

VOLUME 22 NUMBER 3

FREE

MAY 2014

**WEST MOUNTAIN CYCLING MAGAZINE**

# cycling utah

**MAY IS BIKE  
MONTH!  
RIDE YOUR  
BIKE!**

**2014 UTAH,  
IDAHO,  
& WESTERN  
EVENT  
CALENDAR  
INSIDE!**

**ROAD  
MOUNTAIN  
TRIATHLON  
TOURING  
RACING  
COMMUTING  
ADVOCACY**

**FEATURES:**

- BIKE MONTH PREVIEW
- TOURING THE BLACK HILLS
- UTAH RISES TO 8 FOR BIKE FRIENDLINESS
- OVERUSE INJURIES
- FAD DIETS
- TAYLER WILES INTERVIEW
- GET SOME NEW WHEELS

## SPEAKING OF SPOKES

## And . . . BAM!!

By David Ward

So, on April 19th, I rode the Salt Lake Marathon Bike Tour with my brother, Nick, and his wife, Nancy. I really enjoy these rides associated with marathons where you ride the marathon course in advance of the runners. It is rare to be able to ride 26 miles non-stop, with the road closed off and all intersections controlled. I had never even heard of such a thing until the Salt Lake Marathon first incorporated a bike tour with the marathon event a few years ago. I look forward to doing it each year.

This year's ride will always be especially memorable, thanks to the bad fall I took on my bike. We were about 7 miles into the ride and had just come down Memory Grove. We

had descended fairly quickly and Nick, who was in front of me, asked if Nancy was with us. I decided to turn around and look, but we had just turned right on to North Temple heading west. Right after that, we were to turn left onto State Street.

I made that left turn and decided to float out to the right out of the way of other cyclists to look back for Nancy. I saw faded yellow lines on the road and thought they were just that. So I started to move to the right and look back and . . . BAM! The lines were actually an island (which I should have remembered). It took my wheels out from the side and I hit hard on my hip, elbow and head. That is the hardest I can remember falling except when I got hit many years ago by a car.

After a few minutes, they helped

me up and, as I leaned over my bike, I started to feel nauseous. So, a bike marshal who stopped to assist and Nancy helped me walk over to a lawn during which time I also began to feel dizzy. I laid down, and it only took a couple of minutes before the nausea and dizziness passed. Then, because I was certain I would feel better if I kept moving, we hopped back on the bikes to do the remainder of the ride.

Because we live relatively close to the start of this event, we had ridden our bikes to the start line. So, after completing the event, we rode to Nick and Nancy's after which I continued home. I was feeling good except for a very tender elbow and some dried blood, so I logged another 15 miles beyond that.

After I was done riding, I finally

undressed to observe the damage and dress my wounds. The knees on my cycling knickers were ripped, and chunks of skin torn from my knees. The blood had glued my skin to the fabric of my knickers so I had to peel them off. The fall had also taken a deep chunk of skin off my right elbow so I also had to peel off the sleeve of my long-sleeved undershirt from my elbow.

The most visible trauma from my fall is my hip. After stripping off my knickers, my hip did not look nor feel too bad. It had some relatively light road rash in about a 4 inch circular area and felt a little tender, but that was it. I dressed my other wounds, and then mowed our lawn as I had promised my wife I would do. By the time I was done with that, though, my hip had become quite swollen and extremely tender. Through the night, if my wife happened to touch my hip, I would yelp.

Over the next two days, I developed a very nasty blue, purple and yellowish bruise that stretched from my waist down behind and below my knee, and from my groin clear around to my backside. My hip has remained tender, and I have had to wear baggy pants and sweats to keep from putting pressure on my hip. It is now over a week later, and the hip is just starting to recover.

For the final touches to this picture of trauma, I also have scrapes on my left shin and right arm, and a bruise on my left inner thigh.

It sounds really terrible, I know, but in truth I feel very blessed. It could have been much worse. First, nothing broke or fractured, nor was I bleeding very badly. It says something that I was able to finish the ride, log another 20 miles, and then mow my lawn. I may be a little crazy, but I am not all that tough. Admittedly, I have been sore for over a week now, but that is a small price to pay for such a severe fall.

As for my noggin, it did hit hard. I was of course wearing a helmet, and except for a flash of light when I hit, I did not even have so much as a small headache. So here's a shout out for good helmets.

Even my bike came out of it nearly unscathed. The rear derailleur hanger was bent so I had to replace that. And except for having to straighten the brake on the handlebar, that was it.

But this experience has had me reflecting on how vulnerable we are as cyclists. Except for the helmets and clothing we wear, we are very exposed. And while our bodies are marvelous machines at healing them-

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Cover Photo: Tyler Cloward ripping it up in Corner Canyon on his all-carbon Fezzari Timp Peak 27.5 in early April, 2014. Photo: Photo-John. See more at [photo-john.net](http://photo-john.net)

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BIKE MONTH PREVIEW

May is Bike Month! Get out and Celebrate the Bike!

By Dave Iltis



Look for the new Bike Month Banners in Salt Lake City by May 4th in Downtown Salt Lake.

Bikes are in the air and on the road and dirt! It's Utah Bike Month!! And, it's time to celebrate the bike. May has been designated as National Bike Month since 1956, and the third Friday of May is National Bike to Work Day. This year, there are over 45 events happening in Utah.

Consider attending Bike Prom, a fundraiser for the Bicycle Collective, on May 10. Dress up in style, and ride your bike to the big dance.

On May 11, Mother's Day, the annual Cyclofemme rides are happening. These rides are casual, supportive events by women for women, and are scheduled throughout the world. In Utah, there are four rides scheduled as we go to press.

On May 16, the UTA Bike Bonanza returns to the Gallivan Center in Salt Lake City. This event features booths, a kids' rodeo, kids helmet giveaways, prizes, a bmw show, repair stands, and packet pick-up for the Cycle Salt Lake Century and more! Also on May 16 is the annual Gallery Roll featuring Bicycle Art, held at the Salt Lake City Bicycle Company from 6-9 pm.

Riverdale has a full complement of events, as does Ogden and Salt Lake City.

This is the month to ride to work too. Ride to Work Days are scheduled in Ogden, Salt Lake City, Orem, Provo, Park City, and Springville

City. If you miss this, you can commit to riding your bike to work by participating in the National Bike Challenge. Bike to Work week is May 11-16 this year.

On May 21, honor those that have been hit or killed by cars in the Ride of Silence. There are currently two rides scheduled - one in Salt Lake City, and one in Provo.

The Road Respect Tour kicks off on May 28th in Southern Utah. The ride is designed to bring bike safety and respect on the road to communities throughout the state. This year's ride and events will reach Ivins, Torrey and Moab in the South, and Summit County, Coalville, Park City, Morgan, and Logan in the North. The host communities will be implementing bike and driver safety programs.

It's May, so get out and ride! Governor Gary Herbert has declared this as Utah Bicycling Month. The text reads as follows:

Declaration

Whereas, for about 150 years, bicycling has been a simple and efficient method of transportation and a fun recreational activity, as well as a beneficial physical exercise;

Whereas, as a mode of transportation, the bicycle is the most efficient, affordable vehicle created, producing no emissions and requiring minimum space for parking and storage;

Whereas, as a recreational activity or sport, bicycling can be enjoyed both by families and individuals, offering opportunities for the young and old to explore hundreds of miles of bike trails both in urban and rustic settings throughout Utah, or to participate in bicycle racing;

Whereas, as a form of physical exercise, biking three hours per week can help people lose weight, increase strength and physical fitness, and improve cardiovascular health; and

Whereas, the State of Utah applauds efforts to educate all Utah residents about the benefits of biking and encourages individuals and families to ride a bicycle as much as possible;

Now, therefore, I, Gary R. Herbert, Governor of the State of Utah, do hereby declare May 2014 as Utah Bicycling Month

Gary R. Herbert  
Governor

A complete listing of Bike Month events is in the calendar of events in this issue of Cycling Utah. Look in the 'Events' section and online at <http://www.cyclingutah.com/event-calendars/utah-bike-month/>.

- 5/1/2014 Bike to Work or School Challenge Riverdale [riverdalecity.com/departments/recreation/Bike/Bike\\_Week.html](http://riverdalecity.com/departments/recreation/Bike/Bike_Week.html)
- 5/2/2014 Ogden Mayor's Bike to Work Day Ogden [utarideshare.com](http://utarideshare.com)
- 5/3/2014 Live Green Festival Salt Lake City [down-townslc.org](http://down-townslc.org)
- 5/3/2014 Tour de Brewtuh Salt Lake City [tourdebrevtuh.org](http://tourdebrevtuh.org)
- 5/3/2014 OpenStreets Salt Lake City - Ci.SLC.lovja Salt Lake City [bikeslc.com](http://bikeslc.com)
- 5/5/2014 Gear Up for Bike to Work Week Salt Lake City [bicyclecollective.org](http://bicyclecollective.org)
- 5/7/2014 National Bike to School Day Everywhere
- 5/9/2014 Salt Lake Bike Party Salt Lake City [facebook.com/SLCBikeParty](http://facebook.com/SLCBikeParty)
- 5/9/2014 Utah City Criterium Ogden [racedayeventmanagement.com](http://racedayeventmanagement.com)
- 5/9/2014 Ogden Criterium Viewing Party Ogden [ogden-city.com](http://ogden-city.com)
- 5/10/2014 Utah Bike Week Salt Lake City [cyclingutah.com/event-calendars/bicycling-events-swaps-and-festivals/](http://cyclingutah.com/event-calendars/bicycling-events-swaps-and-festivals/)
- 5/10/2014 The Ghost Ride Tooele [theghostride.com](http://theghostride.com)
- 5/10/2014 Bike Prom Salt Lake City [bicyclecollective.org](http://bicyclecollective.org)
- 5/10/2014 Cyclofemme Ride Provo [cyclofemme.com](http://cyclofemme.com)
- 5/10/2014 Cyclofemme Ride - Saturday Cycles Salt Lake City [cyclofemme.com](http://cyclofemme.com)
- 5/11/2014 Cyclofemme Ride Magna [cyclofemme.com](http://cyclofemme.com)
- 5/11/2014 Cyclofemme Ride Salt Lake City [cyclofemme.com](http://cyclofemme.com)
- 5/12/2014 Bike to Work and School Week Logan [aggiebluebikes.org](http://aggiebluebikes.org)
- 5/12/2014 Bicycle Rodeo Riverdale [riverdalecity.com/departments/recreation/Bike/Bike\\_Week.html](http://riverdalecity.com/departments/recreation/Bike/Bike_Week.html)
- 5/12/2014 Road Respect Press Conference Salt Lake City [utah.gov](http://utah.gov)
- 5/12/2014 Utah Bike to Work Week All [udot.utah.gov](http://udot.utah.gov)
- 5/13/2014 Salt Lake County and City Mayor's Bike to Work Day Salt Lake City [bicycle.slco.org](http://bicycle.slco.org)
- 5/13/2014 UTA Bike to Work Day in Orem City Orem [utarideshare.com](http://utarideshare.com)
- 5/13/2014 Ride with the Mayor Riverdale [riverdalecity.com/departments/recreation/Bike/Bike\\_Week.html](http://riverdalecity.com/departments/recreation/Bike/Bike_Week.html)
- 5/14/2014 UTA Bike to Work Day in Provo City Provo [utarideshare.com](http://utarideshare.com)
- 5/14/2014 Cycle Salt Lake Century Ride Packet Stuffing Salt Lake City [cyclesaltlakecentury.com](http://cyclesaltlakecentury.com)
- 5/14/2014 Bicycling for Fitness, Bicycling for Commuting Riverdale [riverdalecity.com/departments/recreation/Bike/Bike\\_Week.html](http://riverdalecity.com/departments/recreation/Bike/Bike_Week.html)
- 5/15/2014 Bicycle Pit Stops Salt Lake City [bikeslc.com](http://bikeslc.com)
- 5/15/2014 Basic Bicycle Maintenance and Adjustment Riverdale [riverdalecity.com/departments/recreation/Bike/Bike\\_Week.html](http://riverdalecity.com/departments/recreation/Bike/Bike_Week.html)
- 5/16/2014 UTA Bike Bonanza Salt Lake City [utarideshare.com](http://utarideshare.com)
- 5/16/2014 Bike Art Gallery Roll Salt Lake City [galleryroll.com](http://galleryroll.com)

Continued on page 15



Advertisement for Bike MS Utah. At the top left is the 'bike MS HARMONS' logo. In the center, it says 'Save \$10 using discount code: NEW2BIKEMS' and 'Register Today'. To the right is a QR code and the website 'BIKE MSUTAH.ORG' with dates 'JUNE 28-29, Logan, UT'. Below these are logos for HARMONS, Bingham Cyclery, BCC Bonneville Cycling Club, Talk Radio 105.7 FM 570 AM, and Rock 106.5. The bottom half of the ad features a photograph of several cyclists in green and white jerseys riding on a road. One cyclist in the foreground is making a peace sign.

## COMMUTING

**AGRC Employees Generate Ideas for Work While Pedaling**

The employees of the Automated Geographic Reference Center ride more than they drive. Pictured: Kelly Green, Bert Granberg, Matt Peters (beard) and Zach Beck. Not pictured: Steve Gourley, Michael Foulger, Photo: Mike Heagin, AGRC

**By Ashley Patterson**

For reasons of efficiency the Automated Geographic Reference Center has gone by the acronym AGRC since its inception in the early 1980's. AGRC is the State of Utah's map technology office and is located in the north office building of the State Capitol. For reasons of time efficiency, general fitness, and personal preference, on a typical day, 3 to 6 of the 13 staff members make the commute to work by bicycle. Throw in 3 staff who commute by bus and train daily, and AGRC has a low parked-car-to-employee ratio with few rivals.

There's something oddly complementary about maps and bicycles. There's obviously plenty of technology that goes into making quality, light, comfortable and durable bicycles. There's also a lot of technology that goes into building digital mapping (a.k.a GIS) resources, doing geographic analysis, and providing map-based web services like aerial photography, interactive maps, and

a high-precision GPS base station network (more info at [gis.utah.gov](http://gis.utah.gov)).

But with both bikes and maps, there are more complex competing solutions like cars and virtual reality that, although very impressive, aren't always the right tool for the job. And, as Bert Granberg, AGRC's Director said, there's another connection, "Oddly enough, some of the best ideas for work have come when the pedals are turning and we're trying to get to or from work in one piece."

And of course bikes and maps go together as 'bike maps'. AGRC has been asked to advise the Governor's Outdoor Recreation Director on working with local government and other trail stewards, to compile a statewide map layer of bike trails and routes.

Proximity, to use a fancy geographic term for short distances, is a huge advantage for bike commuting and the AGRC biking crew live between 2 and 7 miles from the Capitol. Certainly not everyone can locate themselves this close to work but, when possible, it makes a difference.

For most of AGRC's bike commuters, riding adds on only a few extra minutes compared to driving. If you ride 25 minutes each way and the round trip drive would take 30, that's like getting a 50 minute workout that costs only 20 minutes of your day. Matt Peters, one of AGRC's daily commuters gives credit to co-worker Kelly Green for inspiring others to give bike commuting a try, "For over 10 years now, in sun, rain, and snow, Kelly has been quietly and consistently showing us how doable it is."

The Capitol has a secure, weather-proof bike storage locker (for a \$10 key deposit) and has showers and low-fee gym lockers. The leadership of the Department of Technology Services (DTS), AGRC's parent organization, has run a year-long challenge to increase carpooling and alternative transportation usage in response to Governor Herbert's clean air initiative. Lastly, the state health insurance options, like many others, offer a small incentive for those who exercise regularly and stay fit which is enough to cover the cost of a bike tune or two every year.

AGRC staff spend a lot of time coordinating with other state and local government agencies with similar map technology interests. Despite the advent of video conferencing, that means a fair amount of driving to meetings. DTS has one shared fleet car which helps. But another strategy occasionally used by AGRC staff is to drive in a bike in a personal car early in the week and leave the car over night and bike home and back for next day or more.

**Tips for the Commute**

A brief survey of AGRC staff revealed some other interesting tips.

•Consider several potential bike commuting routes, what's the fastest route? What's the safest route? What's the most pleasant/scenic route. Use these as needed but mix it up a bit too. Familiarity is good for safety but variation is good for the brain.

•Routes with stop signs tend to be faster and have less and slower traffic than those with signals.

•Ride defensively with 110% focus. Don't stake your life on cars seeing you or stopping at cross streets where you have the right of way, especially when drivers are late or have a coffee or phone in their hands.

•Focus is key. Headphones and daydreaming are not advised.

•Plan to get cut off or treated rudely somewhat regularly. Responding with anything but a smile and a wave just increases your risk and aggravation. Let it go and get back to enjoying the ride.

•Cold weather often makes for better bike commuting because it's easier to regulate your body temperature by de-layering during the ride.

•Lights. lights. lights. lights. (front, rear, helmet, spokes).

•The IRS's 2014 standard mileage reimbursement rate is 56 cents per mile. Reward yourself for riding by

the mile and invest accordingly in comfort, safety, and style.

Here are some fun facts about AGRC's bike commuters (names withheld to keep you guessing):

•One AGRC staffer added bike commuting to his daily routine and subtracted car ownership as a part of a lifestyle change that led to losing 80 pounds in just over 6 months.

•Knee-high wool socks and battery-powered, frame-wrapped Christmas lights are signature winter riding gear for one AGRC commuter.

•Long before working at AGRC, one staffer attended a single Salt Lake City Mayor's Bicycle Advisory Committee meeting and penciled in the 2nd and 3rd Avenue bike lanes as a suggested addition to the master plan. Despite moving several times and changing jobs, he's still using these lanes on almost every commute.

•One AGRC staffer, has a very limited selection at the bike stores as he's over 6' 8" tall.

•Last fall, bike commuting wasn't enough for one staff member who took a week off to do a self-supported bike trip to Yellowstone National Park and back. He was an object of curiosity for several State Capitol commuters who recognized him as he pulled his trailer through Bountiful in driving rain during morning rush hour.

•To date, AGRC bike commuters have, knock on wood, no major accidents or moving violations on their records.

•Favorite bikes: Bianchi Valle, Surly Cross Check, Salsa Vaya, a 1992 Kona Explosif, Trek Soho (belt-drive, internal gearing).

If you have a suggestion for a commuter profile, have a commuter question, or other comments, please send it to [lou@cyclingutah.com](mailto:lou@cyclingutah.com).

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**JULY 19<sup>TH</sup>, 2014**

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Nami 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).

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## BOOK REVIEW

### Book Review: *Maglia Rosa - Triumph and Tragedy at the Giro d'Italia is Sure to Please the Tifosi*

By David Ward

Are you, like me, a Tour de France fanatic just waiting for the Tour to start? Can you name the winners of each Tour (yes, including a certain someone whose seven victories have been stripped) since 1980? Do "Alpe d'Huez" and "Mont Ventoux" bring iconic images of great victories to your mind? I can't wait.

But guess what? Before the start of the Tour, there is another great race that takes place and is being rediscovered by cycling fans: The Giro d'Italia. And there is a wonderful book out to help you appreciate this race and its venerable history and tradition: *Maglia Rosa - Triumph and Tragedy at the Giro d'Italia* by Herbie Sykes.

In the forward written by Andy Hampsten, the only American winner of the Giro, Andy states: "The Tour de France is a bigger race than the Giro. It has more media, more commotion, more people making demands on the cyclists' waning energy. What it doesn't have is the tifosi." What are the tifosi? "The spectators at the Giro are tifosi, loosely translated as fan, with a heavy emphasis on 'fanatical'." And that fanaticism goes a long to defining the Giro.

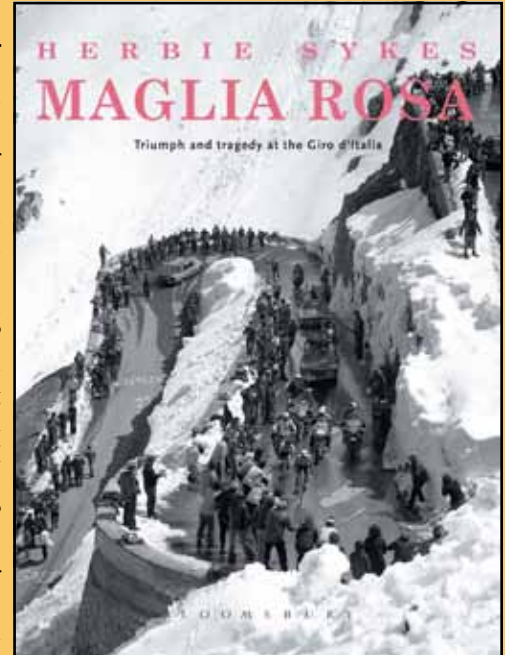
Hampsten goes on to state, "The Giro is everything for Italian racers. . . . [They] realize that the Giro offers them the opportunity to become national heroes and, more importantly, to become idols in their hometowns. . . . They're brought up on stories of Coppi, Bartali, Magni and Guerra, and they want nothing more than to emulate them."

Through chapters with such titles as *The Red Devil*, *Campionissimo*, *The Angel of the Mountains*, *The Savior of the Maglia Rosa*, *The Perfect Crime*, and many more, this book tells the stories of great champions, colorful characters and exhilarating stages, delivers the beginnings and development of the Giro, gives behind the scenes history and detail, and offers a prognosis and direction for the future.

Did you know that, like the Tour, the Giro was started by a sports publication, *La Gazzetta dello Sport*? And did you know that, like the Tour, the leader's and winner's jersey

was pink because that was the color of the paper the *Gazetta* was printed on?

The very first of seventeen stages of the very first Giro started on May 13, 1908, at 2:53 a.m. At that moment, "127 moustachioed lunatics made off,



destination Bologna, the small matter of 397 kilometers to the south east." Dario Beni won that stage, but the overall victory went to Luigi Ganna. The standings were scored on penalty points rather than time, i.e., first place had 0 points, second place 1 point, etc. Overall, Ganna ended up with only 25 points while Giovanni Rossignoli, third overall with 40 points, had the fastest overall time by 50 minutes.

In a book filled with such details, Sykes takes you through the decades with the Giro. Told on heavy, bright paper ideal for excellent photographs, you come to understand the nature, spirit, characters and heart of the Giro d'Italia. You discover that the Giro, more so than any other major stage race, has a nationalistic fervor and personality embedded within it.

Sykes also takes you through the trials and travails of the Giro, and the challenges which it, and cycling, has and continues to face. Doping and cheating, modern media and money have presented challenges which cycling has struggled to deal with. But in the end, Sykes feels the Giro, rooted firmly in the Italian personality and its traditions, will survive. "Quintessentially and resolutely Italian, it is the perfect distillation of the Bel Paese - enthralling, esoteric and frequently unfathomable. That's entirely as it should be for, despite the meddling of those who claim to know better, the Giro is still Italy's race, the country in microcosm."

If you want to expand your horizon beyond the Tour, the Giro d'Italia is an excellent race to do so. And Sykes' book will bring the history, excitement and uniquely Italian personality of that race to you.

*Maglia Rosa* 2nd edition  
Triumph and Tragedy at the Giro d'Italia  
by Herbie Sykes, Bloomsbury Publishing, New York, 2013  
ISBN: 9781408190012



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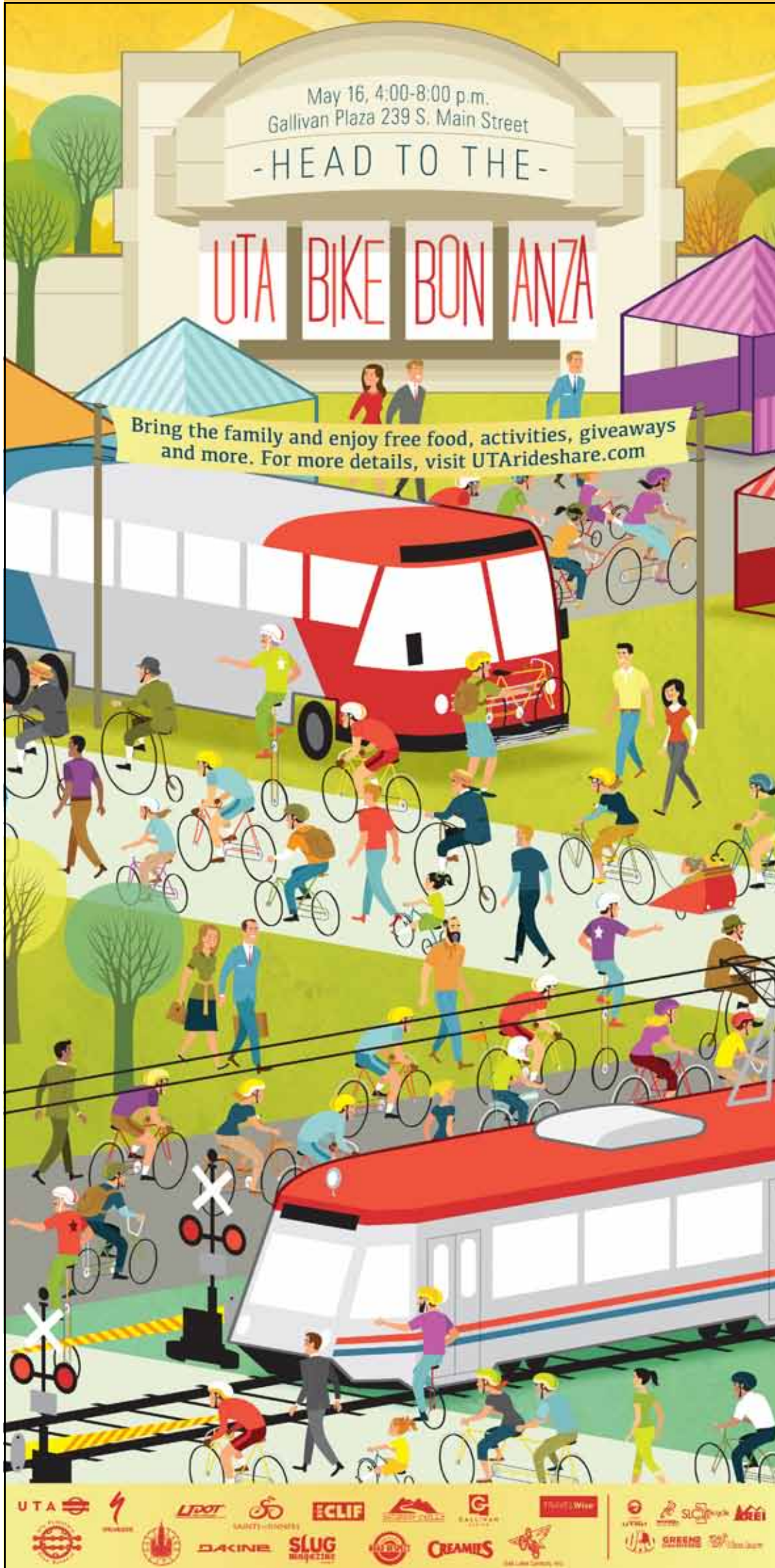
## COMMUTING

## Salt Lake County Bicycle Ambassadors Encourage Bike Commuting

By Esther Meroño

When I first picked up a bicycle as a mode of transportation in

my early 20s, I had a bicycle guru convinced me to ditch the heavy mountain bike I'd been pedaling around Downtown Salt Lake and a local bicycle enthusiast. She showed me how to safely ride a sleek



Salt Lake County: Councilman Arlyn Bradshaw, Advisor Megan Hillyard, Active Transportation Coordinator George Deneris, and Bicycle Ambassador Program Director Jack Lasley. The yellow shirts signify Ambassadors. Look for them at upcoming bike events and on the road. Photo: Dave Iltis

road bike, completely changing my commuter experience. She brought me along to group rides, where I learned about bicycle safety and traffic laws, and she connected me with the Bicycle Collective, where they helped me build up my own bike and taught me how to maintain it.

Since then, I've often taken on the role of an informal bicycle guru: helping friends find a bike, showing them how to fix flats, taking them out on rides, and even organizing my own bike events—but not everyone has a commuter buddy to get them started and comfortable on the road. Phil Sarnoff and Colin Quinn-Hurst, both major players in 2013's Year of the Bike initiatives, realized the power of individual outreach in getting more people on bikes, and using a model from other national programs gaining popularity, pitched a Bicycle Ambassador program to various government organizations until Salt Lake County picked it up and launched in April of last year. Jack Lasley is now the organization's Program Coordinator, and he, alongside about 20 volunteers, serve as missionaries preaching the message of the bicycle, and supporting the program's mission statement: "To build a team of enthusiastic, outgoing, and informed bicycle commuters to educate residents, promote bicycle travel, improve bicycle travel conditions, and foster a culture of shared-use and mutual respect between bicycles and other roadway users in Salt Lake County."

The job is a simple one for any outgoing bicycle enthusiast—at a basic level, it just requires you to be friendly and talk about bikes—and it's an open position for anyone living in Salt Lake County with commuting experience. Volunteer Bicycle Ambassadors attend local events and talk to people about the benefits of commuting, giving advice and encouragement. They carry around everything from pam-

phlets about bike safety to bike lights to hand out to those in need on their own commutes. They even give rewards when they see a cyclist obey the rules of the road or demonstrate bicycle safety. For those who could use their very own bicycle guru, the program provides one-on-one mentorships as well, pairing learning commuters with a seasoned ambassador. "Riding a bike for transportation certainly brings you closer to and gives you a different perspective of the city. When commuting by car, you live in a series of islands. You might know your neighborhood in a radius of a few blocks, and the area around your work, gym, grocery store, or any other frequented locations, but the areas in between are just a series of landmarks directing towards something familiar. When you ride a bike, you fully inhabit the city," says Lasley—evidence of the type of sage insight one can glean from the ambassador experience.

This year, as the organization is still relatively new, Lasley says the Bicycle Ambassadors plan to attend as many events as possible to bring more awareness of the program, making contacts, providing instruction and advice, and encouraging safety. "For the long-term future, we are looking to give this program more of a permanent home in the county with a full-time position on top to allow for growth," he says. "We would like to see ambassadors attending events year round and providing safety education regularly, through hosted events and scheduled presentation."

Find the Salt Lake County Bicycle Ambassadors at [slco.org/pw/activeTransportation/html/ambassador01.html](http://slco.org/pw/activeTransportation/html/ambassador01.html)

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## MECHANIC'S CORNER

**Reinventing the Wheel, Sort Of (or, Reasons to Purchase a New Set of Wheels)**

By Tom Jow

For nearly as long as there has been a wheel, there has probably been racing. And for as long as there has been racing, there has been a reason to continually improve upon their design. Races are the testing ground. Winning events like the Tour de France, Olympic games and Mountain Bike World Cup races are proof that the new wheels work. What's good for the pros can be good for us, because even if we're not riding to win races, who doesn't want to ride better, faster, longer? The effect that wheels have on the performance of the bicycle and rider is so great that there are different designs for every type of event in any weather or terrain. As technology is always improving, good components are always replaced with better components. Whether road or mountain, the major factors to consider in improving wheels are traction, comfort, strength, aerodynamics and rolling resistance.

Fifteen years ago, the tubeless tire and wheel system was introduced for mountain bikes. Their claim was increased traction, comfort and lower rolling resistance. Those claims turned out to be true as soon as nearly all mountain bike riders, racers and

recreational alike, began to use tubeless. At that time there was only one company with a true tubeless compatible wheel and many riders didn't want to purchase new wheels to use tubeless. It was a little heavier than standard wheels and an expensive upgrade. Shortly thereafter a good conversion kit became available for standard rims consisting of a rubber rim strip and some sealant. Now, however, nearly every after-market mountain bike wheel is tubeless compatible. A wheel designed for tubeless will provide a more solid bead lock than the older conversion kits. Therefore, tubeless tires will seal easier and more securely at lower pressure. Also, with a strong bead lock to hold the tire in place, some manufacturers are beginning to eliminate the hook that was previously required to keep the tire on. This allows for a straight sidewall on the rim which greatly improves strength.

Mountain bike rims have also been growing in width. This is in response to the use of wider tires for different events. When the tire and rim width are properly matched, the sidewall of the tire is more vertical (or less round). The result is an increase in air volume which allows lower tire pressure. Lower tire pressure reduces rolling resistance by

allowing the tire to conform to small obstacles in the trail instead of being bounced off them. In addition, this provides better traction and a more comfortable ride. The more vertical tire carcass also deforms less under cornering loads which results in better, more stable bike handling.

Road bike wheels have also seen some significant changes. In fact, road rims have also begun to widen as well. The same benefits apply for road wheels as for mountain; more volume resulting in lower required tire pressure, lower rolling resistance, better handling and more comfortable. There is another benefit of wider rims, more significant for road than mountain; aerodynamics. At the higher speeds of road riding, overcoming air resistance is a major use of the riders power output. improved aerodynamics reduces the amount of energy required to propel the bike and rider forward. Wider rims, combined with lower spoke count than wheels of 10 years ago, greatly reduces air turbulence caused by the wheels and therefore reduces energy expenditure. Deep section aerodynamic wheels with rims of 45mm, 60mm or 90mm decrease air resistance even more, but a basic 30mm deep rim still makes a significant difference.

Technology is constantly improving the bicycle. As important as it is for the frame and its components, it is even more important for the wheels. A good set of wheels can make a good bike ride great while a bad set of wheels can make a great bike ride poorly. For this reason there are wheels for every condition: time trials, in the mountains, on the cobble stone roads, downhill and cross-country in the dirt. Whether you are looking to improve performance by the second, to go miles farther, or just to be more comfortable during a long ride a wheel upgrade can be a good place to start.

Got a bike question? Email Tom at [runnerrunner.rider@gmail.com](mailto:runnerrunner.rider@gmail.com).

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**MOUNTAIN BIKE RACING**

**Enduro 101**



The Moab Enduro Cup features great scenery. Photo: Eric Odenthal

By Jessica Kunzer

Calling all riders! Grab your bike and prepare to have some fun with mountain biking's hottest race.

Somewhere between grueling cross-country and rowdy downhill mountain bike racing, Enduro racing has emerged as one of the sport's most popular race disciplines. To many unfamiliar with the sport, its format and requirements may seem a bit ambiguous. Enduro is a multi-stage race format, which combines descending timed stages and untimed transfer stages. Racers enjoy the camaraderie of their peers while pedaling the transfer sections, but switch to competitive mode on the timed sections where they aim to beat the clock and the earn the fastest time.

Originating in Europe, the format migrated to the United States over a decade ago and has continued to escalate in popularity. Enduro is similar in many ways to Super-D, but takes place on a much larger scale. The racing portions of both formats are gravity-fed, however, racers should be prepared to complete significant transfer stages, which may include vertical ascents in Enduro between each timed stage.

"Enduro racing is the most fun format of racing and doesn't require you to kill yourself on the climbs," said Enduro Cup Competition Director



The Fears, Tears, and Beers Enduro in Ely, NV features a ride through the casinos. See the mountain bike racing calendar for race details. Photo courtesy Fears, Tears, and Beers.

Ali Goulet. "People actually get to enjoy the race."

In 2012, Goulet noticed an absence of Enduros in Utah and founded the Wasatch Enduro at Canyons Resort. Since then, Goulet has partnered with Salt Lake City based Mountain Sports International to create the three-stop Scott Enduro Cup presented by GoPro series. A champion for the sport, Goulet claims Enduro racing is the most welcoming format for mountain bikers of all disciplines and abilities.

"The appeal of the Enduro format is that it utilizes riders' fitness and technical skills providing a level playing field for both super technical and fit athletes," remarked Goulet. "Ultimately, the best Enduro riders

will have a good balance of both."

While males make up the majority of the sport's participation, it is also an excellent format for both elite and amateur female racers. Elite female riders participating in the 2013 Enduro Cup season noted how much they enjoyed getting to know their fellow competitors as opposed to more cutthroat cross-country races where social opportunities are limited. Similarly, amateur riders appreciated the opportunity to gain advice and support from more experienced female colleagues throughout the duration of the event.

