challenging, with only one major climb (1 mile, 7-10% grade between Trenton and Clarkston - Little Mountain) and one minor climb (1 mile, 4% grade 1-mile south of Clarkston. Starts and finishes in Clarkston., Kevin Rohwer, 435-770-9852, krohwer@engineeringexcitement.com, race2raceevents.com

June 9-12, 2013 — Bicycle Barnstorming Tour, Richfield, UT, Experience and learn the history and culture in Utah's des-

ignated National Heritage Area along Heritage Highway 89 on this unique supported bike ride., Susan Crook, 435 773 7920, susan@oadesigncollaborative.com, Brad Smith, 801 532 3113, traveltutah@aol.com, utahheritagefoundation.org

June 13-21, 2013 — Rocky Mountain Tour, Cross Country Challenge, Salt Lake City, UT, Tackle the Wasatch Mountains, Soldier Summit, pass Book Cliffs and north of Arches Nat'l Park. Challenging at times, rolling to finish in Pueblo, CO. 594 miles, 9 riding days., Bill Lannon, 888-797-7057, abbike@aol.com, abbike.com

June 13-15, 2013 — Road Respect Wasatch Front Tour, Cedar, UT, The Road Respect Campaign is sponsored by UDOT, DPS, UHP and Bike Utah. Provo (6/13), SLC & SCo (6/14), Ogden & Weber Co. (6/14), Kerri Gibson, 801-273-7571, kgibson@utah.gov, utah.gov, roadrespectutah.org

June 15, 2013 — Canyons of Cache, BCC SuperSeries, Brigham city, UT, Meet Box Elder HS in Brigham City for a ride west through Corrine and Bear River City. Store stops for water and food., Don Williams, 801-641-4020, roadcaptain@bccutah.org, bccutah.org

June 15, 2013 — Huntsman 140 Cycling Event, Delta, UT, Non-competitive 140-mile ride from Delta to SLC, UT and a 75- & 25-mile out-and-back ride beginning and ending in SLC, UT. Raises funds for cancer research., Jen Murano, 801-584-5815, jmurano@huntsmanfoundation.org, huntsman140.com

June 15, 2013 — High Uintas 10,000 Gran Fondo, Kamas/Evanston, UT/WY, 1 Day, 80 mile, point to point road race from Kamas, UT to Evanston, WY over Bald Mountain Pass. Gran Fondo for citizen riders and touring riders., Dirk Cowley, 801-699-5126, dcowley@comcast.net, racedayeventmanagement.com

June 15, 2013 — Ride for the Angels, Copperton, UT, Start: 8:00am; 8655 West 10390 South Copperton Park; Routes: 25 miles and Metric Century 62.5 miles; \$50.00 With each registration you will be entered to win a NEW BIKE. Drawing to be held Saturday at 2:00., Steve McIntyre, 801-560-6954, steve@mcintyre44@yahoo.com, angelsbands.org

June 22, 2013 — Sanpete Classic Fun Ride, Spring City, UT, Main Street, Spring City will serve as the Start/Finish for loops of 45, 72 and 98 mile courses that go around the rural Sanpete Valley roads. Fun Ride starts at 9 am and Road Races start at 10 am. BBQ lunch, awards, and raffle after race., Eric Thompson, 801-541-3840, ethompson@visitsaltlake.com, sklutaahcycling.com

June 22, 2013 — Three Kings Cycling Event, North Salt Lake, UT, Winding through North Salt Lake, the Three Kings offers some of the steepest climbs of the season. Cyclists can choose to tackle one, two, or all three kings. The cyclists who tackle them fastest will take home the prizes., Matt Jensen, 801-550-0778, mattjensensl@gmail.com, threekings.nslcity.org

June 22, 2013 — Provo A Go-Go, BCC SuperSeries, Draper, UT, Start Cracker Barrel to Nephi and back thru orchards. FREE Self Supported with shorter 30 and 60 mile options. Store stops enroute, Don Williams, 801-641-4020, roadcaptain@bccutah.org, bccutah.org

June 22, 2013 — Sanpete Classic Road Tour, Spring City, UT, Start and finish: Main Street, Spring City, loops of 45, 72 and 98 mile courses that go around the rural Sanpete Valley roads. Races start at 10:00 a.m. BBQ lunch, awards, and raffle after race. Fun ride also., Eric Thompson, 801-541-3840, ethompson@visitsaltlake.com, sklutaahcycling.com

June 24, 2013 — R.A.N.A.T.A.D., Sundance Resort, UT, Ride Around Nebo And Timp in A Day. Start at Sundance and ride down and around the Nebo Loop to Nephi and then back to the mouth of American Fork Canyon, over the Alpine Loop, finishing back at Sundance, 165 miles with over 12,000feet of climbing, 100 mile option., Czar Johnson, 801-223-4121, 801.223.4849, czarj@sundance-utah.com, sundance-utah.com, sundance-utah.com/explore/sum_biking_races.html

June 29-30, 2013 — Bike MS: Harmon's Best Dam Bike Ride, Bike MS, Logan, UT, For cyclists and all those seeking a personal challenge and a world free of MS, Bike MS is the premier fundraising cycling series in the nation. The Bike MS experience is the ride of your life with options to ride 40-175 miles. Friendly to all abilities with rest stops every 8-12 miles. One of the most scenic routes in Utah! Camping, meals and entertainment based out of Cache Valley Fairgrounds (400 South 500 West), Becky Lyttle, 801-424-0112, becky.lyttle@nms.org, bikemsutah.org

June 29, 2013 — Timpanogos Gran Fondo, Orem, UT, 7:00 AM, Start and Finish: Timpanogos High School, timed ride from the Ranger Station at the entrance of American Fork Canyon to the trailhead parking lot at the summit (roughly 10.5 miles), Josh Rohatinsky, 801.830.2420, josh@brooksee.com, timggranfondo.com

July 4, 2013 — Tour de Riverton, Riverton, UT, 12th Annual, Part of Riverton Town Days. Fun family ride. 25 mile loop through Riverton and Herriman., Brad Rowberry, 801-523-8268, tdr@infinitecycles.com, tourderiverton.com, infinitecycles.com

July 6, 2013 — Jim Bridger Century, BCC SuperSeries, Brigham City, UT, Meet at Box Elder HS for a ride west through Corrine and Bear River City; Store stops for water and food; FREE., Don Williams, 801-641-4020, roadcaptain@bccutah.org, Tom Coffey, 801-737-3241, bccutah.org

July 12-13, 2013 — Raspberry Ramble Series 300K, 400K, 600K Brevet, Brigham City, UT, Raspberry Ramble Series. 300K, 400K & 600K Brevets (125 to 375 miles). These minimally supported rural rides start together in Logan and climb up Strawberry Canyon (LoToJa route). The longer routes then go around Bear Lake before heading north to Soda Springs. The 600K stops in Logan for an overnight stop before making a 200K loop to Golden Spike National Monument. A brevet is a nationally certified, timed, ultra distance event. Sponsored by Bonneville Cycling Club and the Salt Lake Randonneurs., Richard Stum, 435-462-2275, richard@distancebiker.com, saltlakerandos.org

July 13, 2013 — RACER Century, Roy, UT, A comfortable ride through Weber and Davis County in the prime of Utah's diverse summer weather. Enjoy an exciting mixture of plains and hills throughout Northern Utah. Fully supported with lunch provided for the 103 and 73 mile routes. Post ride bbq. Supports Huntsman Cancer Foundation and Roy High School Athletics. Distances - Full Century = 103 Miles; Silver Medal Century = 73 Miles; Half Century = 50 Miles; Quarter Century = 34 Miles, Tim Bell, 801-476-3631, royalriders.rhs@gmail.com, TheRacer.org

July 13, 2013 — Cache Valley Gran Fondo, Logan, UT, 100 and 50 mile gran fondo style ride & tour. Canyons, hills, long flats & beautiful Cache Valleyvistas. Benefit to provide breast cancer screening. Join us for Gran Fun & Gran Prizes., Troy Oldham, 435-716-5378, 435-764-2979, Troy.Oldham@gmail.com, cachegransfondo.com, loganhospitalfoundation.org

July 13, 2013 — Swiss Miss, Heber, UT, Women only bicycle ride, starts at Homestead in Heber, 30, 65, 100 mile options through Heber Valley and Wasatch and Summit counties, 65 and 100 mile rides go through Wolf Creek Ranch., Carol Vails, 435-654-2282, sales@slimandknobbys.com, swissmisscentury.com

July 14, 2013 — Stage 6 Climber, BCC SuperSeries, Park City, UT, Treasure Mtn MS over the Stage 6 route covered by the Tour of Utah - 60 miles massive climbs, Free Self Supported Sunday morning event over quiet roads., Don Williams, 801-641-4020, roadcaptain@bccutah.org, bccutah.org

July 14-19, 2013 — Zion-Bryce Utah Bike Tour, St. George, UT, Showcases southern Utah by creating a point to point ride across the rugged backbone of the state while visiting three National Parks and Cedar Breaks National Monument. Total mileage is 297 up to 390 miles over 7 days of riding with daily mileage ranging from 18-92 miles., John Humphries, 970-728-5891, info@lizardheadcyclingguides.com, lizardheadcyclingguides.com

July 19, 2013 — 20th Annual Antelope by Moonlight Bike Ride, Antelope Island, UT, 10pm. Open to participants of all ages and starts at th10pm. Open to participants of all ages and starts at the Antelope Island's White Rock Bay. The half way point is the historic Fielding Garr Ranch where refreshments are served. The entire route is 24 miles on an asphalt road., Neka Roundy, 801-451-3286, tour@co.davis.ut.us, daviscountyutah.gov

July 20, 2013 — Pedal Away Parkinson's, Kaysville, UT, The 8th Annual 10 mile family fun ride begins at 8 am at Galey Park in Kaysville. All proceeds benefit the Utah Chapter of the American Parkinson Disease Association., Meredith Healey, 801-451-6566, 801-336-6579, sendaltrmway@gmail.com, pedalawayparkinsons.com

July 20, 2013 — Desperado Dual, Panguitch, UT, 200 mile double century in Southern Utah, 100 and 50 mile option, Utah's only fully supported, 200 mile, one-day cycling adventure., Ryan Gurr, 435-674-3185, info@spingees.com, Margaret Gibson, 435-229-6251, margaret@spingees.com, spingees.com

July 20, 2013 — Rockwell Relay: Ladies Pamperfest, Wasatch Front, UT, Four- and two-lady relay teams race or ride, with massages, mini-manicures, etc. at exchanges. Begins 8 am at Snowbasin, 160 miles finishing in Provo. For all levels!, Cortney Stewart, 801-643-4673, cort@rockwellrelay.com, Tyler Servoss, 801-888-3233, velo11@gmail.com, rockwellrelay.com

July 20, 2013 — Aptalis Cystic Fibrosis Cycle For Life, Ogden, UT, Benefit for the Cystic Fibrosis Foundation, Ogden Valley, Laura Hadley, 801-532-2335, 801-558-8310, lhadley@cff.org, cff.org

July 21, 2013 — Upland Roller 100, BCC SuperSeries, Wasatch, UT, Wasatch Trailhead thru Coalville Echo over Hogsback to Morgan and back self-supported 30-50 mile options also. FREE, Don Williams, 801-641-4020, roadcaptain@bccutah.org, bccutah.org

July 24, 2013 — Red Rock Ranch Monte Cristo 100, BCC SuperSeries, Huntsville, UT, Red Rock below Causey Dam 10 miles above Huntsville up and over Monte Cristo to Randolph and back. Free, but self supported., Don Williams, 801-641-4020, roadcaptain@bccutah.org, Jim Halay, 801-641-4020, jameshalay@ovalley.net, bccutah.org

July 26-27, 2013 — Saints to Sinners Bike Relay, Salt Lake City, UT, Fundraiser relay road race from Salt Lake to Las Vegas. Over 500 miles with elevations from 1500 to 10500 feet. Race in teams through the night, fundraiser event for ALS/Lou Gehrig's Disease., Steven Tew, 801-822-4870, Steven@SaintstoSinners.com, SaintstoSinners.com

July 27, 2013 — RAW (Ride Around the Wellsvilles), Logan, UT, 25, 70, 100

mile options all starting/ending from the Rotary Pavilion at Willow Park in Logan. the 70 & 100 offer a challenging beautiful ridecirum-navigating the Wellsvilles, the steepest mountains in North America., Larry Hogge, 435-757-0977, larry.hogge@comcast.net, Ben Jarvis, 435-757-0376, LoganRotaryRAW@gmail.com, rotaryraw.com

July 27, 2013 — GLMR Ride for Hope, Healing, Happiness, Springville, UT, 100, 69, or 43 miles. Ride in honor of Gary Ludlow. Proceeds raised go to support the National Alliance on Mental Illness (NAMI Utah) and the American Foundation for Suicide Prevention (AFSP Utah). Start 7:00 am, 143 W. 900 N., at the Park & Ride., Zach Ludlow, 801-808-2569, glmrimfo@gmail.com, Stan Sadowski, 801-830-6655, glmrimfo@gmail.com, theglmr.com

July 27, 2013 — Ride 2 Recovery Honor Ride Park City, Honor Ride, Park City, UT, Held in conjunction with Dealer Camp in Deer Valley, 20, 50, 100 mile options. Ride 2 Recovery's mission is to improve the health and wellness of healing heroes through mental and physical rehabilitation programs that feature cycling as the core activity. Proceeds support outdoor cycling programs and Spinning Recovery Labs at Military and VA locations, as well as local rides for healing heroes., Maryann Lekas, 828-752-0922, 818-888-7091, maryann@ride2recovery.com, ride2recovery.com

August 3, 2013 — Tour de Park City, Park City, UT, Fully supported Tour starting and finishing in Park City. 170, 100 and 50 mile timed courses through Northern Utah's beautiful mountain valleys. Food, prizes and more!, Ben Towery, 801-389-7247, teamaccelerator@gmail.com, tourdeparkcity.com, teamaccelerator.com

August 3, 2013 — ULCER, Lehi, UT, 28th annual, 5th year for Gran Fondo style timed Century Tour around Utah Lake, 100, 65 mile, 30 mile options, start at Thanksgiving Point in Lehi., Mary-Margaret Williams, 801-641-4020, president@bbtc.net, Stan Milstein, 801-330-1400, ulcer@bccutah.org, bccutah.org

August 3, 2013 — Mammoth Creek Century, Cedar City, UT, There will be a USAC race that will be 100 miles. There will be a "casual" Killer Loop of 65 miles. Registration is \$60 through usacycling.org. Brian Jeppson, 435-586-5210, 435-559-2925, brian.jeppson@gmail.com, colorcountrycyclingclub.org

August 10, 2013 — The Ultimate Challenge Presented by the Tour of Utah, Park City, UT, Park City to Snowbird Ski and Summer Resort, 100 miles, with shorter options. Ride the course of the Queen stage of the Tour of Utah., Dirk Cowley, 801-699-5126, dcowley@comcast.net, tourofutah.com

August 10, 2013 — Promontory Point 120, BCC SuperSeries, Ogden, UT, 5 Points Ogden to Brigham City, Corrine, Golden Spike, Tremont and back 120 miles self-supported, shorter loop options available. Free event., Don Williams, 801-641-4020, roadcaptain@bccutah.org, Jen Green, 435-562-1212, pecan314@xmission.com, bccutah.org

August 10, 2013 — Mt. Nebo Century, Payson, UT, Benefiting Huntsman Cancer Institute and Southern Sudan Humanitarian. Challenge yourself over one of the highest and most picturesque peaks in Utah, enjoying mountain scenery and the secret Goshen Canyon. Fully supported. 8am start with 30, 65, and 100 options. Begins at 8:00 a.m. at Noble Sports in Springville, 1851 West 500 South, Jeff Sherrod, 801-654-2886, jeff@myreasonforride.org, Shawn Snow, 801-230-0914, shawn@myreasonforride.org, myreasonforride.org

August 16-17, 2013 — Bear Pa Challenge Charity Cycling Tour, Park City, UT, Challenging, fun, and fully supported ride from Bear Lake to Park City over the Mirror Lake Highway. Benefits Shriners Hospitals for Children., Tyler Hooper, 801-292-9146, 801-927-8310, tyler.hooper@gmail.com, bearpachallenge.com

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The Ghost Ride

May 11, 2013 - Tooele Valley

100 Miles, 62 Miles - Riding to honor the cyclists we've lost - Tooele Valley, Utah

TheGhostRide.com

August 17, 2013 — Bike the Bear Century. Garden City, UT, 100 and 50 mile rides. Begins at Camp Hunt on Bear Lake, UT. Support the Trapper Trails Council, BSA with a ride around the south end of scenic Bear Lake on the Utah/Idaho border. Jason Eborn, 801-479-5460, jeborn@bsamail.org, Nelson Palmer, npalmer@comcast.net, trappertrails.org/Programs/Activities%20and%20Civic%20Service/Bike%20the%20Bear

August 17, 2013 — Utah's Toughest Century, Riding 4 a Reason, tentative, Salt Lake City, UT, Can you handle it? Charity Bike ride, Emigration Canyon to East Canyon to Henefer to Coalville and back., Briana Thomas, 801-590-2704, 801-703-5233, briana.thomas@alpinehme.com, riding4areason.com

August 17, 2013 — Wildflower Pedalfest. Mountain Green, UT, Fully-supported, women only ride. 20,35,50 & 75 mile courses thru scenic Morgan Valley. Gift for those who complete the Wildflower Hill Climb. T-shirt, goodie bag, catered lunch, raffle, live band. Ride Limited., Stacie Palmer, 801-644-9940, 801-391-2819, wildflowerpedalfest@gmail.com, wildflowerpedalfest.com

August 17, 2013 — Ultimate ULCER 200 K Brevet, Nephi, UT, Ultimate ULCER 200K Brevet (125 miles). Self-supported ride from Lehi and going around Utah Lake. Includes a short out-and-back up Hobbie Creek Canyon too. A brevet is a nationally certified, self-supported, timed, ultra distance event. Co-sponsored by Bonneville Cycling Club, Salt Lake Randonneurs., Richard Stum, 435-462-2275, richard@distancebiker.com, saltlakekerandos.org

August 17, 2013 — TriathaMom, Herriman, UT, Women only triathlon at Kearns Oquirrh Park Fitness Center, 300 yard swim, 12 mile bike ride, and 5k run. Carnival style cheering section provided for families of participants., Dani Lassiter, 801-635-9422, dani@goldlocksride.com, gotriathamom.com

August 18, 2013 — The Big Ride 150-Wasatch Back Route, BCC SuperSeries, Salt Lake, UT, Start Draper Park climb Emigration and Big Mtn to Park City loop Brown Canyon Peoa Oakley Kamas Heber City, west to Provo Canyon thru Provo and Lehi and Pt of the Mtn. 100 mile option omits Browns Canyon loop., Don Williams, 801-641-4020, roadcaptain@bccutah.org, Jen Green, 435-562-1212, bccutah.org

August 24, 2013 — Cache Valley Century Tour, Logan, UT, 100 mi/100 km/40mile options. Hosted by Cache Valley Veloists Bicycle Touring Club. 8 am, in Richmond (12 mi north of Logan on Hwy 91), Bob Jardine, 435-713-0288, 435-757-2889, info@CacheValleyCentury.com, CacheValleyCentury.com

August 24-31, 2013 — Tour of Southern Utah, St. George, UT, 7-day tour including Zion, Bryce, Capitol Reef and More. 60-100 miles per day., Deb Bowling, 818-889-2453, embassy@planetultra.com, planetultra.com

August 24, 2013 — Summit Challenge, Park City, UT, Riders of all ages and abilities will hit the pavement for a 102, 52, or 18-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!, Rena Webb, 435-649-3991, events@discovernac.org, summitchallenge100.org, discovernac.org

August 25, 2013 — Twin Creeks 100, BCC SuperSeries, Coalville, UT, Start Coalville to Lost Creek Dam rolling course back to coalville then climb Chalk Creek, self-supported, 50 mile option first leg., Don Williams, 801-641-4020, roadcaptain@bccutah.org, bccutah.org

August 26, 2013 — Free Fee days in Arches and Canyonlands National parks, Moab, UT, The perfect time to ride your road bike in the parks., 435-259-8825, john@moabcity.org, nps.gov/findapark/fee-freeparks.htm

August 31-September 7, 2013 — LAGBRAU (Legacy Annual Great Bike Ride Across Utah), Blanding, UT, World's most scenic bicycle ride - includes up to 5 national parks, 6 amazing state parks, 2 national monuments, and various national forests. Blanding to Springdale., Les Titus, 801-654-1144, lestitus@lagbrau.com, lagbrau.com

August 31, 2013 — Hooper Horizontal 100, BCC SuperSeries, Salt Lake City, UT, West

Point Park (SLC) to West Weber and Hooper, self-supported century, 30 and 65 mile options, 8 am., Don Williams, 801-641-4020, roadcaptain@bccutah.org, Greg Allen, 801-450-1861, greg.allen@mhn.com, bccutah.org

August 31, 2013 — 2013 Hero Ride, Provo, UT, Distance options: 30,60,100mi; Provo, UT - LaVell Edwards Stadium is the start/finish; Registered riders will receive t-shirt, admission to the Ruby River Celebration Dinner and finisher medal for 100mi. Proceeds from the event benefit children and families throughout Utah who face significant life challenges., Mark Staffieri, mstaffieri@gmail.com, bronco-mendenhall.com

September 7, 2013 — Wonder Woman Century, Payson, UT, Ride for women by women, fun surprises, great food and awesome finisher's jewelry, 7:30 am 100 milers, 9 am 70 miles, 10 am 30 milers., Mahogani Thurston, 801-318-1420, wonderwomanride@gmail.com, wonderwomanride.com

September 7, 2013 — Epic 200, Saratoga Springs, UT, The Epic 200 is a fully supported one day 200 mile cycling adventure. We also offer a 160, 100, and 66 mile options., Dan Burton, 801-653-2039, epicbiking@gmail.com, epicbiking.com

September 14, 2013 — Wildflower Trailfest, Ogden, UT, Utah's first and only Mountain Bike Challenge for women. Held at Snowbasin Ski Resort. 3 timed courses. Awards for age group winners., Stacie Palmer, 801-644-9940, 801-391-2819, wildflowerpedalfest@gmail.com, wildflowerpedalfest.com

September 15-21, 2013 — Epic Bike 5 National Parks, Cycling Escapes, Zion NP, UT, 5 National Parks and Scenic Byways in 6 days! Starting in Zion National Park in southern Utah, on this spring and fall cycling vacation; from Zion National Park to the red rock hoodoos of Bryce National Park, then onward to Grand Staircase Escalante National Monument, Capitol Reef National Park, Lake Powell, and then up the little known Burr Trail., Cycling Escapes., 714-267-4591, cyclingescapes.com, CyclingEscapes.com

September 20-22, 2013 — Moab Century Tour, Moab, UT, Weekend of road cycling with rolling and climbing route options including the infamous "big Nasty" (3000 feet elevation in 7 miles). Warm up ride Friday, recovery ride Sunday, century route and timing chip option., Beth Logan, 438-260-8889, 435-259-3193, info@skinnytireevents.com, skinnytireevents.com

September 21, 2013 — Tour of Heber, Heber, UT, Slim & Knobby's Bike Shop presents. Ride options include a full 100 mile century, a metric century of 66 miles and a fun ride of 25 miles. Come challenge and reward yourself with this fun new century that will soon become a favorite among riders of all abilities., Carol Vails, 435-654-2282, sales@slimandknobbys.com, tourofheber.com

September 21, 2013 — Gnarly Nebo Brevet and Populaire, tentative, Payson, UT, Self-supported ride during the beautiful fall season. From Payson, up and over the Mount Nebo Loop road to Nephi and back. A brevet is a nationally certified, self-supported, timed, ultra distance event. Co-sponsored by Bonneville Cycling Club, Salt Lake Randonneurs., Richard Stum, 435-462-2275, richard@distancebiker.com, saltlakekerandos.org

September 21, 2013 — A Cure in Sight Ride, Salt Lake City, UT, A family fun bike ride to raise funds needed to restore sight to those who are blind in the local and international communities. Make a difference to those who can no longer see - by giving the gift of sight. 5, 10, 20 mile options. Benefits Moran Eye Center community outreach., Deborah Harrison, 801-585-6645, deborah.harrison@hsc.utah.edu, tinyurl.com/sightride2013

September 28, 2013 — Josie Johnson Memorial Ride, Salt Lake City, UT, This low key, casual memorial ride is dedicated in Josie's honor to bring the community together to raise awareness for bicycle safety, Sugarhouse Park at 10:30 am, to mouth of Big Cottonwood Canyon and back., Ken Johnson, 801-205-1039, killvetobike@gmail.com, josiejohnsonride.com

September 28, 2013 — Penny's Legacy Bike Ride, Farmington, UT, Start: Farmington Frontrunner Station parking lot), benefits Sego Lily programs to raise awareness of domestic abuse in our community, ride follows the Legacy Parkway trail, 10, 15, 25 mile options. Walk and ride along the Legacy Parkway Trail next to the Foxboro Regional Park, North Salt Lake (Located

at the intersection of 1100 North and Skipton Drive). Come with hearts and cycles of gold to join the fight against abuse towards the Deaf Community!, Sego Lily., 801-590-4920, info@slcad.org, slcad.org

September 28, 2013 — Million Miles at Miller, Tooele, UT, Century, Metric, 30-mile-through Tooele County, start and end at Miller Motorsports Park. Family 4.5-miler around track. All-day celebration, BBQ, Kids Zone! Benefits Special Olympics Utah., Carisa Miller, 801-563-4139, camiller@hm.com, Anne Marie Gunther, 801-563-4140, amgunther@hm.com, millionmilesatmiller.com

September 28, 2013 — The Watchman 100, St. George, UT, A beautiful fall century ride from Washington Utah to Springdale Utah near Zion National Park. Fully supported with sag vehicles, rest stops and lunch., Ryan Gurr, 435-674-3185, info@spingeeks.com, Margaret Gibson, 435-229-6251, margaret@spingeeks.com, spingeeks.com

September 28, 2013 — Moab Double Whammy, Moab, UT, Moab is ground zero to mountain biking, yet also offers great potential for endurance roadie events. Join us for this minimally-supported ride in two of Utah's best National Parks (Arches and Canyonlands). 6,000+ feet of climbing. A brevet is a nationally certified, timed, ultra distance event. Co-sponsored by Bonneville Cycling Club, Salt Lake Randonneurs., Richard Stum, 435-462-2275, richard@distancebiker.com, bccutah.org, SaltLakeRandos.org

September 28, 2013 — Cruising to Stop Abusing, Wellsville, UT, 10, 46, and 72 miles routes to choose from with the longer ride a perfect post-bike ride for all you LOTOJA riders. There will be fully stocked aid stations as well as lunch, Shawn Didericksen, 435-512-6192, shawnluder@yahoo.com, cruisingto-stopabusing.com

September 29-October 5, 2013 — Epic Bike 5 National Parks, Cycling Escapes, Zion NP, UT, 5 National Parks and Scenic Byways in 6 days! Starting in Zion National Park in southern Utah, on this spring and fall cycling vacation we'll bike from Zion National Park to the red rock hoodoos of Bryce National Park, then onward to Grand Staircase Escalante National Monument, Capitol Reef National Park, Lake Powell, and then up the little known Burr Trail., Cycling Escapes., 714-267-4591, info@cyclingescapes.com, CyclingEscapes.com

October 5, 2013 — Zion Canyon 200K, Southern Utah Brevet Series, St. George, UT, Brevets are self supported, timed distance cycling events. This route begins in St. George, continues on to Zion and returns via Toquerville and Leeds., Lonnie Wolff, 435-559-0895, info@subrevet.org, subrevet.org, rusa.org

October 5, 2013 — Honeyville Hot Springs 100, BCC SuperSeries, Salt Lake City, UT, Start 5 Points Ogden to Brigham City, climb sardine, Loop Cache Valley and return over SR 30 to Tremonton and Honeyville for a hot springs soak then return to Ogden. Self Supported., Don Williams, 801-641-4020, roadcaptain@bccutah.org, Jim Halay, 801-641-4020, jameshalay@ovalley.net, bccutah.org

October 12, 2013 — Breast Cancer Awareness Ride, American Fork, UT, 22 mi casual ride for women and men; food, SWAG, & raffle prizes; Registration fees go to The Breast Cancer Research Foundation., 801-763-1222, info@trekaf.com, trekaf.com

October 26, 2013 — Fall Tour de St. George, St. George, UT, Ride around Snow Canyon State Park, Quail Creek Reservoir and Washington County's newest reservoir, Sand Hollow. 35, 60 & 100 Mile options., Ryan Gurr, 435-674-3185, info@spingeeks.com, Margaret Gibson, 435-229-6251, margaret@spingeeks.com, spingeeks.com

Regional Road Touring

May 4, 2013 — Boys and Girls Club Community Charity Ride, Charity, Nampa, ID, Please join us for our first annual Community Day Charity Ride! There is a family 5 mile, 32 mile, & metric century. The Family 5 mile will leave the Idaho Center and head West on Birch to the fire station and return back to the Idaho Center. No Day of Registration. Registrations end May 2nd at Midnight. Helmets Required for All Riders., Melissa Gentry, 208-461-7203, mgentry@bgclub-nampa.org, bgclub-nampa.org

May 5-10, 2013 — Redrock Canyons Tour, Grand Junction, CO, Ride through Redrock Canyon-Country of western Colorado and eastern Utah. Visit world famous Monument Valley and the incomparable Unaweep and Dolores River Canyons. Average daily mileage is 72 miles, mileage ranges 48-112 miles, and total ascent is 22,159' and descent 24,187'. John Humphries, 970-728-5891, info@lizardheadcyclingguides.com, lizardheadcyclingguides.com

May 12, 2013 — Amazing Earthfest, Fredonia, AZ, 8th Annual - Grand Staircase Escalante National Monument Scenic 37 miles out and back (paved),

7:45 am, 420 East 300 South (US 89), Kanab, Utah, Pre-ride refreshments, Optional 60 miles., Rich Csenge, 435-644-3735, jw@gwi.net, amazingearthfest.com

May 18, 2013 — Cycle for Independence, Charity, Boise, ID, Fundraiser for the Treasure Valley Chapter of the National Federation of the Blind, 10, 25, and 63 mile distances, individual and team rides, routes begin in northwest Boise, supported ride., Ramona Walhof, 208-336-5333, cycleforindependence@gmail.com, tvblindidaho.org

May 18, 2013 — Ride for the Pass, Aspen, CO, Part of the Aspen Cycling Festival, Benefits the Independence Pass Foundation. 19th Annual from the Winter Gate, 4 miles east of Aspen, to the Independence Ghost Town approximately 10 miles east up Highway 82 on Independence Pass, gains approximately 2200 feet of elevation, from 8,500' to 10,700'. Mark Fuller, 970-963-4959, fulcon@comcast.net, independencepass.org, aspencyclingfestival.com

May 18, 2013 — Rupert Century Bike Ride, Rupert, ID, The scenic course is a loop of 33 miles starting from the Rupert Square. The route takes you through country roads to Walcott State Park where you will loop the main park then return to Rupert, benefit ride, 9 am., Alice Schenk, 208-436-4514, runnerschenk@gmail.com, Justin Mitchell, 208-431-6014, Ken Stephens, 208-430-4514, sak41@pmt.org, sick-riders.com