There are no set guidelines dic-

Continued on page 34

PROS | AMATEURS | JUNIORS

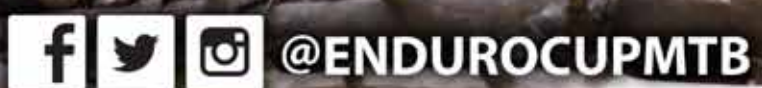


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COMMUNITY

# Chase Pinkham, Fellow Cyclist and Utah Bike Racer, Passes Away



Chase Pinkham is exuberant in winning the RMR Criterium on 3-10-2012. Photo by Dave Iltis

By Dave Iltis

April 15, 2014 – It is with a sad heart that we report the news that Chase Pinkham, fellow cyclist, bike racer, Salt Lake City, Utah resident, and great man passed away on April 14, 2014 due to an accidental overdose.

Chase had spent many years managing chronic jaw pain from a cycling accident sustained prior to the Tour de l’Abitibi in 2008.

He shared some of his struggles on Facebook with chronic pain:

“Hey all, Just wanted to give you an update if you have tried to get a hold of me the last few days by cell phone. I am currently seeking treatment for some severe depression caused by years of dealing with chronic pain from my accident in 2008. I am in a safe and good place,

but I do not have access to a cell phone. If you need to get a hold of me please message me here.

Dealing with chronic pain, years of medication and depression is something that may make you completely alone and hopeless, even when surrounded by the people that love you. Please remember that if you are suffering currently, or ever end up suffering, that you are not alone and that people love you. There is help available and asking for it only proves that you have the strength to reach out and the desire to change the state you are in. Many suffer, but so few ask for the help that so many people are willing to give.

If anyone ever needs to simply talk about what they are going through, I am always willing and happy to listen. You are not alone in the struggle.

I am sure many of you will see me very soon, as motivated and willing to

succeed as I have ever been.

Love,  
Chase “

More recently, he was optimistic and thankful in a Facebook post following treatment for chronic pain, “I just wanted to give a massive thank you for all the support I have received in the last few weeks. I cannot fully express just how touched I am by the support of my friends and family. Things are looking up! I will never forget the love and kindness expressed to me.”

Over the years, Chase rode locally for Vanguard, Ski Utah, Canyon Bicycles, and nationally and professionally for Trek-Livestrong U23, Trek-Livestrong, Bissell Pro Cycling, and Jamis-Hagens Berman. In 2014, he was again racing locally for Canyon Bicycles until breaking his fibula at the Valley of the Sun stage race in February.

Our thoughts are with him and his family. We will miss you, Chase.

**Chase Pinkham**  
10-29-1990 - 4-14-2014

Chase Pinkham: the hub of the wheel. A yellow jersey man. With his unexpected passing on April 14, 2014, Chase left behind a tsunami of grief with his expansive wake of family and friends. His contagiously charismatic essence touched many lives in 23 short years.

Chase was born October 29, 1990. He attended Lowell Elementary and the International Baccalaureate program at West High School. Chase’s



generous, kind and approachable ways helped create a tight-knit circle of friends throughout his school years. With keen intellect, voracious reading and dogged determination, Chase passionately pursued many interests. For many years, Chase was a Civil War re-enactor and local expert. Savoring authenticity, he made his own hard-tack, sewed period uniforms by hand and slept in a cloth tent with a musket nearby. More, he shared his expertise, visiting schools and reaching out to the community.

In high school, Chase developed a passion for cycling, quickly rising through the junior ranks. He was invited to compete in Canada at an international junior race in 2008. While training, Chase was hit by a car in a devastating accident. One short year later, he recuperated to compete at the highest levels of the sport, joining the Trek-Livestrong development

team. As an elite athlete Chase chased the dream of professional cycling and competed across the U.S. and world. Sadly, multiple reconstructive surgeries were required after his accident. Chase suffered from chronic pain, which led to cycles of depression and despair. Despite the struggles, Chase made countless friends and will be remembered not only as a fierce competitor but more importantly as a compassionate, humble and helpful friend.

Surviving family members from the Pinkham and Makarewicz clans celebrate the life of Chase: Bedrock of parents, Paula and Steve, and sister, Ava. Aunts and uncles, loyal mentors and advocates, including Laura and Barry, Gao and Bruce, Nancy and Kevin, Linda and Peter, Gail and Gerry, and Mother Jadwiga. Doting grandparents, Helen and Fred Pinkham, and Ann (Tutu) Mack, and cousins Nathan, Riley, Reid, Kurt, and Jennifer also grieve their collective loss. Family members appreciate the outpouring of love and concern.

In lieu of flowers donations may be made to:

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A summer celebration of life will be announced at a later date. In the mean time, face the wind courageously. Hang tight with your peloton of family and friends. Ride on.

For a photo gallery of Chase, visit: [cyclingutah.com/?p=3054](http://cyclingutah.com/?p=3054)

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## ADVOCACY

# Utah and Idaho Get Mixed Reviews for Cycling in New Benchmark Report

By Charles Pekow

When it comes to per capita bicycle/pedestrian commuting and spending, Utah doesn't quite make the top 40 percent of states. Or so reports the Alliance for Biking & Walking in its latest annual report, *Biking & Walking in the United States: 2014 Benchmarking Report*. Utah just missed, ranking 21st in a state-by-state comparison in both state spending and the percentage of people cycling to work.

The figures can be somewhat misleading as a ranking device, however, as they don't count the level of urbanization of each state. The figures also do not include territories such as the District of Columbia, which is doing considerable work to promote bicycling in town, and Puerto Rico. Some of the numbers also don't separate bicycling from walking.

The 2014 report is based on data collected in 2011 and 2012, using data from the Census Bureau and other sources, including the Alliance's own surveys.

But Utah ranked 21st in both categories cited above. And it ranked right in the middle – 25 out of 50 – in the unfortunate category of bicycle/pedestrian fatality rates (see the March 2014 issue of *Cycling Utah*). Again, such rankings don't differentiate between the different urban/suburban/rural mixes of states as the level of danger can vary widely on country roads, small town streets or urban avenues. But the data show room for improvement in Utah: the state suffered six bicycle fatalities per 10,000 bike commuters per year. In Montana, the rate is only one per 10,000.

But Utah residents seem to enjoy their great outdoors more than most Americans. The state missed the top 10, finishing 12th when it came to getting the recommended amount of physical activity, though. Idaho residents did even better, finishing in eighth place. Again, the survey doesn't consider factors such as climate or how much people exercise indoors.

Still, only about 1 percent of workers commute by bike nationwide. Again, Utah just missed the top 10 but did better than average in this category: 11th. But looked at another way, the state did poorly, with only .8 percent of commuters going by bike. The catch is that a disproportionate number of bike commuters live in a handful of states and only in four states did more than 1 percent bike to work. Of Utahns who do bike to work, 73 percent are men.

And in the hall of shame category, the Alliance cited Utah as one of only four states with no statewide bicycle master plan of any kind. And it's one of only 10 states without a carbon emissions plan. And it only funds Safe Routes to School (SRS) in 74 places, 12 percent of the state schools. Maine manages to provide the program in 60 percent of its schools.

On the plus side, Utah spends 2.6 percent of its statewide federal transportation money on cycling and walking, .5 percent higher than the 2.1 percent state average. It's four-year average spending of \$10,404,883 amounted to \$3.69 per person, above the \$3.10 state average.

And in 2011-12, the Alliance says Utah employed 11 state staffers on a full-time equivalent (FTE) level to work on bike/ped issues, or 3.6 per million residents. (Nationwide, the survey counted 388 state-level FTEs.) On this level, Utah is way ahead of the average 1.5 per million – but Vermont hired 19.2 per million!

And whatever strides the bicycling community is making in Idaho, it is doing so without a lot of state support. Idaho ranked 41st in per capita spending on bike/ped projects, with an earmark of less than one percent of its federal transportation funds, \$2.01 per person per year. And Idaho cyclists are keeping relatively safe by one measure: it was 15th in the fewest per person bicycle fatalities category, with 4.8 deaths per 10,000 commuters. Idaho folks can take pride in the fact that it is one the four states where more than 1 percent of workers go by bike – 1.1 percent. Only Oregon did considerably better at 2.3 percent. And the gender balance was somewhat more balanced in Idaho than in Utah – with 37 percent of bike commuters female, compared with Utah's 27 percent.

And Idaho gets kudos for being one of only 20 states that has set performance goals for reducing pedestrian and bicycle fatalities. Some 6.6 of its traffic fatalities involve bicyclists and pedestrians, whereas the averages nationally comes to 14.9 percent. And the state funds 180 SRS programs in 40 percent of its schools. (A few cities around the country, including Fort Collins, CO add their own money to SRS.)

The Alliance counted not quite three full time professionals in Idaho state government (2.8) devoted to bike/ped issues, or not quite two (1.9) per million people.

You can download the report at <http://bikewalkalliance.org/>.

PROFILE

# Sarai Snyder: Empowering Women via The Pedal



Sarai Snyder, founder of [GirlBikeLove.com](http://GirlBikeLove.com) giving the keynote address at the Utah Bike Summit on April 25, 2014. Photo: Dave Iltis

By Esther Meroño

Utah had the pleasure this April of hosting women's cycling advocate Sarai Snyder, founder of the website Girl Bike Love ([girlbikelove.com](http://girlbikelove.com)) and the worldwide CycloFemme ride ([cyclofemme.com](http://cyclofemme.com)). As one of the speakers at the 2014 Utah Bike Summit on April 25, she treated the audience with a presentation titled "The Power of the Pedal." Snyder's message focused on the empowering force behind the perfect machine, a benefit of cycling often lost among the green initiatives and asphalt advocates.

Over the past few years, Snyder has become a strong voice in the bicycle community, especially on behalf of women, who often go underrepresented in the various branches of cycling, including product development and marketing. The impetus to create Girl Bike Love in 2010 came from a place of observation working for a bike shop in Boulder, Colorado. "I ran a bike shop for about four years and I just kind of recognized that, not only did I want to share my knowledge with women

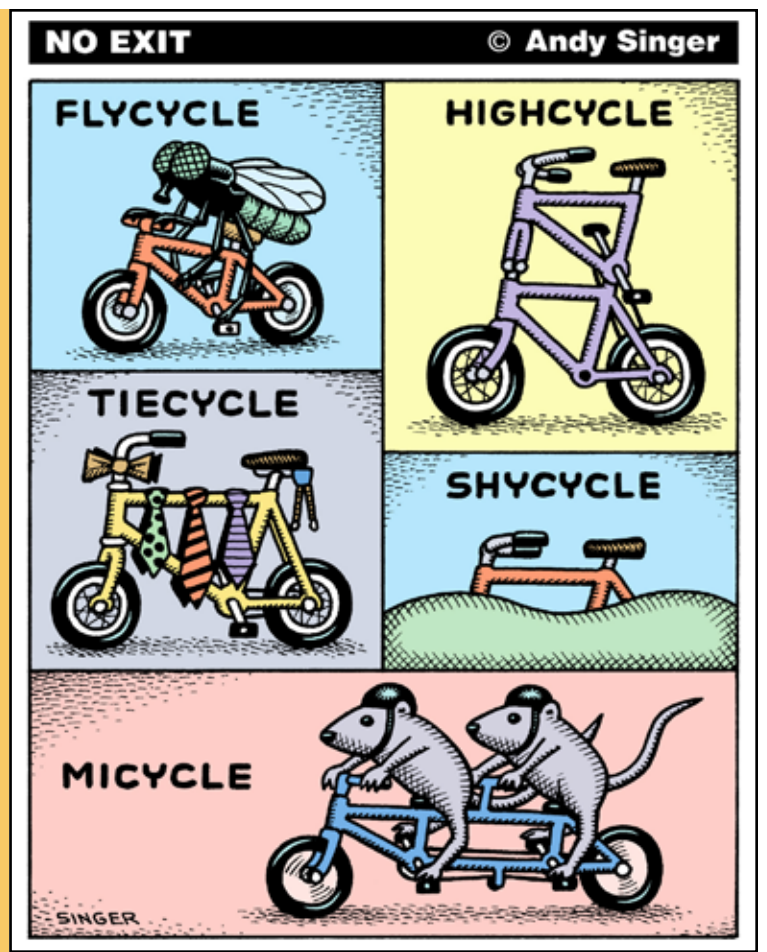
all over the place, but also, I really wanted to help bike shops. I really wanted to be a resource to help them make that connection with female cyclists," says Snyder.

Girl Bike Love, "the hub and soul of women's cycling," is a beautiful resource for female cyclists of all types—from casual urban commuters to Lycra-clad roadies. Why is a gender-specific website like this needed for cycling? Well, first and foremost, it sheds all of the intimidation that permeates the male-dominated activity. Segments like "Tool Tuesday" feature a weekly post that describes a bike tool and breaks down what it is and what it can be used for, without making you feel stupid, or creepily reaching around to "fix that for you." There are "Girl Gear" reviews, "How To" tutorials for finding the right bicycle, and perhaps most importantly, stories about cycling written by women. "I feel like in advocacy a lot of times, we get so busy thinking about safety and infrastructure and funding and working with the government to get the resources that we need, but sometimes we forget that getting more people involved is one of the main things that's going

to help us in getting those things that we need, and the way we get more people involved is in telling better stories," says Snyder. The stories range from a day-by-day recap of seven women riding the RaphaTOC, to an article on how a Rwandan woman's future turns dramatically when she's given a bike. It's an inspiring amalgamation of how the bicycle generates positive change in the lives of women across the globe.

In 2012, Snyder took the power behind her website from the 'Net to the streets through the annual CycloFemme ride, bringing women together to share in the joy of cycling, appropriately held on Mother's Day every year. For 2014, as of this article being written, there are 172 CycloFemme rides registered in 149 cities, across 40 U.S. states (including Utah) and 19 countries. Participants take a pledge before venturing out, which reads (in English, Spanish and Chinese, currently), "I [name], swear to invest my energy, strength, and passion to inspire one more woman to ride a bike. I believe in the power of the pedal for positive social change; for building a healthier, happier, smarter world. I pledge to be an ambassador of the bicycle; to honor the past; celebrate the present; empower the future of women in cycling. I promise to start the revolution; to live the change I want to see; to rally another to ride with me." It's a pledge that challenges everyone who signs it to become a bicycle advocate. Snyder says, "I believe that female cyclists are generally created in groups of two or more ... so I guess the pledge was encouraging that a little more, and using the social skills that we have and saying, 'This really can make a difference. This isn't just you wanting to bring your friend along, this is making a difference in the world.'"

Snyder is very much of the belief that with the empowerment that the bicycle produces, comes a responsibility to share—something she's acted on by becoming a leader and a voice for women in cycling. "I think a lot of women don't quite figure it out for a while. You can't always be like, 'Well, this is going to change your life.' It's usually a gentle message, because people are afraid to change their lives—empowerment's kind of scary because it means that you have to do something," says Snyder. "I never really intended to be a leader ... My passion inspired me to be where I am and to say the things that I do, but it's not that I have the skills to be a leader. While I'm trying to share this message and work with other people and build this community, at the same time I have to teach myself these leadership skills, like public speaking—it's scary! But it's just something you have to do once you get put in this place. For me, I've been empowered by the bicycle to be a leader, to develop those skills and to be a voice."



Her advice for organizers and community leaders who want to reach out to women is to keep things simple. "The important thing to remember is, as women, our gender is a very small part of who we are, so trying to create an event for all women related to riding bicycles, that makes it really hard because we're not all the same—some of us have different interests," says Snyder. "Remember that we're cyclists, too, and that there's going to be different types of rides that bring women together. I think that promoting the

community aspect of it is really important, and making sure you give women a chance to connect on the ride, or after the ride or before the ride. It takes time, too—you have to be committed to it. Once that community starts to develop, it'll flourish on its own."

Utah currently has three rides registered in Magna, Provo and Salt Lake City, details for which can be found in the calendar section of this issue and at [cyclofemme.com](http://cyclofemme.com). All cyclists are welcome to join. Join the conversation at [girlbikelove.com](http://girlbikelove.com).

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## cycling utah

## RACE RESULTS



## Mountain Bike Racing

## April 5 - The Cactus

## Hugger, Intermountain Cup, St. George, UT

## Expert Women

1. Sydney PalmerLegey, Summit Bike Club 1:06:00
2. Kelly Crawford, Bountiful Bicycle 1:07:39
3. Erika Powers, Revolution Peak Fasteners 1:08:00
4. Jenelle Kremer, Revolution Peak Fasteners 1:08:50
5. Jessica Morris, Expertcity 1:13:52
6. Karen Malmes, Diamond Peak Utah Orthopaedics 1:15:28

## Pro Women

1. Evelyn Dong, Backcountry.com 1:28:48
2. Erica Tingey, Team Jamis 1:30:44
3. Joey Lythgoe, Kuhl Rocky Mountain 1:31:21
4. Meghan Sheridan, UtahMountainBiking.com 1:38:31
5. Debbie Mortensen, Diamond Peak Utah Orthopaedics 1:41:43

## Pro Men

1. Bryson Perry, DNA Cycling 1:44:50
2. Justin Lindine, Redline INBX 1:46:03
3. Justin Griffin, Summit Bike Club 1:46:56
4. Chris Holly, Kuhl Rocky Mountain 1:48:06
5. Jordan Pope, Kuhl Rocky Mountain 1:49:48

## Men's 40+

1. Justin Wilson, Revolution Peak Fasteners 1:24:05
2. Aaron Jordin, Canyon Bicycles Shimano 1:24:07
3. Dennis Barrett, Bountiful Bicycle 1:24:29
4. Mitt Stewart, UtahMountainBiking.com 1:26:51
5. Zan Treasure, Bountiful Bicycle 1:27:18

## Expert Men's 30-39

1. Derek Edwards, Roosters Bikers Edge 1:26:18
2. Jared Millington, Bountiful Bicycle 1:29:39
3. Bobby Brown, Bicycle Center 1:30:24
4. Ryan Ashbridge, Revolution Peak Fasteners 1:32:54
5. Jeff Wilson, Bountiful Bicycle 1:34:41
6. Jake Carroll, Bountiful Bicycle 1:34:44
7. Tom Telford, Bikers Edge 1:46:35

## Expert Men's 19-29

1. Jace Hegey, Bike Fix 1:27:48
2. Drew PalmerLegey, Summit Bike Club 1:27:51
3. Zach Ovard, Contender Bicycles 1:30:08
4. Zach Harvey, Roosters Bikers Edge 1:34:02

## Single Speed

1. Danny Christensen, Red Rock Bicycle 1:01:56
2. Steven Bonney, UtahMountainBiking.com 1:04:40
3. Dave Benson, UtahMountainBiking.com 1:06:26
4. Mark Keller, HarmonyHomes 1:07:33

## Women's 40+

1. Angela Johnson, Bountiful Bicycle 0:42:25
2. Sally Reynders, UtahMountainBiking.com 0:50:02

## Women's 35+

1. Coy Barrett, Bountiful Bicycle 1:10:55
2. Nancy Russell, DNA Cycling 1:11:05
3. Jan Holding, Bountiful Bicycle 1:16:05
4. Karen Hogan, Revolution Peak Fasteners 1:28:46

## Women's 19-34

1. Hannah Rice 1:22:27
2. Jessica Meents 1:23:27

## Men's 60+

1. Kevin Ross, Rapid Cycling 1:06:58
2. Kevin Johansen, Racers Cycle Service 1:07:47
3. Joel Quinn, UtahMountainBiking.com 1:10:16
4. Craig Williams, 4Life Mad Dog 1:11:59
5. Joe Benson, UtahMountainBiking.com 1:19:35

## Men's 50+

1. Paul LaStayo, Ski Utah Plan 7 1:00:41
2. Brad Sneed, Revolution Peak Fasteners 1:00:58
3. John Lauck, Bountiful Bicycle 1:03:00
4. Jeff Flick, Kuhl Rocky Mountain 1:05:03
5. Ty Loyola, Contender Bicycles 1:06:58

## Men's Sport 40-49

1. Steve Ellis, Canyon Bicycles Shimano 1:01:37
2. Jared Iover, Red Rock Bicycle 1:01:59
3. Rob Hansen, Canyon Bicycles Shimano 1:02:18
4. Sean Hoover, Canyon Bicycles Shimano 1:02:49
5. Edward Fryatt, HarmonyHomes 1:03:16

## Men's Sport 30-39

1. Donald Peterson 1:04:17
2. Jason Fowles 1:04:47
3. Ryan Pace, Needles Peak 1:05:00
4. Paul Burghardt, Bountiful Bicycle 1:05:01
5. Jeremy Andrews, UtahMountainBiking.com 1:05:35

## Men's Sport 19-29

1. Dallin Hatch, UtahMountainBiking.com 1:01:08
2. David Sneed, Las Vegas Cyclery 1:04:18
3. Ty Watkins, Livewell 1:06:05
4. Daniel Truong, UtahMountainBiking.com 1:14:58
5. Alex Roveda 1:15:07

## Clydesdale

1. Mike Oblad, Porcupine 1:11:49
2. Bret Galbraith 1:13:12
3. Shane Christensen, Bike Fix 1:20:52
4. Richard Ewell, UtahMountainBiking.com 1:39:36
5. Aaron Mullins, Racers Cycle Service 1:41:10

## Junior Women's 13-16

1. Skyler Perry, DNA Cycling 0:46:36
2. Taylor Perry, DNA Cycling 0:46:37
3. Ashlynn Warner 0:54:45
4. Tally Perry, Summit Bike Club 0:59:31
5. Abigail Beck 1:03:06

## Junior Women 16-18

1. Rebekah Mark, Canyon Bicycles Shimano 0:41:30

## Expert Women 16-18

1. Sienna LegerRedel, Summit Bike Club 1:13:47
2. Rachel Anders, Summit Bike Club 1:21:54
3. Berlyn Slemboski, Red Rock Bicycle 1:27:11

4. Jenna Johnston, Canyon Bicycles Shimano 1:35:11
5. Amber Harvey, Roosters Bikers Edge 1:40:59

## Women's Sport 16-18

1. Mila LegerRedel, Summit Bike Club 1:16:44
2. Victoria Vance, Canyon Bicycles Shimano 1:36:08
3. Summer Ellis, Canyon Bicycles Shimano 1:36:08
4. Kylee Shaffer, Canyon Bicycles Shimano 1:04:28

## Expert Men 16-18

1. Adam Brown, 4Life Mad Dog 1:27:28
2. Travis Gillium, Bountiful Bicycle 1:30:45
3. Carter Bailey, Roosters Bikers Edge 1:31:30
4. Matthew Behrens, Summit Bike Club 1:31:36
5. Cameron Larson, Summit Bike Club 1:38:40

## Men's Sport 16-18

1. Seth Coccimiglio, Canyon Bicycles Shimano 1:01:36
2. Hayden Beck, Kuhl Rocky Mountain 1:04:06
3. Jackson Cheney, Canyon Bicycles Shimano 1:04:46
4. Holden Anderson, Canyon Bicycles Shimano 1:04:52
5. Nick Loyola, Unattached 1:05:10

## Junior Men's 16-18

1. Brayden Ellis, Red Rock Bicycle 0:42:35
2. Jaden Bergen, Red Rock Bicycle 0:52:30

## Men's Sport 13-15

1. JonJon Drain, White Pine Racing Powered By Jans.com 1:01:50
2. Alec Schooley, Davis High School 1:09:00
3. Adam Mortensen, Diamond Peak Utah Orthopaedics 1:09:48
4. Nate Hansen, Canyon Bicycles Shimano 1:10:19
5. Devry Grovin, Unattached 1:12:15

## Junior Men's 13-15

1. Tyler Guymon, Bike Fix 0:39:09
2. Kade Brasher, Kuhl Rocky Mountain 0:40:24
3. Miles Willis, Willis Bros Racing 0:42:38
4. Ryder Jordin, Canyon Bicycles Shimano 0:46:42
5. Ian Cheney, Canyon Bicycles Shimano 0:53:44
6. Cole Shaffer, Canyon Bicycles Shimano 0:54:10

## Junior Men's 10-12

1. Parker Christenson, Zion Cycles 0:24:13
2. Joel Shockley, Bike Fix 0:24:59
3. Jackson Telford, Bikers Edge 0:25:35
4. Davis Bailey, Destination Homes 0:25:42
5. Alex Vance, Canyon Bicycles Shimano 0:27:21

## Beginner Women

1. Jace Fowles 0:42:13
2. Nicole Christian 0:49:39

## Beginner Men

1. Phil Blair, [Utahmountainbiking.com](#) 0:31:01
2. Nick Markision, Ski Utah/Plan7 0:33:24
3. Steven Weaver, [Utahmountainbiking.com](#) 0:34:04
4. Wade Okelery 0:34:44

## April 19 - Rumble at 18 Road, Intermountain Cup, Fruita, CO, Cross Country Mountain Bike Race

1. Phil Blair, [Utahmountainbiking.com](#) 0:31:01
2. Nick Markision, Ski Utah/Plan7 0:33:24
3. Steven Weaver, [Utahmountainbiking.com](#) 0:34:04
4. Wade Okelery 0:34:44

## April 19 - 6 Hours of Frog Hollow, Frog Hollow Endurance Series, Hurricane, UT

1. Joey Lythgoe, JOEY 6 laps 05:54:55
2. Lisa Nelson, Team Fatty/World Bicycle Relief 5 laps 05:21:22
3. Lori Howard, Lori Howard 5 laps 05:22:38
4. Michelle Hollingsed, Porcupine Cycling 5 laps 05:35:30
5. Erin McDermot, White Pine Racing p/b [Jans.com](#) 5 laps 05:42:38

## Solo Male

1. Dave Howard, Dave Howard 6 laps 05:17:36
2. Matthew Woodruff, KUHL / Rocky Mountain 6 laps 05:36:49
3. Matt Mangen, High Knee Matt Mangen 6 laps 05:39:58
4. Sam Sweetser, Cole Sport 6 laps 05:42:28
5. Aaron Hagge, Aaron-Diamond Peak / Utah Orthopaedics 6 laps 05:53:20

## Solo Male 40-49

1. Brian Jeppson, Cedar Cycle 6 laps 06:00:01
2. Kevin O'Keefe, Rapid Cycling -Kevin 5 laps 05:07:18
3. Mark Nelson, Just Me 5 laps 05:15:56
4. Alan Hamberlin, Sigma Human Performance 5 laps 05:24:14
5. Thane Hall, Uinta coffee 5 laps 05:34:16

## Solo Masters 50+ Female

1. Lori Smith, Eastside Cycle 5 laps 05:48:24
2. Jill Bustamante, BuffaloJill 4 laps 05:42:11
3. Brenda Witt, Beer, please! 4 laps 06:10:04
4. Elizabeth Ward, Team Tenzing 3 laps 04:22:42
5. Brooke Saindon, Peaked Sports -Brooke 3 laps 04:28:40

## Solo Masters 50+ Male

1. Zan Treasure, Bountiful Bicycle Racing 6 laps 05:47:55
2. Kevin Moffitt, 4 Life / Trek / Mad Dog Cycles 6 laps 06:12:01
3. Brad Sneed, Hamony Homes 5 laps 05:00:17
4. John Lauck, Bountiful Bicycles -John 5 laps 05:11:17
5. Michael Profsky, Canyon Bicycles-Shamino 5 laps 05:17:47

## Solo Singlespeed Female

1. Heidi Volpe, So Cal Endurance 5 laps 05:33:24
2. Suzie Hosmanek, Team Hos 5 laps 06:17:42
3. Amber Hatfield, Ms. Slowpoke 4 laps 06:24:38
4. Elizabeth Ward, Team Tenzing 3 laps 04:22:42
5. Brooke Saindon, Peaked Sports -Brooke 3 laps 04:28:40

## Solo Singlespeed Male

1. AJ Linnell, Action Jacksons! 6 laps 05:27:45
2. Mario Correa, The Path Bike Shop 6 laps 05:49:46
3. Mike Kennedy, Dirtycycer 5 laps 05:20:28
4. Elden Nelson, Team Fatty 5 laps 05:21:37
5. Scott Schaefer, Scott 5 laps 05:37:45

## Duo Team Female

1. Debbie Mortensen & Kelly Crawford, Bountiful Bicycle/Diamond Peaks Utah Orthopaedics 6 laps 06:03:10
2. Parker Tyler & Hannah Turpen, Iez go biking 5 laps 05:28:47
3. Daniel Muldoon & Kathi Merchant, Devilish Duo 4 laps 05:26:27

## Duo Team Male

1. Stewart Goodwin & Ryan Blaney, KUHL 6 laps 05:11:35
2. Reed Abbott & James Rees, mad doggers 4life 6 laps 05:56:08
3. Donovan Meyer & Rich Schneider, Las Vegas Cyclery/Old Cogs 6 laps 06:01:30
4. Tyson Apostol & Josey Apostol, Euclid 5 laps 04:55:45
5. Chris Blike & Paul Wohlt, Carbon Nutz 5 laps 05:07:04

## Duo Team Co-ed

1. Carey Smith & Amanda Carey, Liv/Giant-Hub Bicycles 6 laps 05:19:47
2. KC Holley & Chris Holley, him n her holley 6 laps 05:30:51
3. Shannon Boffeli & Jen Hanks, Epic Brewing/mtbracenevs 6 laps 05:35:53
4. Zepplin Tittensor & Nicole Tittensor, Team Tittensor 6 laps 05:39:46
5. Ryan Ashbridge & Jenelle Kremer, U and I 6 laps 05:44:32

## Duo Team - Take a Kid Racing

1. Danny Christensen & Camryn Christensen, Danny and Camryn 4 laps 05:04:53
2. Kim Christensen & Jordan Christensen, Kim and Jordan 4 laps 06:03:16
3. Gus Hoffman & Beth Hoffman, 3 Funny Ranch 4 laps 06:28:38
4. Sara Wilson & Chris Wilson, Penguin Daddy 4 laps 07:08:17
5. Emma Flach & John Flach, bywrom 3 laps 06:13:35

## 3 Person Open Team

1. Curtis Spragg, Ivor Fuller & Mike McRae, SGPD Team 1 5 laps 05:17:12
2. Jeff Hammel, Brad Muranko & John Martorano, The Red Rockers 5 laps 06:12:49
3. Steve Barney, Scooter Barney & StevieRee, BAR-NE Bikers 4 laps 05:05:07
4. Cody Layton, Daimen Bang & James Wittwer, Team FIST U 4 laps 05:18:54
5. Brett Huish, Seth LeFevre & Stan Thompson, SGPD Team 2 4 laps 05:19:20

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## Speaking of Spokes - Continued from page 2

selves, it is a thin line between coming out of something relatively well, as I did, or severely traumatized, maimed or even dead.

Despite my mishap, this was a great ride. The Salt Lake Marathon had a great new course this year which I really enjoyed. It had enough winding and rolling terrain to keep it interesting, and the police manning the course were very much in control and doing a good job of keeping traffic off the road and out of the intersections.

And while I don't pay much attention to the running side of the event, I do know the bike tour portion is well-managed and overseen by Cindy Yorgason. The only improvement I would suggest is the start. A couple hundred yards after the start, the road narrowed as it turned uphill. Bikes bottle-necked at the turn with most cyclists having to clip out of their pedals. It became a bit dicey as they tried to clip back in while heading uphill. It would have been better if the start had been narrowed to eliminate the bottle-neck at the corner.

So put this on your calendar next year. I am confident you will enjoy it. And also, be careful out there. Had I been paying closer attention, perhaps I could have avoided this. The point is, as cyclists we need to pay attention, and ride defensively. I can attest that, even when your guardian angel keeps you from serious injury, a crash still hurts. A lot.

## Park City Trails Report

It's that time of the year, everyone excited to ride, but big questions about trail conditions. Before heading out on your favorite trail this spring, we'd like to encourage you to read our latest BLOG entry at [mountaintrails.org/mudspring](http://mountaintrails.org/mudspring) to learn about how you affect the trails in muddy conditions. And, if you are looking for trail condition reports, visit the Mountain Trails (Interactive Maps) or Basin Recreation websites, both have information available. Visit [mountaintrails.org](http://mountaintrails.org) for more information.

-Jay Burke

## TRAILS

# Policy Finalized on Ski Areas and Mountain Biking

By Charles Pekow

Ski slopes in national forests can officially get used for mountain biking in the off season. Many already are but the U.S. Forest Service (USFS) finalized its policy in April officially allowing off-season ski slope mountain biking. USFS is implementing a law Congress passed in 2011 to allow additional recreational activities in designated ski areas in national forests.

In its new directive (<http://www.gpo.gov/fdsys/pkg/FR-2014-04-17/html/2014-08893.htm>), USFS outlines criteria for its land managers to use in determining what activities to allow on a case-by-case basis. Neither the law nor the directive require USFS to allow mountain biking at any ski slopes – it only permits them at local discretion in “appropriate circumstances,” saying mountain biking can “harmonize with the natural environment.” Local advocates will have to present their case and work with USFS at every stage from planning to maintenance.

USFS did get some opposition to its plan to permit mountain biking. Some respondents in a public comment period called them “mechanized equipment.” Respondents also complained that areas should

remain wild and undeveloped, used by humans only for quiet, nature-based recreation. But the 2011 Ski Area Recreational Opportunity Enhancement Act specifically permits development and use of mountain bike trails. Some places, such as Aspen/Snowmass Ski Resort in the White River National Forest in Colorado have already added downhill paths under an interim directive USFS had previously issued.

USFS will require, though, that mountain bike “facilities be either visually consistent with or subordinate to the ski area’s existing facilities, vegetation, and landscape. Potential resource concerns associated with proposed facilities can be addressed during environmental analysis.”

And USFS is requiring that no mountain bike facilities be constructed that could interfere with skiing or require major new development. And managers could close trails if use would cause erosion or otherwise harm the environment.

So the directive may lead to new mountain biking opportunities in national forests, but only with persistence and patience. “From the concept to the design to actually using a trail can take several years. There are all sorts of people involved in that process,” warns Aimee

Ross, advocacy manager for the International Mountain Bicycling Association. All new projects will have to go through an environmental review. “It could be a two-year process or a 10-year process.”

But ski resorts are interested, as it will bring guests to their resorts in national forests during the off-season. “We have had several resorts come to us for our help with that process,” Ross says.

A local group that wants to create a mountain bike trail on a national forest ski slope needs to make friends. Get the resort’s approval. It shouldn’t be hard as it means more off-season business, which they’ll need as global warming gradually reduces snowfall. “Get everyone on the same page so the resort understands the needs of the mountain bike community,” Ross says. And USFS staff are likely to respond better if different groups agree. It may be that other folks want a cross-country path around the resort. If the two groups agree on a plan that can accommodate both, staff will be happier to oblige, Ross suggests.

National forests are governed by land use plans that are updated every 10 or 15 years. “If you are lucky and you know there is a land management process, go ahead,” Ross says. If the next scheduled review is

several years down the slope, “the process is a little more complicated.”

Remember that mountain bikers have an easier job dealing with reviews and environmentalists than other forest uses, such as ATV riders. The trouble, though, is that “summer activities have a greater impact on wildlife and water runoff,” as animals are more dormant in winter than summer, notes Gavin Feiger, coordinator for the Ski Area Citizens Coalition, a group that monitors the environmental policies of ski resorts.

While mountain biking itself may only cause minimal slope erosion, extending the season at ski resorts increases the greenhouse gases. “If you have hotels open year round, “kitchens are open, laundries are open,” Feiger notes. But using ski slopes already stripped of trees and brush causes much less environmental damage than building downhill bike trails elsewhere in forests, he adds.

In addition to being “already disturbed,” ski areas tend to be well maintained, allowing easier access for other users, notes Troy Duffin of Alpine Trails, Inc., a Utah-based trail builder. USFS will also be happy because the ski resorts will pay for the maintenance, saving federal money, Duffin says.