May 19, 2013 — Santa Fe Century, Santa Fe, NM, 28th Year, 3,000 riders. 25, 50, 75, and 100 mile routes. Terrain is flat, rolling, moderately hilly, 6 food stops, SAG support vehicles., Willard Chilcott, 505-982-1282, willard@cybermesa.com, santafecentury.com

May 19, 2013 — Gran Fondo Santa Fe, Santa Fe, NM, 102 mile Course. This event is held simultaneously and on same course as with the Santa Fe Century. Chip Timing provided by CCR Timing. Timing begins near intersection hwy 14/599 and ends in Galistero, a seventy mile stretch of century course. Neutral ten-mile roll out., Michael McCalla, 406-381-2690, mikellehikebike@hotmail.com, s3.amazonaws.com/USACFlyers/FL_2013-1342.pdf, nmbikensport.com

May 26-31, 2013 — Whiterock Canyons Tour, Grand Junction, CO, Cyclists ride through Capitol Reef National Park, Bryce National Park, and Grand Staircase National Monument., John Humphries, 970-728-5891, info@lizardheadcyclingguides.com, lizardheadcyclingguides.com

June 2, 2013 — America's Most Beautiful Bike Ride - Lake Tahoe, Stateline, NV, 22nd annual, in conjunction with the Leukemia & Lymphoma Society Team in Training program. Fully supported with rest stops, Tech support and SAG. 100 mile century, 72 miles, boat cruise, and 35 mile fun ride., Curtis Fong, 800-565-2704, 775-588-9660, tgft@bikethest.com, bikethest.com, bikeandskitahoe.com

June 8, 2013 — Bob LeBow Bike Tour, Charity, Nampa, ID, Routes from 3-100 miles, ride benefits the Terry Reilly Zero Pay Fund, helping support primary health care for our neediest patients., Ann Sandven, 208-467-4431, asandven@trhs.org, trhs.org

June 8, 2013 — Tour of Marsh Creek Valley, Pocatello, ID, Fully supported ride with snack and drinks at Inkom, McCammon

and the Downey turns. Options of 25, 62, or 100 miles between Pocatello and Malad Pass., Mike Collier, 208-681-0919, 208-533-5445, dadcollaer2@hotmail.com, idahocycling.com, pebblecreekceteam.com

June 8, 2013 — Fremont Area Road Tour (FART), Lander, WY, 25m, 100k, 100mile options, includes breakfast, bbq, t-shirt and bottle, in conjunction with Brew Fest, Mike Lilygren, 307-840-3131, fart@lander-cycling.org, lander-cycling.org

June 9-14, 2013 — Whiterock Canyons Tour, Grand Junction, CO, The topography explodes with desert, deep canyons and mountains all twisted by mammoth forces to produce an otherworldly landscape. Cyclists ride through Capitol Reef National Park, Bryce National Park, and Grand Staircase National Monument., John Humphries, 970-728-5891, info@lizardheadcyclingguides.com, lizardheadcyclingguides.com

June 10-July 4, 2013 — Great Alaska Highway Ride, Dawson Creek, BC, AK, Annual supported ride up the full length of the Al-Can Highway, Dawson Creek, BC to Delta Junction, AK. The ultimate wilderness road bike trip., Pedalers Pub & Grille., 877-998-0008, rides@pedalerspubandgrille.com, pedalerspubandgrille.com, bike-tours/alaska/GreatAlaskaHighwayRide.htm

June 15, 2013 — Spinderella, Pocatello, ID, Women's only ride featuring five scenic routes, from 10 to 100 miles. Roll-out begins at 7:30 AM at Ross Park in Pocatello, ID., DaNae Young, 208-221-9300, spinderella33@gmail.com, spinderellaride.com

June 15, 2013 — The Great Owyhee Ride Against Hunger, Charity, Ontario, OR, 50 mile, 62.5 miles, or 100 miles, experience all that Scenic Rural Oregon has to offer! Start: Historic Train Depot in Downtown Ontario, tour through the rustic country side, experience the majesty of the High Desert landscape, and make your way towards the stately Owyhee Dam before circling back towards town., Kurt Holzer, 208-890-3118, kurfholzer@hotmail.com, Kevin Goade, tarmadog@gmail.com, greatowyheeride.com

June 15, 2013 — Eagle Rock Century, Idaho Falls, ID, Join Eagle Rock Cycling Club's Century, 63, and 25 mile rides. Featuring great training climbs and rolling hills., Mike Collier, 208-681-0919, 208-533-5445, dadcollaer2@hotmail.com, Gretchen Houston, 208-557-2823, ghouston@mwhospital.net, eaglerockcycling.com

June 22, 2013 — Blue Cruise - Meridian, Charity, Meridian, ID, Recreational bike ride with 15, 30, 50 and 100 distances. Beginning at 7 am. Lunch & t-shirt included in registration. Benefits Garden City Community Clinic., Karri Ryan, 208-387-6817, 208-331-7317, kryan@bcdidaho.com, bluecruisedidaho.com

June 22, 2013 — Bear Lake Monster Century Ride, Montpelier, UT/ID, Bear Lake Monster is a 100, 75, 50 or 25 mile fully supported ride from Montpelier, ID. A climb to Minnetonka Cave and prize awaits each 100-mile rider and a backyard barbecue welcomes every finisher. Utah's best century ride ... is on Idaho!, Jared Eborn, 801-599-9268, jared@extramileracing.com, BearLakeMonsterRide.com

June 22, 2013 — Holly Frontier Tour de Prairie, Cheyenne, WY, Course heads west out of Cheyenne along Happy Jack Road - WYO 210, past Curt Gowdy State Park and through Medicine Bow

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National Forest, to the Lincoln Memorial at the I-80 Rest Area. 3,000ft of elevation gain. Courses ranging from 10-100 miles, start at Lyons Park, road and dirt., Scott Phillips, 307-637-6456, 307-637-6423, sphillips@cheyennecity.org, cheyennecity.org

June 22, 2013 — Lemhi Valley Century Ride, Salmon, ID, 100 miles or 100 kms through the picturesque Lemhi River Valley., Marla Huntman, mhuntman@hotmail.com, lemhivalleycenturyride.weebly.com/

June 23, 2013 — Tour of the Carson Valley - Barbecue & Ice Cream Social, Genoa, NV, Mormon Station State Park, 6th Annual. Fully supported with rest stops, tech support and SAG. 11 mile Family Fun Ride, 20-mile Bike & Hike & 44 / 60 miles., Curtis Fong, 800-565-2704, 775-588-9660, tgft@bikethewest.com, bikethewest.com, bikeandskitahoe.com

June 29, 2013 — RATPOD (Ride Around the Pioneers in One Day), Dillon, MT, RATPOD is a 130-mile one-day charity ride for Camp Mak-A-Dream. The ride takes place in the beautiful Big Hole Valley of SW Montana., Jennifer Benton, 406-549-5987, info@ratpod.org, ratpod.org, campdream.org

July 6-7, 2013 — Gran Fondo Kootenai, Libby, MT, A two-day, point-to-point, "stage" gran fondo featuring fully supported riding through the spectacular landscapes of Montana's remote northwest corner. Located on National Forest Scenic Byways, routes take in the state's Cabinet Mountains, serene Lake Koocanusa, and the legendary Yaak Valley. Stellar climbs, thrilling descents, plenty of fantastic scenery and -- best of all -- nonexistent traffic. Proceeds benefit charities in Libby and Eureka, Montana., John Weyhrich, 406-241-2829, john_veyhrich@yahoo.com, gfkootenai.com

July 6, 2013 — Ride 2 Recovery Honor Ride Denver, Honor Ride, Denver, CO, A non-competitive cycling event that offers 3 fully supported routes, 15, 27, 61 mile options, with great rest stops, festive start/finish in honor of our healing heroes. Ride 2 Recovery's mission is to improve the health and wellness of healing heroes through mental and physical rehabilitation programs that feature cycling as the core activity. The funds raised through the Honor Ride Series support outdoor cycling programs and Spinning Recovery Labs at Military and VA locations around the US, as well as local rides for healing heroes. The ride will start at 9am at Bicycle Village, 2802 S. Havana Street Aurora, CO., Maryann Lexas, 828-752-0922, 818-888-7091, maryann@ride2recovery.com, ride2recovery.com

July 6, 2013 — Gran Fondo Taos-Mora-Angel Fire, Taos, NM, 7:00 am start, 105, 84, or 46 miles. Timed event. All proceeds from this event will go to the Taos

Sports Alliance whose goal is to bring more sporting events to Taos and make more sports opportunities available to the youth of Taos. Start/finish for all three distances is at the Taos Youth and Family Center, 407 Paseo del Canon East, Taos NM, 87571., Jennifer Buntz, 505-306-1443, bikefunsafe@gmail.com, taosportsalliance.com

July 14-19, 2013 — B.E.A.R.S. - Bicycling the Extraordinary Alaskan Roads, Anchorage, AK, Explore a variety of Alaskan landscapes, from Denali to Prince William Sound. Fully supported trip with both camping and motels., Pedalers Pub & Grille, 877-998-0008, rides@pedalerspubandgrille.com, pedalerspubandgrille.com/bike_tours/alaska/Bears.htm

July 13, 2013 — Goldilocks Idaho, Meridian, ID, Fully supported, non-competitive, women only bike ride. Beautiful (flat) route, yummy food, pretty t-shirt, good looking Papa Bears. Start: Settlers Park, 7:00 am., Dani Lassiter, 801-635-9422, dani@goldilocksride.com, goldilocksride.com

July 13, 2013 — Bike for Kids Idaho Falls, Idaho Falls, ID, 2, 4, 15, 25, 65 & 100 mile cycling options, food, games and activities for families. All proceeds help special needs children receive adaptable bicycles., Kristy Mickelsen, 208-522-1205, 208-680-9397, kristy@bikeforkidsidaho.com, bikeforkidsidaho.com

July 14-19, 2013 — Tour de Wyoming, Cody, WY, Starts and ends in Cody. Begin the tour pedaling through the northern Bighorn Basin for the first two days. Then head north and west into Montana to overnight in Red Lodge before pedaling up and over the Beartooth Highway and into Wyoming's Sunlight Basin. Spend two days in the Basin before returning to Cody on the final day. Total distance covered - 330 miles with 2 significant mountain passes., Amber Travyk, 307-742-5840, atravsky@wyoming.com, cycleywyoming.org

July 20, 2013 — Jerdemann Gran Fondo, Cheney, WA, A timed 112 mile, 66, or 30 milw cycling ride and cycling festival., Marla Emde, 509-953-9924, 509-939-0552, marla@emdesports.com, emdesports.com

July 20-27, 2013 — Montana Bicycle Ride, Missoula, MT, 7-day fully-supported road tour beginning in Missoula, Montana - visiting Darby, Jackson, Wise River, Philipsburg and Ovando., Sanna Phinney, 541-382-2633, 541-410-1031, info@oregonbicycleride.org, bicycleridesnw.org

July 20, 2013 — Absolute Bikes Taylor House Benefit Century Ride, Flagstaff, AZ, Benefit ride in the high-altitude cool pines of Northern Arizona. There are 30, 45, 65, and 95 mile route options., Anthony Quintile, 928-779-5969, flagstaff@absolutebikes.net, Ashley Hammarstrom, 877-527-5291, Ashley.hammarstrom@nahealth.com, absolutebikes.net/taylor

July 21, 2013 — Durango 100 Bicycle Century Tour, Durango, CO, A loop ride from Durango, Colorado to Farmington, New Mexico and back. Riders can choose between 50, 84 and 100 mile rides, which are on a mix of small country roads and county highways with short, gradual hills in one of the most majestic areas of the Southwest., Keith Ashmore, 505-258-0592, kashmore@advantas.net, durango100.com

July 27, 2013 — Four-Summit Gran Fondo Challenge, Charity, Cascade, ID, Options include 75, 60, 50, 30 or 8.2 Mile Options. Course covers two mountain passes along Warm Lake Road. The ride starts at the American Legion Hall in downtown Cascade and proceeds down Main Street to Warm Lake Road. Money raised by the Cascade to Warm Lake Four Summit Challenge will support various charitable and community projects within the area of Cascade. Ride support will be handled by George's Cycles of Boise, and post ride barbeque, beer garden and music will be hosted by the Community of Cascade., Mike Cooley, 208-343-3782, mcooley@georgescycles.com, georgescycles.com

July 29-August 9, 2013 — Klondike Gold, Dawson, YT, Ride through history, retracing the route of the notorious 1897 Klondike Gold Rush, in reverse from Dawson, YT to Skagway, AK., Pedalers Pub & Grille, 877-998-0008, rides@pedalerspubandgrille.com, pedalerspubandgrille.com/bike_tours/alaska/Klondike_Gold_Rush.htm

August 3-10, 2013 — Oregon Bicycle Ride, Athena, OR, Participate in our 7-day fully-supported roadtour beginning and ending in Athena, OR visiting LaGrande, Joseph, Astoria (WA), and Dayton (WA), Sanna Phinney, 541-382-2633, 541-410-1031, info@oregonbicycleride.org, oregonbicycleride.org

August 3-11, 2013 — BlomFest - OccupySalmon, Salmon, ID, We will be leading big Mtn Bike rides and shuttles all around the Salmon Area Basecamps. BYO food, beer, bikes, camp equipment. FREE event, but donations accepted to support the shuttle rigs., Marc Landblom, 435 260 0991, blom@ridesalmon.com, ridesalmon.com

August 4-10, 2013 — Ride Idaho, Charity, North Idaho, ID, 7-day supported bicycle tour in N. Idaho, 425 miles, Coeur d'Alene, Sandpoint, Thompson Falls, Wallace, Heyburn State Park, Trail of the Coeur d'Alenes, Route of the Hiawatha Trail, Centennial Trail., Susy Hobson, 208-830-9564, rida@rideidaho.org, rideidaho.org

August 9-14, 2013 — BOTOBO, Bozeman, MT, 5 days, 5 centuries - no relay! Bozeman to West Yellowstone, West Yellowstone to Jackson Hole, Jackson Hole to Montpelier Idaho, Montpelier to Brigham City, Brigham City to Bountiful. 20,000 feet of elevation gain., Jaon

Unruh, 801-390-0036, jason@botobocycling.com, botobocycling.com

August 10, 2013 — HeART of Idaho Century Ride, Idaho Falls, ID, 25, 62, and 100 mile options. Entry fees cover entry, t-shirts, fully stocked rest stops, and post ride BBQ. Route is flat to rolling, easy to moderate difficulty. Benefit for the Art Museum of Eastern Idaho., Miyai Griggs, 208-524-7777, 208-766-6485, mabe@theartmuseum.org, theartmuseum.org/Century.htm

August 10, 2013 — Le Tour de Koocanusa, Libby, MT, Fully supported 83 mile bike ride which tours the breathtaking shoreline of Lake Koocanusa. Ride finishes with a Blues Festival Finale. Fundraiser for Search & Rescue., Dejon Raines, 406-291-3635, dejonraines@hotmail.com, lefourdekoocanusa.com

August 10, 2013 — Stonewall Century Bicycle Ride, La Veta, CO, This challenging, scenic and delicious ride benefits local non-profits. The Stonewall climbs from La Veta, along beautiful and lightly-traveled Colorado Highway 12, to Segundo and back, over 8,000 feet of climbing., Sandy Borhick, 719-742-5702, borhick@amigo.net, spcycling.org

August 11-26, 2013 — AK.CAN.AK Adventure, Haines, AK, Four of Alaska & the Yukon's most scenic highways in a fully supported, awesome wilderness ride - Haines Highway, Al-Can, Tok Cutoff & Richardson Highway., Pedalers Pub & Grille, 877-998-0008, rides@pedalerspubandgrille.com, pedalerspubandgrille.com/bike_tours/alaska/Alaska_Canada_Adventure.htm

August 17-18, 2013 — Bike MS Wyoming: Close Encounters Ride, Bike MS, Sundance, WY, Ride through the rolling hills surrounding grasslands and ponderosa forest at the foot of the Black Hills., Alexis Johnson, 303-698-5403, alexis.bradley@nmss.org, bikemswyoming.org

August 18, 2013 — Bike for Kids Rupert, Rupert, ID, Scenic course is a loop of 33 miles starting from the Rupert Town Square. The route takes you through country roads to Walcott State Park and back to Rupert via different route. Barbecue and music in Rupert Square. Two aid stations. Ride is by donation to Bikes for Kids. Includes a meal ticket., Ken Stephens, 208-430-4514, sak41@pmi.org, bikeforkidsidaho.com

August 24, 2013 — BCRD Sawtooth Century Tour, Hailey, ID, Benefit for BCRD Galena Summer Trails. Road bike tour from Ketchum to Alturas Lake and back. 50 or 100 mile tour options. Aid stations along the way. Optional timed hill climb up Galena Summit., Janelle Conners, 208-578-5453, 208-720-7427, jconners@bcd.org, bcd.org

August 24, 2013 — CASVAR 2013, Afton, WY, Pony Express 20, Colt 45, Pioneer 65, Blazing Saddle 85 and Saddle Sore Century rides, Star Valley., Howard Jones, 307-883-7997, 307-413-0622, info@casv.org, casv.org

August 24, 2013 — Jackson Hole Grande Fondo, tentative, Jackson, WY, Grande Fondo in the shadows of the Tetons and the Greater Yellowstone Area., Scott Horn, 307-739-2676, scotth@jacksonhole.com, teamjacksonhole.com

August 25, 2013 — MS Wine Ride, Boise, ID, Ride 35 miles through the beautiful scenery of the Sawtooth Winery in Nampa, Idaho and raise money for multiple sclerosis., Megan Nettleton, 208-336-0555, Megan.Nettleton@nmss.org, georgescycles.com

August 25, 2013 — Tour of the Valley, Grand Junction, CO, The Tour is not a race; we encourage you to set your own pace and enjoy beautiful Western Colorado. 30, 50, 75 route options and the full century, 100-mile route, that includes the famous ride over the Colorado National Monument. Start and finish at DoubleTree Hotel, 743 Horizon Drive, Morgan, 800-621-0926, webguest@ghosp.org, yourcommunityhospital.com/Tour_of_the_Valley.cfm

August 25, 2013 — Pedal For Patients, Charity, Fruitland, ID, Chose the distance: 100, 68, 40, or 20 miles. The ride starts and ends at Saint Alphonsus Medical Group-Dominican Health in Fruitland, Idaho 1118 NW 16th St. Lunch, rest stops, and sag wagons will be provided along with plenty of food., Chose the distance: 100, 68, 40, or 20 miles, pedalforpatients.com

September 7, 2013 — Wild Horse Century, Cody, WY, Benefits the wild mustangs of the McCullough Peaks outside Cody and Cody Youth Cycling. The joint sponsorship of Friends of a Legacy (FOAL) and Park County Pedalers (PCP) bicycle club. 100 and 60 mile options. Great mustang viewing., Werner Noesner, pcbike@tctwest.net, wildhorsecentury.com

September 8, 2013 — Tour de Tahoe - Bike Big Blue - Ride to Cure Diabetes, Lake Tahoe, NV, 11th Annual, ride around Lake Tahoe's Shoreline with the Juvenile Diabetes Research Foundation, fully supported with rest stops, tech support and SAG. 72 miles, 4300 vertical gain. Boat Cruise & 35 mile fun ride., Curtis Fong, 800-565-2704, 775-588-9660, tgft@bikethewest.com, bikethewest.com

September 8-13, 2013 — The Amgen People's Coast Classic, Astoria, OR, 6-day charity event benefiting the Arthritis Foundation. Join us for 2, 4, and 6-day options along the beautiful Oregon Coast., Tai Lee, 206-547-2707, tllee@arthritis.org, thepeoplescoastclassic.org, arthritis.org

September 8-28, 2013 — Santa Fe Trail Bicycle Trek, Santa Fe, NM, Ride all or part of the Santa Fe Trail (approx. 1100 miles) on paved public roads only. After the first four days, riders can leave the group at any place along the route., Willard Chilcott, 505-982-1282, willard@cybermesa.com, SantaFeTrailBicycleTrek.com

September 8, 2013 — Ride For Red, Charity, Boise, ID, Blue Chip ride through the vineyards and orchards of the Southern Treasure Valley. Rest stops will keep you fueled for a 100, 75, or 50 mile trip, with ride escorts to help you reach your timed goals. Then back to Barber Park for exceptional food, fun and Ride for the Red gift bags with cool swag. Start and Finish at Barber Park 4049 South Eckert Road., redcross.org/news/event/Greater-Idaho-Ride-for-the-Red

September 14, 2013 — Tahoe Sierra Century, Squaw Valley, CA, 30-60-100 mile routes with 2500-6800 vertical gain. Starts at Squaw Valley Ski Resort, goes to Donner Lake and over the Donner Summit, Nancy Lancaster, ridedirector@tahoesierracentury.com, tahoesierracentury.com

September 14, 2013 — The Ride Westcliffe: The High Peaks Century, Westcliffe, CO, Takes place in the Wet Mountains of Southern Colorado. Part of Ride Westcliffe - the High Peaks Century is one of 5 rides offered. The Century has 10,000+ feet in elevation gain. The rides have 4 fully supported rest area, SAG Support, entrance to the High Peaks Music Festival, a T-Shirt, pasta feed and access to a pool and sauna. The other rides are a metric century, the West Mountain 60, a New Guys Ride and a family ride and kids bike rodeo., Rob Tobin, 719-783-3229, rtobin@msn.com, ridewestcliffe.com

September 15, 2013 — Jason Werst Memorial Owyhee Century, Ontario, OR, Kurt Holzer, 208-890-3118, kurfholzer@hotmail.com, treasurevalleycycling.com

September 21, 2013 — RTC Viva Bike Vegas Gran Fondo, Las Vegas, NV, Ride with five-time Tour de France Champion Miguel Indurain through the Las Vegas Strip, Red Rock Canyon & near Lake Mead., Amy Maier, 702-967-2296, amaier@bpadlv.com, rtcnv.com, vivabikevegas.com

September 21, 2013 — Ride the Rails Bike-a-Thon, Hailey, ID, 20 mile ride on the BCRD Wood River Trail., Janelle Conners, 208-578-5453, 208-720-7427, jconners@bcd.org, bcd.org

September 21, 2013 — West Yellowstone Old Faithful Cycling Tour, West Yellowstone, MT, West Yellowstone to Old Faithful and back, 60 miles past golden aspen, bugling elk, majestic bison, gurgling geysers, and steaming hot pots. Supported ride., Moira Dow, 617-697-6126, director@rendezvouskittrails.com, cycleyellowstone.com

September 22-28, 2013 — OATBRAN, Lake Tahoe, NV, One Awesome Tour Bike Ride Across Nevada, 22nd Annual, following the Legendary Pony Express Trail on U.S. Hwy. 50, 5 days of riding, 420 miles from Lake Tahoe to Great Basin National Park. Fully Supported motel style tour., Curtis Fong, 800-565-2704, 775-588-9660, tgft@bikethewest.com, bikethewest.com

October 5, 2013 — No Hill Hundred Century Bike Tour, Fallon, NV, 30 mile, a 60 mile, and a 100 mile tour, fully supported. Event shirts, gift bags, lunch (for metric and century riders), post event BBQ at noon for all riders, 8:30 am, Churchill County Fairgrounds., Danny Gleich, 775-423-7733, dgleich@churchillcounty.org, churchillcounty.org/parksnrec/index.php?ctr=152, churchillcountycyclists.com

October 5, 2013 — Santa Fe Gourmet Classic, Santa Fe, NM, The annual Santa Fe Gourmet Classic is a fun, challenging 65 mile bike tour with delicious, creative Southwest style foods at five gourmet refueling stops. The noncompetitive ride winds through Santa Fe and into the surrounding areas taking you through



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beautiful meadows overlooking the Sangre de Cristo Mountains. This year the ride will be limited to 150 riders., Kathleen Davis, 505-795-3286, lavimz@gmail.com, santafegourmetclassic.com

October 5, 2013 — Tour of the Moon, Grand Junction, CO, Cyclists will start and finish at Two Rivers Convention Center in downtown Grand Junction, Colorado. The courses have been changed in 2013 so that everyone will finish with the spectacular ride over the Colorado National Monument. You may choose between the "metric century" (62 miles) which includes the beautiful farm country surrounding areas of Fruita or the "classic" 41 mile route. The 2013 ride will be limited to the first 2,000 registered participants. , 303.282.9020, touinfo@tourofthemoon.com, tourofthemoon.com

October 12, 2013 — Goldilocks Las Vegas, Las Vegas, NV, 4th Annual! Fully supported, non competitive, women only bike ride with 20, 40, 60, 80 and 100 mile route options. Wayne Bunker Family Park at 7:00 am., Dani Lassiter, 801-635-9422, dani@goldilockside.com, goldilockside.com

October 12, 2013 — Park to Park Pedal Extreme Nevada 100, Kershaw-Ryan State Park, NV, Starts and finishes at Kershaw-Ryan State Park. 103 mile starts 7:30 am. Metric Century starts 7:30-am. 40 mile starts 8 am. Registration 5 pm Friday / 7 am Saturday., Dawn Andone, 775-728-4460, cathedralgorge_vc@cturbonet.com, Jonathan Brunes, 775-726-3564, kershaw@cturbonet.com, lincoln-countynevada.com/Lincoln-County-Nevada-Pedal.html

October 19, 2013 — Tri-States Gran Fondo, Mesquite, NV, 112 miles, 7,500' of climbing, three States - Nevada, Arizona, Utah, all in one spectacular day of cycling. Fully supported / Chip Timed., Deb Bowling, 818-889-2453, embassy@planetultra.com, tristatesgranfondo.com

November 9-10, 2013 — Bike MS Las Vegas, Bike MS, Las Vegas, NV, Fundraiser for the National Multiple Sclerosis Society. Fully supported. 30,65,100 mile on Saturday to Red Rock Canyon Loop, 35, 50 miles on Sunday to Lake Las Vegas. Start/ Finish Ruvo Center for Brain Health., Kari Boatner, 310-479-4456, 310-481-1135, kari.boatner@nmss.org, bikemsnevada.org

November 9, 2013 — Ride 2 Recovery Honor Ride Las Vegas, Honor Ride, Las Vegas, NV, A non-competitive cycling event that offers 3 fully supported routes, 20, 40, 80 mile options, with great rest stops, festive start/finish in honor of our healing heroes. The funds raised through the Honor Ride Series support outdoor cycling programs and Spinning Recovery Labs at Military and VA locations around the US, as well as local rides for healing heroes. The ride will start at 9am on the Las Vegas Strip in Conjunction with one of the MGM Hotel/Casino's., Maryann Lekas, 828-752-0922, 818-888-7091, maryann@ride2recovery.com, ride2recovery.com

Multisport Races

May 11, 2013 — Spring Sprint Triathlon, Salt Lake City, UT, Fantastic bike course and a run that finishes in the Olympic Oval making this course the most spectator-friendly venue in the state., Cody Ford, 801-558-2503, cody@ustrisports.com, ustrisports.com

May 11, 2013 — South Davis Splash n Sprint Triathlon, South Davis Racing Series, Bountiful, UT, Perfect for every level of athlete, at the South Davis Recreation Center, John Miller, 801-298-6220, john@southdavisrecreation.com, southdavisrecreation.com

May 18, 2013 — St. George Triathlon, BBSC Twin Tri Series, St. George, UT, The first race of the Twin Tri series at Sand Hollow State Park, with Sprint, Olympic, and Kids' distances., Cedric Keppler, 318.518.7303, info@bbsctri.com, Michelle Lund, michelle@bbsctri.com, bbsctri.com

May 18, 2013 — Woman of Steel Triathlon & 5K, American Fork, UT, Friday expo, motivational speakers and registration. Sat. 8 am start, American Fork Recreation Center, 454 North Center. 300 meter pool swim/11.4 mile bike/3 mile run. Awards are presented to overall finishers as well as the top 3 in each age group., Dan Aamodt, 801-635-8966, info@triutah.com, triutah.com

May 18, 2013 — Timp Trail Marathon, T3TRI EVENTS, Orem, UT, This course is all run on mountain trail and fire road. There are sections of ascent and descent that are very technical, possible snow, possible stream crossings, and rocky/steep areas with exposed cliffs. This is trail marathon that is set up like an ultra marathon., Shaun Christian, 801-769-3576, 801-678-4032, shaun@t3triathlon.com, Amy Perez, amy@t3triathlon.com, t3triathlon.com

May 18, 2013 — Brook's Breakout, Wild Rockies Series, Weisse, ID, Trail Run 5K/10K/20K, plus New MTB XC race course, Darren Lightfield, 208-608-6444, wildrockiesemail@yahoo.com, wildrockiesracing.com

May 18, 2013 — Oregon Trail Sprint Triathlon, North Powder, OR, Swim 750 m (0.47 mi) in Wolf Creek Reservoir.Bike 20 km (12.4 mi) along a mostly flat and wide-open country road, cross the free-

way and you'll be riding alongside the actual Oregon Trail on your visit to North Powder where you'll turn around for the return back to the transition. Run 5 km (3.1 mi) up a gravel road along the lake., Brian Sather, 915-247-2633, bsather@lagranderide.com, lagranderide.com/oregon-trail-sprint-tri

May 20-August 30, 2013 — Youth Triathlon Team, Murray, UT, For youth with tri experience or team experience in another sport such as swimming, track or cycling. Team meets twice per week on Tuesday and Thursday mornings., Jo Garuccio, 801-566-9727, 801-557-6844, jo@agegroupsports.com, greatbasincoaching.com

May 25-27, 2013 — Draper Trail Days, tentative, Draper, UT, 3 events Road hill climb, stan crane memorial mt bike race (icup), trail run, Marek Shon, 801-209-2479, intermountaincup@gmail.com

June 1, 2013 — Salem Spring Triathlon, RACE TRI, Salem, UT, Sprint distance triathlon. 10-year anniversary., Aaron Shamy, 801-518-4541, aaronshamy@hotmail.com, racetri.com

June 1, 2013 — Adventure Xstream Buena Vista, AXS Series, Buena Vista, CO, Solo, 2 person and 4 Person Teams will kayak, trek, rappel, and mountain bike., Will Newcomer, 970-403-5320, events@gravityplay.com, gravityplay.com

June 1, 2013 — Cottonwood Heights Sprint Triathlon, Cottonwood Heights, UT, Held in the foothills of the Cottonwood Canyons., Patti Hansen, (801) 943-3190 x106, phanen@cottonwoodheights.com, cottonwoodheights.com

June 1, 2013 — XTERRA Lory, XTERRA America Tour, Bellvue, CO, Features a 1/2 mile swim in the clear waters of Horsetooth Reservoir (Eftuk Bay), it's one of the most scenic swims in the state with canyon walls on both sides. Then a 2-Lap 12.2 mile single-track bike over rolling terrain, and across valley bridges at Lory State Park. Finish things off with a fun and challenging 4.8 mile (8k) run through the clouds on single-track trails! , Lance Panigutti, lance@withoutlimits.co, www.withoutlimits.co/#!_xterra-lory