## SLCBAC News for May 2014

May is Utah Bike Month and, as the theme indicates, it is packed with events to encourage and celebrate alternate means of transportation. One of the highlighted events of the month is the Mayor’s Bike to Work day on May 13th featuring a casual ride with the county and city mayors. SLCBAC will be an active participant in this event, and riders might even take advantage of refreshments and awesome giveaways during the ride. A complete listing of May’s events can be found on the Cycling Utah event calendar. As advisors to county mayor Ben McAdams, SLCBAC is always looking to engage the community and receive advice and input concerning how we can improve our streets and resources for bicycles and walking. Currently, SLCBAC has several vacant positions to fill. Interested citizens can apply for a position by visiting our revamped website at [www.bicycle.slco.org](http://www.bicycle.slco.org) and click on the “Get Involved” link!

-Ian Scharine

## Continued from 3

|  |   |
|--|---|
| 5/16/2014 National Bike to Work Day Everywhere   | 5/24/2014 SLUG Cat Salt Lake City <a href="http://slugmag.com">slugmag.com</a>  |
| 5/16/2014 Mountain Biking Basic Skills Workshop Riverdale <a href="http://riverdalecity.com/departments/recreation/Bike/Bike_Week.html">riverdalecity.com/departments/recreation/Bike/Bike_Week.html</a> | 5/24/2014 Ogden Bike Park Grand Opening Ogden <a href="http://ogdencity.com">ogdencity.com</a>                                |
| 5/17/2014 Cycle Salt Lake Century Ride Salt Lake City <a href="http://cyclesaltlakecentury.com">cyclesaltlakecentury.com</a>   | 5/28/2014 Road Respect Southern Utah Tour Ivins <a href="http://roadrespect.utah.gov">roadrespect.utah.gov</a>                |
| 5/17/2014 UTA Bike To Work Day in Springville City Springville City <a href="http://utarideshare.com">utarideshare.com</a>   | 5/29/2014 Weber Pathways Puncture Vine Cleanup Ogden <a href="http://ogdencity.com">ogdencity.com</a>                         |
| 5/21/2014 Ride of Silence Salt Lake City <a href="http://rideofsilence.org">rideofsilence.org</a>  | 5/30/2014 Bike To Work Day Park City <a href="http://mountaintrails.org">mountaintrails.org</a>                               |
| 5/21/2014 Ride of Silence Provo <a href="http://rideofsilence.org">rideofsilence.org</a>   | 5/30/2014 Ogden Fixit Station Ribbon Cutting and Puncture Vine Cleanup Ogden <a href="http://ogdencity.com">ogdencity.com</a> |
|  | 5/31/2014 Get Into the River Salt Lake City <a href="http://getintotheriver.org">getintotheriver.org</a>                      |
|  | 5/31/2014 Moab Road Respect Rally and Pathway Opening Moab  |

## Combat Puncture Vine on the Jordan River - Buy a Weevil or Volunteer

Hate Goat Heads? Love the Jordan River Trail? Help to combat the awful weed by participating in the Donate a Weevil Program. Just visit <http://jordanrivercommission.com/Store/donate-biocontrol/> to buy a puncture-vine seed eating weevil for only .50/each. The weevils are used as non-toxic biocontrol to limit the spread of the scourge of bike tires. If you would rather pull goat head weeds in person, you can volunteer for one of many events all summer at [jordanrivercommission.com/volunteer/](http://jordanrivercommission.com/volunteer/).

-Dave Illtis

We have tons of race photos posted at [gallery.cyclingutah.com](http://gallery.cyclingutah.com)

## New HIVE Pass Makes Bike Commuting Even Easier

Salt Lake City’s recent HIVE Pass innovation allows easier bike commuting. It is good on all buses and trains run by UTA with the exception of the ski buses. At only \$30 per month it is a great deal and allows you to hop onto any UTA transit route at will. If the weather turns inclement or you have picked up a load of groceries or other purchases the HIVE Pass enables you to return home with far less hassle. All forms of UTA transit are bicycle friendly.

The HIVE Pass can be purchased at the City-County building in Washington Square, right across from the Main Library. You need proof of residency in Salt Lake City, such as a lease agreement, utility bill or legal documents, and picture proof of identity. You pay for two months up front and then

are billed by the water department every month. Payments can be made online.

SLC hopes to sell 8000 HIVE passes this year. If you use it 12 times a month it pays for itself. But you will soon find that being able to hop a bus or train, with your bike, at your convenience without worrying about having the correct change really makes bicycle commuting easier. Especially for common routes, such as the grocery store or post office, you quickly learn the schedules of those buses and trains most useful for you. There is very little advertising for the HIVE Pass, so word of mouth will be the best way to let everyone know about this inexpensive way to utilize the UTA transit system. Tell all your friends about this new way of leaving their car parked even more often, by combining bike commuting with UTA mass transit using a HIVE Pass. For more information see <http://www.ridewithhive.com>.

-Bruce Ewert



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## GEAR PICKS

**Product Review: Ass Savers Keep Your Drier When It's Wet**

The Ass Saver is a simple clip-on rainguard that helps keep you dry. Photo: Jared Eborn

By Jared Eborn

Ass Saver review By Jared Eborn  
Spring riding in Utah is always a guessing game. One day the weather can be sunny and warm, the next it's a wintery mix of rain, sleet and snow. Some days it's all of the above with a few other weather patterns mixed in.

With that in mind, we took a relatively new product to the April 26 Tour of the Depot to test out. The product: The Ass Saver.

The Tour of the Depot was prime testing territory with a downpour with rain and sleet hitting the racers as they traveled along the roads of Tooele County.

Seen in the professional peloton during the wet spring classic races, the Ass Saver is a flexible, easily attached and removed recyclable plastic mudguard. Made in Sweden, the Ass Saver has a simple design and function –

just slide the 13-inch flexible fender beneath your saddle, snap it into place on the rails and ride away without a steady stream of road wash from your rear wheel spraying your back and backside.

We brought three to the race and had no shortage of racers asking if we had more.

Our test riders had these reviews after the cold, wet and unpleasant day of racing.

"So Saturday's race was a miserable one to say the least. I've never been so cold tired and wet in my life," FFKR-Contender's James Lechtenburg – a Cat 4 racer, said. "Of all the things that received a constant downpour of water from above and below, I don't really remember or recall a constant stream of water flipping off my back tire along my backside to add to my dismay."

Cat 2 women's racer Catherine Fagen-Kim was another product tester.

She suffered in the cold and rain with her husband, Alex, riding along in his warm and comfortable wheel car.

"Alex asked me how I liked it I responded with, "oh it was good, I'm not giving it back," Fagen-Kim said.

"Tour of the depot - notorious for Spring Classics weather didn't disappoint again this year with rain, snow and frigid temps but this year my butt was only wet from the rain coming from above and splash-free of mud & gravel," Fagen-Kim said. "The Ass Saver saved me from that discomfort during my race. Another racer did tell me how jealous she was of it. Not that it made me any faster, I had that going for me."

Lechtenburg also said though soaked, his cycling kit was left clean. "There wasn't a black streak across the back of my jersey from all the water, so apparently this product while improvised did a great job of keeping a part of me somewhat dry in an awful situation to be riding in."

Another bonus? Lechtenburg said the size and simplicity were welcome.

"It was nice having it be improvised and compact and not something I need to have any hardware attach the bike," he said.

The Ass Saver is available for purchase online at [ass-savers.com](http://ass-savers.com) and comes in a variety of colors.

Though not as effective as a full-sized fender, the Ass Saver isn't intended to be.

"It's important to understand that an Ass Saver will never do the same job as a standard mudguard for obvious reasons. It is an emergency mudguard similar to the spare tire of a car but

slightly more stylish," says the company website. "It will get you there fairly dry by eliminating the spray where it is most annoying and most concentrated, namely your derriere."

The flexible plastic guard can be bent to tuck the fender completely under the saddle if not needed. At just 13 inches long and fitting easily into just about any bike bag or backpack,

the Ass Saver is an ideal accessory for the bike commuter who may want to remove the product when not in use.

The plastic product folds and creases in the middle to slide between the saddle rails and form a drainage system of sorts that keeps water and road grime from coating your pants, shirt or bicycle kit.

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- ◆ 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



Learn the Rules at:  
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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



# BICYCLE SHOP DIRECTORY

## Southern Utah

### Brian Head/Cedar City

#### **Brian Head Resort Mountain Bike Park**

329 S. Hwy 143  
P.O. Box 190008  
Brian Head, UT 84719  
(866) 930-1010 ext. 212  
[brianhead.com](http://brianhead.com)

#### **Cedar Cycle**

38 E. 200 S.  
Cedar City, UT 84720  
(435) 586-5210  
[cedarcycle.com](http://cedarcycle.com)

### Ephraim

#### **Pipe Dream Adventure Sports**

327 S. Main  
Ephraim, UT 84627  
(435) 283-4644  
[pipedreamadventuresports.com](http://pipedreamadventuresports.com)

### Hurricane

#### **Over the Edge Sports**

76 E. 100 S.  
Hurricane, UT 84737  
(435) 635-5455  
[otesports.com](http://otesports.com)

### Moab

#### **Chile Pepper**

702 S. Main  
(next to Moab Brewery)  
Moab, UT 84532  
(435) 259-4688  
(888) 677-4688  
[chilebikes.com](http://chilebikes.com)

#### **Poison Spider Bicycles**

497 North Main  
Moab, UT 84532  
(435) 259-BIKE  
(800) 635-1792  
[poisonspiderbicycles.com](http://poisonspiderbicycles.com)

#### **Rim Cyclery**

94 W. 100 North  
Moab, UT 84532  
(435) 259-5333  
(888) 304-8219  
[rimcyclery.com](http://rimcyclery.com)

### Price

#### **BicycleWerks**

82 N. 100 W.  
Price, UT 84501  
(435) 637-7676  
[bicyclewerksutah.com](http://bicyclewerksutah.com)

### St. George

#### **Bicycles Unlimited**

90 S. 100 E.  
St. George, UT 84770  
(435) 673-4492  
(888) 673-4492  
[bicyclesunlimited.com](http://bicyclesunlimited.com)

#### **Bike Fix**

1664 S. Dixie Drive, suite K-107  
St. George, UT 84770  
(435) 627-0510  
[bikefixutah.com](http://bikefixutah.com)

#### **High Knees Cycling**

2051 E. Red Hills Pkwy Unit 1  
St. George, UT 84770  
(435) 216-7080  
[hkycling.com](http://hkycling.com)

#### **Rapid Cycling**

946 W. Sunset Blvd.  
St. George, UT 84770  
435-703-9880  
[rapidcyclingbikes.com](http://rapidcyclingbikes.com)

#### **Red Rock Bicycle Co.**

446 W. 100 S.  
(100 S. and Bluff)  
St. George, UT 84770  
(435) 674-3185  
[redrockbicycle.com](http://redrockbicycle.com)

#### **Utah Trikes**

412 E St. George Blvd.  
St. George, UT 84770  
(801) 804-5810  
[utahtrikes.com](http://utahtrikes.com)

### Springdale

#### **Zion Cycles**

868 Zion Park Blvd.  
P.O. Box 624  
Springdale, UT 84767  
(435) 772-0400  
[zioncycles.com](http://zioncycles.com)

## Northern Utah

### Logan

#### **Joyride Bikes**

51 S. Main St.  
Logan, UT 84321  
(435) 753-7175  
[joyridebikes.com](http://joyridebikes.com)

#### **Sunrise Cyclery**

138 North 100 East  
Logan, UT 84321  
(435) 753-3294  
[sunrisecyclery.net](http://sunrisecyclery.net)

#### **Wimmer's Ultimate Bicycles**

745 N. Main St.  
Logan, UT 84321  
(435) 752-2326  
[wimmersbikeshop.com](http://wimmersbikeshop.com)

### Park City/Heber

#### **Cole Sport**

1615 Park Avenue  
Park City, UT 84060  
(435) 649-4806  
[colesport.com](http://colesport.com)

#### **Jans Mountain Outfitters**

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

#### **Mountain Velo**

6300 North Sagewood Drive, Unit F  
Park City, UT 84098  
(435) 575-8356  
[mountainvelo.com](http://mountainvelo.com)

#### **Slim and Knobby's Bike Shop**

520 N. Main Street, #D  
Heber City, UT 84032  
(435) 654-2282  
[slimandknobbys.com](http://slimandknobbys.com)

#### **Stein Eriksen Sport**

At The Stein Eriksen Lodge 7700 Stein Way  
(Mid-Mountain/Silver Lake)  
Deer Valley, UT 84060  
(435) 658-0680  
[steineriksen.com](http://steineriksen.com)

#### **Silver Star Ski and Sport**

1825 Three Kings Drive  
Park City, UT 84060  
435-645-7827  
silverstarskiandsport

#### **Storm Cycles**

1680 W. Ute Blvd. #D3  
Park City, UT 84098  
(435) 200-9210  
[stormcycles.net](http://stormcycles.net)

#### **White Pine Touring**

1790 Bonanza Drive  
P.O. Box 280  
Park City, UT 84060  
(435) 649-8710  
[whitepinetouring.com](http://whitepinetouring.com)

### Vernal

#### **Altitude Cycle**

580 E. Main Street  
Vernal, UT 84078  
(435) 781-2595  
[altitudecycle.com](http://altitudecycle.com)

## Wasatch Front

### WEBER COUNTY

#### Eden/Huntsville/Mountain Green

#### **Diamond Peak Mountain Sports**

2429 N. Highway 158  
Eden, UT 84310  
(801) 745-0101  
[diamondpeak.biz](http://diamondpeak.biz)

#### **Needles Peak Ski and Bike**

4883 W. Old Highway Road  
Mountain Green, UT 84050  
(801) 876-3863  
[needlespeak.com](http://needlespeak.com)

### Ogden

#### **Bingham Cyclery**

1895 S. Washington Blvd.  
Ogden, UT 84401  
(801) 399-4981  
[binghamcyclery.com](http://binghamcyclery.com)

#### **Skyline Cycle**

834 Washington Blvd.  
Ogden, UT 84401  
(801) 394-7700  
[skylinecyclery.com](http://skylinecyclery.com)

#### **The Bike Shoppe**

4390 Washington Blvd.  
Ogden, UT 84403  
(801) 476-1600  
[thebikeshoppe.com](http://thebikeshoppe.com)

#### **CityCycle**

2371 Kiesel Ave  
Ogden, UT 84401  
(801) 866-7382  
[worldfamouscitycycle.com](http://worldfamouscitycycle.com)

#### **Universal Cycles**

640 W 1100 South Suite 6  
Ogden, UT 84404  
(801) 622-3305  
[universalcycles.com](http://universalcycles.com)

### DAVIS COUNTY

#### **Biker's Edge**

232 N. Main Street  
Kaysville, UT 84037  
(801) 544-5300  
[bebikes.com](http://bebikes.com)

#### **Bikewagon**

680 West 200 North  
North Salt Lake, UT 84054  
(801) 383-3470  
[bikewagon.com](http://bikewagon.com)

#### **Bingham Cyclery**

2317 North Main Street  
Sunset, UT 84015  
(801) 825-8632  
[binghamcyclery.com](http://binghamcyclery.com)

#### **Bountiful Bicycle**

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

#### **Bountiful Bicycle**

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

#### **Loyal Cycle Co.**

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

#### **Masherz**

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

#### **Top Gear**

145 S. Main Street  
Bountiful, UT 84010  
(801) 292-0453  
[topgearbicycleshop.com](http://topgearbicycleshop.com)

### SALT LAKE COUNTY

#### Central Valley

#### **Cottonwood Cyclery**

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

#### **Flynn Cyclery**

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

#### **Millcreek Bicycles**

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

#### Salt Lake City

#### **Beehive Bicycles**

1510 South 1500 East  
Salt Lake City, UT 84105  
(801) 839-5233  
[beehivebicycles.com](http://beehivebicycles.com)

#### **Bicycle Center**

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

#### **Bicycle Transit Center (BTC)**

600 West 250 South  
Salt Lake City, UT 84101  
(801) 359-0814  
[bicycletransitcenter.com](http://bicycletransitcenter.com)

#### **Bingham Cyclery**

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

#### **Blue Monkey Bicycles**

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

#### **Contender Bicycles**

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

#### **Cyclesmith**

250 S. 1300 E.  
Salt Lake City, UT 84102  
(801) 582-9870  
[cyclesmithslc.com](http://cyclesmithslc.com)

#### **Fishers Cyclery**

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

#### Go-Ride.com Mountain Bikes

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

#### **Guthrie Bicycle**

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

#### **Highlander Bike**

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

#### **Hyland Cyclery**

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

#### **Jerks Bike Shop (Missionary Depot)**

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

#### **Performance Bicycle**

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

#### **REI (Recreational Equipment Inc.)**

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

#### **Salt Lake City Bicycle Company**

247 S. 500 E.  
Salt Lake City, UT 84111  
(801) 746-8366  
[slcbike.com](http://slcbike.com)

#### **Saturday Cycles**

605 N. 300 W.  
Salt Lake City, UT 84103  
(801) 935-4605  
[saturdaycycles.com](http://saturdaycycles.com)

#### **SLC Bicycle Collective**

2312 S. West Temple  
Salt Lake City, UT 84115  
(801) 328-BIKE  
[slcbikecollective.org](http://slcbikecollective.org)

#### **Sports Den**

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

#### **The Bike Guy**

1555 So. 900 E.  
Salt Lake City, UT 84105  
(385) 218-1649  
[bikeguyslc.com](http://bikeguyslc.com)

#### **Wasatch Touring**

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

#### **Wild Rose Sports**

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

### South and West Valley

#### **Bingham Cyclery**

1300 E. 10510 S.  
(106th S.)  
Sandy, UT 84094  
(801) 571-4480  
[binghamcyclery.com](http://binghamcyclery.com)

#### **Canyon Bicycles**

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

#### **Canyon Bicycles**

11516 S District Drive  
S. Jordan, UT 84095  
(801) 790-9999  
[canyonbicycles.us](http://canyonbicycles.us)

#### **Infinite Cycles**

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

#### **Lake Town Bicycles**

1520 W. 9000 S.  
West Jordan, UT 84088  
(801) 432-2995  
[laketownbicycles.com](http://laketownbicycles.com)

#### **REI (Recreational Equipment Inc.)**

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

#### **Revolution Bicycles**

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

#### **Salt Cycles**

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

#### **Taylor's Bike Shop**

2600 W. 12600 S.  
Riverton, UT 84065  
(801) 253-1881  
[taylorsbikeshop.com](http://taylorsbikeshop.com)

#### **Taylor's Bike Shop**

3269 W. 5400 S.  
Taylorsville, UT 84118  
(801) 969-4995  
[taylorsbikeshop.com](http://taylorsbikeshop.com)

## ESSAY

## An Ode to Coasting



Kathleen coasting on Cryptobionic. Photo: Lukas Brinkerhoff

By Lukas Brinkerhoff

I learned to ride a bike on one that was a bit too big for me. My dad picked it up at a yard sale somewhere and put some training wheels on it so I could ride. I couldn't touch the ground and pedaling was a bit of a stretch. After a while, he decided it was time for me to learn to ride. I didn't want anything to do with it. So we compromised, like good human beings do, and he removed one of the training wheels. I rode around leaning off to one side for a good chunk of my childhood.

And then he had had enough.

He removed the second training wheel and taught me how to ride. I can remember that feeling of freedom as he let go of my seat and I found that perfect equilibrium that we all know and love so much. I then turned, with the wind blowing in my

hair and a giant smile on my face, and found the steepest hill to climb and began to pedal until my legs felt like they would fall off and my lungs were about to burst. I can remember how amazing that first climb was. I just didn't want it to stop. I pedaled all the way to the top and then fell over because I still couldn't reach the ground.

I'm guessing that every single one of you had a similar experience, remembering that freedom, the thrill of cranking up a hill with everything you've got and not wanting to ever have the pain stop. Am I right?

No, of course I'm not right. No one remembers their first bike ride and wanting to crank up a hill with the burn in their legs getting bigger and bigger with each pedal stroke. No, we remember the freedom of that moment when we realized that with a little balance we can maneuver the most amazing machine ever invented

and coast. We can get something more for our effort, it's not free. No, there's no free ride, but we do get a bonus. Not like walking, which is the first sense of freedom we enjoy, riding allows us to stop putting forth effort and reap the benefits of our last push. We can coast.

One of the most succinct reasons I have ever heard for riding was thrown out during a class at Specialized Bicycle Component University. I don't recall the class discussion or why it was said or even who said it, but the words have stuck with me. Someone said, "I pedal half the time so I can coast the other half." And then everyone laughed. It dawned on me that this person had nailed the reason I love riding singlespeeds so much. The hills suck, there's no denying that, but without any taller gears you only have the option of coasting down the other side.

There is an inherent amount of suffering involved in riding a bicycle. So much so that we learn to revel in it and even romanticize it. Just look at the Paris-Roubaix, we wait for that race, it shows us what can be endured on a bicycle for the pure sake of enduring it. We do, in some sense have to be masochists to want to ride our bikes for hundreds of miles or to race all summer long dedicating our weekends to cranking around a dusty course passing and being passed and at the end, for what, to feel a sense of accomplishment. Suffering is part of the deal and there is nothing wrong with that.

After one of my recent group rides around a southern Utah mesa, a

few of us were sitting around talking about the ride, the weekend, bikes and enjoying some frothy beverages. One of the people who had just pedaled around this sandstone paradise mentioned how fun the ride had been. Nothing unusual there, we were all thinking the same thing. The stoke had been running high all day despite the strong winds and cooler than normal temperatures. We had all had fun, but what came next made me stop and think. This same rider, who had just had a blast riding his bike said the he didn't usually get to have fun rides. No, those were few and far between.

As cyclists, we catch a bug when we learn to ride and it's one that isn't easily shaken. I worry that many of us forget that there is a yin to the yang of suffering in cycling and that yin is coasting. We are masochists enjoying every ounce of burning sweat as it drips into our eyes, but we often forget that, at the same time, we are all hedonists. We forget that there is nothing quite like ripping down a flowy section of singletrack

with the brakes wide open praying that the trail doesn't stop going down or the joy at the crest of a hill where you just gave every ounce of energy you had left to make it and then letting gravity pull you downward as you gain momentum and coast as far as you possibly can.

I do remember my first moments on a bike without training wheels. It happened much as described above. My father let go of my saddle and I wobbled, but somehow I found that spot where my brain realized that all it had to do was adjust my body from one side to another and I would be fine. I gave a kicking pedal stroke and off I went. I pedaled and then coasted. And then repeated. And then, seeing that the bike was too big for me, I wobbled out of control and ran into the retaining wall in front of our neighbor's house. I left the bike where it laid and ran crying back home.

It wasn't an entire success, but I never forgot how awesome it felt to pedal and then be able to coast.

### Prevention of Overuse Injuries

Overuse injuries are surprisingly high in cycling. In a recent study they found that 94% of cyclists over a one-year period will have experienced at least one overuse injury. Luckily most of these injuries are mild and won't take you off the bike for long. Unfortunately some injuries are more severe. The most common site of overuse injury is the knee, while the most common site of traumatic injury is the shoulder. The best medicine is prevention. Here are some suggestions to keep you out of pain. Seeing your Chiropractor regularly can keep your body aligned, this will put less stress on your joints and keep you pain free. Stretching after a 15 minute warm-up, not only will give you more power on the bike, it will keep muscles from straining. Water will also keep your muscles from straining, usually drinking 20 ounces of water an hour is a basic guideline. Finally, getting a professional bike fit will relieve most overuse and bicycle contact ailments.

Reference: *Bicycling Injuries*; Current Sports Medicine Reports; September/October 2013 - Volume 12 - Issue 5 - p 337-345.  
-Wayne Hansen, D.C.

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**COMMUTING**

**What is the Status of Commuting in Salt Lake City?**

By Keir Lee-Barber

Over the last several years Salt Lake City has seen a bustling growth in popularity of cycling. Biking supports a diverse culture, from road riding and mountain biking to family excursions in City Creek; Salt Lake City caters to us all and it is no surprise this growth is occurring. "One of the things that's nice about what's been happening in the last five years is the number of bikes on the street goes up, quiet exponentially it seems, every year...bikers out there are increasing," said David Davis, the Executive Director of the Salt Lake City Bicycle Collective. This

the week of collection was impacted by inclement weather. It was proposed that the rain kept everyone indoors, however a recently published extensive study of cycling in New Zealand surprisingly found the wind speed of gusts was in fact often a larger factor in forcing cyclists into retreat.

The participation of women in the cycling was impacted little by the rain of 2013, with a showing of 20% female cyclists, a decrease of only 1% compared 2012. As a whole when cyclists are divided across gender lines, Salt Lake City is slightly lower than the national average of 24%. These numbers are outliers in comparison when looking at rates in

cycling rates in the US to be 42% female and 58% male.

Whatever the final case on gender may be, the popularity of cycling in Salt Lake City is on the rise, and it brings with it a welcomed diversity of riders and community of supporters. David Davis of the Bicycle Collective summed it up finely when he concluded "we're always looking for something that increases our connectivity to community, and makes us happier, and healthier, and saves

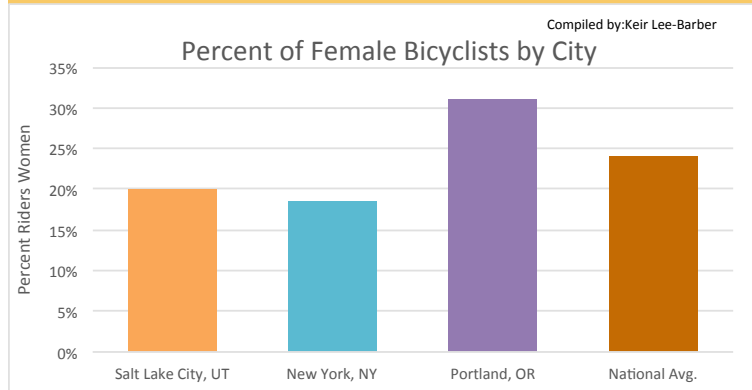
us money; and biking kind of does it, pretty well."

Sources:

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- 2009 National Household Travel Survey, U.S. Department of Transportation, Federal Highway Administration, 2009 National Household Travel Survey. URL: <http://nhts.ornl.gov>.
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Library

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February he met with Becca Roof for a discussion on both the increase in cyclists as well as the increase in the rate of traffic-bicycle collisions. When the question of the growth in the riding community was posed Becca Roof, the Bicycle Coordinator of the SLC Transportation Division, offered several contributing factors, "I think the increase in bicycle facilities are attractive to people, it gives them the possibility to do their commute or errands or going to visit friends by bike. I also think gas prices are a contributing factor...the bicycle is a vehicle that allows you to move quickly through a fairly short distance commute... It is an economical form of transportation."

Generally, the Western States have the highest bicycling rates across the US; while the Southern states traditionally have the lowest levels of participation in any form of bicycling. In 2011 Utah saw its largest jump in cyclists with an increase of 25% over the reported number of cyclists the previous year. Looking at the data collected by volunteers during the most recent annual Salt Lake City Bike Count the accelerated growth was slowed. The 5 day count occurs every year each September; the 2013 count brought notably lower reporting's of bicyclists in the city, as

countries in Northern Europe, where it has been shown no significant differences in cycling rates among sexes are found.

The SLC count of 2013 found higher rates of women in areas which are more recreation and cyclist friendly, such as those surrounding the University. The percentage of women cyclists at these collection points increased to over 25%, just passing the national average. This is in keeping with a recent study in London which found that bicycle "usage at weekends and within London's parks characterizes women's journeys, whereas for men, a commuting function is more clearly identified."

Following from the idea published in the London study it can be noticed that observational bicycling studies within the United States often report low findings for female participation in cycling, with the larger share always being males. However a nationwide comprehensive survey of the US found brighter results. The National Household Travel Survey, undergone in 2009, found that of the respondents who reported riding a bicycle within the past week, 40.3% were women. Similarly an earlier question based survey by the Outdoor Industry Foundation, found



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## ROAD RACING

**Catching Up with Utah Pro Tayler Wiles**

Above: Utah's Tayler Wiles won the Redlands Classic in 2014.  
Right: Tayler Wiles racing at Redlands. Photos: Veloimages.

By Jared Eborn

Tayler Wiles has come a long way in a short time. Though not picking up the sport of cycling until after she'd graduated from Murray High School in 2007, Wiles rapidly progressed through the local racing scene and quickly found herself racing in the world's biggest races against the best cyclists on the planet.

The Specialized-Lululemon rider is a former U-23 national time trial champion and recently slipped into the overall winner's yellow jersey after her victory in the Redlands Stage Race. Wiles, a self-described 'big dreamer' and fierce advocate for

women's cycling, took a few minutes from her busy racing schedule in Europe to answer a few questions with Cycling Utah.

**Q:** You started racing a few years ago. When you were a Cat 4, just starting out, what were your goals and in your wildest dreams could you have ever imagined being part of one of the most elite teams in the world?

**A:** All my life I've been a pretty big dreamer, I always wanted to do something or be something big! As soon as I did my first bike race I started dreaming big. Even though I got crushed and it was one of the hardest things I'd ever done I knew it was something I wanted to pursue

and I jumped whole-heartedly into it! I used to go on the HTC Highroad website (when that team ended it became Specialized Lululemon the team I am on now) and read all the girls bios and all the race reports and dream of what it would be like to race with or against these girls, it was always the dream team for me. In the Fall of 2012 when I got offered a contract with Specialized Lululemon for the 2013 season I literally did a happy dance in the shower, my dreams were starting to come true!

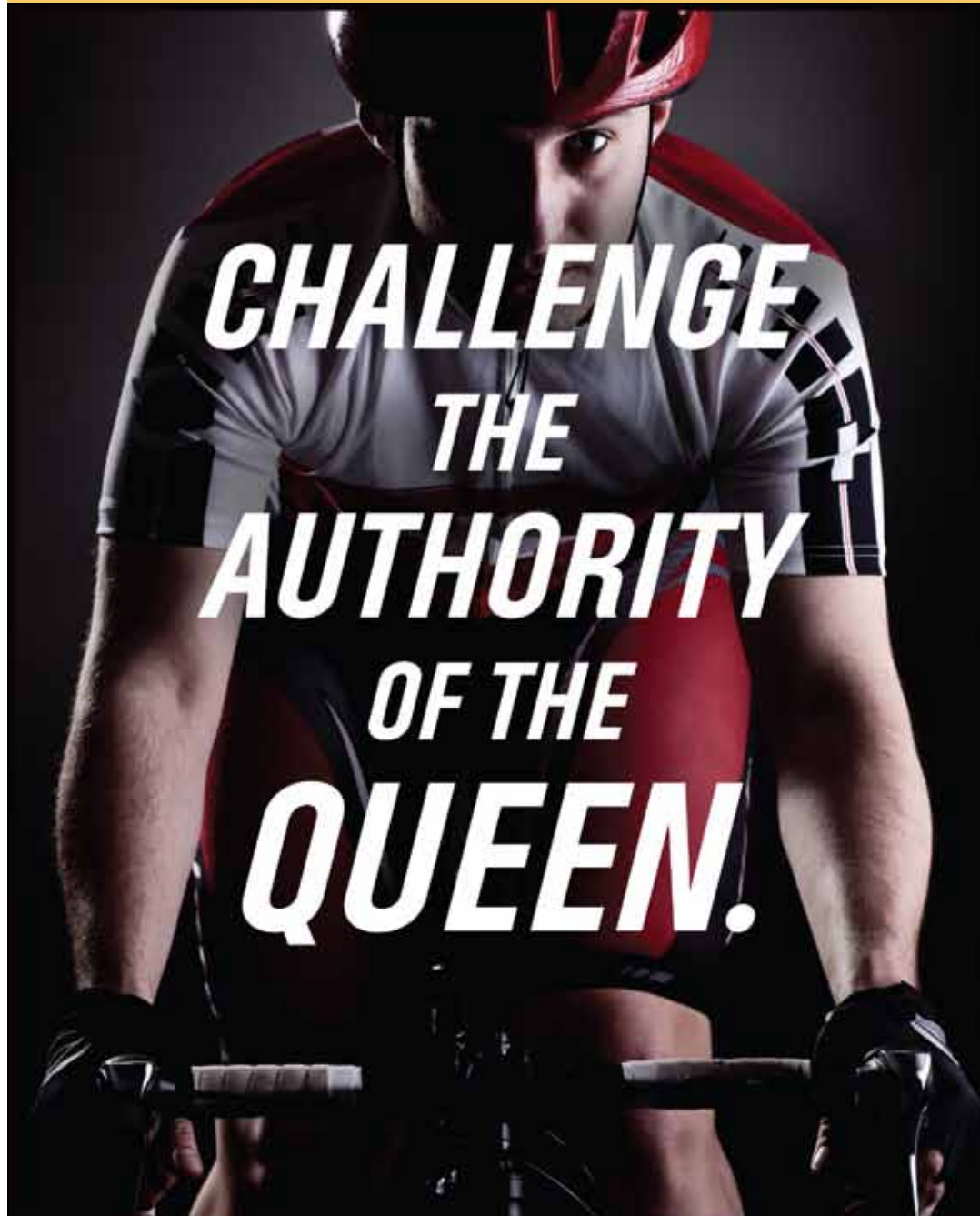
**Q:** Few things in cycling are 'easy.' Can you describe your path from novice to pro?

**A:** Thankfully I was lucky enough to get set up with an incredible coach from the start. I was put in contact

with Corey Hart, my coach for the past 4.5 years, and it was all up from there. With the help and support of Matt Bradley, my family, and my incredible original teammates (Park City Iron Man which included Kirsten Kotval, Kelsey Withrow, Chantel Olsen, and Alisha Welsh who are still four of my very best friends) I raced as much as I possibly could quickly upgrading from a 4 to a 2. I started doing some regional races my second year on the bike and made the jump to a regional Colavita team. After doing fairly well in some regional races I was given the opportunity to race Redlands on a composite team. This was a huge step for me and slightly terrifying at the time, it would be the first time I was to line up with the big pro teams, including

all my role models on HTC Highroad. I survived the first two stages and was loving it, but crit day came and I was so nervous I nearly puked on the start line. I managed to tail gun it until 9 laps to go where I got dropped and pulled from the field. It was absolutely devastating. I remember sitting in parking lot of the bank next to the course crying hysterically as I listened to the race go on without me. I called my Mom in tears, saying over and over how I was never going to make it to the level I wanted. I was certain that this bad performance was the end of it. I watched as Ina Yoko Teutenberg sprinted for the win and my heart ached with disappointment in myself. Thankfully I had made the time cut so I was able to race sunset but was again pulled from that race with 3 laps to go. Again I sat on the grass near the fire station on the sunset circuit and watched my heroes racing by, wanting so badly to be just like them. From then on I was a little bruised but incredibly determined to get off my butt and never get dropped in a race again. After a little more success regionally my coach got me a spot on a National team trip the summer of 2010 with the junior women (I was 20, so I was two years out of junior ranks but I saw it as a huge opportunity). That is where I met the amazing Coryn Rivera and Kaitie Antinneau, two girls that were younger than me but that I looked up to so much. It was safe to say that I

Continued on page 24



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## ROAD RACING

## Slack and Nalder Win East Canyon Road Race



The Men's Pro/1/2 Podium. From left to right: Jake Stocking (3rd), Eric Slack (1st), Cortlan Brown (2nd). Photo: Mike Pratt

By Tyler Servoss

The East Canyon Echo Road Race rolled out of Henefer on a cool morning on April 19, 2014. The second UCA road race of the season had plenty of climbing in store, and a number of categories saw record field sizes. The race organizer, James Zwick of Sports Am, along with event producer Marek Shon, chief referees Gary and Louise Bywater, and a slew of volunteers ran a very smooth event.

The racecourse opened with a climb out of Henefer to the top of the "Hogsback" followed by a quick decent and fast flats to the turn around near the East Canyon resort campground. Riders then climbed the backside of the Hogsback and descended to Henefer before heading to Echo Junction and a gradual climb to various turn around points depending upon category. After racing back to Henefer, the riders climbed the south side of the Hogsback one more time for a summit finish.