June 1, 2013 — XTERRA Four Corners, XTERRA America Tour, Farmington, NM, Traditional Swim / Bike / Run format: 1 mile out and back Swim at Farmington Lake; Fast and fun 17 mile Bike Course; New scenic 5 mile Run Course that skirts Farmington Lake;\$1,000 Pro Purse., Ingrid Gilbert, 877-751-8880, fmncvb@earthlink.net, <http://xterrafourcorners.farmingtonnm.org/>

June 2, 2013 — Ironman Boise 70.3, Boise, ID, 1.2 mile swim, 56 mile bike, 13.1 mile run., Mike Cooley, 208-343-3782, mcooley@georgescycles.com, ironmanboise.com

June 8, 2013 — XTERRA Moab Triathlon Festival, XTERRA America, TriUtah Points Series, Moab, UT, XTERRA sport and full open water off-road triathlons, Moab sprint and Olympic open water road triathlons, Trail Run, and Kids' Triathlon. , Dan Aamodt, 801-635-8966, info@triutah.com, triutah.com

June 8, 2013 — The Point Adventure Race, South Jordan, UT, Graffiti Racing presents a multi-sport endurance event featuring mountain biking, running/trekking, paddling, a climbing challenge, and navigation using a map and a compass to attain check points. A multi-city race using urban paved trails and wilderness trails to travel a course covering approximately 30-60 miles in a 6 hour period., Scott Browning, 801-867-5039, graffitiracing@gmail.com, graffitiracing.com

June 15, 2013 — Utah Summer Games Triathlon, St. George, UT, 7 am, swim and T-1 area will be at the Gunlock Reservoir, T-2 and finish area will be at the Snow Canyon High School track in St. George. USA sanctioned., Jeff Gardner, 435-635-6012, tailwindraces@gmail.com, utah-summergames.org/sports/triathlon.html

June 15, 2013 — Desert Sharks Shark Attack Triathlon and Kids Triathlon, Riverton, UT, Pool sprint distance triathlon with a kids' distance triathlon, too!, Steve Avery, 801-450-4136, steve@desert-sharks.com, Elizabeth McLain, sharkattacktriathlon@desert-sharks.com, desert-sharks.com

June 22, 2013 — Provo Triathlon, T3TRI EVENTS, Provo, UT, 8th annual race. Provo Tri is a premier local event put on by triathlon professional. Family-friendly, open water event which offers both Sprint and Kids distances., Shaun Christian, 801-769-3576, 801-678-4032, shaun@t3triathlon.com, Amy Perez, amy@t3triathlon.com, provotri.com

June 22-23, 2013 — West Yellowstone Mountain Bike Biathlon, West Yellowstone, MT, Match class division for experienced biathletes and a Sport class for novices that includes a safety clinic and loaner rifles. All racers must provide their own mountain bike and wear a helmet., Moira Dow, 617-697-6126, director@rendezvouskitrills.com, rendezvouskitrills.com/events

June 22, 2013 — Lunatic Triathlon, Price, UT, Fourth Annual Lunatic Triathlon under the full moon. Includes a 5K run, 9-mile bike ride, 300 yard swim. Individual and Relay Teams, Starts at 4 am., Steve Christensen, 435-636-3702, steven.chris

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tensen@carbon.utah.gov, Frank Ori, 435-636-3702, frank.ori@carbon.utah.gov, carbonrec.com

June 23, 2013 — Tri Boulder, BBSC Twin Tri Series, Boulder, CO, Challenge yourself at mile high elevation, Sprint, Olympic distances., Cedric Keppler, 318.518.7303, info@bbsctri.com, michelle_lund, michelle@bbsctri.com, bbsctri.com

June 23, 2013 — XTERRA Curt Gowdy Triathlon, XTERRA America, Curt Gowdy State Park, WY, 1200m swim, 1-Lap 14.1 mile mountain bike, and finishes with a 5.3 mile run, Lance Panigutti, lance@withoutlimits.co, withoutlimits.co/page-0#1_xterra-curt-gowdy/race-info

June 25-26, 2013 — Great Basin Tri Clinic, tentative, Murray, UT, Geared towards kids who have never participated in a triathlon or children who have done one or two, but without formal instruction., Jo Garuccio, 801-566-9727, 801-557-6844, jo@gagegroupsports.com, greatbasin-coaching.com

June 29, 2013 — DinoTri, Vernal, UT, Sprint and Olympic Distance Triathlon. Huge cash purse for 1, 2, 3 place winners of both Sprint and Olympic Distance. Many speed prizes for both distances as well. Race starts at Red Fleet State Park in Vernal, 7 am, Finishes at Uintah High School. Kids Tri on 6/28 at Uintah Recreation Center., Mark Mason, 435-828-6436, mmason@macu.com, dinotri.com

June 29, 2013 — Rock Cliff Tri at Jordanelle, RACE TRI, Salt Lake City, UT, Sprint and Olympic Distances: Fresh Mountain Water, Scenic Bike course, Run on the beautiful boardwalks at the Utah State Park., Aaron Shamy, 801-518-4541, aaronshamy@hotmail.com, racetri.com

June 29, 2013 — River Rampage Triathlon, TriUtah Points Series, Green River, UT, Utah's fastest growing tri! Smooth down-river swim! Sprint and Olympic open water road triathlons. Come and enjoy a bike ride along the river at the base of the Book Cliffs Mountains. The Green River State Park is the site for the run, transition area and finish line. No two transition area hassel!, Dan Aamodt, 801-635-8966, info@triatuah.com, triatuah.com

July 6, 2013 — Cache Valley Super Sprint Triathlon, Logan, UT, 8th year, short distances, course is flat and straight in Logan City. Swim in Logan Aquatic Center 500 Meters, bike is out and back on farm roads, and run is out and back in a park area with trees and stream., Joe Coles, 801-335-4940, joe@onhillevents.com, cvsst.com, onhillevents.com

July 6, 2013 — Rigby Triathlon, Rigby Lake, ID, Sprint and Olympic Triathlon, and Duathlon, Michael Hayes, 208-521-2243, events@pb-performance.com, pb-performance.com

July 8, 2013 — Daybreak Triathlon, Salt Lake Triathlon Series, Salt Lake City, UT, Get ready for the best spectator swim a round, a killer bike course near the Oquirrh Mountains and a run that is unparalleled., Cody Ford, 801-558-2503, cody@ustrisports.com, ustrisports.com

July 10-13, 2013 — Southeast Idaho Senior Games, Pocatello, ID, Triathlon, Jody Olson, 208-233-2034, jodyolson01@gmail.com, seidahoseniorgames.org

July 12-13, 2013 — San Rafael Classic Triathlon, Huntington, UT, Huntington State Park, Olympic distance tri, Olympic team relay, Sprint Tri, Sprint team relay, spring swim/bike duathlon, sprint bike/run duathlon, youth tri. Friday night activities offer live music during the pasta dinner. Body marking and packet pickup available Friday night., Wade Allinson, allinson2@gmail.com, sanrafaelclassic.com/

July 13, 2013 — Echo Triathlon, TriUtah Points Series, Coalville, UT, Warm July temperatures, a scenic ride in Utah's unique Echo Canyon, and a run on the Historic Rail Trail. The perfect event for both seasoned athletes and beginners., Dan Aamodt, 801-635-8966, info@triatuah.com, triatuah.com

July 13, 2013 — Blanding Hillman Triathlon, Blanding, UT, Swim .50 mile, Bike 15 miles, Run 3.2 miles, (Kids' triathlon July 20), Recapture Reservoir Race starts at 7AM., Stephen Olsen, 801-243-3559, 208-258-3145, stephensolsen@gmail.com, hillmantriathlon.info

July 20, 2013 — XTERRA Mountain Championship, XTERRA America Tour, Avon, CO, The last of four regionals in the XTERRA America Tour, featuring sprint and championship distance off-road triathlon options., Raena Cassidy, 877-751-8880, info@xterraplanet.com, xterraplanet.com, xterrautah.com

July 20, 2013 — XTERRA La Grande Offroad Triathlon, XTERRA America, La Grande, OR, This offroad triathlon boasts a rugged mountain bike course and scenic run in the Blue Mountains of Northeast Oregon. It remains one of the few sanctioned and long-standing race events featuring the terrain of Northeast Oregon., Brian Sather, 915-247-2633, bsather@lagrande-deride.com, lagrande-deride.com/XTERRA

July 27, 2013 — Burley Idaho Lions Spudman Triathlon, Burley, ID, The race

starts at 7 am with the world's fastest 1.5K swim (current aided) Then a 40K Bike and 10K run., Cade Richman, spudman@burleylions.org, burleylions.org/spudman.html

July 27, 2013 — Layton Triathlon, Layton, UT, Sprint, Mini Sprint, Relay Sprint, and Kids Triathlon options in the Layton Surf N Swim and Layton City Parks. Great event that repeats the entire course on the Sprint., Joe Coles, 801-335-4940, joe@onhillevents.com, laytontriathlon.com, onhillevents.com

July 27, 2013 — Hurt in the Dirt, Ogden, UT, Offroad Duathlon at Ft. Buenaventura. Individuals and Relay Teams welcome. MTB race and trail run combined. 3 Full events in one day!, Goal Foundation, 801-399-1773, info@goalfoundation.com, hurtinthedirt.com

July 27, 2013 — Mountain Tropic Triathlon, PowerTri Trifecta Series, Garden City, UT, Experience the "Caribbean of the Rockies" at the first race of the Trifecta Series at Bear Lake State Park; Sprint, Olympic, and Half distances., Cedric Keppler, 318.518.7303, info@bbsctri.com, bbsctri.com

July 27, 2013 — XTERRA Indian Peaks, XTERRA America Tour, Nederland, CO, Held at Eldora Resort west of Boulder. Using the trails of the Eldora Mountain Resort it is 1000m swim, 600m dash, 22km mtb. bike and 7km trail run type of event- Off-road triathlon., Paul Karlsson, 303-960-8129, info@digdeepsports.com, digdeepsports.com

July 27, 2013 — Bear Lake, BBSC Twin Tri Series, Garden City, UT, The first race of the Twin Tri series at Sand Hollow State Park, with Sprint, Olympic, and Kids' distances., Cedric Keppler, 318.518.7303, info@bbsctri.com, michelle_lund, michelle@bbsctri.com, bbsctri.com

August 2, 2013 — Ultimate Relay Triathlon, TriUtah Points Series, Ogden, UT, Friday - Single-day triathlon relay covering over 126.5 miles of Northern Utah's best water, roads, and trails! Four ultimate swims, four ultimate bike rides, and four ultimate trail runs! Teams will consist of 3 to 6 athletes and as many spectators as you can fit into 2 vehicles., Dan Aamodt, 801-635-8966, info@triatuah.com, triatuah.com

August 3, 2013 — Aspen Triathlon and Duathlon, Aspen, CO, 800-yard indoor pool swim, 17-Mile bike (gaining 1,500 feet in elevation) to the spectacular Maroon Bells, and a 4-mile run in the Elk Mountain range and the scenic Maroon Creek Valley. USAT sanctioned event., Sandra Doeblen, 970-920-5140, aspen-

specialevents@cityofaspen.com, aspen-recreation.com

August 9-10, 2013 — Emmett's Most Excellent Triathlon, Emmett, ID, Kid's Tri on Friday, Olympic/Aquabike, Sprint on Saturday., Kristen Seitz, (208) 365-5748, gemcountyrecreationdistrict@gmail.com, emmetttri.com

August 10, 2013 — Herriman Escape from Black Ridge Triathlon, RACE TRI, Herriman, UT, The Escape from Blackridge is fast and fun! Athletes swim 500 yds in the reservoir, ride a 14 mile bike and run a 5k run loop., Aaron Shamy, 801-518-4541, aaronshamy@hotmail.com, racetri.com

August 11, 2013 — Adventure Xstream Summit County, AXS Series, Frisco, CO, Solo's or teams of 2 will mountain bike, kayak, trail run, and orienteer in either a 3-6hr "sprint", or 6-12hr "sport" course., Will Newcomer, 970-403-5320, events@gravityplay.com, gravityplay.com

August 17, 2013 — Rush Triathlon, Rexburg, ID, Intermediate and Sprint Distances., Bob Yeatman, 208-359-3020, 208-716-1349, boby@rexburg.org, rushtriathlon.com, rexburg.org

August 17, 2013 — Jordanelle Triathlon, TriUtah Points Series, Park City, UT, Enjoy everything from the wildlife and boardwalks on the river bottoms in Rock Cliff Recreation Area at Jordanelle to the local country backdrop of the towns of Francis and Woodland. Special 15th Anniversary Gift to all participants! , Dan Aamodt, 801-635-8966, info@triatuah.com, triatuah.com

August 17, 2013 — Saratoga Springs Tri, Saratoga Springs, UT, USAT sanctioned Sprint Tri, 600 meter swim, 12 mile bike, 3.1 mile run, held at the Saratoga Springs Marina at Pelican Bay, 200 E Harbor Parkway., Gabe Granata, splash@saratogaspingsstri.com, Jared Mason, 801-310-0609, splash@masonfam.net, saratogaspingsstri.com

August 17, 2013 — XTERRA Incline Village, XTERRA America, Incline Village, NV, Course Distance: Full Course: 2X 750 meter swim laps with a 50 meter beach run, 22 mile bike, 6 mile run; Racers start with a swim in famous Lake Tahoe. The bike starts up Tunnel Creek, and then onto the area's famous Flume Trail, which skirts the mountain side overlooking Lake Tahoe to the Tahoe Rim Trail. Both the Short and Long course complete the 22 mile bike with approximately 4000 feet of climbing. The trail running course is relatively flat, fast and scenic with tall pines, aspens, and creek crossings., Todd Jackson, 877-751-8880, info@bigblueadventure.com, bigblueadventure.com

com/pub/main2.asp?daEvent=60&daPageName=INTRO, xterraplanet.com

August 17, 2013 — Colorado Dirt, Fraser, CO, A 130+ mile cyclocross/gravel grinder endurance bike race. This self supported race will be a one day, 4 leg race that rises above 10,000' four times. Can ride it solo, duo relay, 4 person relay or a 5-6 person Gentlemen's Race type of event- cyclocross endurance bicycle race., Paul Karlsson, 303-960-8129, info@digdeepsports.com, digdeepsports.com

August 18, 2013 — XTERRA Wild Ride Mountain Triathlon (American Tour Points), XTERRA America / Wild Rockies Series, McCall, ID, Ponderosa State Park at Payette Lake, 3/4-mile swim, a 19-mile mountain bike and a 6.2-mile trail run, mass start at 9 am in the Park and the finish line festivities begin at noon with the racer feed and music., Darren Lightfield, 208-608-6444, wildrockiesemail@yahoo.com, wildrockiesracing.com, xterraplanet.com

August 23-24, 2013 — Uinta Mountain Adventure Relay, Heber, UT, Running, mountain biking, cycling and a leg of canoeing make the Uinta Mountain Adventure Relay one of the highest, toughest yet most beautiful relays around., Jon Johnson, 801-367-2575, uintamountainadventurerelay@gmail.com, uintamountainadventurerelay.com

August 24, 2013 — Vikingman, Heyburn, ID, Downstream Snake River Swim, Loop Bike Course, flat and fast run - lots of opportunities for your fans to cheer you on! 1/2 and Olympic distance triathlon, Duathlon, Aquabike and a Half Marathon., Lisa Clines, 214-236-1917, info@vikingman.org, vikingman.org

August 24, 2013 — Utah Half Triathlon, RACE TRI, Provo, UT, Longest multisport race on the Wasatch Front 70.3 Ironman. 1.2 mile swim, 56 mile bike, and 13.1 mile run triathlon., Aaron Shamy, 801-518-4541, aaronshamy@hotmail.com, racetri.com

August 24, 2013 — Expedition Man, Reno, NV, This epic triathlon begins athletes at one of the most beautiful and desired beaches in Lake Tahoe, Zephyr Cove Resort. Athletes will be challenged by a climb to Spooner Summit at over 7,100 ft followed by a screaming 1,400ft drop into Carson City! The peaceful and scenic views of Washoe Valley leads riders to the bike finish. A scenic run in south Reno will cap off this extraordinary race!, Ryan Kolodge, 775-762-8526, info@expeditionman.com, expeditionman.com



DRIVE WITH RESPECT

- ◆ Give cyclists at least 3 feet of space
- ◆ Always watch for cyclists
- ◆ Don't underestimate cyclists' speed
- ◆ When driving near a child on a bike, be prepared for the unexpected
- ◆ When turning left, yield to cyclists approaching from the opposite direction



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- ◆ Ride single file when impeding traffic
- ◆ Ride the same direction as traffic
- ◆ Always use hand signals
- ◆ Be visible
- ◆ Remember, the same laws that apply to motorists apply to cyclists

ADVOCACY

Bike Friendly State Rankings: Utah Drops 1, Idaho Gains 10

By Charles Pekow

Idaho made a significant jump in the national Bicycle Friendly State rankings this year. Utah, meanwhile, appeared to be pedaling a stationary bike, if you compare the 2013 state-by-state rankings given by the League of American Bicyclists (LAB). Utah came in 14th, down one notch from 2012's 13th place finish. But Idaho jumped 10 points from a disgraceful 36th to a middle-of-the-bike lane 26th. Almost a reversal of last year, when Idaho fell six notches and Utah soared from 31st (moves partially caused by changes in criteria from the previous year).