The men's Pro 1,2,3 race started with a number of attacks on the opening climb with a small group staying clear to the turn around and back to the base of the second big climb of the day. With several more attacks, the racing came down to the final climb with Erik Slack (Canyon Bicycles-Shimano) out sprinting breakaway

companions Cortlan Brown (Astellas Cycling Team) and Jake Stocking (Ski Utah PLAN 7) Race winner Erik Slack (Canyon Bicycles-Shimano) celebrated an emotional victory with thoughts of his former teammate and close friend Chase Pinkham who tragically passed away recently. He said "as I came up the last climb I thought to myself, how could I NOT win today, for Chase?"

The women's Pro 1,2,3 race featured a couple of accelerations on the opening climb with the group staying together to the turn around at East Canyon. Upon reaching the backside of the Hogsback also known as "the wall" 4 riders moved off the front of the group. The break consisted of eventual winner Breanne Nalder and Amy Thornquist both (DNA cycling pb K4 Racing) Mindy McCutcheon (Canyon Bicycles-Shimano) and Melinda Macfarlane (Harristone Sun Valley Mortgage). They stayed away together to the 2nd turn around in Echo Canyon and on to the opening slopes of the final climb. An attack by Amy Thornquist caused Melinda Macfarlane to slide off the back. She was then countered by her teammate Breanne Nalder who soloed in for the win at the summit with nearly a minute cushion. Breanne was also close friends with Chase Pinkham and attributed her win to thoughts of him.

See results on page 14.

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## HEALTH

# Fad Diets - How Short-term Successes May Not Benefit Long-term Nutrition

By Breanne Nalder, M.S., RDN

Whether it's at work or out on a group ride, when people learn that I am a Dietitian/Nutritionist, the most common question I get is "what do you think of the (.....) diet?" Insert any diet into that blank, because I could plug my ears and sing "la la la la" and my answer will be the same: For optimal nutrition, a balance diet is the key. Taking anything to an extreme lends itself to creating a deficiency somewhere else. Our bodies need many different macro- and micro-nutrients that work together to make our tissues, hormones, physiological systems, etc. function properly together (as discussed in the nutrition articles in the March and April 2014 issues of Cycling Utah available online). The importance of balance in our food patterns applies to athletes especially, as our nutrition directly affects our performance on the bike.

So, after I shut down whatever 4-letter D-word (diet) is being asked about, the rebuttal is usually, "but my friend/spouse/teammate did it and lost, like, 10 lbs in 2 weeks! It must be good right?" To which I acknowledge that may be the case, but everyBODY is different. What works for some may be totally different for another depending on age, gender, fitness level etc. A quick body change is likely in response to the drastic food change, and odds are that it won't last long anyway. Many of us know the post-diet rebounds of gaining it all back, fluctuations of energy levels, or going back to our body's "normal" appearance. The ultimate goal should be a lifestyle change, consistent healthy habits, not a quick fix style diet!

The term "fad diet" refers to idiosyncratic eating patterns that promote short-term weight loss, usually with no concern for long-term weight maintenance, but they enjoy temporary popularity in the media or at your local gym. Let's look at a few of the most popular right now, and discuss the relevance and nutritional affects.

**Gluten-Free Diet**

Going "GF" is one of the most popular diet trends right now, because many are adopting a gluten-free diet to lose weight. All foods containing wheat, barley and rye (such as pasta and traditional baked goods) are avoided, while whole foods like fruits, vegetables, beans, lentils, dairy, healthy fats and seeds are promoted. You don't necessarily need to have celiac disease or gluten-sensitivity to embark on this diet. Many athletes benefit from gluten free foods because carbohydrates sources such as rice and potatoes are easier to digest than the heavier wheat products. The weight loss that may come with the "GF" diet tends to come from the fact that there is less caloric intake from avoiding many foods, as gluten is in many carb-rich foods, and it is the binding protein in most baked goods and treats. There is also tendency to steer clear of packaged and processed foods, which tend to be high in sodium and preservatives. A wide variety of gluten-free packaged foods are now available, but many are

loaded with more sugar and fat than their gluten-filled counterparts. This makes it easy to splurge, even on gluten-free foods. Large portions of any foods (such as gluten-free breads or potato chips) can lead to weight gain. Overall, choosing to eat low to no gluten containing foods may lead to desired body changes, just be mindful that avoiding gluten-containing whole grains can decrease the spectrum of nutrients taken in, such as B vitamins, so be sure to get them from other foods or supplements if you choose to go "GF."

**Intermittent Fasting**

The theory behind it is that our bodies were programmed for periods of feast and famine. As such, we should recreate these feast and famine days in order to lose weight and live a longer life. On this plan (also called The Fast Diet), dieters select two non-consecutive days each week to eat 500 or 600 calories, depending if they're a man or woman. Dieters are recommended to follow their regular exercise regimen during fasting days. During the remaining five non-fasting days, you can eat whatever you wish. There are some pros to this diet, such as all food groups are allowed, and exercise is promoted. But much of the scientific evidence regarding intermittent fasting is controversial. With suboptimal calories consumed twice a week, you may become deficient in several important nutrients. Eating so few calories can result in uncomfortable side effects such as headaches, irritability and hunger. When it comes to cycling training or racing, these can be detrimental and even dangerous.

**Paleo Diet**

Ranking dead last on U.S. News's Best Diets Overall rankings list, the caveman-inspired diet still has a strong following. It revolves around eating like our Paleolithic ancestors – who lived by hunting and gathering. Creators claim that by following this plan, you can increase athletic performance, become naturally lean and even eliminate acne. The Paleo diet encourages fruits and vegetables, seafood, meat, and healthy fats (such as olive oil and flax seed). These all seem great right? Well, keep in mind that we are not hunters and gatherers. We have access to food all the time, so don't need to stock up on meat and fat in case we don't get food for days upon days like our ancestors. Also, sugars, grains, salt-processed foods, yeast, dairy, and whole grains are all discouraged foods. When entire food groups are eliminated, you may not get essential nutrients, including calcium and vitamin D. Cyclists and other endurance athletes need salt and carbohydrates more than the average person, so if those are restricted, it can affect performance and long term health. So again, thought the short-term results may be good, consider your lifestyle and overall nutrition.

**Raw Food Diet**

The raw food movement has been around for years, but folks are now turning to it in order to lose weight. On this plan, food is never cooked above 116 degrees Fahrenheit in order to keep the food's enzymes intact. Raw foodists emphasize fresh

fruits and vegetables, nuts, seeds, herbs, and miso. Off-limits choices include bread, beans, lentils, pasta, meat and eggs. Some followers choose to consume unpasteurized milk and cheese, along with raw fish and meat. Pros of this diet include lots of fresh fruits and vegetables, and healthy fats from nuts and seeds. Some cons include tedious meal preparation and special equipment which can be costly. Also, consuming unpasteurized dairy foods and uncooked fish and meat can lead to foodborne illnesses such as Listeria and E. coli. And again, eliminating numerous food groups (including grains, legumes and animal products) over long periods of time can lead to vitamin deficiencies.

**Mediterranean Diet**

With its emphasis on fruits and vegetables, olive oil, fish, and other healthy fare, the Mediterranean diet is eminently sensible. And experts' assessments of it were resoundingly positive, giving this diet an edge over many competitors.

**Flexitarian Diet**

The Flexitarian diet, which emphasizes fruits, veggies, whole grains, and plant-based protein, is a smart and healthy choice. It outperformed many of its competitors, with particularly high scores in nutritional completeness, easiness to follow, and long-term weight loss.

**Low-Carb/Low Fat/High Protein diets**

A few popular diets that seem to stick around include Atkins, South Beach, and the Zone. They are used often because many get results from the initial weight loss that comes

with cutting down carbs. This makes sense because the body will utilize stored fat and glycogen for energy, thus resulting in weight loss. The problems arise from excess protein intake, as it is used as the food to replace what is taken away from carbs. When protein comes from animal products (meat, cheese, eggs), cholesterol levels will go up. Also, the lack of fruits and starchy vegetables can further problems such as dehydration and vitamin deficiencies. Any diet that eliminates or severely restricts entire food groups, especially the critical macronutrient carbohydrate, leads to cascades of deficiencies and hormonal imbalances. Even if you take a multivitamin, you'll still miss some critical nutrients.

**Liquid Diets and Cleanses**

Juicing and other methods of all liquid diets are often used for weight loss or to cleanse the digestive system. One example is the "Master Cleanse" (lemon juice, maple syrup, and cayenne pepper). While the idea to give digestion a rest and get lots of vitamins from fruits and vegetables sounds healthy, it is again a very short-term method. When you only get juice, you don't get fiber, which is essential for digestive health and for lowering your risk of diabetes and heart disease. Juices are also very high in sugar. To get a cup of apple juice takes about 4 apples, which can have up to 90g of sugar, and that's without the fiber which would help absorb the sugar! I'd rather eat one apple. Smoothies may be a better alternative to get the most nutrition out of a liquid. Think "salad in a blender." Stay tuned for a later article on juicing and hydration for athletes.

**Summary**

Balance and moderation are the keys to successful eating habits and a healthy lifestyle. When dieting, slow and steady adaptations are more likely to last than dramatic weight changes. This is especially important for athletes because if you lose weight too quickly, you can lose muscle, bone and water. You also will be more likely to regain the pounds afterwards. So get out of that vicious cycle! Also, it is boring to eat the same thing over and over and hard to stick with monotonous plans. Limiting food choices or following rigid meal plans can be an overwhelming, distasteful task, and can lead to disappointment if you don't see the results you expected. Life is already complicated enough! So, though it may seem simple or redundant, remember the basics of nutrition: eat lots of fresh and colorful foods, while limiting intake of processed foods and foods high in fat and sugar. With that and a healthy lifestyle, you're already on the right track. If you do decide to try any new diet, always ask yourself: "Can I eat this way for the rest of my life?" If the answer is no, it's not for you.

Breanne Nalder, MS, RDN has a Master's degree in nutrition with an emphasis in sports dietetics at the University of Utah. She is a Registered Dietitian Nutritionist, certified ACE (American Council on Exercise) fitness instructor, and races for DNA Cycling p/b K4 Racing as a category 1 road cyclist. For personal nutrition coaching, you can reach Breanne at 801-550-0434 or [breanne@plan7coaching.com](mailto:breanne@plan7coaching.com).

## Taylor Wiles from page 20

got my booty handed to me in the European races, but during one race I had stopped for Coryn when she had gone down in a crash and paced her back up to the field. That act proved to Coryn and others that I could be a selfless teammate, and that got me my first pro contract with Peanut Butter & Company TWENTY12. I think so often young riders think they need to get big individual results to be seen by teams, but directors are also looking for selflessness and the ability to give up everything for the team. 2011 was my first year on a pro team and in the 3+ years since then I have learned SO much. Bike racing is one of the hardest sports out there, mentally and physically it requires so much of you and is an emotional roller coaster, but I would not trade it for the world.

Q: Do you ever look at yourself and where you are now and ask "How did a soccer player from Murray, UT end up here?"

A: I definitely think back to just a few years ago when I was a type A pre-med student who spent nearly every hour of the day in the library (or running around the track at the field house on campus) and wonder how it is I got where I am. I've always been athletic, but once I realized I didn't have what it would take to be a professional soccer player I threw myself into my academics, determined to become a cardiothoracic surgeon. However I am someone who believes that certain things happen in life for a reason, it was through my academics that I met Matt Bradley and my life changed forever. Matt shared his passion for cycling with me and once he talked me into doing my first race it was all over from there and all my hopes and dreams shifted. Like I said I've always been a big dreamer, first it was to be the next Mia Hamm, then to becoming a surgeon, and finally a professional cyclist. My dreams have become a very surreal reality and that is something I could have never accomplished without Matt Bradley and his belief in me.

Q: You just won a National Racing Calendar stage race. Tell us all about Redlands and the victory.

A: Like mentioned, Redlands was the first NRC race I had ever done. It had been the most exciting and devastating experience at the time and from then on always a race I wanted to win. This year I had the incredible opportunity to race Redlands with the legend herself Ina Yoko Teutenberg as a director. The same women I watched in tears from the bank parking lot post up for the win in the crit four years previously was going to direct me to my first yellow jersey. The team rode flawlessly that week and believed in my from day one, this is something I will never be able to thank them enough for. Unfortunately I didn't have the best time trial which put us a bit on the back foot, but my teammates fought hard to chip away at the lead throughout the week and on that last day it was time to deliver. Each one of my teammates had an incredibly important role the day of sunset and everyone raced to perfection! When I broke away with Mara Abbott with three laps to go I was literally living a dream I had had four years previously as I sat on the grass of the fire station watching my heroes race by, I was going to win the overall at



Taylor Wiles at Redlands. Photo by Veloimages.

Redlands. Coming across the line I was in shock and ecstatic all at the same time! My teammates attacked me as I crossed the finish line and all I could do was cry and thank them for everything. All four of my parents were there to watch me win my first yellow jersey and that experience is one I will never forget. Running into the arms of my Mom and Dad, all of us crying, it was so very special.

Q: As part of the USA Cycling program and with your pro teams, you've raced all around the world. What are your favorite racing memories and why?

A: Racing the big world cups in Europe are definitely some of the most incredible experiences I've had on the bike. Flanders and Fleche Wallone are raced on the same courses and same day (or day before) the men which makes for huge crowds and an incredible environment. Racing up the Mur de Huy, which is one of the most brutal short climbs ever, lined with people screaming at you, running along side you, and waving regional flags, is definitely something special. One-day spring classics are definitely special, however stage races are my all time favorite type of racing and the Giro d'Italia holds a pretty special place in my heart.

Q: There are a lot of people who are not completely satisfied with the state of women's cycling in the U.S. What are your thoughts on women's cycling and what ideas do you have that might help it develop?

A: I think there are actually a lot of great things happening currently with women's cycling. There are a lot of people that have started advocating for it and I see some pretty big things happening for the future. As female cyclists we don't race for the money, it has never been about that, we race because we love it and are passionate about it. I think the biggest thing that needs to happen for women's cycling is coverage. Our races need to be seen, fans need to be developed, and that will provide

a spring board for everything else to fall into place in terms of sponsorship, race promotion, etc.

Q: While not fully integrated into the men's race, the Tour of California and now the Tour of Utah are adding one-day women's races to their schedules. It's one step, but is it enough? What else would you like to see happen and how do you think it can happen?

A: I think it is definitely a step in the right direction. I am happy that they have started integrating women's stages into the big men's tours and I want to send a huge thank you out to the people who have helped make that happen because I know its not an easy process by any means. However I would be lying if I didn't say that I still really hope to someday see a women's tour of California, women's tour of Utah, and women's Pro Challenge. I admittedly have a very hard time watching the men's races because I would kill to have the opportunities that they do, to race a major stage race in the state I grew up, in the state I now call home, and in the beautiful state of Colorado would be incredible. There are so few UCI races in the states and zero UCI stage races for women. If the big men's tours in the states started tours for women there would be a huge shift in women's cycling. I realize it is much more easily said than done but nothing is impossible if you have enough people out there dreaming big.

Q: When you lived and raced in Utah, you probably noticed the small fields for women. What can be done to encourage more women to race?

A: I think one of the major issues in women's cycling at the state/regional level is the huge drop off from the cat 3/4 fields to the Pro 1/2 fields. I think there is a big intimidation factor and a lack of mentoring that keeps women from making the jump to higher categories. This has always been something that I've wanted to change, I want to help upcoming riders make the jump and be an approachable

resource to all levels of riders. We all want more women in cycling, we all want the sport to grow and I think mentoring programs would make a big change. I also think implementing programs for kids (like the big movement that is happening with mountain biking) would be huge for the sport. In Europe kids start riding and racing SO young! Many of my European teammates have been racing since they were 6 or 7! There are huge junior races all over Europe, the opportunities are massive and I believe with time we can bring this philosophy to the states.

Q: What's the hardest race you've ever competed in and why?

A: Honestly some of the hardest racing in the world is Dutch racing! There is a saying, if you can race and win in Holland, you can race your bike anywhere in the world. Dutch racing is brutal for multiple reason; the roads are tiny, the fields are massive (200+), and the biggest challenge of all...the CROSSWINDS! I don't care what anyone says, a howling crosswind is harder to survive in a field of 200 on tiny roads than any climb! You have to fight physically, and mentally with everything you have to get to the front. Once you are there it is no walk in the park as the field is like a constant washing machine and you constantly have to fight to hold your position. Once you turn into a crosswind the echelons start. Dutch roads only allow for small echelons to form, if you aren't in the front one rotating through you are stuck in a strung out field behind, fighting with every ounce of strength you have just to stay on the wheel in front of you. Once the cord breaks and a gap forms anywhere along that line, your race is over and all you can do is watch the front echelon ride away with the rest of the field in devastation! I think one of the hardest races of the year is Energiewacht Tour, a Dutch stage race that requires 5 days of flat out racing on small, technical, windy roads with 200 of your best friends!;

Q: What's the best race you've ever competed in?

I love the Giro d'Italia because I love long stage races and this is the longest one the women get! It doesn't hurt that it's in beautiful Italy! ;)

Q: If you had to chose: European or American cycling?

A: European because my goal is to someday become one of the best female cyclists in the world. The only way to accomplish this is to race in Europe because it is so much more difficult than American racing due to the depth of the fields and the technical character of the courses.

Q: Crits, road races or TTs?

A: Road races and TTs for sure! To be honest, crits are fun but to me the tradition of cycling is centered around long brutal road races and stage racing!

Q: Utah is seeing high school mountain biking explode with dozens of teams and hundreds of racers, male and female. What impacts do you think this might have on the future of competitive cycling - dirt and road - in the state?

A: I think this is Amazing!! I've talked a great deal to Dave and Lori Harward who have been huge advocates and leaders in the push for the mountain biking leagues in Utah and I'm completely blown away by the response they have seen! Seeing kids on bikes always makes me smile because kids are the future of this sport! Getting them on bikes at a young age is hands down what Utah and the entire country needs to do to grow the sport in a big way. I also think getting kids on mountain bikes at a young age is critical because mountain biking teaches critical technical skills that will transfer to road cycling if they find they want to switch over when they get older. Integrating mountain biking it into athletics at the junior high and high school level is absolutely amazing and I can't wait to continue to watch this grow all around the country.

## Call for 1,200 Volunteers Begins for Tour of Utah

SALT LAKE CITY, UTAH (April 9, 2014) – Volunteer registration is open for the Larry H. Miller Tour of Utah professional cycling stage race. More than 1,200 volunteer positions in a variety of roles and locations are available during the Tour of Utah in August. The volunteer application is available online at the official web site, [tourofutah.com](http://tourofutah.com).

Known as "America's Toughest Stage Race™", the Tour of Utah has expanded to seven days for the first time in its 10-year history. Taking place August 4-10, the Tour will begin in the southern part of the state in Cedar City and conclude in the Wasatch Front in Park City. Other host venues for 2014 include Panguitch, Torrey, Lehi, Miller Motorsports Park, Ogden, Powder Mountain, Evanston (Wyoming), Kamas, Salt Lake City, and Snowbird Ski and Summer Resort. Each host city encourages fans to volunteer for one or more days.

Individuals, as well as service groups and clubs, are encouraged to provide their time and expertise for one or multiple days during race week. Volunteers will not only receive the personal satisfaction of helping make this internationally-sanctioned stage race a success, but they will also gain a unique, behind-the-scenes perspective into what it takes to put on a major sporting event. It is the best way to guarantee a commemorative Tour of Utah T-shirt and hat; lunches will be provided daily.

The volunteer registration application is centralized on the Tour of Utah website ([tourofutah.com](http://tourofutah.com)), but each host city Local Organizing Committees (LOC) will recruit, train and schedule the local volunteers as needed for its specific stage start and/or finish. Course marshal positions are the strongest need for race week. Additional support from volunteers will be involved with the Lifestyle Expo, hospitality program, security, Green Team and venue preparation assistance. Individuals are asked to designate the start or finish line areas that are preferred for each volunteer position. Applicants are required to sign a waiver with each LOC, and age restrictions may vary by location.

For more information about volunteer positions with the LOC's, contact [volunteer@tourofutah.com](mailto:volunteer@tourofutah.com). For individuals interested in the week-long commitment as Traveling Course Marshals, contact [staffing@medalist-sports.com](mailto:staffing@medalist-sports.com).

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## BIKE CULTURE

**James Miska: ScalleyCat Survivor, Salt Lake Bicycle Tours Founder**

James Miska earning 100 points in the 24 Hour ScalleyCat race in Reno, Nevada. Photo: Willy Nevins

ing against their own boundaries. “It was as physically challenging as you wanted to make it,” says Miska, who admits the hardest part for him was staying up for 24 hours (he napped for a few). “For 95-percent of the people involved [they participate] only because it’s a blast.” Even the very first page of the “manifest” notes this event was organized for the solid reason of having a good time: “Thank you for being a part of how awesome Reno is. Just so you know this whole thing is a joke. Don’t take yourself too seriously. Have fun, it’s important, all the time. XOXO,” it reads. Miska wasn’t even sure if there was a clear-cut winner, though someone did go home with a giant trophy of handlebars stacked together and a cash prize.

Miska recounted his ScalleyCat experience with unsurprising admiration for “how awesome Reno is”—a city with a reputation that’s quite the opposite of Salt Lake’s temple blocks. We agreed that there’s just something about an alleycat that provides an intimate connection to the city. “A big part of [the ScalleyCat] was just getting to cruise around Reno with no holds barred. The spirit of an alleycat, in my mind, is that it’s fun ... It was like we had the run of the town,” says Miska, explaining that the locals who didn’t recognize him were immediately warm and welcoming. “The people that live there really know that they have this underexploited gem of a town that has lots to offer, and nobody gives a s\*\*\* what you do.”

Miska and his teammate, local Sofaking zine author and filmmaker Willy Nevins (who worked in Nevada last summer and brought the ScalleyCat to Miska’s attention) finished the 24-hours with about 16,000 points, having completed tasks such as persuading a complete stranger to hold her baby, urinating in a dog park and participating in a game of “ghost ride bowling,” but most importantly, they had a really good time. Miska rode a heavy, fat-tired cruiser for the ‘cat, one of the 15 he purchased from the Ogden Bicycle Collective for his latest venture, Salt Lake Bicycle Tours. Much like his experience exploring Reno’s “underbelly” via the ScalleyCat, Miska hopes to provide locals and visitors alike with a similar spirit of adventure and exploration via bicycle tours of Salt Lake’s hidden gems come



Above: At the start of the 24 Hour ScalleyCat race in Reno, Nevada. Below: The team, with mascots "Hot Dog" and "Banana". Photos: James Miska.



## By Esther Meroño

Urban bike culture in Salt Lake City is dwindling. I can see the climate’s changed from the peripheral eye that peers over the digital echoes of community. The focus is on commuting and initiatives, on riding long and hard up canyons in the name of self-improvement and taking Sunday rides with groups of like-bodied lycra-lovers. Of course, the drunken rabble-rousers of the city will never go away, no matter how many mouths are relying on them to make it through the ride alive—but there used to be a middle ground that appealed to everyone.

James Miska is a local man intent on bringing back that middle ground, where adventure toes the line and breaks some rules, but it’s definitely not getting into any fistfights today. The name and face may ring some bells if you’re a local—Miska gets around town as a musician in the “dancey” Americana band Bramble and its off-shoot, Wing and Claw, but he’s also a long-time bike commuter and good-time haver. Miska’s most recent bicycle journey led him to Reno, Nevada, where he took part in a casually epic 24-hour alleycat, the ScalleyCat 2014.

This annual scavenger-style event started in 2007 is the stuff of legend in Reno, drawing about 300 participants this year on April Fool’s Day in an event that Miska describes as the community’s heart and soul. “It starts at noon Saturday, goes till noon Sunday ... Through the night you have hundreds of missions that are potentially completable, and it’s points-based, so therefore there is no race—everyone’s doing this for the same amount of time—it’s just how many missions you can complete,” says Miska. Rather than receiving the usual manifest of checkpoints, the teams are given a thick packet printed with themed spreadsheets listing a task and the number of points awarded for each one. These tasks range from having a tickle fight (300 points) to cooking and eating a piece of roadkill (5,000 points) and much, much more absurd, all documented via photos and video.

Traditionally, an alleycat’s winner is determined by how quickly and efficiently the rider can navigate the city to hit every checkpoint and make it back before anyone else. The ScalleyCat ridicules those conventions by operating outside the box of a typical athletic competition—participants are essentially compet-

June 2014. “I definitely want to ... show [Salt Lake] off as much as I can—it’s a spectacular place to be,” he says. “There are lots of historical buildings to point out and really cool architecture, but I also want people to realize where they’re at and what kind of access this town has to really wild and secluded areas as well ... It’s a really unique city because of that reason.”

There won’t be any boundary pushing on these rides comparable to the ScalleyCat, but Miska’s insider perspective of the city promises to provide just as good a time with just as pleasant company. Keep up-to-date on the company’s progress and your chance to join in on a ride at [saltlakebicycletours.com](http://saltlakebicycletours.com). Finding concrete information about the ScalleyCat is nearly impossible on the Internet—Miska explains

that the event relies on word of mouth to draw participants, but their Facebook page has the very latest, if not scant, developments—just search for “ScalleyCat.” He’ll be attending next year, so buddy up if you want a friend who’s familiar with the best mid-race watering holes: “If you put me back in Reno right now on a bike, I could certainly find my way around just from memory,” says Miska.

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**May 29-31, 2014 — Weber Pathways Puncture Vine Cleanup**, Utah Bike Month, Ogden, UT, Weber Pathways puncture vine cleanup - 29th - Huntsville guard station, 30th - Gear 30 parking lot, 31st - Eden North fork park, Josh Jones, 801-629-8757, [loshjones@ogdacity.com](mailto:loshjones@ogdacity.com), [ogdacity.com](http://ogdacity.com)

**May 30, 2014 — Bike To Work Day**, Utah Bike Month, Park City, UT, Heinrich Defers, 435-649-8710, 435-659-1188, [hdefers@parkcity.org](mailto:hdefers@parkcity.org), Dawn Bowling, 435-649-6839, [dawn@mountaintrails.org](http://dawn@mountaintrails.org), [mountaintrails.org](http://mountaintrails.org), [basin-recreation.com](http://basin-recreation.com)

**May 30, 2014 — Ogden Fixit Station Ribbon Cutting and Puncture Vine Cleanup**, Utah Bike Month, Ogden, UT, 9 am followed by the Weber Pathways puncture vine cleanup along the parkway meeting at Gear 30 parking lot. Passport event, Josh Jones, 801-629-8757, [loshjones@ogdacity.com](mailto:loshjones@ogdacity.com), [ogdacity.com](http://ogdacity.com)

**May 31, 2014 — 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](mailto:kgreenhagen@gmail.com), [pp.infinitecycles.com](http://pp.infinitecycles.com)

**May 31, 2014 — Get Into the River**, Utah Bike Month, Salt Lake City, UT, Come learn about the animals and habitats supported by the river and how communities and individuals are enjoying it each and every day. There will be educational and recreational demonstrations during the festivities. Bring your bikes, your strollers, and your walking shoes and experience the Jordan River Parkway, Laura Hanson, [lahanson@utah.gov](mailto:lahanson@utah.gov), [getintotheriver.org](http://getintotheriver.org)

**May 31, 2014 — Moab Road Respect Rally and Pathway Opening**, Utah Bike Month, Moab, UT, At the intersection of Hwy 191 with hwy 128 there is a ribbon cutting ceremony for the Lion's Park Transit Hub and Colorado River Pathway paved path going up Hwy 128 toward the bottom of Porcupine Rim Trail that empties onto Hwy 128. Plus there will be a bike parade on the new trail, plus Western Spirit's Annual Rodeo will be set up there in the transit hub to bring bike safety to children, give bikes to Moab local children that are donated from Locals, fix a flat demonstration, a culmination of wrapping up Bike Month. 8-1 pm includes free pancake breakfast. This is the culmination of a \$10 million project., Michele Hill, 435-259-1340, [events@discovermoab.com](http://events@discovermoab.com)

**June 7, 2014 — MT Alpha Cycling MTB Skills Clinic**, Missoula, MT, Groups are divided into Junior girls, beginner, intermediate and advanced. New this year: an optional group for ladies 50+, who are interested building basic skills on intermediate terrain but feel more comfortable riding with women of the same age. Learn these skills: Cornering, clearing obstacles, climbing, switchbacks, and descending techniques., Jamie Terry, [jt60017@gmail.com](mailto:jt60017@gmail.com), [mtalphacycling.org](http://mtalphacycling.org)

**June 9, 2014 — Share the Road Ride**, Park City, UT, A 16 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](mailto:dude@colesport.com), [colesport.com](http://colesport.com), [mountaintrails.org](http://mountaintrails.org)

**June 13-14, 2014 — Velo Weekend**, Salt Lake City, UT, A whole weekend of urban cycling events beginning with a large group ride on Friday and continuing into Saturday with an Alleycat, Freestyle Trick Comp., Salt City Sprints and a Raffle. Lots of fun and prizes., Nathan Larsen, 385-202-4181, 801-916-0884,

[contact@velocitybags.com](mailto:contact@velocitybags.com), [veloweekend-slc.com](http://veloweekend-slc.com), [veocitybags.com](http://veocitybags.com)

**July 13-15, 2014 — PIPTA Conference & Trade Show**, Seattle, WA, Pacific Intermountain Parking & Transportation Association (PIPTA), PIPTA's mission is to provide for the growth and development of people and organizations involved in parking and transportation in the membership states with a vision to be a recognized leader in advancing solutions that optimize access and mobility in the communities it serves., Cheryl Anderson, 801-287-2062, [canderson@rideuta.com](mailto:canderson@rideuta.com), [pipta.org](http://pipta.org), [rideuta.com](http://rideuta.com)

**July 18, 2014 — Tour de France Viewing Party**, Salt Lake City, UT, Watch one of the epic climbing stages of the 101st Tour de France cycling race LIVE on the big screen. Saturday July 19 will feature three climbs in the Alps, including the epic Col d'Izoard. All admission and parking is free at Megaplex 12 at the Gateway, 6am-9:30am. Refreshments and prizes provided. This event is being hosted by the organizers of the Larry H. Miller Tour of Utah to promote the professional cycling stage race, August 4-10, which will feature five of the teams from the Tour de France, Larry H. Miller Tour of Utah, 801-325-2500, [info@tourofutah.com](mailto:info@tourofutah.com), [tourofutah.com](http://tourofutah.com)

**August 16, 2014 — Tour de Fat**, New Belgium Brewing's Tour de Fat, Boise, ID, Rolling Revival of Sustainable Folly! Various Western Locations., Paul Gruber, 888-622-4044, [nbb@newbelgium.com](mailto:nbb@newbelgium.com), [newbelgium.com](http://newbelgium.com), [tour-de-fat.com](http://tour-de-fat.com)

**September 4, 2014 — Bike to the U Day**, Salt Lake City, UT, Join the 4th Annual Bike to the U Day, Thursday, Sept. 4th, at the University of Utah! All students, faculty, and staff are encouraged to cycle to campus to support the University's commitment to bicycle commuting and active transportation. 10am-2pm at Tanner Plaza, located between the Union and the Student Services Building., Alexandra Zimmerman, 801-581-4189, [alexandra.zimmermann@utah.edu](mailto:alexandra.zimmermann@utah.edu), [utah.edu/events/](http://utah.edu/events/)

**Mountain Bike Tours and Festivals**

**May 9-11, 2014 — BetterRide MTB Camp**, Evergreen, 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](mailto:info@BetterRide.net), Patrick Gilbery, [patrick@betterride.net](mailto:patrick@betterride.net), [betterride.net](http://betterride.net)

**May 16-20, 2014 — Alison Dunlap Adventure Camps Intermediate/Advanced MTB Skills Camp**, Moab, UT, 5 day advanced skills camp with World Champ Alison Dunlap. 4 full days of rides, lodging, massage, all meals included., Alison Dunlap, 719-439-9041, [alison@dunlap.com](mailto:alison@dunlap.com), [alisondunlap.com](http://alisondunlap.com)

**May 16-18, 2014 — MECCA Spring MTB Festival**, Green River, UT, Registration begins Friday at 1pm followed by a "warm up ride" at 3pm. Evening meal is provided as is a prize drawing. Saturday begins with a provided breakfast and then all-day, guided rides, ranging from beginner to advanced. Finish up on Sunday morning with a provided breakfast and a guided (or on-your-own) scenic ride. Family-friendly (meal tickets only available)., Kim Player, 435-653-2440, [meccabikeclub@etv.net](mailto:meccabikeclub@etv.net), [biketeheswell.org](http://biketeheswell.org)

**May 16-18, 2014 — BetterRide MTB Camp**, Crested Butte, 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](mailto:info@BetterRide.net), Patrick Gilbery, [patrick@betterride.net](mailto:patrick@betterride.net), [betterride.net](http://betterride.net)

**May 17, 2014 — Amazing Earthfest**, Fredonia, AZ, 8th 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 Csege, 435-644-3735, [jw@gwi.net](mailto:jw@gwi.net), [amazingeartfest.com](http://amazingeartfest.com)

**May 17-18, 2014 — Eagle Outside Festival**, Eagle, CO, Massive free bike and product demo. Firebird 40 MTB Race, the Mother of a Half 1/2 Marathon, 10K trail run, 5K road event, 1K kids race., Mike McCormack, [mikemac@eagleoutsidefestival.com](mailto:mikemac@eagleoutsidefestival.com), [eagleoutsidefestival.com](http://eagleoutsidefestival.com)

**May 17-18, 2014 — Beti AllRide Clinic: Angel Fire Bike Park**, Beti AllRide Clinic, Angel Fire, NM, Women's mountain bike skills clinic, Sarah Rawley, 503-805-0043, [sarah@mountaingrownmarketing.com](mailto:sarah@mountaingrownmarketing.com), [betiallrideclinic.com](http://betiallrideclinic.com)

**May 24, 2014 — Boise to Idaho City Dirt Fondo**, Wild Rockies Series, Boise, ID, Starts and finishes at the Old Armory on Reserve Rd. Back Boise to Idaho City and back to Boise. Snack stops and SAG wagon included for a low price. We'll have 3 segments that will offer uphill timing. Awards for top 3 senior, masters, and juniors. A CX or MTB can be competitive on this route. Bring both and you can drive to each segment if you just want to do the uphill time trials. 1,000ft minimum vertical gain on each segment., Darren Lightfield, 208-608-6444, [wildrockiesmail@yahoo.com](mailto:wildrockiesmail@yahoo.com), [wildrockiesracing.com](http://wildrockiesracing.com), [swimba.org](http://swimba.org)

**May 30-June 1, 2014 — 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](mailto:info@BetterRide.net), Patrick Gilbery, [patrick@betterride.net](mailto:patrick@betterride.net), [betterride.net](http://betterride.net)

**June 5-7, 2014 — National Trails Day**, Weber County, UT, Partnership with USFS, focused on eradicating invasive weeds. Weber Pathways Trail Day. Come out on a brand trail! Check website for details., Rod Kramer, 801-393-2304, [outreach@weberpathways.org](mailto:outreach@weberpathways.org), [weberpathways.org](http://weberpathways.org)

**June 6-8, 2014 — BetterRide MTB Camp - Women's**, Evergreen, 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](mailto:info@BetterRide.net), Patrick Gilbery, [patrick@betterride.net](mailto:patrick@betterride.net), [betterride.net](http://betterride.net)

**June 13-15, 2014 — BetterRide MTB Camp**, Evergreen, 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](mailto:info@BetterRide.net), Patrick Gilbery, [patrick@betterride.net](mailto:patrick@betterride.net), [betterride.net](http://betterride.net)