But before you think one state did a lot and another didn't, you must factor in that LAB changed its ranking criteria for the 50 states (territories are not included).

This year, LAB combined its survey with one taken by the Alliance for

Biking & Walking, adding some criteria about state activities not included in earlier LAB surveys. "We now give credit for programs, policy and infrastructure that we didn't before," explains Nicole Wynands, LAB program manager for the rankings. "It is hard to compare this year's survey with other years'."

The changes may help explain why Idaho jumped in the rankings. It also helps that the Idaho Transportation Department completely filled out the survey this year – it didn't last year and may have shortchanged itself by not providing crucial information.

LAB ranks states in five areas on a scale of one (low) to five (high) in five categories. Neither Utah nor Idaho scored a five in any of them. Both got their highest grades of four for "education and encouragement." Utah scored a one for "infrastructure and funding." Utah also scored a one for "evaluation and planning." It's easiest to score high in the education

category because when it comes to other categories involving funding, policies and legislation, "it's more politically and financially intensive," Wynands explains.

LAB gave Idaho credit for passing legislation that prohibits texting while driving.

Both states may move up next year: The rankings don't reflect recent events that cycling advocates have pushed for. The Utah legislature, for instance passed six bicycle-related bills recently, including a vulnerable road user law that LAB included as a top recommendation.

And LAB's "top tip" to Idaho this year involved using all available federal funding sources for biking and walking, so the rankings don't reflect a recent decision of the Idaho Transportation Board not to transfer any Transportation Alternatives money away from bicycling and walking projects, even though the new surface transportation law known as MAP-21 would allow the

state to move up to half of it out and into highway and bridge programs.

"That's a big deal for us because in the past, the state board had not used all the Transportation Enhancements money (predecessor to Alternatives) to enhance alternative transportation projects," gleefully explains Heather Wheeler, executive director of the Community Transportation Association of Idaho.

LAB also recommended that Idaho conduct a state bicycle summit. In fact, several organizations convened an Intermountain Active Transportation Conference in Boise last year.

LAB's "top tip" to Utah this year also was to spend all Alternatives money on biking and walking. "Utah typically manages federal funding differently than a lot of other states do. That doesn't mean we don't put our own money into programs (for bicycles). We use a lot more of our own funding than other states do so it all comes out in the wash,"

responds Evelyn Tuddenham, bicycle & pedestrian coordinator for the Utah Department of Transportation (UDOT).

LAB also suggested a statewide Complete Streets policy, a provision it has always rated highly in rankings but Utah never adopted. While the state has never adopted a statewide plan, UDOT is working closely with local governments to develop their own, Tuddenham says.

"Our goal is to be in the top 10," says Bike Utah Executive Director Scott Lyttle. "We just added a new board member with a keen understanding on how the legislative system works (and three other members who are) keeping us growing and building connections throughout the state." Bike Utah plans to use its added clout to push for more state support next year, Lyttle adds.

View the rankings at <http://www.bikeleague.org/programs/bicyclefriendlyamerica/bicycledfriendlystate/>

August 24, 2013 — Little Cottonwood Adventure Race, South Jordan, UT, Graffiti Racing presents a multi-sport endurance event featuring mountain bikes, running/trekking, Tyrolean Traverse, and navigation using a map and a compass to attain check points. Snowbird will be a multi-discipline race using urban paved trails and wilderness trails to travel a course covering approximately 25-50 miles in a 6 hour period. Scott Browning, 801-867-5039, graffitiracing@gmail.com, graffitiracing.com

August 24, 2013 — XTERRA Buffalo Creek, XTERRA America Tour, Bailey, CO, The XTERRA Buffalo Creek Triathlon features a 1500m Swim, 22 mile mountain bike, and 5m run. Lance Panigutti, lance@withoutlimits.co, withoutlimits.co

September 2, 2013 — Youth and Family Triathlon, Murray, UT, Start time: 8 AM, Murray Park. Youth 7-10 years: 75 yard swim, 2.3 mile bike, 6/10 mile run. Adults/Youth 11+ distances: 150 yards, 4.3 miles, 1 mile. Jo Garuccio, 801-566-9727, 801-557-6844, jo@agegroupsports.com, greatbasincoaching.com

September 7, 2013 — Camp Yuba Triathlon, RACE TRI, Yuba State Park, UT, Camp Yuba sprint and olympic triathlons are all about indian summers, camping, and good ol' fashion swimming, biking, and running. Aaron Shamy, 801-518-4541, aaronshamy@hotmail.com, racetri.com

September 7, 2013 — I Can Triathlon, Sandy, UT, Alta Canyon Sports Center, 9565 S. Highland Drive - 400m swim, 9 mile bike and 5K run. Lois Spillion, 801-568-4602, ispillion@sandy.utah.gov, sandy.utah.gov/government/parks-and-recreation/special-events/triathlon.html

September 14, 2013 — Ogden Valley Triathlon, TriUtah Points Series, Ogden, UT, open water triathlon event, Dan Aamodt, 801-635-8966, info@triutah.com, triutah.com

September 14, 2013 — Bear Lake Man Triathlon, Gold Medal Racing Championship, Laketown, UT, Half, Olympic, and Sprint distances and Ultra/Full 140+ distance over the prettiest water in Utah. Joe Coles, 801-335-4940, joe@onhillevents.com, bearlakebrawl.com, onhillevents.com

September 14, 2013 — Kokopelli Triathlon, BBSC Twin Tri Series, St. George, UT, The "twin" to the SG Triathlon at Sand Hollow State Park, with Sprint, Olympic, and Kids' distances. Cedric Keppler, 318.518.7303, info@bbsctri.com, Michelle Lund, michelle@bbsctri.com, bbsctri.com

September 15, 2013 — XTERRA Pagosa Springs, XTERRA America Tour, Pagosa Springs, CO, 1km (1000m) swim/18.5 mile bike/6.9mile trail run. Raena Cassidy, 877-751-8880, info@xterraplanet.com, joingecko.org/info.asp?uid=339

September 21, 2013 — Bear Lake Brawl Triathlon, Gold Medal Racing Championship, Laketown, UT, Half, Olympic, and Sprint distances over the prettiest water in Utah. Joe Coles, 801-335-4940, joe@onhillevents.com, bearlakebrawl.com, onhillevents.com



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BIKE BUSINESS

FFKR Architects Wins Bike Friendly Business Award; 3 Boise Businesses Honored



Left to right: Brandon Lasater, Matt Brandt, and Marianne Wander are three of the many FFKR Architects employees that ride to work. FFKR won a Bronze Bike Friendly Business Award this year. Photo: John Sturr, Sturr Photography 2013.

By Charles Pekow

Who better to design an environment fit for bicycling than architects? While other architecture firms around the country have been honored as Bicycle Friendly Businesses (BFB) over the last five years by the League of American Bicyclists (LAB), it took until now for a Utah firm to win the honor.

FFKR Architects of Salt Lake City became the state's first architectural firm to win a BFB award and the only new BFB in Utah added to the roll in the spring 2013 honors. FFKR won bronze, the fifth level; below diamond, platinum, gold and silver. Honorees are awarded mainly by what bicycling benefits they offer employees. (Mad Dog Cycles of Orem renewed its gold status earned four years ago and three Boise employers won designation in the Idaho Treasure Valley's ongoing

efforts to become bike friendly. More about that below.)

At least 11 other architectural firms around the nation have earned BFB status since the program started in 2009, including landscape designers and planners. When asked why architects are so interested in cycling, staff at FFKR and Alison Dewey, league BFB program manager, said they could only speculate.

Ken Louder, outgoing president of FFKR suggested that maybe "architects are kind of drawn to simple elegant machines. So disproportionate numbers are cyclists." Louder retains quite a personal interest in cycling, as he races regularly. He also instilled the bug in his son Jeff, who races professionally for the United Healthcare Pro Cycling Team. Still, he insists that the 119-employee company's interest in becoming a BFB was a team effort. The company has been promoting bicycling for a decade. "We just waited till now to

get the plaque for the wall," Louder says.

LAB praised FFKR's Bike to Work Challenge, in which its employees logged 2,612 miles on 445 rides during warm weather months last year. FFKR provides secure bike parking behind a locked gate and employees can even bring their bikes inside and park them by their desk. The firm also provides lockers and showers, which league evaluators always like to see. FFKR also offers quarterly bike safety classes – at lunch time because people don't want to stay after work.

FFKR also sponsors a racing team (FFKR/Velosport Racing), which makes good marketing sense. "We get a lot of positive comments from clients and associated professionals who say 'I saw you guys riding,'" Louder notes.

The company also offers employees a guaranteed ride home if they bike to work but can't make it home. Knowledgeable employees will help you with a flat. "We have company cars people can check out overnight," notes FFKR Marketing Coordinator Heidi Nielsen. "Probably none have used it but it is available," she says with a laugh. Generally, when people can't bike home because of weather or a cycle-related problem, they can take their bikes home on public transit.

And how to climb the ladder to a higher BFB rank? Nielsen acknowledges "we need to increase ridership. We just need to encourage people to ride the two miles to work." FFKR may also increase its quarterly class offerings because not everyone can attend offered dates.

The 65-year-old Louder, meanwhile, is looking forward to his pending retirement "so I can ride my bike more. I'll probably compete more," he says.

Bike Friendly Businesses in Boise Meanwhile, up in Boise, Idaho – a town already designated as a Silver Level Bicycle Friendly Community – a town where Boise State University was awarded Silver Status as a

Bicycle Friendly University – a town where the six-year-old Boise Bicycle Project (BBP) actively is trying to make Boise "the cycling capital of the U.S." – a town working on opening a bikeshare program soon – a town with nine previously awarded BFBs – three more earned bronze status this spring.

The Central District Health Department (CDHD), St. Luke's Health System and the Treasure Valley Family YMCA Downtown Branch all joined the rank.

LAB was impressed that Central District offers cash incentives for those who ride to work regularly, sponsors a maintenance clinic, includes bicycling in its wellness celebration and provides info on safe bicycling and routes to work, Dewey states.

During May in Motion, those who use alternate transportation to work get cash rewards funded out of vending machine proceeds, explains department public information officer Dave Fotsch. If you use alternate transportation eight times in May, you get \$5, 14 times \$10 and 20 times \$20. Qualifying commutes include "carpooling, walking, Rollerblading, cycling, pogo stick," Fotsch says. The overall champ gets a \$50 gift certificate at a local store. "I wish we could extend it year round but we don't have the resources," Fotsch explains.

The league also noted that CDHD Deputy Director Cindy Trail serves as BBP president.

One thing the department needs to do to climb the BFB ranks is to improve parking. Its racks aren't covered, Dewey says. It also lacks locker and shower facilities. "That would be pretty easy for us to address," Fotsch acknowledges.

But CDHD decided not to start an employee bikeshare program when it found that 80 percent of its employees already owned bicycles. "Two primary barriers are that they don't know how to use them and they are afraid to ride them on the streets," Fotsch explains. "Our office is just off a fairly major bike corridor but it

is clear from our survey that people weren't comfortable riding along the corridor even though it has designated bike lanes."

Fotsch also noted that lower-paid employees tend not to bike to work as they live further away where housing costs less. These people are unlikely to bike to work. "I'd be happy just to see them carpool more," Fotsch says. "We need a more robust public transit system. We just don't have the money to pay for it."

Meanwhile, Boise's downtown YMCA won honors for sponsoring a variety of clubs, focusing on everything from triathlons for youth and adults to "Cycling Sisters" rides for women with or recovered from cancer. A bike lane takes you right up to the building.

To improve? "We'd love to see them promote Bike to Work Day," Dewey suggests. "That is low-hanging fruit."

Finally, St. Luke's Health System impressed the league judges with the \$40 coupon for local bike stores it gives employees who bike to work at least 60 percent of the time during the half of the year when weather is most conducive to riding. The league also liked St. Luke's commuter breakfast and other support for Bike to Work Day, May in Motion commuter rides, bike team sponsorships and support for the Southwest Idaho Mountain Biking Association.

In spring, St. Luke's offers a day or two when people can bring in their bikes for a tune up, says Wellness Coordinator Mary Powell.

But the hospital system dropped its cycling club. "That never did take off to the level we'd hoped. It was a smaller group of people. Working in a culture where it is 24/7 (and) schedules vary so greatly, it is tough to get consistent groups," Powell says.

"They could encourage more commuting," Dewey notes.

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METAL COWBOY

Taking The Time Machine For A Spin

By **Joe Metal Cowboy Kurmaskie**

“April hath put a spirit of youth in everything.” William Shakespeare

For those who know me, the mantra “It’s Always A Good Day To Ride,” isn’t just a cool catchphrase of mine, it’s a way of life. Having made the voluntary choice of weekend only access to a car, it’s also, at times, a harsh reality. Wind, rain, sleet, hail, sleety/hail, sideways rain, it doesn’t matter and it doesn’t last. Eventually, and more often than people inside their cars would believe, the world gives up its seasonal riches and you find yourself trekking the boys to school through a sunrise masterpiece worthy of a roped off area in an art museum.

April has been called the cruellest month, but for us it’s the best time to be in the saddle. The light in the mornings and evenings is ethereal, everything is in bloom, the dogwoods, the rhododendrons, the cherry blossoms and those other pink trees I mistake for cherry blossoms until my scientist wife who did graduate work in tree identification laughed at me, Its the time of year I can actually feel the bike taking me back. Every time I mount it, I fell a slight rush to the head, a flutter in my

stomach, because I know something so many of us have forgotten; we’ve had the means to time travel sitting in our garages and basements all along. It’s a real Dorothy and the Wizard moment that I make my boys aware of as we prepare for another trip back. I revert to my former self, to when I was ten-years-old and everything was a challenge, an obstacle course, a game of wits and speed and cunning, and of course, it was always being covered by ABC Sports with full color commentary.

These days I do my own commentary for the boys who are hanging on the back and laughing up a storm. “Looks like we have some traffic up ahead on the course, two dog walkers and a distracted coffee drinker. ring the bells boys, I’ll take evasive action!” I cut the distance between the sidewalk and the turn, smile and wave as we jump the curb, splash a leftover puddle, and rip and roar into the rest of our morning, quaking out to the ducks overhead and taking in the aromas of a neighborhood in full bloom and projecting in eye popping technicolor.