**June 15-September 26, 2014 — Bryce and Zion National Parks (MTB)**, St. George, UT, 6-day, 140-mile 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. Camping: June 15-20, 29-July 4, July 13-18, 17-22, and Sept. 7-12. Inns: June 1-6, Sept. 21-26, Sally M., 800-596-2953 x1, 702-596-2953, [info@escapeadventures.com](mailto:info@escapeadventures.com), [escapeadventures.com](http://escapeadventures.com)

**June 15-19, 2014 — Stone Temple Mountain Bike Camp**, Tentative, Cheyenne, WY, Curt Gowdy State Park, IMBA Epic singletrack, Grades 7-12, Ages 13-18, Boys & Girls, Riding-Skills-Education Sessions, 4.5 Days-\$150, Start Noon June 15th., Richard Vincent, 307-760-1917, 307-777-6478, [enduro.rv@gmail.com](mailto:enduro.rv@gmail.com), [laramieenduro.org](http://laramieenduro.org)

**June 20-22, 2014 — Black Hills Fat Tire Festival**, Rapid City, SD, Headquarters will be at Founder's Park in Rapid City. With an expanded vendor area, Single Track Tours, Races, Socials and much more., Kristy Lintz, 605-394-4168, 605-484-1724, [kristy.lintz@rcgov.org](mailto:kristy.lintz@rcgov.org), [bhfatirefestival.com](http://bhfatirefestival.com), [rcparksandrec.org](http://rcparksandrec.org)

**June 21-22, 2014 — Beti AllRide Clinic: Keystone Bike Park**, Beti AllRide Clinic, Keystone, CO, Women's mountain bike skills clinics, Sarah Rawley, 503-805-0043, [sarah@mountaingrownmarketing.com](mailto:sarah@mountaingrownmarketing.com), [betiallrideclinic.com](http://betiallrideclinic.com)

**June 26-July 5, 2014 — Ride Sun Valley Mountain Bike Festival**, Sun Valley, ID, Eight days of races and events geared for anyone who can balance on two wheels. June 26 Sheeptown Drag Races June 27-29 Enduro Cup "Sun Valley Super Enduro" June 27- Downtown Prologue TT, criterium/team relay and opening night party June 28- Sun Valley Super Enduro Day One June 29- Sun Valley Super Enduro Day Two and awards party June 30 Idaho Pumptrack State Championships July 4 Hailey 4th of July Criterium July 5 US Marathon National Championships, Greg Randolph, 800-634-3347, [greg@visitsunvalley.com](mailto:greg@visitsunvalley.com), Ellen Gillespie, 208-726-2777, [ellen@sunvalleyevents.com](mailto:ellen@sunvalleyevents.com), Jessica Kunzer, 801-349-4612, [jkunzer@mtsports.com](mailto:jkunzer@mtsports.com), [ridesunvalley.com](http://ridesunvalley.com), [visitsunvalley.com](http://visitsunvalley.com)

**June 30-October 10, 2014 — Canyonlands, Arches & Moab Multi-Sport Adventure (MTB)**, Moab, UT, 6-days, 5 nights Hiking, Rafting, Mountain Biking, Intro to Rock Climbing & Canyoneering in the amazing National Parks. Camping: March 30-April 4, May 4-9, May 11-16, September 7-12, September 21-26. Inns: March 23-28, April 27-May 2, October 5-10., Sally M., 800-596-2953 x1, 702-596-2953, [info@escapeadventures.com](mailto:info@escapeadventures.com), [escapeadventures.com](http://escapeadventures.com)

**July 11-September 5, 2014 — Grand Staircase Escalante Singletrack (MTB)**, Panguitch, UT, 6-days, The Grand Staircase Lower Canyons provide exploring, camping, and backcountry mountain biking. Secluded Trails, private vistas, high mountain lakes & an abundance of wildlife. Cabins: July 6-11, August 3-8, August 31-September 5., Sally M., 800-596-2953 x1, 702-596-2953, [info@escapeadventures.com](mailto:info@escapeadventures.com), [escapeadventures.com](http://escapeadventures.com)

**July 11-13, 2014 — BetterRide MTB Camp**, Winter Park, 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](mailto:info@BetterRide.net), Patrick Gilbery, [patrick@betterride.net](mailto:patrick@betterride.net), [betterride.net](http://betterride.net)

**July 19-20, 2014 — 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 instructional weekend camp for beginner, intermediate, and advanced riders., Lu Furber, 604-484-6238 (Canada), [register@dirseries.com](mailto:register@dirseries.com), [dirseries.com](http://dirseries.com)

**July 25-27, 2014 — BetterRide MTB Camp**, Crested Butte, 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](mailto:info@BetterRide.net), Patrick Gilbery, [patrick@betterride.net](mailto:patrick@betterride.net), [betterride.net](http://betterride.net)

**July 26-27, 2014 — Trek Dirt Series Mountain Bike Camp**, Park City, UT, Learn new skills, increase confidence on the bike, or simply enjoy the sport like never before. World class women's only instructional weekend camp for beginner, intermediate, and advanced riders., Lu Furber, 604-484-6238 (Canada), [register@dirseries.com](mailto:register@dirseries.com), [dirseries.com](http://dirseries.com)

**July 31, 2014 — Wildflower Trailfest**, Snowbasin, UT, Utah's first and only Mountain Bike Challenge for women. Group Clinic or Race Option (beginner, sport, expert, or relay categories). Age-group cash prizes. Finish line celebration., Stacie Palmer, 801-644-9940, 801-391-2819, [wildflowerpedalfest@gmail.com](mailto:wildflowerpedalfest@gmail.com), [wildflowertrailfest.com](http://wildflowertrailfest.com)

**August 1-3, 2014 — 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](mailto:info@BetterRide.net), Patrick Gilbery, [patrick@betterride.net](mailto:patrick@betterride.net), [betterride.net](http://betterride.net)

**August 2-3, 2014 — Beti AllRide Clinic: Crested Butte**, Tentative Date, Beti AllRide Clinic, Crested Butte, CO, Women's mountain bike skills clinic, Sarah Rawley, 503-805-0043, [sarah@mountaingrownmarketing.com](mailto:sarah@mountaingrownmarketing.com), [betiallrideclinic.com](http://betiallrideclinic.com)

**August 8-10, 2014 — BetterRide MTB Camp**, Flagstaff, AZ, 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](mailto:info@BetterRide.net), Patrick Gilbery, [patrick@betterride.net](mailto:patrick@betterride.net), [betterride.net](http://betterride.net)

**August 15-17, 2014 — BetterRide MTB Camp**, Evergreen, 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](mailto:info@BetterRide.net), Patrick Gilbery, [patrick@betterride.net](mailto:patrick@betterride.net), [betterride.net](http://betterride.net)

**August 29-September 1, 2014 — TVTAP WYDAHO Rendezvous Mountain Bike Festival**, Teton Valley, ID, 5th Annual WYdaho Rendezvous Mountain Bike Festival at Grand Targhee Resort. Races: Super D with 4,300ft descent, Strava, Fat Bike, and shenanigans., Tim Adams, 208-201-1622, [tim@TVTAP.org](mailto:tim@TVTAP.org), TVTAP, 208-201-1622, [BikeFest@TVTAP.org](http://BikeFest@TVTAP.org), Amanda Carey, 307-413-1998, [amanda@tetonbikfest.org](mailto:amanda@tetonbikfest.org), [tetonbikfest.org](http://tetonbikfest.org), [tvtap.org](http://tvtap.org)

**August 29-31, 2014 — BetterRide MTB Camp**, Durango, 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](mailto:info@BetterRide.net), Patrick Gilbery, [patrick@betterride.net](mailto:patrick@betterride.net), [betterride.net](http://betterride.net)

**September 5-7, 2014 — BetterRide MTB Camp - Women's**, Evergreen, 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](mailto:info@BetterRide.net), Patrick Gilbery, [patrick@betterride.net](mailto:patrick@betterride.net), [betterride.net](http://betterride.net)

**Utah Weekly MTB Race Series**

**Mt. Ogden Midweek XC Race Series** — Snowbasin Resort, UT, June - August, Check for dates, Registration- 5pm-6:30pm at Grizzly Center, Race Start: 6:30., Ben Twery, 801-389-7247, [teamexcelsior@gmail.com](mailto:teamexcelsior@gmail.com), [mtogdenraceseries.com](http://mtogdenraceseries.com), [bebikes.com](http://bebikes.com)

**April 29-August 26, 2014 — Mid-Week Mountain Bike Race Series**, tentative start date, Mid-Week MTB Race Series, Park City, Draper, and Solitude, UT, Races are on Tuesday evenings. Registration begins at 5:30, kids race at 6:00 and main event at 6:30. April to August., Brooke Howard, 385-227-5741, [brooke@midweekmtb.com](mailto:brooke@midweekmtb.com), [midweekmtb.com](http://midweekmtb.com), [facebook.com/midweekmtb](http://facebook.com/midweekmtb)

**April 30-August 13, 2014 — Sundance/Soldier Hollow Weekly Race Series**, WWRS, Soldier Hollow, UT, Wednesday nights, May - Aug. Venue alternates between Soldier Hollow and Sundance, 6:30 pm. Pros/Experts 1hr race time, Sports 45mins, Beginners 30mins. 2014 Dates: Soldier Hollow: April 30; May 14; June 4, 18; July 2, 16, 30; Aug 13; Sundance: May 7, 21, 28; June 11, 25; July 9, 23; Aug 6, Tyson, 435-200-3239, 801.223.4849, [aces@euclidoutdoors.com](mailto:aces@euclidoutdoors.com), [weeklyraceseries.com](http://weeklyraceseries.com)

**May 7-August 6, 2014 — 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. 2014 Dates: Soldier Hollow: April 30; May 14;

**AMERICA'S MOST BEAUTIFUL BIKE RIDE**  
Sunday, June 1, 2014  
23rd Annual Stateline, South Shore Lake Tahoe, NV. A great Century Ride around beautiful Lake Tahoe in conjunction with the Leukemia & Lymphoma Society's Team in Training program. 3000 participants.

**Tour of the Carson Valley**  
Sunday, June 22, 2014  
Genoa, NV - 7th Annual Tour of the beautiful Carson Valley. 44-Mile, 20-Mile Bike & Hike, and Family Fun Ride. New this year is a 60-Mile Counsel Live Music, BBQ & Ice Cream Social.

**TOUR DE TAHOE**  
Bike Big Blue  
Sunday, Sept 7, 2014  
12th Annual Lake Tahoe, NV. Another opportunity to enjoy the end of summer and ride around Tahoe's 72-mile shoreline. 2000 participants.

**O.A.T.B.R.A.N.**  
Sept 21-27, 2014  
23rd Annual "One Awesome Tour Bike Ride Across Nevada." Fully supported multi-day tour across the Silver State on US Hwy 50 - America's Loneliest Road, from Lake Tahoe to the Great Basin National Park. Limited to 50 riders.

**ONE AWESOME TOUR**  
BIKE RIDE ACROSS NEVADA  
U.S. 50

For more info and registration visit [www.biketthewest.com](http://www.biketthewest.com)

The Antelope by Moonlight Bike Ride is July 11, 2014 starting at 10:00 pm on Antelope Island. Join us for a great time.

On-line registration at [www.daviscountyutah.gov](http://www.daviscountyutah.gov)  
Davis County Economic Development 801-451-3286

June 4, 18; July 2, 16, 30; Aug 13; Sundance: May 7, 21, 28; June 11, 25; July 9, 23; Aug 6, Tyson, 435-200-3239, 801.223.4849, [aces@euclidoutdoors.com](mailto:aces@euclidoutdoors.com), [weeklyraceseries.com](http://weeklyraceseries.com)

## Regional Weekly

### MTB Race Series

**June 17-August 12, 2014 — Laramie Mountain Bike Series**, Laramie, WY, Tuesdays. Local mountain bike series, great for riders of any age and ability., Evan O'Toole, [info@laramiemtbseries.com](mailto:info@laramiemtbseries.com), [laramiemtbseries.com](http://laramiemtbseries.com)

## Utah Mountain

### Bike Racing

**May 3, 2014 — Moab Enduro Cup**, Enduro Cup Series, Moab, UT, Race the magnificent 7 trail system covering 17.5 miles in four timed stages totalling 6.5 miles with 1,800ft descending and 650ft ascending., Jessica Kunzer, 801-349-4612, [kunzer@mtsports.com](mailto:kunzer@mtsports.com), [endurocupmtb.com](http://endurocupmtb.com)

**May 10, 2014 — 9th Annual Racers Cycle Service's Call to Sundance**, Intermountain Cup, Sundance Resort, UT, XC, 2 loops: a 7.1-mile topping 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](mailto:intermountaincup@gmail.com), [intermountaincup.com](http://intermountaincup.com)

**May 17, 2014 — Iron Will MTB Race**, Bluffdale, UT, First ever MTB race on Camp Williams private land. Come race through Afghan Village, shooting ranges, Area 51, UXO Area, POW Camp and IED Lane. 50k and 25k options., Mike Law, 801-910-2503, [milaw@evolvevents.com](mailto:milaw@evolvevents.com), [ironwillrace.com](http://ironwillrace.com)

**May 24-26, 2014 — Sundance Showdown DH and Super-D**, Go-Ride Gravity Series, Sundance Resort, UT, Super-D Saturday, DH Monday., Ron Lindley, 801-375-3231, [info@utahdh.org](mailto:info@utahdh.org), [go-ride.com](http://go-ride.com), [utahdh.org](http://utahdh.org)

**May 26, 2014 — Stan Crane Memorial XC Race**, Intermountain Cup, Draper Trail Days, Draper, UT, 8th 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](mailto:intermountaincup@gmail.com), [intermountaincup.com](http://intermountaincup.com)

**June 7, 2014 — Sundance Single Speed Challenge**, Sundance Resort, UT, 7th Annual. 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](mailto:czarj@sundance-utah.com), [sundanceeresort.com/explore/sum\\_biking\\_races.html](http://sundanceeresort.com/explore/sum_biking_races.html)

**June 7, 2014 — 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](mailto:info@raceuscs.com), [raceuscs.com](http://raceuscs.com)

**June 14, 2014 — Desert Scorpion Mountain Bike Race**, Intermountain Cup, Dugway, UT, Race on Dugway Proving Ground's new mtb trail, primarily singletrack, desert and mountain terrain, Marek Shon, 801-209-2479, [intermountaincup@gmail.com](mailto:intermountaincup@gmail.com), Curt Fortie, 435-831-2318, [john.c.fortie.naf@mail.mil](mailto:john.c.fortie.naf@mail.mil), [dugwaymvr.com/dpg\\_crd.html](http://dugwaymvr.com/dpg_crd.html), [utahbikeracing.com](http://utahbikeracing.com)

**June 21, 2014 — 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](mailto:hairball.dh@gmail.com), [2-epic.com/events/dixie200.html](http://2-epic.com/events/dixie200.html)

**July 5, 2014 — The Rage at Snowbird - UT State Championship**, Intermountain Cup, Snowbird, UT, 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](mailto:intermountaincup@gmail.com), [intermountaincup.com](http://intermountaincup.com)

**July 5, 2014 — Fire Road Cedar City**, Cedar City, UT, 25k, 60k, 100k distances, starts at Main StreetPark at 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, 760-635-1795, 760-936-7459, [huddle@multisports.com](mailto:huddle@multisports.com), [fireroadcycling.com](http://fireroadcycling.com)

**July 12, 2014 — The Crusher in the Tushar**, American Ultra Cross Series, Beaver, UT, A 70 mile "roadit" race exploring Southern Utah's Tushar Mt. range. 10,500+ ft. of climbing. A near-perfect 50/50% split between pavement and dirt fire-roads and a traverse of some of Utah's highest and most scenic roads., Burke Swindlehurst, [roadit@msn.com](mailto:roadit@msn.com), [tusharcrusher.com](http://tusharcrusher.com)

**July 19, 2014 — Park City Enduro Cup**, Enduro Cup Series, Park City, UT, A mandatory stop on North American Enduro Tour. Unique course for both professional and amateur athletes., Jessica Kunzer, 801-349-4612, [kunzer@mtsports.com](mailto:kunzer@mtsports.com), [endurocupmtb.com](http://endurocupmtb.com)

**July 26, 2014 — The Chris Allaire Solitude Cup**, Intermountain Cup, Solitude Resort, UT, Course combines Cruiser (upper) and Serenity (lower) loops, First start at 8:15am., Marek Shon, 801-209-2479, [intermountaincup@gmail.com](mailto:intermountaincup@gmail.com), [intermountaincup.com](http://intermountaincup.com)

**July 31, 2014 — Wildflower Trailfest**, Snowbasin, UT, Utah's First and only Mountain Bike Challenge for women. Held at Snowbasin Ski Resort. 3 timed courses. Awards for age group winners., Stacie Palmer, 801-644-9940, 801-391-2819, [wildflowerpedalfest@gmail.com](mailto:wildflowerpedalfest@gmail.com), [wildflowertrailfest.com](http://wildflowertrailfest.com)

**August 15-17, 2014 — Flyin' Brian Gravity Festival**, Go-Ride Gravity Series, Brian Head, UT, Practice opens on Friday, August 15th at noon. The downhill is on Saturday, August 16th. Dark Hollow Super D is on Sunday, August 17th., Ron Lindley, 801-375-3231, [info@utahdh.org](mailto:info@utahdh.org), [go-ride.com](http://go-ride.com), [utahdh.org](http://utahdh.org)

**August 23, 2014 — Moab Big Mountain Enduro**, Big Mountain Enduro Series, Moab, UT, Epic, backcountry and lift-accessed enduro racing., Sarah Rawley, 720-407-6142, [sarah@bigmountainenduro.com](mailto:sarah@bigmountainenduro.com), Brandon Ontiveros, 303-551-4813, [info@bigmountainenduro.com](mailto:info@bigmountainenduro.com), [bigmountainenduro.com](http://bigmountainenduro.com)

**August 23, 2014 — Wasatch 360 6 Hour Race**, Heber, UT, 6 hr MTB race with Solo, Duo, or Triple categories for men, women, & coed plus a Junior's category. Held in Heber City above the UVU Wasatch Campus. Proceed support Summit Bike Club and junior mountain biking in Utah., Michael John Turner, 801-664-6351, [mjturner@summitbikeclub.org](mailto:mjturner@summitbikeclub.org), [summitbikeclub.org/wasatch360](http://summitbikeclub.org/wasatch360)

**August 30, 2014 — Park City Point 2 Point**, Park City, UT, A true point 2 point race! Thanks to the plethora of trails in this area, the race will never be on the same trail twice. Over 90% of the race is single-track. 75 miles & 12,000ft of climbing., Jay Burke, 801-330-3214, [info@thepcpp.com](mailto:info@thepcpp.com), [thepcpp.com](http://thepcpp.com)

**August 31-September 1, 2014 — Canyonball Downhill and Super D**, Go-Ride Gravity Series, Park City, UT, Held at The Canyons Resort, super-D on Sunday, downhill on Monday, Ron Lindley, 801-375-3231, [info@utahdh.org](mailto:info@utahdh.org), [go-ride.com](http://go-ride.com), [utahdh.org](http://utahdh.org)

**September 5-6, 2014 — Utah High School Cycling League Race #1**, Utah High School Cycling League Race Series, Soldier Hollow, UT, A new and different race course than last year. In addition, we have added 1 new division and wave, so start times have changed to: Wave 1- Freshmen Boys - starting at 9:30AM. High school race is for 9th

12th graders. There will be a race on Friday, September 5th for the new junior development (7th & 8th grade) teams. Please visit our website for more information., Lori Harward, 801-502-8516, 801-661-7988, [lori@utahmtb.org](mailto:lori@utahmtb.org), [utahmtb.org](http://utahmtb.org)

## Regional Mountain

### Bike Racing

**May 3, 2014 — Barking Spider Bash**, Wild Rockies Regional Championship Series, Nampa, ID, XC Start 11:30am. Season opener for the region and largest Olympic format off-road XC bike race of the year in Idaho. Free kids race to follow adult XC race. Qualifying event for the US National Mountain Bike Championships., Darren Lightfield, 208-608-6444, [wildrockiesemail@yahoo.com](mailto:wildrockiesemail@yahoo.com), [wildrockiesracing.com](http://wildrockiesracing.com)

**May 10, 2014 — Desert Rats Classic**, Fruita, CO, 100K on the world famous Kokopelli Trail. Five well stocked aid stations and medical support. Sub 8 hour finishers receive "Enduro" awards and sub 5 hours receive Gonzo awards, plus age group awards., Reid Delman, 303-249-1112, [reid.delman@geminiadventures.com](mailto:reid.delman@geminiadventures.com), [geminiadventures.com](http://geminiadventures.com)

**May 10, 2014 — 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, 970-257-7678, [mdriver@lfrsports.com](mailto:mdriver@lfrsports.com), Brent Steinberg, 970-712-2012, [bs@lfrsports.com](mailto:bs@lfrsports.com), [lfrsports.com](http://lfrsports.com)

**May 10, 2014 — Desert RATS MTB Classic**, Fruita, CO, 100K Endurance Mountain Bike Race, On the western slope of Colorado, the famous Kokopelli Trail winds its way through sagebrush, ledgy slickrock, winding double track, sandy washes, fast jeep trails and crosses the state line toward Moab, Utah. This trail is the site of the Desert R.A.T.S. Classic., Kyle Claudell, 303-249-1112, [kyl@geminiadventures.com](mailto:kyl@geminiadventures.com)

**May 11, 2014 — Unravel the Scratchgravel**, Helena, MT, The course is approximately a 5.8 mile loop, comprised of 70% double-track and 30% single-track., Joe Hamilton, [j.hamilton@bresnan.net](mailto:j.hamilton@bresnan.net), Jason Steichen, [jason.steichen@gmail.com](mailto:jason.steichen@gmail.com), [bigskybikes.com/bsc-UnraveltheScratchgravel.html](http://bigskybikes.com/bsc-UnraveltheScratchgravel.html), [montanacycling.net](http://montanacycling.net)

**May 17, 2014 — Avimor Coyote Classic**, Knobby Tire Series, Boise, ID, 12th 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@brokenspokecycling.org](mailto:info@brokenspokecycling.org), [brokenspokecycling.com](http://brokenspokecycling.com)

**May 17, 2014 — 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](mailto:max@ridesalmon.com), [ride-salmon.com](http://ride-salmon.com)

**May 17, 2014 — Firebird 40**, Eagle, CO, This year's course is a big backcountry loop with multiple distances and categories. Some of Eagle's very best terrain!, Mike McCormack, [mikemacc@eagleoutsidefestival.com](mailto:mikemacc@eagleoutsidefestival.com), [eagle-outsidefestival.com](http://eagle-outsidefestival.com)

**May 17, 2014 — Gowdy Grinder**, Laramie, WY, XC at Curt Gowdy State Park, Evan O'Toole, [info@laramiemtbseries.com](mailto:info@laramiemtbseries.com), [gowdygrinder.com](http://gowdygrinder.com)

**May 17-18, 2014 — Flagstaff Frenzy**, Flagstaff, AZ, Cross Country on Saturday and Super D on Sunday, MBAA, [info@mbaa.net](mailto:info@mbaa.net), [mbaa.net](http://mbaa.net)

**May 24-26, 2014 — 24 Hour 'Round the Clock Mountain Bike Race**, Spokane, WA, MTB Race, also a Fat Bike Class, Gino Lisecki, [gino@roundandround.com](mailto:gino@roundandround.com), [roundandround.com](http://roundandround.com)

**May 28, 2014 — 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](mailto:billy@powerhouseidaho.com), [powerhouseidaho.com](http://powerhouseidaho.com)

**May 30-June 1, 2014 — Eagle Bike Park Gravity Festival**, Wild Rockies Series, Eagle, ID, Dual Slalom and Downhill, Darren Lightfield, 208-608-6444, [wildrockiesemail@yahoo.com](mailto:wildrockiesemail@yahoo.com), [wildrockiesracing.com](http://wildrockiesracing.com), [byrdscycling.com](http://byrdscycling.com)

**May 31, 2014 — EROCK Sunrise to Sunset**, Castle Rock, CO, The course is a fast 8.25 mile loop with stunning views of Pikes Peak and the Rampart Range. Beginning elevation is 6908ft with a high point of 7450ft. The event is both fun and challenging not only for beginners but to the most advanced riders., Mike Heaston, 970-858-7220, 303-635-2815, [emgmh@emgcolorado.com](mailto:emgmh@emgcolorado.com), [emgcolorado.com](http://emgcolorado.com)

**June 1, 2014 — Betti Bike Bash**, Lakewood, CO, Women's only mountain bike race., Amy Thomas, 720-878-7363, [betbikebash@gmail.com](mailto:betbikebash@gmail.com), Sarah Rawley, 503-805-0043, [sarah@mountaingrownmarketing.com](mailto:sarah@mountaingrownmarketing.com), [betbikebash.com](http://betbikebash.com)

**June 4, 2014 — 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](mailto:billy@powerhouseidaho.com), [powerhouseidaho.com](http://powerhouseidaho.com)

**June 11, 2014 — 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](mailto:billy@powerhouseidaho.com), [powerhouseidaho.com](http://powerhouseidaho.com)

**June 14, 2014 — City Creek Pedalfest**, Pocatello, ID, Mountain Bike Race. Kids Race and Spagetti 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, [lindij@mac.com](mailto:lindij@mac.com), [pocatellopedalfest.com](http://pocatellopedalfest.com)

**June 14, 2014 — Fear, Tears & Beers Enduro**, Ely, NV, Enduro mountain bike event. Timed sections mostly downhill, combined time wins. Men's and women's events for all classes. Fun run, beginner, sport, and expert classes., Kent Robertson, 775-289-6042, [krobeg@mwpower.net](mailto:krobeg@mwpower.net), [greatbasinraces.org](http://greatbasinraces.org)

**June 14, 2014 — 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](mailto:info@brokenspokecycling.org), [brokenspokecycling.com](http://brokenspokecycling.com)

**June 14-15, 2014 — USA Cycling 24-Hour MTB National Championships**, Gallup, NM, Micah Rice, 719-434-4200, [mrice@usacycling.org](mailto:mrice@usacycling.org), [usacycling.org](http://usacycling.org)

**June 15, 2014 — Discovery XC**, MORS State Championship Series, Anaconda, MT, The course is a 7.3 mile loop comprised of 60% double-track and 40% single-track., Chad Lanes, 406-563-7988, 406-563-2034, [chadlanes@msn.com](mailto:chadlanes@msn.com), [montanacycling.net](http://montanacycling.net), [anacondabikefest.org](http://anacondabikefest.org)

**June 18, 2014 — 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](mailto:billy@powerhouseidaho.com), [powerhouseidaho.com](http://powerhouseidaho.com)

**June 20-22, 2014 — 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., Kristy Lintz, 605-394-4168, 605-484-1724, [kristy.lintz@rcgov.org](mailto:kristy.lintz@rcgov.org), [bhfat-tirefestival.com](http://bhfat-tirefestival.com)

**June 20-22, 2014 — USA Cycling Gravity MTB National Championships**, Angel Fire, NM, Micah Rice, 719-434-4200, [mrice@usacycling.org](mailto:mrice@usacycling.org), [usacycling.org](http://usacycling.org)

**June 21-22, 2014 — Snowmass Big Mountain Enduro**, Big Mountain Enduro Series, Snowmass, CO, Epic, backcountry and lift-accessed enduro racing., Brandon Ontiveros, 303-551-4813, [info@bigmountainenduro.com](mailto:info@bigmountainenduro.com), [bigmountainenduro.com](http://bigmountainenduro.com)

**June 21-22, 2014 — Jug Mountain Ranch XC and State Championship Enduro**, Wild Rockies Regional Championship, McCall, ID, 2-3 hour XC course on Saturday for various categories and on Sunday a 3 stage enduro - on amazing trails with insane shuttle vehicles.

XC route is on fast, flowing single track with wooden bridges. You'll also find deep woods, tight single track, and wide-open fire road for safe passing. This is a qualifier for USA Cycling Mountain Bike National Championships. Hotel McCall is available right on the lake, plus plenty of camping nearby., Darren Lightfield, 208-608-6444, [wildrockiesemail@yahoo.com](mailto:wildrockiesemail@yahoo.com), [wildrockiesracing.com](http://wildrockiesracing.com), [lugmountainranch.com](http://lugmountainranch.com)

**June 21, 2014 — Missoula XC at Marshall Mountain**, Missoula, MT, Steep, technical climbs and descents will alternate between single track, double track, and infrequent dirt road sections. Frequent and sudden rhythm changes will challenge racers, but several sequences of fast and fun sections will be included as well. The course features over 850ft of relief per lap; while it is not at extremely high altitude, multiple long, steep climbs per lap will test racers' fitness limits., Ben Horan, [bhoran@gmail.com](mailto:bhoran@gmail.com), [missoulaxc.org](http://missoulaxc.org), [usacycling.org](http://usacycling.org)

**June 25, 2014 — 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](mailto:billy@powerhouseidaho.com), [powerhouseidaho.com](http://powerhouseidaho.com)

**June 26-29, 2014 — Crested Butte Bike Week**, Crested Butte, CO, Crested Butte and Mt. Crested Butte are the proud hosts of the world's oldest mountain bike festival, includes options for those who enjoy cruiser bikes and bikes without chains. The Chainless World Championships down Kebler Pass and into downtown on June 27 is always a thrilling scene for riders and spectators, followed by the Fat Tire 40 mountain bike race on June 28. If a one-speed cruiser is more your style, join in the fun and fund-raising for Adaptive Sports Center's annual Bridges of the Butte townie tour on June 28 - 29. KEEN Rippin Chix camps for women on June 26 and 27, and guided mountain bike rides and free shuttles to premiere trails also are highlights., Crested Butte Chamber, 970-703-3366, 970-349-6438, [cbinfo@chamber.com](mailto:cbinfo@chamber.com), Shaun Matusewicz, 970-703-3366, [Shaun@ironorchidevents.com](mailto:Shaun@ironorchidevents.com), [cbbikeweek.com](http://cbbikeweek.com)

**June 27-29, 2014 — Sun Valley Super Enduro**, Enduro Cup Series, Sun Valley, ID, One of the longest enduro races in the U.S. and a North American Enduro Tour stop. Opening night party, two race days, and awards party., Greg Randolph, 800-634-3347, [greg@visit-sunvalley.com](mailto:greg@visit-sunvalley.com), Ellen Gillespie, 208-726-2777, [ellen@sunvalleyevents.com](mailto:ellen@sunvalleyevents.com), Jessica Kunzer, 801-349-4612, [kunzer@mtsports.com](mailto:kunzer@mtsports.com), [ride-sunvalley.com](http://ride-sunvalley.com), [endurocupmtb.com](http://endurocupmtb.com)

**June 28, 2014 — 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](mailto:info@brokenspokecycling.org), [brokenspokecycling.com](http://brokenspokecycling.com)

**June 28-29, 2014 — Durango Big Mountain Enduro**, Big Mountain Enduro Series, Durango, CO, Epic, backcountry and lift-accessed enduro racing., Sarah Rawley, 720-407-6142, [sarah@bigmountainenduro.com](mailto:sarah@bigmountainenduro.com), Brandon Ontiveros, 303-551-4813, [info@bigmountainenduro.com](mailto:info@bigmountainenduro.com), [bigmountainenduro.com](http://bigmountainenduro.com)

**July 5, 2014 — USA Cycling Marathon MTB National Championships**, Sun Valley, ID, 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](mailto:mrice@usacycling.org), Greg Randolph, 800-634-3347, [greg@visitsunvalley.com](mailto:greg@visitsunvalley.com), [usacycling.org](http://usacycling.org)

**July 12-13, 2014 — Keystone Big Mountain Enduro**, Big Mountain Enduro Series, Keystone, CO, Epic, backcountry and lift-accessed enduro racing., Sarah Rawley, 720-407-6142, [sarah@bigmountainenduro.com](mailto:sarah@bigmountainenduro.com), Brandon Ontiveros, 303-551-4813, [info@bigmountainenduro.com](mailto:info@bigmountainenduro.com), [bigmountainenduro.com](http://bigmountainenduro.com)

**July 12-13, 2014 — Southeast Idaho Senior Games**, Pocatello, ID, Cross country MTB., Jody Olson, 208-233-2034, [southeastidahoseniorgames@gmail.com](mailto:southeastidahoseniorgames@gmail.com), [seidahosenior-games.org](http://seidahosenior-games.org)

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## ADVOCACY

## Utah Rises to 8th in Bike Friendly State Rankings

By Charles Pekow

Like a rock and roll hit, Utah keeps moving up the charts. It even became a Top Ten hit. The League of American Bicyclists ranked Utah eighth out of the 50 states in terms of bicycle friendliness.

"The improvement in the last 5 years has been tremendous," noted Evelyn Tuddenham, UDOT's Bicycle and Pedestrian Coordinator. "Utah's state and local agencies and advocates have worked together very effectively to bring about huge changes in record time. We'll only improve as time goes on."

The state moved up three spaces from #14 last year and #31 two years ago. It achieved its highest ranking yet.

While the state progressed significantly in the league's eyes, it still has major hills to climb. Utah scored 53.72 points on a 100 point scale, still a significant increase from last year's 43.1 points. The state got its highest marks in the categories of legislation & enforcement and education & encouragement (four on a five-point scale). It did less well in policies & programs and evaluation & planning (three points). The state did terribly when it came to infrastructure and funding, though, garnering only one point.

You can see the state rank at [http://bikeleague.org/sites/default/files/BFS2014\\_Utah.pdf](http://bikeleague.org/sites/default/files/BFS2014_Utah.pdf).

The League praised Utah for using Congestion Mitigation & Air Quality money to promote cycling and for having more than one percent of workers commute by bike. But it made a bunch of suggestions, such as needing to adopt a statewide Complete Streets plan and performance measures. The League also recommended that the state "(a)dopt a policy requiring state office buildings, state park and recreation facilities, and other state facilities to provide bicycle parking."

The League also wanted Utah to conduct "a bicycle ride sponsored by the governor and/or state legislators" to show their support for cycling and suggested the state government dedicate state funding for standalone bike projects. The state also needs an impact study on how bicycling contributes to the state economy, says the report card.

Bike Utah issued a press release congratulating the state. "We've made tremendous gains, and our #8 ranking validates everyone's hard work," Bike Utah Executive Director Phil Sarnoff said in the prepared statement. "There's no way to credit one organization or entity with our improvement in the rankings. It's a truly collaborative effort."

Idaho, meanwhile, ranked 20th, scoring 41.1 on the 100 point scale. Still, it improved from last year, when it scored 34.5 points.

**July 26, 2014 — 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@lifefitness.com](mailto:khughes@lifefitness.com), Josh Colley, 719-219-9357, [JColley@lifefitness.com](mailto:JColley@lifefitness.com), [leadvillrace-series.com](http://leadvillrace-series.com)

**July 17-20, 2014 — USA Cycling Cross-Country MTB National Championships.** Bear Creek Resort, PA, Micah Rice, 719-434-4200, [mice@uscycling.org](mailto:mice@uscycling.org), [uscycling.org](http://uscycling.org)

**July 26, 2014 — Laramie Enduro.** Laramie, WY, 111K (70+/- miles), No repeat course, 8,600ft elevation gain, 7am start at Happy Jack Recreation Area-Hidden Valley Picnic Area, Richard Vincent, 307-760-1917, 307-777-6478, [enduro.rv@gmail.com](mailto:enduro.rv@gmail.com), [laramieenduro.org](http://laramieenduro.org)

**July 26, 2014 — Butte 100.** Butte, MT, Continental Divide Trail, Single Track, Big Sky Country, 100 and 50 mile options., Gina Evans, 406-498-9653, [eatdirtpipen@gmail.com](mailto:eatdirtpipen@gmail.com), [butte100.com](http://butte100.com)

**July 26, 2014 — Whit Henry Memorial Galena Grinder.** Knobby Tire Series, Galena Lodge, ID, XC/Marathon, 22.5 mile loop with 50% single track, start/finish at 7,000 feet with total gain of 3200 in one loop, open category (for racers who choose not to purchase a license) held for the marathon, which is 22.5 mile loops., Hal Miller, 208-869-4055, 208-720-3019, [info@brokenspokecycling.org](mailto:info@brokenspokecycling.org), [knobbytireseries.com](http://knobbytireseries.com)

**August 1-3, 2014 — Pomerelle Pounder DH.** Go-Ride Gravity Series, Albion, ID, Two downhill races in two days! A one-run downhill on Saturday afternoon, and a two-run downhill on Sunday., Ron Lindley, 801-375-3231, [info@utahdh.org](mailto:info@utahdh.org), Darren Lightfield, 208-608-6444, [wildrockiesmail@yahoo.com](mailto:wildrockiesmail@yahoo.com), [go-ride.com](http://go-ride.com), [utahdh.org](http://utahdh.org)

**August 2-3, 2014 — Targhee Enduro.** Alta, WY, The Enduro will be a 5 stage race over 2 days. Prize purse of \$300-1st, \$250-2nd, \$200-3rd, \$150-4th, \$100-5th for open division.,

Andy Williams, 800-TARGHEE ext. 1309, [awilliams@grandtarghee.com](mailto:awilliams@grandtarghee.com), [grandtarghee.com](http://grandtarghee.com)

**August 2-3, 2014 — Tamarack Resort SUPER Enduro.** Wild Rockies Regional Championship, Tamarack, ID, Saturday is open race practice only in the morning and general riding in the afternoon. Sunday is a 3 stage Enduro for 8 hours (rotating stages until time expires). Lift served on both days! This is the only time the lift will spin this summer as far as we know. Hotel and other amenities on-site, plenty of camping nearby., Darren Lightfield, 208-608-6444, [wildrockiesmail@yahoo.com](mailto:wildrockiesmail@yahoo.com), [wildrockiesracing.com](http://wildrockiesracing.com), [tamarackidaho.com](http://tamarackidaho.com)

**August 9, 2014 — Big Hole Challenge MTB Race and Duathlon.** Driggs, ID, Mountain bike mass start first, at 10 am, 9.73 miles with 1,160 verticle feet, then either bike a second lap or run 6.13 miles with 938 verticle feet. Awards, Raffle and results at 1 pm held at the South Horseshoe Trail Head. Net proceeds benefit Teton Valley Trails and Pathways., Dick Weinbrandt, 208-354-2354, [peaked@silverstar.com](mailto:peaked@silverstar.com), [peakedsports.com](http://peakedsports.com)

**August 9, 2014 — 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](mailto:khughes@lifefitness.com), Josh Colley, 719-219-9357, [JColley@lifefitness.com](mailto:JColley@lifefitness.com), [leadvillrace-series.com](http://leadvillrace-series.com)

**August 16, 2014 — Pierre's Hole MTB Race.** NUE Series, Alta, WY, 6th Annual Pierre's Hole. Staging begins at the Grand Targhee Resort, ample lodging and amenities available. 100 consists of 33-mile loop, each lap features approx. 3,000ft climbing on single and double-track trails. Total elevation for the 100 mile race is approx. 9,000ft. 100mile (3 laps), 100km (2 laps), 50km (1 lap) events. Only the 100 mile race is part of the NUE Series., Andy Williams, 800-TARGHEE ext. 1309, [awilliams@grandtarghee.com](mailto:awilliams@grandtarghee.com), [grandtarghee.com](http://grandtarghee.com)

[the-resort/news-events/1863/2014Pierreshole50100.php](http://the-resort/news-events/1863/2014Pierreshole50100.php), [ph100.org](http://ph100.org)

**August 16, 2014 — Steamboat Stinger.** Steamboat Springs, CO, Beginning at 8:00am at the Howelson Hill Ski Area right in the heart of Steamboat Springs. The course takes an extended 50 mile detour deep into the beautiful backcountry of Routt County and a total of 3,327ft elevation gain before returning to the transition/finish area. Teams of two are also welcome to race the 1st and 2nd half of the course., Nate Bird, 866-464-6639, [nate@honeystinger.com](mailto:nate@honeystinger.com), [honeystinger.com/steamboatstinger.html](http://honeystinger.com/steamboatstinger.html)

**August 23, 2014 — Crazy Miner 49er.** Idaho City, ID, Hal Miller, 208-869-4055, 208-720-3019, [info@brokenspokecycling.org](mailto:info@brokenspokecycling.org), [knobbytireseries.com](http://knobbytireseries.com)

**August 29-September 1, 2014 — TVTAP WYDAHO Rendezvous Mountain Bike Festival.** Teton Valley, ID, 5th Annual WYdaho Rendezvous Mountain Bike Festival at Grand Targhee Resort. Races: Super D with 4,300ft decent, Strava, Fat Bike, and shenanigans., Tim Adams, 208-201-1622, [tim@TVTAP.org](mailto:tim@TVTAP.org), TVTAP, 208-201-1622, [BikeFest@TVTAP.org](http://BikeFest@TVTAP.org), [tetonbikefest.org](http://tetonbikefest.org), [tvtap.org](http://tvtap.org)

**August 29-31, 2014 — 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 on Main Street in downtown Grand Junction, and take participants of all skill levels through an assortment of terrain. Pro riders partake in a Fat Tire Crit and vie for a \$20,000 cash purse., Sallye Williams, 520-623-1584, [info@epicrides.com](mailto:info@epicrides.com), [epicrides.com](http://epicrides.com)

**August 30-31, 2014 — 24 Hours of Flathead.** Kalispell, MT, Tia Celentano, [info@24hoursofflathead.org](mailto:info@24hoursofflathead.org), [montana-cycling.net/schedule?discipline=all&year=2014](http://montana-cycling.net/schedule?discipline=all&year=2014)

**September 3-7, 2014 — Crested Butte Ultra Enduro.** Big Mountain Enduro Series, Crested Butte, CO, Epic, backcountry and lift-accessed enduro stage racing., Sarah Rawley, 720-407-6142, [sarah@bigmountainenduro.com](mailto:sarah@bigmountainenduro.com), Brandon Ontiveros, 303-551-4813, [info@bigmountainenduro.com](mailto:info@bigmountainenduro.com), [bigmountainenduro.com](http://bigmountainenduro.com)

**September 6, 2014 — Barn Burner 104.** Flagstaff, AZ, 104 mile mountain bike race, Solo, Duo, Teams, Kaibab and Coconino National Forest, Camping on private land, Casey Brown, 480-299-1203, [Cbrown6@lifefitness.com](mailto:Cbrown6@lifefitness.com), S Weber, [weber@lifefitness.com](mailto:weber@lifefitness.com), [barnburnermtb.com](http://barnburnermtb.com), [redrockco.com](http://redrockco.com)

**September 6, 2014 — Adventure Xstream Glenwood Springs.** AXS Series, Glenwood Springs, CO, Solo or 2 person teams will kayak, trek, rappel, and mountain bike, riverboard and cave this spectacular course., Will Newcomer, 970-403-5320, [2014@gravityplay.com](mailto:2014@gravityplay.com), [gravityplay.com](http://gravityplay.com)

**September 6, 2014 — 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., Samantha Pede, [landercycling@gmail.com](mailto:landercycling@gmail.com), [landercycling.org](http://landercycling.org)

**September 6, 2014 — 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

## Bicycle Collective News for May 2014

Up and down the Wasatch Front the Bicycle Collectives are in full swing. With your help the Ogden location has raised over \$15000 toward building renovation this year, and a full roof rebuild is underway. In Provo we've stepped up our game with a new professional layout and a number of great bikes fixed up and ready to ride. Join us for our Monday night ride at 9:00 PM every week, and come into the shop Thursdays, Fridays, and Saturdays.

In Salt Lake we've expanded to have three paid open shop managers rather than just one, meaning more help when you come in to repair your bike Tuesdays, Wednesdays (Women Only), Thursdays, and Saturdays. Our Monday Volunteer night is as popular as ever, with great classes every week at 6:00 PM. Our valet program is entering its high season and we always need help at every event, check out the calendar on our website to find out where we'll be.

The Salt Lake Location's Bike Prom is coming up May 10th, and all indications show this year's party to be huge. Come ride your finest cruiser and dress to impress! Presale tickets are cheaper and encouraged, pick them up at [bikeprom.com](http://bikeprom.com).

For those gearing up for Bike to Work Week, encourage your friends to come by the Salt Lake Collective the week before! We'll be expanding our hours, offering open shops from Tuesday-Friday 12:00-9:00pm May 6th through the 9th. We will be closing early (4:00 PM) on Saturday for Bike Prom. Furthermore, in conjunction with a number of other stops around the city, On May 15th we'll be manning a commuter pit stop at 800 S. 200 W. at 7-9 AM for everyone riding in to work.

Finally, on May 31st we're very excited to be a part of the Get Into the River event going on up and down the length of the Jordan River Parkway. We'll be providing our valet, and will be leading short family friendly rides up and down the length of the downtown section, from the Peace Gardens to Fischer Mansion.

See you out there! For more information visit [bicyclecollective.org](http://bicyclecollective.org), or call us in Salt Lake at 801-FAT-BIKE.

-Davey Davis

single track, water crossings, quick steep drops, nasty little granny gear climbs., Hal Miller, 208-869-4055, 208-720-3019, [info@brokenspokecycling.org](mailto:info@brokenspokecycling.org), [knobbytireseries.com](http://knobbytireseries.com), [brokenspokecycling.com](http://brokenspokecycling.com)

### Utah Weekly

#### Road Race Series

**Cyclesmith Rocky Mountain Raceways Critterium Series** — Utah Crit Series, West Valley City, UT, 6555 W. 2100 S. March 8, 15, 22, April 1, 8, 15, 22, 29 - Tuesdays at 6pm April - through September 30, A and B at 6, C and D at 7 pm, Marek Shon, 801-209-2479, [utahcritseries@gmail.com](mailto:utahcritseries@gmail.com), [utahcritseries.com](http://utahcritseries.com), [utahbikeracing.com](http://utahbikeracing.com)

**Salt Air Time Trial Series** — Salt Lake City, UT, Every other Thursday April - September, I-80 Frontage Road West of the International Center; Check for start date, Marek Shon, 801-209-2479, [utahcritseries@gmail.com](mailto:utahcritseries@gmail.com), [utahcritseries.com](http://utahcritseries.com)

**DLD (DMV) Critterium** — 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. April 2, 9, 16, 23, 30., Marek Shon, 801-209-2479, [utahcritseries@gmail.com](mailto:utahcritseries@gmail.com), [utahcritseries.com](http://utahcritseries.com), [skitahcycling.com](http://skitahcycling.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 through August, check for start date, Marek Shon, 801-209-2479, [utahcritseries@gmail.com](mailto:utahcritseries@gmail.com), [utahcritseries.com](http://utahcritseries.com)

### Utah Road Racing

**May 3, 2014 — Antelope Island Classic.** UCA Series, Antelope Island, UT, Starts at the West end of the causeway, then across the causeway towards the ranch and end on the island. Mileage ranges from 32 to 60. \$2,000 cash plus prizes. Junior state road race championship too., James Ferguson, 801-476-9476, [ferguson8118@comcast.net](mailto:ferguson8118@comcast.net), [bmbbc.com](http://bmbbc.com)

**May 3, 2014 — Gran Fondo Moab.** Moab, UT, Mass start timed road cycling event on the beautiful La Sal Loop road, 60 miles with 5500 feet of climbing. Not a sanctioned race, but you will get a time, awards, and placing., Billy, 435-259-7882, 800-635-1792, [shop@poisonspiderbicycles.com](mailto:shop@poisonspiderbicycles.com), Scott Newton, 435-654-8650, 800-635-1792, [info@granfondomoab.com](mailto:info@granfondomoab.com), [granfondomoab.com](http://granfondomoab.com)

**May 9, 2014 — Utah City Critterium.** Great Western Cycling Series / Utah Bike Month, Ogden, UT, Held in downtown Ogden - starting at 4:00pm with the first of 5 races. This will be a great venue for spectators., Dirk Cowley, 801-699-5126, [dcowley@comcast.net](mailto:dcowley@comcast.net), [racedayeventmanagement.com](http://racedayeventmanagement.com)

**May 10, 2014 — Utah City Critterium.** Great Western Cycling Series, Bountiful, UT, The race will see the revitalized area of Bountiful. Main Street will see some fast action with a course that will suit the power riders. There will also be an all-day expo as an added attraction. First race starts at 4:00pm., Dirk Cowley, 801-699-5126, [dcowley@comcast.net](mailto:dcowley@comcast.net), [racedayeventmanagement.com](http://racedayeventmanagement.com)

**May 11, 2014 — Salt Lake City Downtown Critterium.** 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](mailto:dcowley@comcast.net), [racedayeventmanagement.com](http://racedayeventmanagement.com)

**May 11, 2014 — Utah City Critterium.** Great Western Cycling Series, Salt Lake City, UT, The final event of the Utah City Crits will occur around Pioneer Park. This course has been raced every year for the past 12 years and has been a staple of the local racing scene. Racing starts at 10:00am., Dirk Cowley, 801-699-5126, [dcowley@comcast.net](mailto:dcowley@comcast.net), [racedayeventmanagement.com](http://racedayeventmanagement.com)

**May 17, 2014 — 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, 435-881-7444, [krohwer2@gmail.com](mailto:krohwer2@gmail.com), [race2raceevents.com](http://race2raceevents.com)

**May 17, 2014 — 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, 435-881-7444, [krohwer2@gmail.com](mailto:krohwer2@gmail.com), [race2raceevents.com](http://race2raceevents.com), [bearlake.com](http://bearlake.com)

**May 18, 2014 — 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, 435-881-7444, [krohwer2@gmail.com](mailto:krohwer2@gmail.com), [race2raceevents.com](http://race2raceevents.com), [bearlake.com](http://bearlake.com)

**May 24, 2014 — Sugarhouse Critterium.** 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. State Championships., Marek Shon, 801-209-2479, [utahcritseries@gmail.com](mailto:utahcritseries@gmail.com), [utahbikeracing.com](http://utahbikeracing.com)

**May 26, 2014 — SunCrest Bicycle Hill Climb.** Draper Trail Days, Draper, UT, Draper Equestrian Center 1600 E. Highland Drive (13500 South), Ends at the top of Sun Crest. Fundraising for Draper Cycle Park and Corner Canyon Trails Foundation, plus a running event, Ken Murdock, 801-205-3700, [ken.murdock@utahhomes.com](mailto:ken.murdock@utahhomes.com), [DraperTrails.com](http://DraperTrails.com)

**May 30-31, 2014 — Salt Lake Valley B4K Stage Race.** UCA Series, Daybreak, UT,



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Criterion, 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, [akwindmills@gmail.com](mailto:akwindmills@gmail.com), [bikesforkidsutah.com](mailto:bikesforkidsutah.com), [bikes-for-kids-stage-race](mailto:bikes-for-kids-stage-race), [utahcycling.org](http://utahcycling.org)

**June 7, 2014 — Porcupine Hill Climb for the Fight Against Cancer**, UCA Series, Salt Lake City, UT, 13th Annual, Start: Porcupine Pub & Grille finishing at the Brighton Ski Resort, Big Cottonwood Canyon., Mike Meldrum, 801-424-9216, [mikesride@gmail.com](mailto:mikesride@gmail.com), Dirk Cowley, 801-699-5126, [dcowley@comcast.net](mailto:dcowley@comcast.net), [race-dayeventmanagement.com](http://race-dayeventmanagement.com)/2014-porcupine-hill-climb-june-27th-2014/

**June 13-14, 2014 — 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](mailto:cort@rockwellrelay.com), Tyler Servoss, 801-888-3233, [velo11@gmail.com](mailto:velo11@gmail.com), [rockwellrelay.com](http://rockwellrelay.com)

**June 21-22, 2014 — High Uintas 10,000 Stage Race**, UCA Series, Kamas/Evanston, UT/WY, Stage race, including the 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](mailto:dcowley@comcast.net), [race-dayeventmanagement.com](http://race-dayeventmanagement.com)

**June 21, 2014 — 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., Matt Jensen, 801-550-0778, [mattjensensnl@gmail.com](mailto:mattjensensnl@gmail.com), [threekings.nslcity.org](http://threekings.nslcity.org)

**June 21, 2014 — Wildflower Ardua Relay**, Snowbasin, UT, Women-only cycling relay. Teams of 2 or 4 travelling a total of 160 miles from Snowbasin to Midway. Enter as a ride or race. Prizes for fastest teams. Self-supported, fun exchange zones. Finish-line dinner, massages, and treats., Stacie Palmer, 801-644-9940, 801-391-2819, [wildflowerpedalfest@gmail.com](mailto:wildflowerpedalfest@gmail.com), [ardurarelay.com](http://ardurarelay.com)

**June 26-28, 2014 — Utah Summer Games**, Utah Summer Games Cycling, Cedar City, UT, Time Trial, Hill Climb, Criterion, Road Race with overall Omnium., Casey McClellan, 435-865-8421, 435-559-2925, [mcclellan@suu.edu](mailto:mcclellan@suu.edu), Steve Ahlgreen, 435-865-8421, 435-865-8423, [ahlgreen@suu.edu](mailto:ahlgreen@suu.edu), [utahsummergames.org](http://utahsummergames.org)

**June 28, 2014 — Utah State Time Trial Championship**, UCA Series, Salt Lake City, UT, Marek Shon, 801-209-2479, [utcritseries@gmail.com](mailto:utcritseries@gmail.com), [utahbikeracing.com](http://utahbikeracing.com)

**July 10, 2014 — Station Park Criterion**, Farmington, UT, A,B,C flights starting at 7:30 pm., Held at Station Park, Tyler Servoss, 801-888-3233, [velo11@gmail.com](mailto:velo11@gmail.com), [stationparkcrit.com](http://stationparkcrit.com)

**July 12, 2014 — Cache Valley Gran Fondo and Road Race**, UCA Series, Logan, UT, Starting at the Intermountain Hospital in Logan, the route is scenic and fun, through Northern Utah, up and over Weston Canyon (Idaho) to Soda Springs, Idaho, then back down into Utah, over Riverside Utah, ending up with a closed finish in downtown Logan with a party and festivities awaiting. 100 miles for all Cat I, II, III and Masters A; 50 mile course for all others., Kevin Rohwer, 435-881-7444, [krohwer2@gmail.com](mailto:krohwer2@gmail.com), [race2raceevents.com](http://race2raceevents.com)

**July 19, 2014 — Capitol Reef Classic**, UCA Series, Torrey, UT, Utah State Road Race

Championships for categories and Gran Fondo, Tina Anderson, 435-425-3491, 435-691-1696, [tricycrazy@live.com](mailto:tricycrazy@live.com), [capitolreefclassic.bike](http://capitolreefclassic.bike)

**July 19-20, 2014 — Juniors Day Out**, Grantsville, UT, Miller Motorsports Park, Dirk Cowley, 801-699-5126, [dcowley@comcast.net](mailto:dcowley@comcast.net), [race-dayeventmanagement.com](http://race-dayeventmanagement.com)

**July 26, 2014 — Heber Valley Circuit Race**, UCA Series, Heber, UT, Scenic but challenging 8-mile circuits in Heber Valley, Utah, Mike Meldrum, 801-424-9216, [mikesride@gmail.com](mailto:mikesride@gmail.com), [porcupinecycling.com](http://porcupinecycling.com)

**August 1-2, 2014 — 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](mailto:Steven@SaintstoSinners.com), [SaintstoSinners.com](http://SaintstoSinners.com)

**August 2, 2014 — Tour de Park City**, CANCELLED, UCA Series, Park City, UT, Classic Road Race and Tour starting and finishing in Park City. 157, 100, 50 and 15 mile timed courses through Northern Utah's beautiful mountain valleys. Food, prizes and more! Also, the race will be the final stop on the NRC calendar for pro women (distance approximately 100 miles for the pro women.), Ben Towery, 801-389-7247, [teamexceleator@gmail.com](mailto:teamexceleator@gmail.com), [fourdeparcity.com](http://fourdeparcity.com), [teamexceleator.com](http://teamexceleator.com)

**August 4-10, 2014 — Larry H. Miller Tour of Utah**, UT, The Tour of Utah is one of only 4 UCI 2.1 sanctioned stage races in North America. More than 17 international and national pro teams will compete over 500+ miles in seven days. Free for spectators., Larry H. Miller Tour of Utah, 801-325-2500, [info@tourofUtah.com](mailto:info@tourofUtah.com), [tourofUtah.com](http://tourofUtah.com)

**August 16, 2014 — Wildflower Hill Climb**, Mountain Green, UT, Timed 5.5 mile climb during the 75 mile course option in this women-only cycling event. Age-group cash prizes. Gift for all who complete the climb., Stacie Palmer, 801-644-9940, 801-391-2819, [wildflowerpedalfest@gmail.com](mailto:wildflowerpedalfest@gmail.com), [wildflowerpedalfest.com](http://wildflowerpedalfest.com)

**August 16, 2014 — Utah Masters Road Race Championship**, tentative, UCA Series, Ogden, UT, Utah State Road Race Championships for Masters. Tentatively on the Masters Nationals Course., James Ferguson, 801-476-9476, [ferguson8118@comcast.net](mailto:ferguson8118@comcast.net), [bmbbc.com](http://bmbbc.com)

**August 22-25, 2014 — Hoodoo 500**, St. George, UT, 500 mile loop race through Southern Utah. Non-stop or stage race, solo and relay team divisions., Deb Bowling, 818-889-2453, [embassy@planetultra.com](mailto:embassy@planetultra.com), [Hoodoo500.com](http://Hoodoo500.com)

**August 23, 2014 — 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, [teamexceleator@gmail.com](mailto:teamexceleator@gmail.com), [teamexceleator.com](http://teamexceleator.com)

**September 3-7, 2014 — USA Cycling Masters Road National Championships**, Ogden, UT, Micah Rice, 719-434-4200, [mrice@usacycling.org](mailto:mrice@usacycling.org), [usacycling.org](http://usacycling.org)

**September 6, 2014 — LOTOJA Classic Road Race**, Utah Triple Crown, Logan, UT, 32nd Annual, 1 day, 3 states, 200-plus mile road race from Logan, UT to Jackson Hole, WY., Brent Chambers, 801-546-0090, [brent@lotojaclassic.com](mailto:brent@lotojaclassic.com), [lotojaclassic.com](http://lotojaclassic.com), [utahtriplecrown.weebly.com](http://utahtriplecrown.weebly.com)

### Regional Weekly Road Race Series

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

**May 7-August 20, 2014 — ICE BAR Time Trial/Hillclimb Series**, ICE BAR Series, Pocatello, ID, Flat time trials: Start at Rainbow Road, 6.2m(10k). Scoring is best 2 of 4 times., May 7 at 6:30 pm/7:00 pm, June 4, July 2, August 6/Hill Climbs:Park at Cherry Springs, Crystal start at Cherry Springs and Scout start at bottom of Scout Mtn Rd. Scoring is best Crystal plus best Scout time. Approximately 5 mile climbs. mass start., May 21—Crystal Summit, 6:30 pm/7:00 pm; June 18—Scout, July 23—Crystal Summit, August 20—Scout Categories: End of season awards for overall winners of these categories: A's, B's, Master's 50+, Women, Triathlete, Recreational, also a noncompetitive category if you just want to participate but not compete., Bryan Gee, 208-406-8477, [bryan\\_gee\\_of@yahoo.com](mailto:bryan_gee_of@yahoo.com), Kris Walker, [bobandkris@yahoo.com](mailto:bobandkris@yahoo.com), [idahocycling.com](http://idahocycling.com)

**May 13-July 8, 2014 — Expo Idaho SWICA Criterion Series**, SWICA Criterion Series, Boise, ID, Local training crit series at Expo Idaho West lot (Glenwood Street south of Hawks Stadium). Tuesdays, May 13/July 8, 2014, Kurt Holzer, 208-890-3118, [idahobikeracing@yahoo.com](mailto:idahobikeracing@yahoo.com), [idahobikeracing.org](http://idahobikeracing.org)

### Regional Road Racing

**May 3, 2014 — Palisade Brews and Cruise Beer and Bike Festival**, Palisade, CO, 45 mile road bike race and cruiser rides, Rondo Buecheler, 970-464-9266, [rapidcreekcycles@aol.com](mailto:rapidcreekcycles@aol.com), [rapidcreekcycles.com](http://rapidcreekcycles.com)

**May 3, 2014 — Chino Grinder 100**, Chino, AZ, 106 mile gravel grinder from Chino to Williams and back with 9700 feet of climbing, Epic, 480-442-7694, [EpicGravelRides@gmail.com](mailto:EpicGravelRides@gmail.com), [epicgravelrides.com](http://epicgravelrides.com)

**May 4, 2014 — Emmett-Rouboux Road Race**, Spring Series, Emmett, ID, Mike Cooley, 208-343-3782, [mcooley@georgescycles.com](mailto:mcooley@georgescycles.com), [georgescycles.com](http://georgescycles.com)

**May 10, 2014 — Tax Day Circuit Race**, UCA Series, Inkom, ID, Great circuit race, start and finish in Inkom with a 1.2 mile neutral roll out of town, followed by 4.5 mile rolling to the circuit (7.3 mi). Riders will do a specified number of laps, followed by another half lap to finish at the top of the climb. Climb per lap is 750 ft., Bryan Gee, 208-406-8477, [bryan\\_gee\\_of@yahoo.com](mailto:bryan_gee_of@yahoo.com), David Hatchey, [hatchey@fmsu.edu](mailto:hatchey@fmsu.edu), [idahocycling.com](http://idahocycling.com)

**May 10, 2014 — Idaho State Road Race Championships**, SWICA, Boise, ID, USA Cycling Categories, 37, 56, or 69 miles, Mike Cooley, 208-343-3782, [mcooley@georgescycles.com](mailto:mcooley@georgescycles.com), Vernon Padaca, 208-571-1730, [vpadaca@powereng.com](mailto:vpadaca@powereng.com), [idahobikeracing.com](http://idahobikeracing.com), [teamdobbiaco.com](http://teamdobbiaco.com)/?page\_id=722

**May 16-17, 2014 — Idaho Time Trial Festival**, Boise, ID, John Rogers, 208-284-9671, [obc-cwdesign@yahoo.com](mailto:obc-cwdesign@yahoo.com), [bobs-bicycles.com](http://bobs-bicycles.com), [idahobikeracing.org](http://idahobikeracing.org)

**May 17, 2014 — Ride for the Pass**, Aspen, CO, Benefits the Independence Pass Foundation. 20th 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 8,500ft to 10,700ft., Mark Fuller, 970-963-4959, 970-618-5086, [fulcon@comcast.net](mailto:fulcon@comcast.net), [independencepass.org](http://independencepass.org)

**May 24-26, 2014 — Iron Horse Bicycle Classic**, Durango, CO, 43rd Annual, Road Race and Gran Fondo from Durango to Silverton, Road and Cyclocross criteriums, Time Trial, 25/50 mile tour, kids race and Mountain Bike Cross Country Race., Jeffery Frost, 970-259-4621, [director@ironhorsebicycleclassic.com](mailto:director@ironhorsebicycleclassic.com), [ironhorsebicycleclassic.com](http://ironhorsebicycleclassic.com)

**May 24-26, 2014 — USA Cycling Professional Road and TT National Championships**, Chattanooga, TN, Micah Rice, 719-434-4200, [mrice@usacycling.org](mailto:mrice@usacycling.org), [usacycling.org](http://usacycling.org)

**May 31, 2014 — Lyle Pearson 200-mile Team Challenge**, Boise to Sun Valley, ID, 8th Annual - Team relay road race from Boise to Sun Valley., Mike Cooley, 208-343-3782, [mcooley@georgescycles.com](mailto:mcooley@georgescycles.com), [georgescycles.com](http://georgescycles.com)

**June 1, 2014 — Cow Country Classic**, Wolf Creek, MT, Mark Brooke, [mbrooke@m-m.net](mailto:mbrooke@m-m.net), [usacycling.org/register](http://usacycling.org/register)/2014-1328, [teammgreatdivide.wordpress.com](http://teammgreatdivide.wordpress.com)

**June 7, 2014 — Dirt Bag Dash**, Glenns Ferry, ID, Sign in 10am. Race start 11am, 95% dirt road course, post-race party., James Lang, 208-571-1853, 208-344-9182, [lang83702@yahoo.com](mailto:lang83702@yahoo.com), [dirtbagdash.com](http://dirtbagdash.com)

**June 7, 2014 — Deschutes Brewery Snowbowl Hill Climb**, Flagstaff, AZ, Climb to the Snowbowl Ski Area, 6.34 miles-1850 ft of Climbing - avg 5.6%, Start 8am June 7 at bottom of Snowbowl Rd. Category starts on this 6.3 mile CAT 1 hill climb., Have breakfast at Hart Prairie Lodge while waiting for results., Joe Shannon, 928-523-1740, [joseph.shannon@nau.edu](mailto:joseph.shannon@nau.edu), [flagstaffcycling.squarespace.com](http://flagstaffcycling.squarespace.com)

**June 7, 2014 — Just for the Hill of It**, White Bird, ID, Benefit for Syringa Hospital & Clinics Hospice, face the challenging switchbacks of the Old White Bird Grade. Experience 13 miles with a gentle climb starting at Hammer Creek at 1600' and continuing to the summit at 3800'. All ages are welcome to come & join in the fun!, Clarence Chapman, 208-921-1963, [cchapman@syringahospital.org](mailto:cchapman@syringahospital.org), [syringahospital.org](http://syringahospital.org)

**June 14, 2014 — Nampa Race Weekend**, Great Western Cycling Series, Nampa, ID, Saturday: Located in Belle District at the heart of historical Nampa, this spectator orientated 1.1 km Criterion course has long straightaways with fast left- and right-hand turns. Sunday: Birds of Prey circuit race, 4.91 mile loop with 191 feet of climbing per lap., Vernon Padaca, 208-571-1730, [vpadaca@powereng.com](mailto:vpadaca@powereng.com), Dirk Cowley, 801-699-5126, [dcowley@comcast.net](mailto:dcowley@comcast.net), [teamdobbiaco.com](http://teamdobbiaco.com)

**June 14, 2014 — Pedal the Pintlers**, Anaconda, MT, The weekend's flagship event provides opportunities for 25 mile, 50 mile, or the most challenging Century ride: 100 mile rides through arguably the most beautiful landscapes of Southwest Montana. The Turbo Twenty event provides shuttle service to Georgetown Lake from Anaconda's Washoe Park to enjoy a breathtaking ride back to Anaconda., Chad Lanes, 406-563-7988, 406-563-2034, [chadlanes@msn.com](mailto:chadlanes@msn.com), [anacondabikefest.org](http://anacondabikefest.org)

**June 27-28, 2014 — Baker City Cycling Classic**, Oregon Women's Prestige Series, 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, 541-325-1689, [dogbri@q.com](mailto:dogbri@q.com), [bakercitycycling.org](http://bakercitycycling.org)

**June 27-28, 2014 — Snake River Landing's Cycle Fest**, Great Western Cycling Series, Idaho Falls, ID, Criterion and circuit race, Dirk Cowley, 801-699-5126, [dcowley@comcast.net](mailto:dcowley@comcast.net), [race-dayeventmanagement.com](http://race-dayeventmanagement.com)

**June 28, 2014 — Sick Hill Climb**, Hansen, ID, This is a timed event, a 22 mile cycling hill climb, summit finish. The climb is a 3000 foot climb. The first 15 miles are gradual and the last 7 miles climbs 1800 feet. Starts at Rock Creek General Store, 3048 North 3800 East. This is a USA Cycling non-competitive event., Ken Stephens, 208-430-4514, [sak41@pmt.org](mailto:sak41@pmt.org), [sick-riders.com](http://sick-riders.com)

**June 29, 2014 — The Beartooth Blitz**, Red Lodge, MT, A 23 mile Time Trial up the Beartooth Pass. The run up Beartooth Pass was recently named one of the 5 top bike climbs in the nation and a once-in-a-lifetime ride. This category 1 climb rises up over 4,700ft during its span of 23 miles, so enjoy the 66ft of descending grade that you get at the starting line. The race ends at the scenic West Summit of the Beartooth Pass., Paul Otsu, 406-425-2008, [headwatersevents@gmail.com](mailto:headwatersevents@gmail.com), [headwaterstudio.com/headwatersevents/index.php/the-beartooth-blitz-road-bike-race](http://headwaterstudio.com/headwatersevents/index.php/the-beartooth-blitz-road-bike-race), [usacycling.org](http://usacycling.org)

**July 2-6, 2014 — 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](mailto:mrice@usacycling.org), [usacycling.org](http://usacycling.org)

**July 4, 2014 — 4th of July Hailey Criterion**, Hailey, ID, Downtown Hailey Criterion, Exciting four corner course. \$5,000 in cash prizes., Janelle Conners, 208-578-5453, 208-720-7427, [jconners@bcrd.org](mailto:jconners@bcrd.org), [bcrd.org](http://bcrd.org), [ride-sunvalley.com](http://ride-sunvalley.com)

**July 12, 2014 — Boise Twilight Criterion**, National Criterion Calendar, Boise, ID, 27th Annual, NCC race., Mike Cooley, 208-343-3782, [mcooley@georgescycles.com](mailto:mcooley@georgescycles.com), Dirk Cowley, 801-699-5126, [dcowley@comcast.net](mailto:dcowley@comcast.net), [boisettwilightcriterium.com](http://boisettwilightcriterium.com), [georgescycles.com](http://georgescycles.com)

**July 12, 2014 — Southeast Idaho Senior Games**, Pocatello, ID, Hill Climb Cherry Springs to Crystal Summit - 5 miles to 6% grade. Criterion Holt Arena Parking lot - ISU Campus. 5K - 10K Time Trial. 20K - 40K Road Races Held in Arimo., Jody Olson, 208-233-

2034, [southeastidahoseniorgames@gmail.com](mailto:southeastidahoseniorgames@gmail.com), [seidahoseniorgames.org](http://seidahoseniorgames.org)

**July 13, 2014 — Idaho State Criterion Championship**, Hidden Springs, ID, Start/Finish at Hidden Springs Community-Village Green at 9 am., Kurt Holzer, 208-890-3118, [kurtholzer@hotmail.com](mailto:kurtholzer@hotmail.com), [lostrivercycling.org](http://lostrivercycling.org)

**July 26, 2014 — Targhee Hill Climb**, Driggs, ID, Time trial starts at 10 am with 30 second intervals. Starts at Peaked Sports in Driggs, climbs Ski Hill Road and ends half a mile from the Grand Targhee Resort. The course covers 12 miles and 2,200 vertical feet. Awards, Raffle and results 1 pm at Peaked Sports. Net proceeds benefit Teton Valley Trails and Pathways., Dick Weinbrant, 208-354-2354, [peaked@silverstar.com](mailto:peaked@silverstar.com), [peakedsports.com](http://peakedsports.com)

**August 9, 2014 — Lamoille Canyon Hill Climb**, Elko, NV, Road Race hill climb, 12 miles, 3000ft hill climb in Ruby Mountains. Race starts at 9am. Post event picnic and awards in Lamoille Grove, 11:30am., Annette White, 775-842-9125, [annette.white42@gmail.com](mailto:annette.white42@gmail.com), [elkvelo.com](http://elkvelo.com)

**August 9, 2014 — 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](mailto:sak41@pmt.org), [sick-riders.com](http://sick-riders.com)

**August 16, 2014 — Bogus Basin Hill Climb**, Boise, ID, 41st Annual, Mike Cooley, 208-343-3782, [mcooley@georgescycles.com](mailto:mcooley@georgescycles.com), [georgescycles.com](http://georgescycles.com)

**September 6, 2014 — USA Cycling Professional Criterion National Championships**, High Point, NC, Micah Rice, 719-434-4200, [mrice@usacycling.org](mailto:mrice@usacycling.org), [usacycling.org](http://usacycling.org)