And to think, not more than a week ago I had to answer the well meaning, well intended question of whether I could afford a car... I’d like my official answer entered into the record now. Who among us can afford NOT to ride a bicycle?

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Crank Length - Continued from page 20

main point is that you would be safe switching to shorter cranks for aerodynamic reasons, as proposed by Cobb, without fear of decreasing efficiency. In fact, research implies your efficiency would increase somewhat."

Since I'm about 6'3" with a common proportional inseam for North Americans, Cobb suggested that for starters I shouldn't go any longer than 170mm, and that I may even want to try 165's. Then Cobb introduced what at first seemed a contra-

diction:

"My own continued research and experience supported Martin and his associates' findings. But there was a recurring theme I was noting in my work with athletes: in order for shorter cranks to 'feel right' to my riders, they had to start turning bigger gears."

Since I'm predominantly a roadie who has been using a 53-tooth chainring with 175-180mm crank arms, Cobb offered that I might want to mount a 54 or 55-tooth chainring if I moved to shorter cranks.

This didn't make sense to me – or McDaniel – initially, as it seemed to

contradict the whole leverage component of the discussion. A shorter crank implies a shorter lever, which would imply that a rider need exert more force to turn the same size gear. However, Martin and his colleagues' findings implied that longer cranks did not yield more power, and that shorter cranks yielded more efficiency in the form of less oxygen uptake. Which meant that factoring in all aspects of biomechanics and physiology, with pedal speed perhaps the most significant, the issue of leverage was no longer the primary consideration. That was the change in paradigm.

For example, let's say a rider has determined she is efficient (and has likely become comfortable) turning a certain size gear with 180mm cranks at a given pedal rate, yielding a particular pedal speed. Now she switches to 165mm cranks and settles back into her comfortable pedal rate, but even after several rides feels that something is amiss. We know that her pedal speed has decreased, because she's now turning shorter cranks at the same pedal rate as before, so we – like Cobb – make an educated guess that what feels different can likely be attributed to the fact that her oxygen uptake has been reduced. In other words, there is now less metabolic cost (i.e. she is not working as hard) to turn the same size gears!

Applying these principles represents an additional advantage to time trialists and triathletes, according to Cobb. Not only can you become a more efficient human machine, but shorter cranks will enable you to improve your aerodynamics with a lower, more forward position:

"Martin has determined that shorter cranks can allow a rider to decrease saddle height by 50-70mm with a comparable lowering of the front end – i.e. lower overall rider position, since the more contained pedaling action was less inhibitive with regard to leg movement and breathing.

"Subsequently I conducted a wind tunnel test with one triathlete in which the change to shorter cranks and a correspondingly more compact position yielded a 30% reduction in drag. That means a theoretical reduction in time of 25 minutes over the Ironman bike distance!"

One final consideration as part of our current topic: The much feared "dead spot", generally established to occur between ten and two o'clock in the complete rotation of a crank arm. Lieto points out that over the course of an Ironman bike segment (112 miles), it becomes increasingly difficult to stay smooth through the

dead spot, and acknowledges that it could be easier to maintain efficiency by shortening it – literally – with the use of shorter cranks. Not only that, but Lieto hints that an athlete might potentially head into the run segment (26.2 miles) less fatigued, because – along the same lines as Cobb's reasoning regarding stride length, run cadence, etc. – an athlete might be able to stay within more natural movements with shorter cranks, causing less stress and strain on muscles and joints.

A year or so following my initial exchange with Lieto, he informed me that he had switched to shorter cranks. Already considered one of triathlon's strongest cyclists, Lieto created a sensation by coming as close to winning the Ironman World Championship in Kona as he ever had (he finished 2nd to Craig Alexander) on 170mm cranks. Today in the world of triathlon, shorter cranks are a staple of multisport athlete's equipment arsenal.

Perhaps you've heard the following maxim, one I love to share with my athletes:

"First learn to spin a small gear. Then get strong enough to turn a big gear. Then get fit enough to spin a big gear."

Cobb, McDaniel and the research they share imply the same kind of performance benefits, this time leveraging biomechanics: Use shorter cranks so that you can turn a bigger gear without working harder!

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RIDE OF THE MONTH

Mt. Nebo Challenge



Top: A rider descends the south side of the Nebo Scenic Loop, with snow-capped Mt. Nebo in the background
Photo: Wayne Cottrell
Right: A map of the route, courtesy of National Scenic Byways Online (www.byways.org).

By Wayne Cottrell

The Mt. Nebo Challenge is a 69.0-mile loop featuring a long, strenuous climb and steep, challenging descent of Mt. Nebo, and long false flats through Juab Valley. The elevation ranges from 4,722 feet in Spring Lake, south of Payson, to 8,917 feet along the Mt. Nebo Loop Scenic Byway. Mt. Nebo, visible from nearly all of central Utah, marks the southern end and highest peak of the Wasatch Range, towering at 11,928 feet. There are several adjacent peaks that are nearly as high. The featured road, Mt. Nebo Loop Scenic Byway, is closed during the winter; always be aware of weather and road conditions before venturing up the mountain.

About half of the Mt. Nebo Challenge is dedicated to the Nebo Loop, which is a National Scenic Byway. The other half, in contrast, consists of a mostly serene trip along long, often open stretches along the west side of the mountain. Mt. Nebo has been visited twice by the modern-day version of the Tour of Utah; in 2009, the mountaintop stage winner was South African Darren Lill, and in 2010, eventual overall Tour winner, disgraced-but-reinstated Levi Leipheimer soloed to victory. The Tour of Utah was scheduled to return to Mt. Nebo in 2013, although not necessarily for a dramatic high-mountains finish.

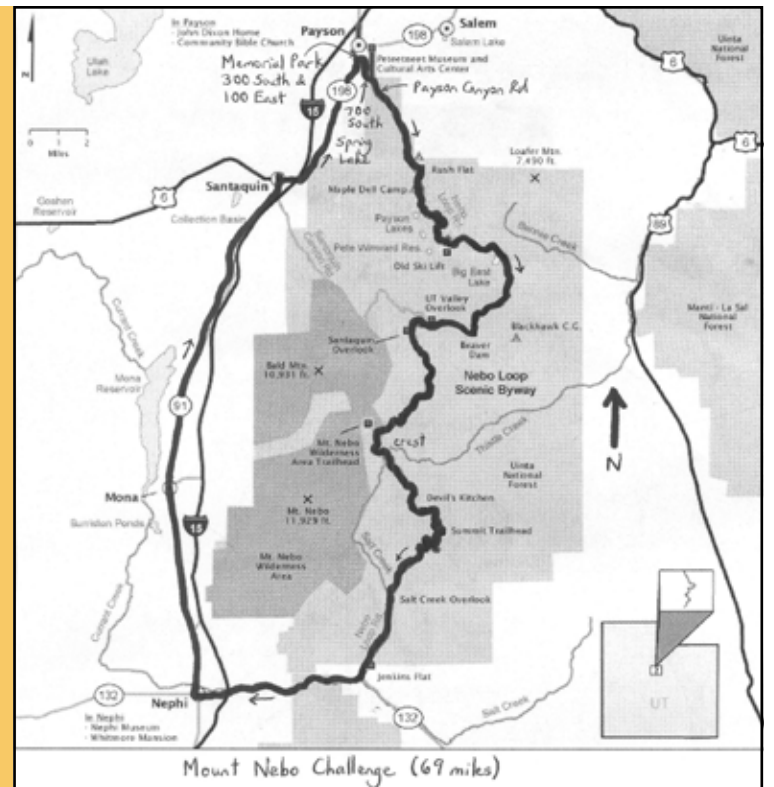
The Mt. Nebo Challenge is described in the clockwise direction, but can be ridden counterclockwise, as well. The ride starts at Memorial Park in Payson, which is bound by Main Street, 200 East, 200 South, and 300 South. Payson, with a population of 18,294 in 2010, is located 15 miles south of Provo, in southern Utah County, along the I-15 freeway.

moment to refresh, perhaps, continue the ascent. Note that the Nebo Loop is prized for its scenery, particularly the foliage, which is breathtaking at nearly any non-winter time, but especially so during the late summer. The climb finally eases at mile 13.3, but a steep climb follows at mile 14.3.

After a false crest at mile 14.7, there will be a series of steep climbs, crests, and short descents for the next 10 miles. The net result, however, is continued climbing. As the road ascends through the trees, dramatic overlooks begin to appear on either side of the road. At mile 16.3, there is an astonishing dropoff, on the left, into Holman Creek and Beaver Dam Creek Canyons. At mile 17.4, to the right, is a dramatic overlook of Utah Valley, featuring distant Utah Lake. The Santaquin Canyon Overlook is on the right at mile 18.7, followed by Bald Mountain (10,913 feet) Overlook at mile 19.8. The ascent continues with numerous, spectacular vistas, for the next five miles. Around mile 23, you may begin to see snow, certainly on the now-nearby high peaks, even into late July. The Mount Nebo Overlook is at mile 24.9. This is the crest of the climb (nearly 9,000 feet!). A few short climbs break up the forthcoming descent.

The descent of the Nebo Loop begins steeply, then eases. Enter Juab County at mile 27.8. The Devil's Kitchen Geologic Area is to the right at mile 28.9. The spires and red rock cliffs are similar to those at Bryce Canyon in southern Utah. Note that the "Kitchen" is down slope, and you may have to strain – or perhaps stop for a moment – to see the formation. At mile 30.2, at the Salt Creek Overlook, the descent gets especially steep – control your speed through here. After about 3 miles of sheer plummeting, the gradient finally eases. Leave the U-W-C Forest at mile 37.2; turn right onto State Route 132 at mile 37.9. This marks the end of the Nebo Loop Scenic Byway. From here, it is a 4.4-mile, generally downhill trip through Salt Creek Canyon to the outskirts of Nephi.

Enter Nephi at mile 42.3 with a right turn at the canyon "exit." There was no street sign when I passed through here, but the turn is easily identified by the gasoline station (Tesoro) and convenience mart locat-



ed 0.3 miles from here. This would, in fact, be a good place to refresh. After passing under I-15, a street sign indicates that you are on 700 North. Nephi, named after a Mormon prophet, had a population of 5,389 in 2010, and is the principal city in Juab County. Continue along 700 North to Main Street. Turn right here, and head north. Thus begins a long, northerly trek along old U.S. Highway 91, generally parallel to and just west of I-15, through Juab Valley. Sights along the way include the city of Mona – where singer-actor-storyteller Burl Ives was once jailed for crooning a bawdy song – and the Young Living Family Farm, which features fresh lavender, herbs and a distillery.

Enter Santaquin at mile 62.2. The road bends to the right, and then left, putting you on 200 West in town. Santaquin is a growing city, with a population of 9,128 as of 2010. The city is perhaps best known as the final place of residence of actor Gary Coleman. After riding through the heart of town, past some tempting eateries and markets, the road passes under I-15, and then bends left, at mile 63.9, becoming State Route 198. The highway passes through the small community of Spring Lake (population 458 in 2010), and the ride's lowest elevation. Antonga Black Hawk,

who led numerous raids during the Black Hawk War, is buried here. Despite its proximity to the Provo urbanized area, residents rely on wells for water. Enter Payson at mile 66.8; you are now on State Street. Turn right on 300 South and continue to Memorial Park to conclude the ride.

The Mt. Nebo Challenge will be part of an upcoming volume of Utah rides.

For more rides, see Road Biking Utah (Falcon Guides), written by avid cyclist Wayne Cottrell. Road Biking Utah features descriptions of 40 road bike rides in Utah. The ride lengths range from 14 to 106 miles, and the book's coverage is statewide: from Wendover to Vernal, and from Bear Lake to St. George to Bluff. Each ride description features information about the suggested start-finish location, length, mileposts, terrain, traffic conditions and, most importantly, sights. The text is rich in detail about each route, including history, folklore, flora, fauna and, of course, scenery.

Wayne Cottrell is a former Utah resident who conducted extensive research while living here – and even after moving – to develop the content for the book.

The city's claims to fame include the location for most of the filming of Footloose (despite the film's allegiance to Lehi), and the hometown of singer-songwriter Jewel. The city was originally named Petetneet, after a Ute chief, but was renamed for James Pace, a mid-19th century homesteader, to facilitate improved pronunciation. Leave the park toward the south, along 100 East. Turn left onto 700 South, followed by a right onto Payson Canyon Road. At 800 South, turn right again to continue on Payson Canyon. The road climbs gradually. At mile 4.3 a cattle guard seems to mark the gateway to the Nebo Loop Scenic Byway, as the road continues. Enter Uinta-Wasatch-Cache National Forest at mile 4.8. The climb gets steeper within one-half mile of entering the forest.

Presuming that you have quickly found your climbing legs, settle into a rhythm that will sustain you for the next 20 miles. The climb eases for short segments, offering brief breaks. Speaking of break, Maple Dell is at mile 5.5 (bathrooms, water). After one mile of steep climbing, the climb eases for about three miles. At mile 9.4, a steep, two-mile climb is followed by a false crest, and then an immediate resumption of steep climbing. The Payson Lakes turnoff is at mile 12.3 – tempting! After taking a

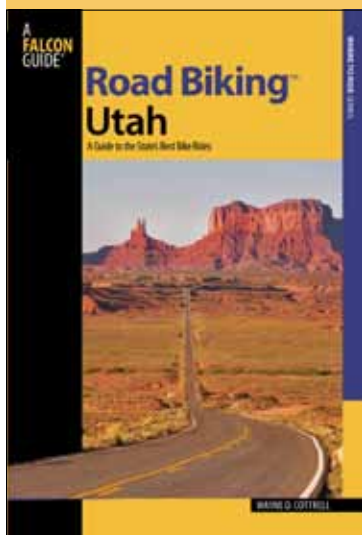
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TOURING

A Short Bicycle Tour Through the Western Deserts of Utah and Nevada

Above: I'm south of Montello, Nevada, riding on nice county roads towards the Pilot Range. The clouds that had dogged me for a couple of days were gone by the end of the day.

Right: It is the end of Day 3, and I'm south and slightly east of the Pilot Range. The clouds are gone and I'm thinking about a campsite up the hill and away from the "busy" road.

Below: A room with a view.



By John Roberson

I awoke early one June morning to the gentle sounds of larks flitting about in the surrounding sagebrush and of a light rain falling on the fabric of my tarp shelter. I twisted around in my sleeping bag for a view to the south and saw low-level stratus clouds and a fresh dusting of snow on the highest slopes of the Pilot Range. I found myself wondering, "What kind of a desert is this, anyway?" I was camped on the northern fringes of the Great Salt Lake Desert, and I was just beginning the third day of an eight day bicycle tour of the west desert regions of Utah and Nevada.

On the previous Saturday morning I had managed an early start from my house in Salt Lake City. I was anxious to leave the sights and sounds of the city behind me, so I hitched a ride to Ogden on one of

our delightful commuter trains. By the middle of the morning I was riding north along U.S. Highway 89 under cool, cloudy skies. The road was quiet, and the excellent shoulder allowed me to settle into my load and to think a bit about what might lie ahead.

It was my intention to work my way around the Great Salt Lake Desert in a counter-clockwise direction. I hoped to revisit some familiar routes and see some parts of the state I had never seen before. I had no set route in mind, and I had the time to do a bit of wandering along the way. I was traveling with a fairly light load, but I had everything I thought I might need to handle the remote regions I knew I'd soon be facing. I'd be traveling on paved roads at times, but much of my riding would be on the non-paved roads that crisscross our deserts and mountains. I had plenty of food and equipment

and enough water-carrying capacity to get me from one isolated water source to another. I was comfortable, confident and definitely excited by my prospects.