### Utah Road Touring

**May 3, 2014 — 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, [toudebrewtah@gmail.com](mailto:toudebrewtah@gmail.com), Cynthia Stringham, 801-535-6167, [cynthia.stringham@scgov.com](mailto:cynthia.stringham@scgov.com), [toudebrewtah.org](http://toudebrewtah.org)

**May 3, 2014 — Biker's Edge Cinco de Mayo Century**, Kayville, UT, Free, fully-supported by Biker's Edge, 100 and 50-mile ride starting in Kayville 7:30am. 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](mailto:taylor@bebikes.com), [bebikes.com](http://bebikes.com)

**May 10, 2014 — Springville to Nephi 100**, BCC SuperSeries, Springville, UT, Start Cracker Barrel frontage road to Nephi and back thru orchards, flat to rolling. Self Supported with shorter 30 and 60 mile options. Store stops enroute. Free event., Don Williams, 801-641-4020, [roadcaptain@bccutah.org](mailto:roadcaptain@bccutah.org), [bccutah.org](http://bccutah.org)

**May 10, 2014 — 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](mailto:jared@extramileracing.com), [theghostride.com](http://theghostride.com)

**May 10, 2014 — Goldilocks Salt Lake**, Goldilocks Bike Ride, South Jordan, UT, Fully supported, non competitive, women only bike ride with 20, 40, 60, 80 and 100 mile route options. SoDa Row at Daybreak in South Jordan., Dani Lassiter, 801-635-9422, [info@goldilocksride.com](mailto:info@goldilocksride.com), [goldilocksride.com](http://goldilocksride.com), [gsi](http://gsi)

**May 10, 2014 — Cyclofemme Ride**, Utah Bike Month, Provo, UT, Non-competitive fun ride to celebrate bicycles, women, and the men who support women. Everyone is welcome. Bring: you, loved ones/friends/family, your bike, helmet, hydration/nutrition and a great attitude! Ladies: 1 pm at the courthouse on University and Center St for a ride to Joaquin Park. Gentlemen: 1:30 pm at Joaquin Park 400 N and 400 E for a picnic and to show support for women on bikes, Heather Skabelund, 971-404-1557, [bikeprovo@gmail.com](mailto:bikeprovo@gmail.com), Sam Layco, [s.layco13@gmail.com](mailto:s.layco13@gmail.com), [cyclofemme.com](http://cyclofemme.com)

**May 11, 2014 — Amazing Earthfest**, Kanab, UT, 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](mailto:jw@gwi.net), [amaz-ingearthfest.com](http://amaz-ingearthfest.com)

**May 11, 2014 — Grantsville Grind**, BCC Metric Series, Grantsville, UT, World's Longest Metric Century. Start Grantsville High School Quirk Street and ride through the winds of Rush



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**May 11, 2014 — Cyclofemme Ride - Saturday Cycles**, Utah Bike Month, Salt Lake City, UT, Non-competitive fun ride to celebrate bicycles, women, and the men who support women. Everyone is welcome. Bring: you, loved ones/friends/family, your bike, helmet, hydration/nutrition and a great attitude! Christy Jensen, 801-935-4605, [cannjensen@gmail.com](mailto:cannjensen@gmail.com), [cyclofemme.com](http://cyclofemme.com)

**May 11, 2014 — Cyclofemme Ride**, Utah Bike Month, Magna, UT, Join us for a casual and family friendly ride to honor all women in our lives. Everyone is welcomed! This ride will take us through Historic Magna Main Street starting and ending at The Empress Theatre, 9104 W 2700 S. Route is about 6 miles. We'll gather afterwards to enjoy refreshment and beautiful Historic Magna Main Street. Fundraiser for Karma Bike Shop. Start at 2 pm., Dijana Alickovic, [cyclofemme.com](http://cyclofemme.com), [facebook.com/events/635773859827930](https://www.facebook.com/events/635773859827930)

**May 11, 2014 — Cyclofemme Ride**, Utah Bike Month, Salt Lake City, UT, Celebrate being a woman! This will be a casual (not fast) city ride (8 miles or so). Wear what you feel great in on this no-drop ride. All women are welcome. Meet at the City/County Building on the 200 E side at 2:00 on May 11. Flowers, costumes, and general awesomeness encouraged., Elicia Cardenas, [eliciaacardenas@rocketmail.com](mailto:eliciaacardenas@rocketmail.com), [cyclofemme.com](http://cyclofemme.com)

**May 17, 2014 — Cycle Salt Lake Century Ride**, Utah Bike Month, Salt Lake City, UT, Fairpark, SLC, Salt Lake to Antelope Island and back, 37, 67, or 106 mile options. 7:30 AM Mass start time. Registration opens at 6:00 AM., Jon Smith, 801-596-8430, [cscentury@mac.com](mailto:cscentury@mac.com), [cyclesaltlakecentury.com](http://cyclesaltlakecentury.com)

**May 17, 2014 — Back Roads of the Great Basin 300K Brevet**, Saratoga Springs, UT, Self-supported loop rid travels to Eureka and along the west side of Utah Lake. A brevet (bruh vay) is a nationally certified timed, ultra distance event., Richard Stum, 435-462-2275, [richard@eogear.com](mailto:richard@eogear.com), [saltlakerandos.org](http://saltlakerandos.org)

**May 17, 2014 — Iron Will Century**, Bluffdale, UT, Metric and half-metric centuries, held at Camp Williams to celebrate 100 years of service. Bring the whole family to this huge party., Mike Law, 801-910-2503, [maw@evo-loevents.com](mailto:maw@evo-loevents.com), [ironwillrace.com](http://ironwillrace.com)

**May 18-25, 2014 — Cycling Bryce, Zion, and Grand Canyon National Parks**, St. George, UT, 7-day, 400-mile guided road biking tour of the Bryce, Zion and Grand Canyon National Parks, including Brian Head, Panguich Lake, Red Canyon and Kanab. Tour includes 6 nights camping with last night at Inn or 6 nights innstay, transportation and food. Camping/Inns: May 18-24, June 15-21, 29-July 5, July 13-19, Aug. 3-9, 17-23 and Sept. 7-13. Inns: June 1-7, Aug. 17-23, 31-Sept. 6, Sept. 21-27, Sally M., 800-596-2953 x1, 702-596-2953, [info@escapeadventures.com](mailto:info@escapeadventures.com), [escapeadventures.com](http://escapeadventures.com)

**May 19-25, 2014 — 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](mailto:info@cyclingescapes.com), [cyclingescapes.com](http://cyclingescapes.com)

**May 26, 2014 — Antelope Island 100**, BCC SuperSeries, Salt Lake City, UT, Memorial Day - Meet at Westpoint Park 1100 N 1800 W. Ride

to Antelope Island Ranch and back, shorter options of 65 to Syracuse. Free event - BCC members free admission to Causeway., Don Williams, 801-641-4020, [roadcaptain@bccutah.org](mailto:roadcaptain@bccutah.org), [bccutah.org](http://bccutah.org)

**May 28-31, 2014 — Road Respect Southern Utah Tour**, Road Respect Bike Tour, Utah Bike Month, Ivins, UT, The Road Respect Bike Tour is a series of organized rides (free to public) focused on roadway safety and respect between cars and bikes. Ride details with routes on the website provided., Kerl Gibson, 801-243-7571, [kagibson@utah.gov](mailto:kagibson@utah.gov), [utah.gov](http://utah.gov), [roadrespect.utah.gov](http://roadrespect.utah.gov)

**May 29-31, 2014 — MOABA (Most Outstanding Annual Bicycle Adventure)**, Moab, UT, A 3 day Road Bike Ride with options for River Rides and Mountain Biking. Spend some time in Nature, Satisfy Your Inner Explorer, Finish Strong., Les Titus, 801-654-1144, 877-636-1994, [lestitus@agbrau.com](mailto:lestitus@agbrau.com), [moabmoaba.com](http://moabmoaba.com)

**May 31, 2014 — Pony Express Century**, Saratoga Springs, UT, Starting in Saratoga Springs and essentially following the Pony Express route to Faust, then heading north to Rush Valley and back., Dan Burton, 801-653-2039, [epicbiking@gmail.com](mailto:epicbiking@gmail.com), [epicbiking.com](http://epicbiking.com)

**May 31, 2014 — Canyons of Cache Century**, BCC SuperSeries, Bingham City, UT, Meet Mendon Church for rides up Blacksmith Fork Sardine to Brigham and back, over Valley View Highway. Store stops for water and food., Don Williams, 801-641-4020, [roadcaptain@bccutah.org](mailto:roadcaptain@bccutah.org), Jen Green, 435-563-1212, [pecan314@xmission.com](mailto:pecan314@xmission.com), [bccutah.org](http://bccutah.org)

**May 31, 2014 — Ride for the Angels**, Copperton, UT, 5th Annual. 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 8:45am, right before the start of the event. Rest stops and road support, Great cause!, Steve McIntyre, 801-560-6954, [stevemcintyre44@yahoo.com](mailto:stevemcintyre44@yahoo.com), [angelshands.org](http://angelshands.org)

**June 7, 2014 — 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](mailto:penperk@centurylink.net), Curt Griffin, 801-474-2282, [lrrh@bbtc.net](mailto:lrrh@bbtc.net), [bccutah.org](http://bccutah.org)

**June 7, 2014 — Ride the Gap Century**, Parowan, UT, Enjoy cooler weather in the high country of beautiful Southern Utah. Fun and fast with a mileage option for every rider., Ryan Gurr, 435-674-3185, [info@spingeeks.com](mailto:info@spingeeks.com), Margaret Gibson, 435-229-6251, [margaret@spingeeks.com](mailto:margaret@spingeeks.com), [spingeeks.com](http://spingeeks.com)

**June 12-20, 2014 — Rocky Mountain Tour**, Cross Country Challenge, Salt Lake City, UT, In 9 riding days, 596 miles, tackle Wasatch Mountains, Soldier Summit, pass "BookCliffs" and more in this challenging ride., Bill Lannon, 888-797-7057, [abbike@aol.com](mailto:abbike@aol.com), [abbike.com](http://abbike.com)

**June 14, 2014 — American Diabetes Association Tour de Cure**, Brigham City, UT, Tour de Cure will be an incredible experience this year under new management. Join 1500 riders, 250 volunteers and many spectators and sponsors for the ride of your life. If you have diabetes you are a Red Rider. Route options of approximately 25, 40, 70 and 100-miles. New location for start and finish line festival in Brigham City., Marshall Emsley, 801-363-3024 ext 7071, [memsley@diabetes.org](mailto:memsley@diabetes.org), [diabetes.org/utahour](http://diabetes.org/utahour)

**June 14, 2014 — Provo A Go-Go**, Tentative, BCC SuperSeries, Draper, UT, Start Draper Park, ride past point of the mountain, thru

**Women's Only Century**  
**July 12, 2014**

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**June 14-15, 2014 — Utah Bicycle Touring Society's 8th 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., Lou Melini, 801-487-6318, [lymelini@comcast.net](mailto:lymelini@comcast.net).

**June 19-21, 2014 — Road Respect Northern Utah Tour**, Road Respect Bike Tour, Park City, UT. The Road Respect Bike Tour is a series of organized rides (free to public) focused on roadway safety and respect between cars and bikes. Ride details with routes on the website provided., Kerl Gibson, 801-243-7571, [kgibson@utah.gov](mailto:kgibson@utah.gov), [utah.gov](http://utah.gov), [roadrespec-tutah.org](http://roadrespec-tutah.org)

**June 21, 2014 — Three Kings Cycling Event**, North Salt Lake, UT. Can you conquer the Kings? Held in North Salt Lake, the Three Kings challenge riders up three awesome climbs; over \$1,000 in prize money!, Matt Jensen, 801-550-0778, [mattjensensk@gmail.com](mailto:mattjensensk@gmail.com), [threekingsnsicity.org](http://threekingsnsicity.org)

**June 21, 2014 — Huntsman 140 Cycling Event**, Delta, UT. Non-competitive 140-mile ride from Delta to SLC, UT and a 140-, 75-, 50- & 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](mailto:jmurano@huntsmanfoundation.org), [huntsman140.com](http://huntsman140.com)

**June 21, 2014 — Ardura Relay**, Snowbasin, UT. Women-only cycling relay. Teams of 2 or 4 travelling a total of 160 miles from Snowbasin to Midway. Enter as a ride or race. Prizes for fastest teams. Self-supported, fun exchange zones. Finish line dinner, massages, and treats., Corney Stewart, 801-643-4673, [cort@rockwellrelay.com](mailto:cort@rockwellrelay.com), Tyler Servoss, 801-888-3233, [velo11@gmail.com](mailto:velo11@gmail.com), Michelle Lyman, 801-941-5526, [michelle@ardurarelay.com](mailto:michelle@ardurarelay.com), [ardurarelay.com](http://ardurarelay.com)

**June 21, 2014 — Double Loop Four 400K Brevet**, Nephi, UT. Unsupported figure-8 ride begins in Nephi and travels south past Gunnison Reservoir, climbs to Koosharem and returns via Richfield. A brevet (bruh vay) is a nationally certified, timed, ultra distance event., Richard Stum, 435-462-2275, [richard@eogear.com](mailto:richard@eogear.com), [salltakerandos.org](http://salltakerandos.org)

**June 21, 2014 — 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](mailto:dcowley@comcast.net), [racedayeventmanagement.com](http://racedayeventmanagement.com)

**June 21, 2014 — Yuba Reservation Three 300K Brevet**, Nephi, UT. Unsupported 190-mile ride begins in Nephi and travels south past Gunnison Reservoir, climbs to Koosharem and returns via Gunnison. A brevet (bruh vay) is a nationally certified, timed, ultra distance event., Richard Stum, 435-462-2275, [richard@eogear.com](mailto:richard@eogear.com), [salltakerandos.org](http://salltakerandos.org)

**June 22-28, 2014 — Utah Mountains & Parks Bike Tour**, St. George, UT. An audacious small group, vehicle supported, point-to-point route across Utah showcasing the rugged backbone of the state. Big miles and stout climbing. Strong-Intermediate to Advanced Cyclists., John Humphries, 970-728-5891, [info@lizardheadcyclingguides.com](mailto:info@lizardheadcyclingguides.com), [lizardheadcyclingguides.com](http://lizardheadcyclingguides.com)

**June 28-29, 2014 — 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 45-175 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@nmss.org](mailto:becky.lyttle@nmss.org), Sam Smith, 801-424-0112, [sam.smith@nmss.org](mailto:sam.smith@nmss.org), [bikemsutah.org](http://bikemsutah.org)

**June 28, 2014 — Hero Ride**, Provo, UT. This is a fully supported charity ride which will include the Alpine Loop. 100% of proceeds from the event benefit children and families throughout Utah who face significant life challenges. Last year's results were to remodeled homes for families with disabled children to ease their daily living. Many improvements this year., Mark Staffieri, 858-442-5070, [mstafieri@gmail.com](mailto:mstafieri@gmail.com), [herorideut.com](http://herorideut.com)

**July 4, 2014 — Tour de Riverton**, Riverton, UT. 14th Annual. Part of Riverton Town Days. Fun family ride. 25 mile loop through Riverton and Herriman., Brad Rowberry, 801-523-8268, [brad@infiniticycles.com](mailto:brad@infiniticycles.com), [tourderiverton.com](http://tourderiverton.com), [infiniticycles.com](http://infiniticycles.com)

**July 5, 2014 — Jim Bridger Century**, BCC SuperSeries, Brigham City, UT. Meet at Box Elder HS for a ride west through Corinne and Bear River City. Store stops for water and food; FREE., Don Williams, 801-641-4020, [roadcaptain@bccutah.org](mailto:roadcaptain@bccutah.org), Tom Coffey, 801-737-3241, [lech2zurs@msn.com](mailto:lech2zurs@msn.com), [bccutah.org](http://bccutah.org)

**July 11, 2014 — 21st Annual Antelope by Moonlight Bike Ride**, Antelope Island, UT. 10pm. Open to participants of all ages and starts at the Antelope Island's White Rock Bay. The half way point is the historic Fielding Carr Ranch where refreshments are served. The entire route is 24 miles on an asphalt road., Neka Roundy, 801-451-3286, [tou@co.davis.ut.us](mailto:tou@co.davis.ut.us), [daviscountyutah.gov](http://daviscountyutah.gov)

**July 12, 2014 — 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. Finish Line bbq included with all paid registration., Tim Bell, 801-430-5968, [royalriders.rhs@gmail.com](mailto:royalriders.rhs@gmail.com), [TheRacer.org](http://TheRacer.org)

**July 12, 2014 — Cache Gran Fondo**, Logan, UT. 100 and 50 mile gran fondo style ride & tour. This UCA event features canyons, hills, long flats & beautiful Cache Valley vistas. Benefit to provide breast cancer screening., Troy Oldham, 435-716-5378, 435-764-2979, [Troy.Oldham@gmail.com](mailto:Troy.Oldham@gmail.com), Sterling Morris, [sterling.morris@gmail.com](mailto:sterling.morris@gmail.com), [cachegranfondo.com](http://cachegranfondo.com), [loganhospitalfoundation.org](http://loganhospitalfoundation.org)

**July 12, 2014 — 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., Jared Eborn, 801-599-9268, [jared@extramileracing.com](mailto:jared@extramileracing.com), Duff Johnson, 435-654-2282, [sales@silmandknob-bys.com](mailto:sales@silmandknob-bys.com), [swissmisscentury.com](http://swissmisscentury.com)

**July 12, 2014 — Good News Jail and Prison Ministry Fundraiser Bicycle Ride**, Park City, UT. Everyone is invited, all skill levels are welcome. Ride your bike for a good cause! Awesome Park City Ride on paved parkway trails, around a farm, meadows, woods, over bridges, under a tunnel and circling a park. 9 am. Shepherd of the Mountains Church., Mary Challer, 801-743-5237, 801-518-2840, [mary.challier@goodnewsjail.org](mailto:mary.challier@goodnewsjail.org)

**July 13-19, 2014 — Utah Mountains & Parks Bike Tour**, St. George, UT. An audacious small group, vehicle supported, point-to-point route across Utah showcasing the rugged backbone of the state. Big miles and stout climbing. Strong-Intermediate to Advanced Cyclists., John Humphries, 970-728-5891, [info@lizardheadcyclingguides.com](mailto:info@lizardheadcyclingguides.com), [lizardheadcyclingguides.com](http://lizardheadcyclingguides.com)

**July 19, 2014 — Pedal Away Parkinson's**, Kaysville, UT. The 9th Annual 10 mile family fun ride begins at 8 am at Galley Park in Kaysville. All proceeds benefit the Utah Chapter of the American Parkinson Disease Association., Meredith Smith, 801-451-6566, 801-336-6579, [meredith@pedalawayparkinsons.com](mailto:meredith@pedalawayparkinsons.com), [pedalawayparkinsons.com](http://pedalawayparkinsons.com)

**July 19, 2014 — Upland Roller 100**, BCC SuperSeries, Wanship, UT. Wanship 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](mailto:roadcaptain@bccutah.org), [bccutah.org](http://bccutah.org)

**July 19, 2014 — Desperado Dual**, Utah Triple Crown, Panguitch, UT. 200 mile double century in Southern Utah, flattest and best 100 mile course and 50 mile option, Utah's only fully supported, 200 mile, one-day cycling adventure. We also have 200 mile relay option., Ryan Gurr, 435-674-3185, [info@spingees.com](mailto:info@spingees.com), Margaret Gibson, 435-229-6251, [margaret@spingees.com](mailto:margaret@spingees.com), [spingees.com](http://spingees.com), [utahtriplecrown.weebly.com](http://utahtriplecrown.weebly.com)

**July 19, 2014 — The GLMR Century**, Spanish Fork, UT. A century ride through the best country roads of Utah and Juab Counties to honor those taken by suicide and other forms of mental illness., Zach Ludlow, 801-808-2569, [glmrinfo@gmail.com](mailto:glmrinfo@gmail.com), Stan Sadowski, 801-830-6655, [glmrinfo@gmail.com](mailto:glmrinfo@gmail.com), [theglrm.com](http://theglrm.com)

**July 19, 2014 — Capitol Reef Classic Gran Fondo**, Torrey, UT. Metric century Gran Fondo. Tina Anderson, 435-425-3491, 435-691-1696, [tricrazy@live.com](mailto:tricrazy@live.com), [capitolreefclassicbike.com](http://capitolreefclassicbike.com)

**July 20-26, 2014 — Utah Mountains & Parks Bike Tour**, St. George, UT. An audacious small group, vehicle supported, point-to-point route across Utah showcasing the rugged backbone of the state. Big miles and stout climbing. Strong-Intermediate to Advanced Cyclists., John Humphries, 970-728-5891, [info@lizardheadcyclingguides.com](mailto:info@lizardheadcyclingguides.com), [lizardheadcyclingguides.com](http://lizardheadcyclingguides.com)

**July 26, 2014 — RAW (Ride Around the Wellsvilles)**, Logan, UT. The Logan Rotary Club's Ride Around the Wellsvilles will begin at the Rotary Pavilion at Willow Park, with a choice of a 23, 66 or 96 mile ride., Ben Jarvis, 435-757-0376, [LoganRotaryRAW@gmail.com](mailto:LoganRotaryRAW@gmail.com), [rotaryraw.com](http://rotaryraw.com)

**July 27, 2014 — Wasatch Back Super Series**, BCC SuperSeries, Park City, UT. Treasure Mtn MS over Browns Canyon, Oakley, Kamas, Deer Creek. Free, self-supported Sunday morning event over quiet roads., Don Williams, 801-641-4020, [roadcaptain@bccutah.org](mailto:roadcaptain@bccutah.org), [bccutah.org](http://bccutah.org)

**August 1-2, 2014 — 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](mailto:Steven@SaintstoSinners.com), [SaintstoSinners.com](http://SaintstoSinners.com)

**August 2, 2014 — Tour de Park City**, CANCELLED, Park City, UT. Fully supported Tour starting and finishing in Park City. 157, 100 and 50 mile timed courses through Northern Utah's beautiful mountain valleys. Food, prizes and more!, Ben Towery, 801-389-7247, [teamexcelerator@gmail.com](mailto:teamexcelerator@gmail.com), [tourdeparkcity.com](http://tourdeparkcity.com), [teamexcelerator.com](http://teamexcelerator.com)

**August 2, 2014 — Hotter than Heck - Utah Valley Century**, Lehi, UT. 30th year of a Gran Fondo style timed Century Tour around Utah Lake, 100, 60, and 30 mile options, start and ending at Thanksgiving Point in Lehi., Harvey Scott, 801-803-9708, [harvey@utahendurance.com](mailto:harvey@utahendurance.com), [utahendurance.com](http://utahendurance.com)

**August 3-15, 2014 — Zion to Taos Tour**, St. George, UT. Over 2 weeks, the Zion to Taos traces a mountainous path across Utah, Colorado and New Mexico. Climb the elevated plateaus of Utah and the San Juans of CO and NM. A ride for the ages!, John Humphries, 970-728-5891, [info@lizardheadcyclingguides.com](mailto:info@lizardheadcyclingguides.com), [lizardheadcyclingguides.com](http://lizardheadcyclingguides.com)

**August 9, 2014 — The Ultimate Challenge Presented by the Tour of Utah**, Park City, UT. Ride like the pros! Challenge yourself to ride the Tour of Utah's Queen Stage, finishing at Snowbird Ski and Summer Resort. Approximately 100 miles, with shorter options

available., Dirk Cowley, 801-699-5126, [dcowley@comcast.net](mailto:dcowley@comcast.net), [tourofutah.com](http://tourofutah.com)

**August 9, 2014 — Promontory Point 120**, BCC SuperSeries, Ogden, UT. 5 Points Ogden to Brigham City, Corrine, Golden Spike, Tremonton and back 60-100, and 120 miles. Self-supported, with shorter loop options available. Free event., Don Williams, 801-641-4020, [roadcaptain@bccutah.org](mailto:roadcaptain@bccutah.org), Jen Green, 435-563-1212, [pecan314@xmission.com](mailto:pecan314@xmission.com), [bccutah.org](http://bccutah.org)

**August 15-16, 2014 — 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](mailto:tyler.hooper@gmail.com), [bear-pachallenge.com](http://bear-pachallenge.com)

**August 15-16, 2014 — 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 returning. The 600K makes an additional 200K loop to Golden Spike National Monument. A brevet is a nationally certified, timed, ultra distance event., Richard Stum, 435-462-2275, [richard@eogear.com](mailto:richard@eogear.com), [salltakerandos.org](http://salltakerandos.org)

**August 16, 2014 — Wildflower Pedalfest**, Mountain Green, UT. Fully-supported, women-only cycling event. 4 course options (20, 35, 50, 75 miles). Finish line celebration, catered lunch, live band, raffle, massages, expo., Stacie Palmer, 801-644-9940, 801-391-2819, [wildflowerpedalfest@gmail.com](mailto:wildflowerpedalfest@gmail.com), [wildflowerpedalfest.com](http://wildflowerpedalfest.com)

**August 16, 2014 — TriathaMom**, Riverton, UT. Women only triathlon at the Riverton Country Pool. 300 yard swim, 12 mile bike ride, and 5k run. Carnival style cheering section provided for families of participants., Cody Ford, 801-558-2503, [cody@ustrisports.com](mailto:cody@ustrisports.com), Dani Lassiter, 801-635-9422, [info@goldlocksride.com](mailto:info@goldlocksride.com), [gotriathamom.com](http://gotriathamom.com)

**August 23, 2014 — Cache Valley Century Tour**, Richmond, UT. The ride is 35, 60, or 100 mile options., Bob Jardine, 435-713-0288, 435-757-2889, [info@CacheValleyCentury.com](mailto:info@CacheValleyCentury.com), Erin Bird, 435-713-0288, [erinevents.cgdventures@gmail.com](mailto:erinevents.cgdventures@gmail.com), [CacheValleyCentury.com](http://CacheValleyCentury.com), [facebook.com/pages/cache-valley-century](http://facebook.com/pages/cache-valley-century)

**August 23, 2014 — 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](mailto:events@discovernac.org), Whitney Thompson, 435-649-3991, [whitney@discovernac.org](mailto:whitney@discovernac.org), [summitchallenge100.org](http://summitchallenge100.org), [discovernac.org](http://discovernac.org)

**August 23, 2014 — I Think I CANyons (ITC)**, Salt Lake City, UT. Fourth Street Clinic benefit ride goes over four Wasatch Front canyons: 112 miles, 12,000 vertical feet. Start/Finish: Olympus Hills Mall. Check-In: 5:15am. Staggered start: 6:00am., Kim Belliston, 385-234-5702, [kimb@fourthstreetclinic.org](mailto:kimb@fourthstreetclinic.org), Spencer Chipping, [spencerchipping@diamond-wireless.com](mailto:spencerchipping@diamond-wireless.com), [fourthstreetclinic.org/events](http://fourthstreetclinic.org/events)

**August 23, 2014 — Epic 150**, Saratoga Springs, UT. The Epic 150 is a supported 150 mile loop starting and ending in Saratoga Springs. This is a great training ride for those preparing to do LOTOJA., Dan Burton, 801-653-2039, [epicbiking@gmail.com](mailto:epicbiking@gmail.com), [epicbiking.com](http://epicbiking.com)

**August 23, 2014 — Twin Creeks 100**, BCC SuperSeries, Coalville, UT. Start Coalville to Lost Creek Dam, with rolling course back to coalville, then climb Chalk Creek. Self-supported. 50 mile option first leg. Free event., Don Williams, 801-641-4020, [roadcaptain@bccutah.org](mailto:roadcaptain@bccutah.org), [bccutah.org](http://bccutah.org)

**August 25, 2014 — Free Fee days in Arches and Canyonlands National Parks**, Moab, UT. The perfect time to ride your road bike in the parks., Patrick Baril, 435-259-8826, [pbaril@moabcity.org](mailto:pbaril@moabcity.org), [nps.gov/findapark/feefreeparks.htm](http://nps.gov/findapark/feefreeparks.htm)

**August 28-September 4, 2014 — LAGBRAU (Legacy Annual Great Bike Ride Across Utah)**, Blanding, UT. World's most scenic bicycle ride - includes 3 national parks, 5 amazing state parks, 2 national monuments, and various national forests. Blanding to Springdale., Les Titus, 801-654-1144, 877-636-1994, [lestitus@lagbrau.com](mailto:lestitus@lagbrau.com), [lagbrau.com](http://lagbrau.com)

**August 30, 2014 — 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. Free flattest 100 on the schedule., Don Williams, 801-641-4020, [roadcaptain@bccutah.org](mailto:roadcaptain@bccutah.org), Greg Allen, 801-450-1861, [g.allen@mhtn.com](mailto:g.allen@mhtn.com), [bccutah.org](http://bccutah.org)

**August 31-September 6, 2014 — 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](mailto:embassy@planetultra.com), [planetultra.com](http://planetultra.com)

## Regional Road Touring

**Thursday Night Training Ride** — Weekly Road Race, Cloverdale, ID. Training Rides every Thursday night from 17 April - 10 July 2014.

**May 3, 2014 — Tour de Fire**, Lake Las Vegas, NV. Century Ride with a 20, 48, 60, 74, 99 and 125 distance to choose from. Starts at Lake Las Vegas and goes out to the Valley of Fire where you will return. Well stocked rest stops and beautiful scenery Benefits the Nevada Childhood Cancer Foundation., Leslie Whitehead, 702-353-3306, [springmountain@cox.net](mailto:springmountain@cox.net), [tdfire.com](http://tdfire.com)

**May 3, 2014 — American Diabetes Association Tour de Cure**, Las Vegas, NV. Join us for a well-supported, high energy ride with route options of 8-miles, 30-miles, 70-miles, 100-miles. Starts and finishes at the M Resort, 12300 S. Las Vegas Blvd., Tracie Patten, 702-369-9995 x7483, [tpatten@diabetes.org](mailto:tpatten@diabetes.org), [diabetes.org/tourvegas](http://diabetes.org/tourvegas)

**May 3, 2014 — Community Day Gran Fondo**, Nampa, ID. Please join us for our 2nd annual Community Day Gran fondo! Participants in 32 mile, & Metric Century receive goodie bags & post-ride meal., Melissa Gentry, 208-440-9456, [mgentry@bgclubnampa.org](mailto:mgentry@bgclubnampa.org), [bgclubnampa.org](http://bgclubnampa.org)

**May 17, 2014 — Cycle for Independence**, 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](mailto:cycleforindependence@gmail.com), [tvcblnidaho.org](http://tvcblnidaho.org)

**May 17, 2014 — Ride for the Pass**, Aspen, CO. Benefits the Independence Pass Foundation. 20th 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 8,500ft to 10,700ft., Mark Fuller, 970-963-4959, 970-618-5086, [fulcon@comcast.net](mailto:fulcon@comcast.net), [independencepass.org](http://independencepass.org), [aspencyclingfestival.com](http://aspencyclingfestival.com)

**May 17, 2014 — Rupert Century**, 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., Justin Mitchell, 208-431-6014, Ken Stephens, 208-430-4514, [sak41@pmt.org](mailto:sak41@pmt.org), [bikesforkidsidaho.com](http://bikesforkidsidaho.com), [sick-riders.com](http://sick-riders.com)

**May 18, 2014 — Santa Fe Century**, Santa Fe, NM. 29th Year, 3,000 riders. 25, 50, and 100 mile routes. Terrain is flat, rolling, moderately hilly, 6 food stops. SAG support vehicles., Willard Chilcott, 505-982-1282, [willard@cybermesa.com](mailto:willard@cybermesa.com), [santafecentury.com](http://santafecentury.com)

**May 18-23, 2014 — 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



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[BearLakeMonsterEvents.com](http://BearLakeMonsterEvents.com)



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National Monument., John Humphries, 970-728-5891, [info@lizardheadcyclingguides.com](mailto:info@lizardheadcyclingguides.com), [lizardheadcyclingguides.com](http://lizardheadcyclingguides.com)

**May 18, 2014 — Gran Fondo Santa Fe**, Santa Fe, NM, 102 mile Course, around 6,000ft climbing. This event is held simultaneously and on same course as with the Santa Fe Century. Chip timed and awards for KOM/QOM and overall age groups. Feed stops, lunch and brews included in entry!, Michael McCalla, 406-381-2690, [mikellehikebike@hotmail.com](mailto:mikellehikebike@hotmail.com), [granfondosantafe.wordpress.com](http://granfondosantafe.wordpress.com)

**May 25-30, 2014 — Redrock Canyons Tour**, Grand Junction, CO, Featured in NY Times. Ride Redrock Country, see Monument Valley and the Dolores River Canyon. Average mileage 72 and two centuries. Total ascent 22,159ft descent 24,187ft. Strong-Intermediate to Advanced., John Humphries, 970-728-5891, [info@lizardheadcyclingguides.com](mailto:info@lizardheadcyclingguides.com), [lizardheadcyclingguides.com](http://lizardheadcyclingguides.com)

**June 1, 2014 — America's Most Beautiful Bike Ride - Lake Tahoe**, Stateline, NV, 23rd annual, in conjunction with the Leukemia & Lymphoma Society Team in Training program. Fully supported with rest stops, Tech support and SAG. 100 mile century, 72 miles, boat cruise, and 35 mile fun ride., Curtis Fong, 800-565-2704, 775-771-3246, [tftfbiketwest.com](http://tftfbiketwest.com), [biketwest.com](http://biketwest.com), [bikeandskitahoe.com](http://bikeandskitahoe.com)

**June 1, 2014 — Subaru Elephant Rock Cycling Festival**, Castle Rock, CO, The Subaru Elephant Rock Cycling Festival is the unofficial start to the Colorado cycling season. You will not want to miss the excitement and camaraderie of the 27th annual pilgrimage to Castle Rock for the Rocky Mountain region's premier cycling festival. Whether you are 6 or 60, prefer to ride on the road or dirt, there is a course for cyclists of all abilities. All of the rides start and finish at the Douglas County Fair Grounds. Stick around for the party at the Rock post-ride picnic and cycling expo., Mike Heaston, 970-858-7220, 303-635-2815, [emgcmh@emgcolorado.com](mailto:emgcmh@emgcolorado.com), [elephantrockride.com](http://elephantrockride.com), [emgcolorado.com/wordpress/?page\\_id=10](http://emgcolorado.com/wordpress/?page_id=10)

**June 7, 2014 — Buena Vista Bicycle Festival**, Buena Vista, CO, Scenic and easy to challenging routes 40, 50, 62 and 100 mile ride options in Beautiful Arkansas River Valley at the Feet of 14,000 Ft Mounts Princeton, Harvard and Yale. Exceptionally well supported with afternoon party and band., Tim Lopez, 719-594-5655, 719-622-0439, [bikefest-info@bvbf.org](mailto:bikefest-info@bvbf.org), [bvbf.org](http://bvbf.org)

**June 13, 2014 — Bingham County Idaho Relay for Life**, Wallace, ID, This course makes a great first century ride. Flat course, no traffic, scenic, limited SAG. Funds raised will go to the American Cancer Society., Sharon and Steve O'Brien, 208-317-8375, 208-681-3602, [sharonelizabethobrien@hotmail.com](mailto:sharonelizabethobrien@hotmail.com), [ezcenturyride.org](http://ezcenturyride.org)

**June 14, 2014 — Fremont Area Road Tour (FART)**, Lander, WY, 25m, 100k, 100mile options, includes breakfast, bba, t-shirt and bottle, in conjunction with Brew Fest, Mike Lilygren, 307-840-3131, [fart@landercycling.org](mailto:fart@landercycling.org), [landercycling@gmail.com](http://landercycling@gmail.com), [landercycling.org](http://landercycling.org)

**June 15-30, 2014 — Alaska Yukon 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](mailto:rides@pedalerspubandgrille.com), [pedalerspubandgrille.com/bike\\_tours/alaska/Alaska\\_Canada\\_Adventure.htm](http://pedalerspubandgrille.com/bike_tours/alaska/Alaska_Canada_Adventure.htm)