After a leisurely lunch break in Brigham City, I headed west through Corinne and on towards the Golden Spike Monument at the north end of the Promontory Mountains. Here and there, among the shoreline terraces left by Lake Bonneville, I could see traces of old railroad grades from the 1800's. I found myself wondering what it might have been like to work on a 19th century railroad crew. Despite the lovely setting, it would certainly have been a demanding life.

I left the paved road near the Golden Spike visitor's center and turned north and west along well-graded roads that skirted Hansell and Sage Valleys. I spent the rest of the late afternoon and evening rolling slowly along and enjoying the solitude and exquisite vistas that opened up over each rise and around every turn in the road. Birds flew about and wildflowers bloomed along the roadway and in the meadows. I made my initial camp on a low, grassy ridge as the setting sun's rays hit me for the first time that day. I pitched my tarp, savored a hot-toddy and a Mary Jane's freeze-dried meal, then settled into my bag for a restful sleep.

Day 2

After breaking camp the following morning I continued riding north on dirt roads to the small community of Snowville. I had a tasty breakfast at Mollie's cafe, watered-up, then carried on to the west along Utah State Highway 30. The skies were clearer that morning, but a slight headwind had developed. I dropped into a lower gear and slowly crossed the northern reaches of Curlew Valley. It was a beautiful Sunday morning, and the traffic was very light, so the winds I faced seemed a minor inconvenience. I reached Curlew Junction by mid-morning, then turned south following route 30 as it skirted the eastern and southern slopes of the Raft River Mountains.

The winds had mellowed by the time I passed through the quiet communities of Park Valley and Rosette,

**Nuts and Bolts! (If you go)**

- 8 days and 7 nights
- total distance approx. 400 miles
- limited water; carry a reliable filter; plan ahead!
- carry tools; decent air pump(s); spare tubes
- food: dehydrated suppers/breakfasts; fruit and nuts
- slow down; keep the load light; relax
- enjoy the scenery and solitude; have fun!

and as route 30 gradually turned to the south, I found I had a nice little tail wind to push me along. For the next couple of hours I enjoyed views of the northern reaches of the Great Salt Lake and desert. But the afternoon eventually turned to early evening, and the clouds that had been quietly building throughout the day began to throw down a light, misty rain. The rain was actually very pleasant, and I might have kept riding for a while longer, but I left the highway at the southern tip of the Grouse Creek Mountains and made camp for the evening. I pitched my tarp, and settled in for what proved to be very comfortable evening.

Day 3

The light rain that greeted me on that third morning had stopped by the time I finished my morning coffee and breakfast. I took my time loading up, then worked my way back down the slope to the paved road where I continued on along route 30 to the west. Morning clouds still hung about at the tops of the various mountain ranges to the north and south, but the paved road surface had dried, and the sun gave the impression of having decided to come out for good.

I had thought that I might leave the paved roads at Grouse Creek Junction and ride south along the eastern edge of the Pilot Range. I wanted to see the Sun Tunnels and what was left of the old community of Lucin, but the dirt roads at the junction were still pretty wet from the previous week's rains. I'm not a big fan of the mud, so I decided to carry on further to the west. I crossed into Nevada and rode into the small railroad community of Montello where I had a hot lunch at a local bar and grill. I watered-up again and rode south a few miles before finally leaving the paved road for a very nice, graded county road.

The county road was dry and the riding was easy, and I was reminded again of the myriad pleasures of riding on dirt roads. The pace is slower, of course, so motorized traffic is lighter. But the slower pace

also makes it easier to observe all those interesting things that go on at the edges of roadways. There are animals to see, intriguing rocks to inspect, occasional treasures to be found, and endless, open vistas stretching out in every direction to enjoy.

On this day the Pilot Range dominated my views to the east. A layer of clouds hung among the snow-capped peaks, but the skies to the south and west were clear and promising. I spent an easy afternoon riding south, passing ranch gates and meadows, and a handful of cars, then turned and climbed east to a low pass at the southern tip of the Pilot Range. As the evening sun settled onto the western horizon, I made a camp with a view among the sage and grasses, and within yards of the Utah/Nevada state line. I pitched my tarp to dry, but sat out in the open as I went through my evening rituals, all the while enjoying stunning views of the Pilot Range to the north and the expanses of salt flats to the east.

Day 4

I awoke to clear skies and the sun rising above the Great Salt Lake Desert. All traces of the previous day's clouds had disappeared, and I was thrilled to think that perfect early summer weather seemed to be the order of the day. I loaded up and made the short ride over Leppy Pass and on into the glamorous community of West Wendover, Nevada. I rolled through town, thanking my lucky stars that I didn't have to spend this beautiful day in the windowless confines of a casino. I hit the Smith's store at the west end of town for a few groceries, water, and a second breakfast. I knew I wouldn't see another grocery store until I arrived in Delta, Utah, in a few day's time, so I took some time to consider my needs.

Over the years I've developed an eating routine that works pretty well for me, although it does vary a bit, depending on the season and the availability of supplies. My breakfasts generally consist of instant oatmeal packets fortified with lots

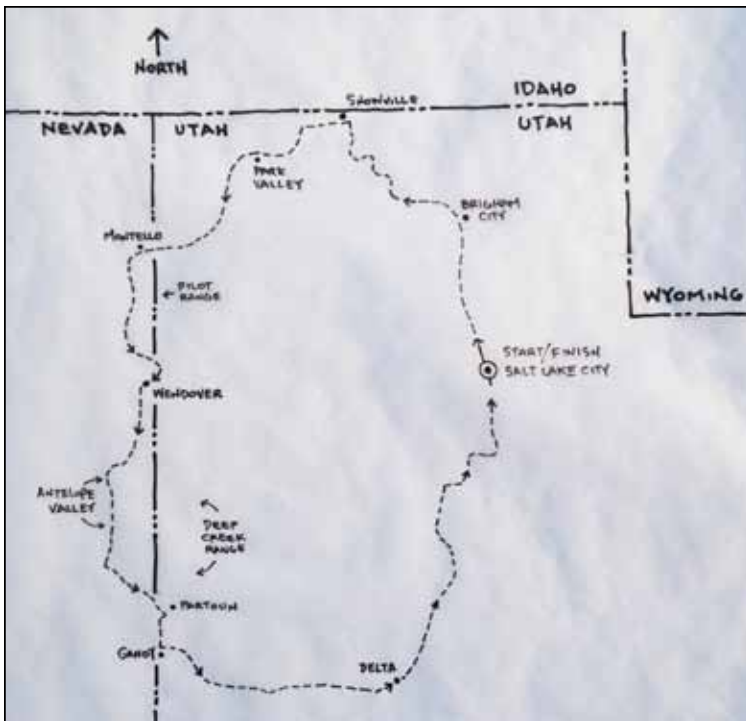
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Above: A map of the journey.

Above right: My second, slightly rainy camp, east of Montello, Nevada. My shelter works well. It's a simple ripstop nylon groundsheet with collapsible poles and pegs. A smaller groundsheet serves as my "floor" below.

Below right: Last Day. I'm at the south end of Rush Valley, and I know I'll be back in the Salt Lake Valley by early afternoon. I'm taking it easy and enjoying a perfect morning. The solitude is sublime.

of dried fruits and nuts. My end-of-day meals are most often based on a hefty, freeze-dried meal, supplemented with nuts, crackers or bagels, and a bit of cheese. During the day I drink a lot of water, munch on a Probar or two, and snack from a bag of "trail mix" of one kind or another. A trip through less-remote regions might mean more restaurant meals and fewer "self-supported" items, but this trip wasn't one of those.

I left Wendover near the middle of the day and rode south on U.S. Route 93. Traffic was light, and I was delighted to find I had a gentle north breeze to push me along. The weather was wonderful, and I frequently stopped to admire the sweeping vistas that are so characteristic of our Great Basin deserts. Once I crossed White Horse Pass I left the main highway to check out an interesting piece of old, abandoned roadway that paralleled 93 for a mile or so. It had been encroached upon over the years by sagebrush and grasses, and it was barely passable, but it led me to Nevada County Road 33, where I left the pavement and headed south into Antelope Valley.

It was late afternoon by this time, and the shadows from the mountains to the west were beginning to make their way across the open valley. There were no trees anywhere, but the rich valley grasses were green and soothing to my eyes and spirit. I knew, though, that the colors would fade as the summer matured. Antelope Valley would be a less attractive place in a few weeks, but for now, it seemed almost magical. Traffic was non-existent, but there were horses off in the distance, and I had to slow for cattle now and then.

At one point in my ride, very near the end of the day, I came across a small pond and livestock watering tank, fed by a free-flowing pipe. The

water looked pretty good, so I decided to make my camp on the open slopes, a few hundred yards above the tank, with plans to revisit the tank in the morning. I spread my groundsheet, threw down my pads and gear, and settled in for the evening. From my cozy perch I had great views of the valley and of the snow-capped Deep Creeks, to the east. The breezes of the afternoon had subsided, so I was able to tune in to the end-of-day sounds of the valley around me: the trilling of meadowlarks, the lowing of distant cows, and the howling of coyotes getting ready for their evening adventures. A couple of horses came close to investigate, and an owl flew a couple of silent circles around my camp. It was a wonderful evening, and I slept like a baby.

Day 5

I found another beautiful day waiting as I awoke the following morning. I watched it "come alive" as I slowly worked through my morning rituals. After loading up, I returned to the water tank and filled my bottles with delicious, filtered water. I was carrying about 6 liters in water capacity, so this process can sometimes take a while. I only had a couple of liters to fill, so I was finished in a flash. I continued riding south on county roads until I came upon a junction marked by the remains of a few stone buildings, and an old stone dam that held back a small, but vibrant body of water. It was a little oasis. Birds were busy among the cattails at the edge of the reservoir, and low trees and scrub lined the outer edges of what seemed a semi-permanent water source.

I turned east at this junction and crossed Antelope Valley along Nevada County Route 35, then began to climb into the Kern Mountains, by way of Tippet Canyon. The grade was fairly easy, but it still took me several, leisurely hours to reach the summit, at about 7,000 feet. It was the highest point in my trip so far, and I took an extended break to relax. There were imposing granite peaks, and carpets of flowers in the meadows, and at the edges of the road. I stopped to top off a bottle from a free-flowing stream, then spent much of the afternoon cruising easily down

through aptly-named Pleasant Valley, past small ranches and homesteads, then on to the Utah state line.

It was late afternoon when I encountered a major, graded road just south of Partouh, Utah. It was there that I met a road-grader operator named Earl. He was the first person I'd seen since leaving Wendover, and we ended up having a lengthy, and very pleasant, conversation. I got some solid advice about water sources and road conditions to the east, and he filled me in on all the latest goings-on there in Snake Valley. He was a nice guy who seemed entirely at ease living and working in what others might see as a remote and unforgiving environment. I left Earl and rode south into a pretty serious headwind. It was hard work, and I spent a grueling hour traveling a mere handful of miles. I pulled a bit of water from an irrigation ditch at a road junction just north of Gandy, Utah, then turned east onto another graded road. I rode my last few miles of the day, then set up another excellent camp on the gentle slopes above the road.

Day 6

The next day's weather was mixed. The morning sun shone brightly, but a south breeze had begun to build again, and I began to think about the possibility of a change in weather. I lingered as I watered-up at Foote Reservoir, a delightful, permanent oasis there in the desert flats, not far from my camp. Earl had told me about the lake. I then began to work my way slowly south and east, aiming toward the Confusion Range and Cowboy Pass. The south winds stiffened, and my progress through the morning hours was slow. I made the pass, then dropped into Tule Valley along the Marjum Canyon Road. This dry-lake valley had none of the vibrant green colors that I had found so soothing a few days earlier. With the steady winds and blazing sun, and the prospects of a nasty climb over the House Range, I was beginning to feel a bit ragged. But the mountains were there, stretched out in the distance before me, and I had to find my way up and over before I could call it a day.

To my delight I found the road that wound through the House Range via Marjum Canyon to be quite nice. I was sheltered from much of the wind that blew through the open valleys, and the pass itself turned out to be less severe than I had remembered. However, during my late-afternoon climb, the weather had changed. The warm south wind had turned to the north and high clouds had moved in. I found I was facing a rapid drop in temperature along with the change in wind direction. I bundled up at the summit before riding off the eastern slopes of the House Range, in the general direction of Delta, Utah. I camped at dusk on a piece of desert hardpan away from the road, with a small cluster of brush to the north to block the wind. I pitched my tarp, anticipating the worst, then settled in for a breezy and rather chilly night.

Day 7

By morning the winds had died and the desert sky was brilliantly clear and fresh. There was a bit of frost on my gear, but it melted off with the first rays of sunshine. I broke camp and continued east on graded road to an intersection with U.S. Highway 6-50. The paved road was a refreshing change from the dirt roads of the previous few days,



and the ten miles or so of smooth highway to Delta passed with ease. I stopped at a grocery store in town and considered my remaining supplies. I was essentially bound for home, and I knew I'd be traveling through relatively "civilized" terrain, so I refrained from loading up on supplies I wouldn't need. Ideally, at the end of a perfect tour, I would roll up my driveway with empty food bags.

After a lengthy break amid the relaxing greenery of the city park, I rode north and east out of Delta on U.S. 6. The day's weather was simply marvelous, cool and refreshing, and the riding was smooth and speedy. The traffic was light, the highway shoulders were wide, and the motorists who passed seemed especially careful and considerate. I took a short break in Lynndyl to watch a few trains go by, then carried on to the north past the Little Sahara sand dunes and Jericho Junction. As the late afternoon sun began casting shadows over meadows and pastures, I left U.S. 6 for Utah State Road 36. This quiet, rolling highway led me to the northwest through lovely, green countryside. Unfortunately, much of this pastoral beauty was marked by fences and no trespassing signs. After some last-minute scrambling, I found a decent place to hunker down at the top of a road cut near a minor summit. I set up what would be my last camp of the trip. The site didn't have much of a view, and I failed to note a side road that crossed an active railroad line. As a result, I was awakened periodically during the night by the unmistakable sounds of train horns at the crossing. Other than that, and a brief visit to my camp by a barking dog, my dreams were pleasant enough.

Day 8

The weather on the final day of my tour was picture-perfect. The sky was a brilliant blue and the air was calm, clean and cool as I rode

from my camp at the summit into the south end of Rush Valley. I left the paved road again and took a dirt road that bee-lined to the north along the western edge of the East Tintic Mountains. I hit paved road again at Five-Mile Pass, at the south end of the Oquirrh. I took another restful break under the trees in the old Camp Floyd cemetery, had a cold drink in Cedar Fort, then skirted the north edge of lovely Cedar Valley.

By this point in the trip I had returned to the hustle and bustle of the city, and I was anxious to get through it with the least amount of fuss. The new commercial and housing developments at the north end of the Lake Mountains were a nightmare of busy roads and harried drivers. The conditions required a level of serious focus I hadn't really needed for a while. I worked my way east to Redwood Road, then headed north. Despite the ever-present traffic, the newly-widened shoulders of Redwood Road made the ordeal considerably less stressful than it might have been. I picked up the Jordan River Parkway at about 90th South, slowed my pace, and savored what remained of my excellent adventure.

As I wound my way along the river's edge, I found myself thinking, as I often do as a tour winds down, of the amazing variety of options available to bicycle riders here in Utah. I think about all the side roads I might have taken and all the perfect campsites I passed. I think about how a particular place might look in another season, and I wonder about the symbols on my maps that suggest treasures and adventures to be explored. I constantly wonder that I don't see more tourers out there exploring our beautiful countryside. It really isn't very hard. It takes a bit of planning and a basic level of fitness, for sure, and there are times when you might wish you were somewhere else. But the experiences are always memorable for me, and I finish up every trip with ideas about the next one forming up in my imagination.



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