**June 21, 2014 — 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 barbeque welcomes every finisher. Utah's best century ride ... is on Idaho!, Jared Eborn, 801-599-9268, [jared@extramileracing.com](mailto:jared@extramileracing.com), [BearLakeMonsterRide.com](http://BearLakeMonsterRide.com)

**June 21, 2014 — Spinderella**, Pocatello, ID, Women's only ride featuring five scenic routes, from 10 to 100 miles. New for 2014, 60 mile two-person relay. Roll-out begins at 6:00 AM at Ross Park in Pocatello, ID. Visit website for information and registration., DaNae Young, 208-221-9300, [spinderella33@gmail.com](mailto:spinderella33@gmail.com), [spinderellaride.com](http://spinderellaride.com)

**June 21, 2014 — Lemhi Valley Century Ride**, Salmon, ID, 100 miles or 100 kms through the picturesque Lemhi River Valley., Maria Huntman, 208-303-0106, [mhuntman@hotmail.com](mailto:mhuntman@hotmail.com), [lemhivalleycenturyride.weebly.com/](http://lemhivalleycenturyride.weebly.com/)

**June 21, 2014 — The Great Owyhee Ride Against Hunger**, Ontario, OR, 50 mile, 62.5

miles, or 100 miles, experience all that Scenic Rural Oregon has to offer! Start:Historic Train Depot in Downtown Ontario, tour through the rustic country side, experience the majesty of the High Desert landscape, and make your way towards the stately Owyhee Dam before circling back towards town., Kurt Holzer, 208-890-3118, [kurtholzer@hotmail.com](mailto:kurtholzer@hotmail.com), Kevin Goade, [tarmacdog@gmail.com](mailto:tarmacdog@gmail.com), [greatowyheeride.com](http://greatowyheeride.com)

**June 22, 2014 — Tour of the Carson Valley - Barbecue & Ice Cream Social**, Genoa, NV, Mormon Station Historic State Park, 7th 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, 775-771-3246, [tftfbiketwest.com](http://tftfbiketwest.com), [biketwest.com](http://biketwest.com), [bikeandskitahoe.com](http://bikeandskitahoe.com)

**June 22, 2014 — Ronde Van Ketchum**, Ketchum, ID, A fun ride/tour around almost every hill within Ketchum, North of Ketchum, Sun Valley, and Elkhorn. The full course is just under 122km, and includes 1433m of climbing., Richard Feldman, 208-726-7693, [rfdman@durance.com](mailto:rfdman@durance.com), [usacycling.org](http://usacycling.org)

**June 28, 2014 — Bob LeBow Blue Cruise Bike Tour**, 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](mailto:asandven@trhs.org), [trhs.org/en-us/eventsmedia/boeblebowbiketour.aspx](http://trhs.org/en-us/eventsmedia/boeblebowbiketour.aspx)

**June 28, 2014 — RATPOD (Ride Around the Pioneers in One Day)**, Dillon, MT, RATPOD is a 130-mile one-day charity ride for Camp Make-A-Dream. The ride takes place in the beautiful Big Hole Valley of SW Montana., Jennifer Benton, 406-549-5987, [info@ratpod.org](mailto:info@ratpod.org), [ratpod.org](http://ratpod.org), [campdream.org](http://campdream.org)

**June 28, 2014 — Holly Frontier Tour de Prairie**, Cheyenne, WY, Course heads west out of Cheyenne along Happy Jack Road - WYO 210, past Curt Gowdy State Park and through Medicine Bow National Forest, to the Lincoln Memorial at the I-80 Rest Area. 3,000ft of elevation gain. Courses ranging from 10-100 miles, start at Lions Park, road course only., Scott Phillips, 307-637-6456, 307-637-6423, [sphillips@cheyennecity.org](mailto:sphillips@cheyennecity.org), [cheyennecity.org](http://cheyennecity.org)

**July 5-6, 2014 — 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 stately 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\\_weyhrich@yahoo.com](mailto:john_weyhrich@yahoo.com), [gfkootenai.com](http://gfkootenai.com)

**July 5, 2014 — Gran Fondo Taos-Mora-Angel Fire**, Taos, NM, 7:00 am start. 105, 84, or 46 miles. Five aid stations. Beautiful scenery. Ride for fun, ride for time; all riders welcome! Proceeds from this event will go to the Taos Sports Alliance, whose goal is to bring more sporting events to Taos County for area youth. Start/finish for all three distances is at the Taos Youth and Family Center, 407 Paseo del Canon East, Taos NM, 87571., Jennifer Buntz, 505-306-1443, [bikefunsafe@gmail.com](mailto:bikefunsafe@gmail.com), [taosportsalliance.com](http://taosportsalliance.com), [fourff-hegla.com](http://fourff-hegla.com)

**July 6-18, 2014 — 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](mailto:rides@pedalerspubandgrille.com), [pedalerspubandgrille.com/bike\\_tours/alaska/Bears.htm](http://pedalerspubandgrille.com/bike_tours/alaska/Bears.htm)

**July 12, 2014 — Goldilocks Idaho**, Goldilocks Bike Ride, Meridian, ID, Fully supported, non-competitive, women only bike ride. Beautiful route, yummy food, pretty t-shirt, good lookin' Papa Bears. Start: Settlers Park, 7:00 am., Dani Lassiter, 801-635-9422, [info@goldilocksride.com](mailto:info@goldilocksride.com), [goldilocksride.com](http://goldilocksride.com)

**July 12, 2014 — 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](mailto:kristy@bikeforkidsidaho.com), [bikeforkidsidaho.com](http://bikeforkidsidaho.com)

**July 13-18, 2014 — Tour de Wyoming**, Riverton, WY, Ride circles the Wind River Mountains. Kicking things off in Riverton and pedaling through the Wind River Indian Reservation before overnighing in Dubois. Heading up and over Togwootee Pass and past the Tetons to overnight in Jackson. Continue south

through Hoback Canyon and into Green River Basin, skirting the hills to overnight in Pinedale, then on to Farson. We'll follow the Oregon Trail, over South Pass, north to Lander for the final night. Finish on day 6 in Riverton. Total distance is 413 miles., Amber Travky, 307-742-5840, [atravsky@wyoming.com](mailto:atravsky@wyoming.com), [cyclewyoming.org](http://cyclewyoming.org)

**July 19, 2014 — Jerdemann Gran Fondo**, Cheney, WA, A timed 100 mile, 66, or 30 mile cycling ride and cycling festival., Marla Emde, 509-953-9924, 509-939-0552, [marla@emdesports.com](mailto:marla@emdesports.com), [emdesports.com](http://emdesports.com)

**July 19, 2014 — 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](mailto:flagstaff@absolutebikes.net), Ashley Hammarstrom, 877-527-5291, [hammarstrom@nahealth.com](mailto:hammarstrom@nahealth.com), [absolutebikes.net/taylor](http://absolutebikes.net/taylor)

**July 19, 2014 — Idaho Poker Ride**, Boise, ID, A Benefit Ride for: Simply Cats Adoption Center Canyon County Animal Shelter. Start at MWI Veterinary Supply 3041 W Pasadena Dr. in Boise, Robyn Farber-Knoek, 208-871-0951, [Rknoek@mwivet.com](mailto:Rknoek@mwivet.com), [idahopoker-ride4pawsandclaws.org](http://idahopoker-ride4pawsandclaws.org)

**July 26, 2014 — Four-Summit Gran Fondo Challenge Event**, 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](mailto:mcooley@georgescycles.com), [georgescycles.com](http://georgescycles.com), [4summitchallenge.com](http://4summitchallenge.com)

**August 2-10, 2014 — 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., Max Lohmeyer, 208 756 7613, [max@ride-salmon.com](mailto:max@ride-salmon.com), Marc Landblom, 435 260 0991, [marclandblom@gmail.com](mailto:marclandblom@gmail.com), [ridesalmon.com](http://ridesalmon.com)

**August 2, 2014 — Colorado Cyclist Copper Triangle**, Copper Mountain, CO, The Copper Triangle has long been considered one of Colorado's classic alpine road rides. Graced with breathtaking scenery, gorgeous roads and three challenging climbs, the ride exemplifies cycling in the Colorado Rockies. The course is 78 miles, with an elevation gain of almost 6,000 feet over three mountain passes., Mike Heaston, 970-858-7220, 303-635-2815, [emgcmh@emgcolorado.com](mailto:emgcmh@emgcolorado.com), [coppertriangle.com](http://coppertriangle.com), [emgcolorado.com/wordpress/?page\\_id=10](http://emgcolorado.com/wordpress/?page_id=10)

**August 3-9, 2014 — Ride Idaho**, North Idaho, ID, 7-day supported bicycle tour in South Central Idaho, 400 miles, Twin Falls, Hailey, Sun Valley and back, 10th annual, Earl Grief, 208-830-9564, [ridaidaho@rideidaho.org](mailto:ridaidaho@rideidaho.org), [rideidaho.org](http://rideidaho.org)

**August 3, 2014 — Durango 100 Gran Fondo**, 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, [keithashmore9@gmail.com](mailto:keithashmore9@gmail.com), [durango100.com](http://durango100.com)

**August 9-16, 2014 — Oregon Bicycle Ride**, Spray, OR, Participate in our 7-day fully-supported roadtour beginning and ending in Spray, OR visiting Heppner, Meadowbrook, Praille City, and John Day., Sanna Phinney, 541-382-2633, 541-410-1031, [info@bicycleridesnw.org](mailto:info@bicycleridesnw.org), [bicycleridesnw.org](http://bicycleridesnw.org)

**August 9, 2014 — Sawtooth Century Tour**, Sun Valley, ID, Benefit for the Wood River Bicycle Coalition. Road bike tour from Ketchum to Alturas Lake and back. 50 or 100 mile tour options. Aid stations along the way. Optional timed hill climb up Galena Summit., Janelle Conners, 208-578-5453, 208-720-7427, [conners@bcrd.org](mailto:conners@bcrd.org), Brett Stevenson, 208-720-8336, [wrbcbrett@gmail.com](mailto:wrbcbrett@gmail.com), [woodriverbike.org](http://woodriverbike.org)

**August 9, 2014 — 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](mailto:mabe@theartmuseum.org), [theartmuseum.org/Century.htm](http://theartmuseum.org/Century.htm)

**August 9, 2014 — 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](mailto:dejonraines@hotmail.com), [letoordekoocanusa.com](http://letoordekoocanusa.com)

**August 9-13, 2014 — 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., Jason Uruh, 801-390-0036, [jason@botobocycling.com](mailto:jason@botobocycling.com), [botobocycling.com](http://botobocycling.com)

**August 10-21, 2014 — 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](mailto:rides@pedalerspubandgrille.com), [pedalerspubandgrille.com/bike\\_tours/alaska/Klondike\\_Gold\\_Rush.htm](http://pedalerspubandgrille.com/bike_tours/alaska/Klondike_Gold_Rush.htm)

**August 16-17, 2014 — Bike MS Wyoming**, 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@nms.org](mailto:alexis.bradley@nms.org), [bikemswyoming.org](http://bikemswyoming.org)

**August 23, 2014 — Pedal For Patients**, Fruitland, ID, Chose the distance: 100, 68, 40, or 20 miles. The ride starts and ends at Saint Alphonsus Fruitland Health Plaza in Fruitland, Idaho 910 NW 16th St. Lunch, rest stops, and sag wagons will be provided along with plenty of food., Ken Hart, 541-881-7295, [hark@trinity-health.org](mailto:hark@trinity-health.org), [pedalforpatients.com](http://pedalforpatients.com)

**August 24, 2014 — MS Wine Ride**, Kuna, ID, Ride 35-50 miles through the beautiful scenery of the Indian Creek Winery in Kuna, Idaho and raise money for multiple sclerosis through the National MS Society Utah-Southern Idaho Chapter. Enjoy a catered lunch afterwards at the winery., Megan Nettleton, 208-336-0555, [Megan.Nettleton@nms.org](mailto:Megan.Nettleton@nms.org), [georgescycles.com](http://georgescycles.com), [bikereg.org](http://bikereg.org)

**September 6, 2014 — Wild Horse Century**, Cody, WY, Benefits the wild mustangs of the McCullough Peaks outside Cody and Cody Youth Cycling. Fully supported Century/Metric Century on the scenic highway leading to Yellowstone National Park., Werner and Pam Noesner, 307-272-3909, 307-272-1323, [pcbike@ctwest.net](mailto:pcbike@ctwest.net), [wildhorsecentury.com](http://wildhorsecentury.com)

**September 6, 2014 — 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, [webquest@ghosp.org](mailto:webquest@ghosp.org), [yourcommunityhospital.com/Tour\\_of\\_the\\_Valley.cfm](http://yourcommunityhospital.com/Tour_of_the_Valley.cfm)

**September 6, 2014 — Three Feet for Pete**, Las Vegas, NV, Fun ride and rally to raise awareness for cycling safety. Honors Pete Makowski. Raises money for awareness around Nevada's 3 foot law. Start: Camping World, 13175 Las Vegas Blvd. South Las Vegas, NV 89044, Andy Bestwick, 702-806-

5991, [3feetforpete@gmail.com](mailto:3feetforpete@gmail.com), [threefeetforpete.org](http://threefeetforpete.org)

## Multisport Races

**May 3, 2014 — Fourth Street Clinic Triathlon and 5k Triathlon and 5K Run/Walk**, tentative, Salt Lake City, UT, 300 yard swim, 8 mile mountain bike ride, 5k run, Huntsman Center, University of Utah. All proceeds benefit the Fourth Street Clinic, which provides free health care to homeless Utahns., Kim Belliston, 385-234-5702, [kimb@fourthstreetclinic.org](mailto:kimb@fourthstreetclinic.org), Stephen Campbell, 801-448-1142, [stephen\\_campbell@hsc.utah.edu](mailto:stephen_campbell@hsc.utah.edu), Jennifer Hyvonen, 801-712-1211, [jenn@fourthstreetclinic.org](mailto:jenn@fourthstreetclinic.org), [fourthstreetclinic.org](http://fourthstreetclinic.org), [fourthstreettrf.org](http://fourthstreettrf.org)

**May 3, 2014 — Ironman St. George 70.3**, St. George, UT, 1.2 mile swim, 56 mile bike, 13.1 mile run. Held at Sand Hollow reservoir., Helen, (905) 415-8484, [triclub@ironman.com](mailto:triclub@ironman.com), Kevin Lewis, [Kevin@AtoZion.com](mailto:Kevin@AtoZion.com), [ironmanst-george.com](http://ironmanst-george.com)

**May 10, 2014 — South Davis Splash n Sprint Triathlon**, South Davis Racing Series, Bountiful, UT, Perfect for every level of athlete, at the South Davis Recreation Center, Swim 350 yds; Bike 12 mi; Run 3.35 mi; Novice: Swim 150 yds; Bike 2.4 mi; Run 1.5 mi, John Miller, 801-298-6220, [john@southdavisrecreation.com](mailto:john@southdavisrecreation.com), [southdavisrecreation.com](http://southdavisrecreation.com)

**May 17, 2014 — Woman of Steel Triathlon and 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/12 mile bike/3 mile run. Awards are presented to overall finishers as well as the top 3 in each age group., Dan Aarnodt, 801-635-8966, [info@triatl.com](mailto:info@triatl.com), [triatl.com](http://triatl.com)

**May 20-August 30, 2014 — Tiger Sharks Junior Tri Team**, Murray, UT, For youth with triathlon experience in another sport such as swimming, track or cycling. The team meets twice per week on Tuesday and Thursday evenings. Schedule subject to change after initial meeting. Watch for dates and times., Jo Garuccio, 801-566-9727, 801-557-6884, [joagegroupsports.com](mailto:joagegroupsports.com), [greatbasincoaching.com](http://greatbasincoaching.com)

**May 24, 2014 — 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](mailto:shaun@t3triathlon.com), Amy Perez, [amy@t3triathlon.com](mailto:amy@t3triathlon.com), [t3triathlon.com](http://t3triathlon.com)

**May 31, 2014 — Sand Hollow Triathlon**, BBSC Red Rock Triathlon Series, Hurricane, UT, The first race of the Twin Tri series at Sand Hollow State Park, with Sprint, Olympic, and Kids' distances. Bike along scenic sand dunes, and run around a gorgeous, reflective lake., Cedric Keppler, 318-518-7303, [info@bbsctri.com](mailto:info@bbsctri.com), Michelle Lund, [michelle@bbsctri.com](mailto:michelle@bbsctri.com), [bbsctri.com](http://bbsctri.com)

**May 31, 2014 — Salem Spring Triathlon**, RACE TRI, Salem, UT, Sprint distance triathlon. 13th Annual., Aaron Shamy, 801-518-4541, [aaron-shamy@hotmail.com](mailto:aaron-shamy@hotmail.com), [racetri.com](http://racetri.com)

**May 31, 2014 — 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, [2014@gravityplay.com](http://2014@gravityplay.com), [gravityplay.com](http://gravityplay.com)

**May 31, 2014 — Cottonwood Heights Tri the Heights Sprint Triathlon**, Cottonwood Heights, UT, Swim 400 meters, bike 10.9 miles and run 5k along the foothills of the Wasatch Front. Fun but challenging for all abilities. Relay teams welcome. Registration is taken on [active.com](http://active.com)., Patti Hansen, (801) 943-3190 x106, [phanzen@cottonwoodheights.com](mailto:phanzen@cottonwoodheights.com), [cottonwoodheights.com](http://cottonwoodheights.com)

**May 31, 2014 — XTERRA Lory**, XTERRA America Tour, Bellvue, CO, Features a 1/2 mile swim in the clear waters of Horsetooth Reservoir (Eltuk Bay), then a 2-lap (beginner friendly)

# DINO TRI

## Sprint & Olympic Events

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## Nutrition Coaching

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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](mailto:lance@withoutlimits.co), [withoutlimits.co/#!\\_xterra-lory](http://withoutlimits.co/#!_xterra-lory)

**May 31, 2014 — Tri The Heights**, Cottonwood Heights, UT, 400m swim, 10.9mile bike, 5K run. Awards will be given 1st-3rd in all male/female overall, age divisions, and weight divisions. , Patti Hansen, (801) 943-3190 x106, [phansen@cottonwoodheights.com](mailto:phansen@cottonwoodheights.com).

**June 7, 2014 — Ironman Boise 70.3**, Boise, ID, 1.2 mile swim, 56 mile bike, 13.1 mile run., Mike Cooley, 208-343-3782, [mccooley@georgescycles.com](mailto:mccooley@georgescycles.com), [ironmanboise.com](http://ironmanboise.com)

**June 7, 2014 — DinoTri**, Vernal, UT, Sprint and Olympic Distance Triathlon. Cash purse for 1, 2, & 3rd 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., Mark Mason, 435-828-6436, [mmason@macu.com](mailto:mmason@macu.com), [dinoTri.com](http://dinoTri.com)

**June 7, 2014 — Daybreak Triathlon**, Salt Lake Triathlon Series, Salt Lake City, UT, The Daybreak Triathlon is the only open water Olympic distance race in the greater Salt Lake Valley. Get ready for the best spectator swim around with a point to point swim, a killer bike course near the Oquirrh Mountains and a run around the lake that is unparalleled. , Cody Ford, 801-558-2503, [cody@ustrisports.com](mailto:cody@ustrisports.com), [ustrisports.com](http://ustrisports.com)

**June 7, 2014 — Desert Sharks Shark Attack Triathlon and Kids Triathlon**, Riverton, UT, Perfect triathlon for beginners and kids. Family friendly event featuring spring distance for adults and shorter distance for kids., Steve Avery, 801-450-4136, [stevea@desert-sharks.com](mailto:stevea@desert-sharks.com), Elizabeth McLain, sharkattacktriathlon@desert-sharks.com, Karie Underwood, 801-588-9350, [race@b4sharks.com](mailto:race@b4sharks.com), [b4sharks.com/shark-attack/](http://b4sharks.com/shark-attack/)

**June 7, 2014 — XTERRA Four Corners Off Road Triathlon**, XTERRA America Tour, Farmington, NM, 1 mile open water swim; fast and fun 17 mile bike course (Road Apple Rally); 6 mile run course and cool finisher gear!, Ingrid Gilbert, 800-448-1240, 505-326-7602, [fmncvb@earthlink.net](mailto:fmncvb@earthlink.net), [xterrafourcorners.farmingtinnm.org](http://xterrafourcorners.farmingtinnm.org)

**June 7, 2014 — Boulder Sunrise Triathlon**, Boulder, CO, Cedric Keppler, 318-518-7303, [info@bbsctri.com](mailto:info@bbsctri.com), Michelle Lund, [michelle@bbsctri.com](mailto:michelle@bbsctri.com).

**June 13, 2014 — Lunatic Triathlon**, Price, UT, 5th Annual Lunatic Triathlon under the full moon. Includes a 5K run, 9-mile bike ride, 300 yard swim. Individual and Relay Teams. Starts at 10 pm, plus kids triathlon., Scott Merrill, 435-650-0345, [scott@lunatictriathlon.com](mailto:scott@lunatictriathlon.com), [lunatictriathlon.com](http://lunatictriathlon.com)

**June 14, 2014 — 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](mailto:aaronshamy@hotmail.com), [racetri.com](http://racetri.com)

**June 14, 2014 — Green River Rampage Triathlon**, TriUtah Points Series, Green River, UT, Utah's fastest growing tri! Smooth downriver 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., Dan Aamodt, 801-635-8966, [info@triuah.com](mailto:info@triuah.com), [triuah.com](http://triuah.com)

**June 14, 2014 — Aspen Gran Fondo**, Aspen, CO, The USA Pro Challenge, in partnership with Aspen Silver Cycling will be staging the Aspen Gran Fondo, a 50 mile group ride with a portion of the ride on the same roads that the USA Pro Challenge will use in both Stage 1 and 2 of 2014. The route will have something for everyone with its steep climbs and rolling hills, flat sections and gorgeous scenery., Wes Graham, 970-429-2098, [wes.graham@cityofaspen.com](mailto:wes.graham@cityofaspen.com), Sandra Doeblner, 970-429-2093, [aspenspecialerevents@cityofaspen.com](mailto:aspenspecialerevents@cityofaspen.com), [aspenspecialerevents.com](http://aspenspecialerevents.com)

**June 16-19, 2014 — Great Basin Tri Clinic**, Tentative Dates, Murray, UT, Geared towards kids who have never participated in a triathlon or children who have done one or two, but without formal instruction. Learn basic triathlon skills for a safe and successful summer of racing., Jo Garuccio, 801-566-9727, 801-557-6844, [jo@gagegroupsports.com](mailto:jo@gagegroupsports.com), [greatbasincoaching.com](http://greatbasincoaching.com)

**June 22, 2014 — 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](mailto:info@bbsctri.com), Michelle Lund, [michelle@bbsctri.com](mailto:michelle@bbsctri.com), [bbsctri.com](http://bbsctri.com)

**June 22, 2014 — XTERRA Curt Gowdy Triathlon**, XTERRA America, Curt Gowdy State Park,

WY, 1200m swim, 1-Lap 14.1 mile mountain bike, and finishes with a 5.4 mile run, Lance Panigutti, [lance@withoutlimits.co](mailto:lance@withoutlimits.co), [withoutlimits.co](http://withoutlimits.co)

**July 12, 2014 — Echo Triathlon**, TriUtah Points Series, Coalville, UT, Join us for one of Utah's most popular triathlons! Fast Spring and Olympic Course in beautiful Coalville, UT & Echo Reservoir., Dan Aamodt, 801-635-8966, [info@triuah.com](mailto:info@triuah.com), [triuah.com](http://triuah.com)

**July 12, 2014 — 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](mailto:stephensolsen@gmail.com), [hillmantriathlon.info](http://hillmantriathlon.info)

**July 12, 2014 — Rigby Triathlon**, Rigby Lake, ID, Sprint and Olympic Triathlon, and Duathlon, Michael Hayes, 208-521-2243, [events@pb-performance.com](mailto:events@pb-performance.com), [pb-performance.com](http://pb-performance.com)

**July 12-13, 2014 — Southeast Idaho Senior Games**, Pocatello, ID, Triathlon, Jody Olson, 208-233-2034, [southeastidahoseniorgames@gmail.com](mailto:southeastidahoseniorgames@gmail.com), [seidahoseniorgames.org](http://seidahoseniorgames.org)

**July 16, 2014 — Snowbird Adventure Race**, Snowbird, UT, Graffiti Racing presents a multi-sport endurance event featuring mountain biking, running/trekking, a Tyrolean traverse, and navigation. Snowbird AR will cover approximately 10-15 miles for the short course and 30 miles for the Sprint course., Scott Browning, 801-867-5039, [graf-fitracing@gmail.com](mailto:graf-fitracing@gmail.com), [graf-fitracing.com](http://graf-fitracing.com)

**July 18-19, 2014 — 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. Various campsites available. Reservations necessary to ensure campsite. Unique to this course- is that the entire course is closed., Wade Allinson, [allinson2@gmail.com](mailto:allinson2@gmail.com), [sanrafael-classic.com/](http://sanrafael-classic.com/)

**July 19, 2014 — Cache Valley Super Sprint Triathlon**, Logan, UT, Flat, straight, short distance course in Logan City. 500 meter swim at Logan Aquatic Center, bike is out and back on farm roads. Run is out and back in a park. , Joe Coles, 801-335-4940, [joehillevents.com](mailto:joehillevents.com), [cvst.com](http://cvst.com), [onhillevents.com](http://onhillevents.com)

**July 19, 2014 — 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@xterra-planet.com](mailto:info@xterra-planet.com), [xterraplanet.com](http://xterraplanet.com), [xterrabeavercreek.com](http://xterrabeavercreek.com)

**July 19, 2014 — Uinta Mountain Adventure Relay**, Heber, UT, Running, mountain biking, cycling and a leg of canoeing makes this one of the highest, toughest yet most beautiful relays around., Jon Johnson, 801-367-2575, [uintamountainadventurerelay@gmail.com](mailto:uintamountainadventurerelay@gmail.com), [uintamountainadventurerelay.com](http://uintamountainadventurerelay.com)

**July 26, 2014 — Burley Idaho Lions Spudman Triathlon**, Burley, ID, The race starts at 7 am with the world's fastest 1.5K swim (current aided) Then a 40K Bike and 10K run., Cade Richman, [info@spudman.org](mailto:info@spudman.org), [spudman.org](http://spudman.org)

**July 26, 2014 — West Yellowstone Mountain Bike Biathlon**, West Yellowstone, MT, Match class division for experienced biathletes and a Sport class for novices that includes a safety clinic and loaner rifles. All racers must provide their own mountain bike and wear a helmet., Moira Dow, 406-646-7701, [director@rendezvouskitrills.com](mailto:director@rendezvouskitrills.com), [rendezvouskitrills.com/events](http://rendezvouskitrills.com/events)

**July 26, 2014 — 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, [connect@goalfoundation.com](mailto:connect@goalfoundation.com), [hurthinthedirt.com](http://hurthinthedirt.com)

**July 26, 2014 — 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 mtn. bike and 7km trail run type of event- Off-road triathlon., Paul Karlsson, 303-960-8129, [info@digdeepsports.com](mailto:info@digdeepsports.com), [digdeepsports.com](http://digdeepsports.com)

**July 26, 2014 — XTERRA Aspen Valley**, XTERRA America, Kodiac Ski Lake, WY, 1200m swim, 2-Lap 12 mile mountain bike, and finishes with a 5K run., Lance Panigutti, [lance@withoutlimits.co](mailto:lance@withoutlimits.co), [withoutlimits.co](http://withoutlimits.co)

**August 2, 2014 — 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, [joehillevents.com](mailto:joehillevents.com), [laytontriathlon.com](http://laytontriathlon.com), [onhillevents.com](http://onhillevents.com)

## Enduro 101 - continued from page 10

tating the parameters of an Enduro course. Race organizers can be creative with the distance, number of timed vertical descents and untimed transfer stages. However, the North American Enduro Tour (NAET), the North American sanctioning body of the sport, encourages timed stages to be primarily downhill with minimal climbing. Climbs on timed stages are generally discouraged to avoid race advantages, which may be gained from having lighter equipment or superior climbing ability. Again, when it comes to the race sections of Enduro the emphasis is on downhill riding.

Goulet explained a typical Enduro race would start with a transfer stage to the first timed stage. Racers will casually ride together to the first timed stage. Combined timed stages are taken into consideration for overall rankings and the race win. On average, the total combined timed stages for an amateur racer should be around a total of 30 minutes.

### Race Ready Tips

Looking forward to your first Enduro race ever or simply of the season? Here are a few tips to get you #RaceReady. Have tips you might like share? Join the conversation by sharing your #RaceReady tips on Twitter and Instagram.

### Gear

- The best bike for Enduro racing is the one you already own. There is a misconception races require high clearance bikes, but course terrain can greatly vary throughout the duration of a race. Racers are advised to bring the bike they would normally ride.

- Helmets are required, but full-face helmets may or may not be required depending on the race. Be sure to touch base with the race organizer on helmet requirements.

- During the race, carry a light layer to wear when waiting at timed stage starts. This is especially pertinent during spring and fall races when temperatures may be cooler. Racers should also carry equipment to fix basic mechanical failures such as flat tires.
- It is also a good idea to carry sunscreen or be prepared to make friends with someone who has it.

- Cell phones may come in handy to Strava your race, take photos or selfies.

### Training

- In the months and weeks leading up to an Enduro Race, Ali Goulet recommends at least one 2-hour-plus ride a week to build endurance leading up to a race to withstand the long day of racing and potentially long course.

- Goulet also suggests getting out on your bike to work on your technical skills. "Try to ride fast on the downhill sections of your rides, but remember to be mindful



Action in the Big Mountain Enduro Series. Photo: Nick Ontiveros.

and respectful of other trail users," cautioned Goulet.

- More serious riders may also want to incorporate interval work into their training. Work on pedaling whenever you have an opportunity and focus on solid technical skills to maintain speed in the difficult downhill sections. Timed stages can be incredibly anaerobic depending on how the course is laid out.

- If possible, get out and ride the course trails in advance of the race. Some organizers, however, may choose not to release course details or restrict advance course access. In that case, try to ride similar trails to the course and get pedaling.

- Shorter rides the days leading up to the race will get your system ready for the race.

- Get plenty of rest, fluid and fuel in the days leading up to the race. The more your system is primed for racing, the better you will do!

### Day of Preparation

- Many race organizers will provide water on the course, but it is a good idea to be informed on what will be provided and prepare to be self-sufficient.

- Goulet recommends consuming 150 calories per hour you will be on the course. Proper nutrition will enhance your mental clarity throughout the race and will help to sustain energy.

- Goulet also suggests riders remember an Enduro race will likely take longer to complete than it might if they were just riding the course recreationally as waiting periods at the start of timed sections can occur.

### Where to Race:

There are several Enduro race options in the Intermountain West. The Fears, Tears and Beers Enduro in Ely, NV claims to be the longest running mountain bike Enduro race in North America, and also the toughest. In total, the pro racecourse is 40 miles and 6,000-plus feet of climbing with no chairlift transfers. A popular idiosyncrasy, the race crosses THROUGH casinos shortly after the start before progressing to beautiful single track and Great Basin scenery. A variety of distances are offered for races in different race categories.

Big Mountain Enduro (BME) and the Scott Enduro Cup presented by GoPro both offer several race options throughout the spring and summer. Sarah Rawley, Big Mountain Enduro spokesper-

son explained that, "The Whole Enchilada set the precedence of racing down epic trails and big descents in the Rocky Mountain region." Rawley also noted that when the series first started in 2012, Big Mountain Enduro was capped at 150 riders. Since then, the U.S. Forest Service extended the race capacity, and on average 250 racers attended each of BME's five events.

In its second season as a series, the Scott Enduro Cup presented by GoPro offers three races with two of these in Utah: Moab at the Magnificent 7 trail area and at the Canyons Resort. The third stop of the series, the Sun Valley Super Enduro in Idaho, is part of the Ride Sun Valley Bike Festival, which includes many activities and recreational races. The race series recently acquired a new Jaguar timing system and is currently extending a \$100 discount on a GoPro purchase to all registered riders.

### Regional Enduro Races (See the Mountain Bike Racing Calendars for more details)

- 5/3/2014 Moab Enduro Cup Moab UT [endurocupmtb.com](http://endurocupmtb.com)
- 5/10/2014 Gunny Enduro Grand Junction CO [ltrevents.com](http://ltrevents.com)
- 6/14/2014 Fears, Tears & Beers Enduro Ely NV [greatbasintrails.org](http://greatbasintrails.org)
- 6/21/2014 Snowmass Big Mountain Enduro Snowmass CO [bigmountainenduro.com](http://bigmountainenduro.com)
- 6/21/2014 Jug Mountain Ranch XC and State Championship Enduro McCall ID [wildrockiesracing.com](http://wildrockiesracing.com)
- 6/27/2014 Sun Valley Super Enduro Sun Valley ID [ridesunvalley.com](http://ridesunvalley.com)
- 6/28/2014 Durango Big Mountain Enduro Durango CO [bigmountainenduro.com](http://bigmountainenduro.com)
- 7/12/2014 Keystone Big Mountain Enduro Keystone CO [bigmountainenduro.com](http://bigmountainenduro.com)
- 7/19/2014 Park City Enduro Cup Park City UT [endurocupmtb.com](http://endurocupmtb.com)
- 7/26/2014 Laramie Enduro Laramie WY [laramieenduro.org](http://laramieenduro.org)
- 8/2/2014 Targhee Enduro Alta WY [grandtarghee.com](http://grandtarghee.com)
- 8/2/2014 Tamarack Resort SUPER Enduro Tamarack ID [wildrockiesracing.com](http://wildrockiesracing.com)
- 8/23/2014 Moab Big Mountain Enduro Moab UT [bigmountainenduro.com](http://bigmountainenduro.com)
- 9/3/2014 Crested Butte Ultra Enduro Crested Butte CO [bigmountainenduro.com](http://bigmountainenduro.com)

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**MOUNTAIN BIKE RACING**

**Lythgoe and Harward Win Fun-Filled 6 Hours of Frog Hollow**



Above: Joey Lythgoe won the women's solo division. Right: The 6 Hours started Lemans style. Photos: Bryce Pratt/Crawlingspider.com

By Cimarron Chacon

The 5th annual 6 hours in Frog Hollow went off under blue skies on Saturday April 19. The recent move to a spring date was just one of the changes this year that led to a sold out crowd of bunny's, beginners, families and pro's all showing up for the fun.

This year about 20 percent of the racers were first time mountain bikers. The race is also very fam-

ily friendly. The Take a Kid mountain biking category had 6 teams for example. In this category children between 10 and 14 can race with their parents; who get a special number plate you escort their kids around the course for their lap.

But even though the race is fun, there was no shortage of strong competition. Getting in the elusive 6th lap requires an incredible pace out the gate, as racers must start their final lap prior to 2 PM. For the

female solo category only the 1st place winner, Joey Lythgoe was able to pull off 6 laps, in 5:54:55. She was racing in a field of 26, an impressive field size of ladies for an endurance mountain bike event.

Dave Howard, solo male winner completed 6 laps in 5:17:36 min. All of Dave's laps were sub- 1 hour, and his fastest lap of the day was 48:42 minutes. All the top 6 Solo Male racers achieved 6 laps, but Dave won with a comfortable 19 minute lead. This will be the first year that the race holds its own records on the new course, but we are guessing this record will be hard to beat.

The Duo Co-ed Category field was made up with a long list of top athletes. Going into the race it was anybody's guess who the victors would be. All the places were incred-



ibly close throughout the day, with Team Liv/Giant-Hub, Cary Smith and Amanda Cary coming out on top. Their lead was just 11 minutes ahead of second place team Him n Her Holley, the dynamic couple were not only racing for the podium, but switching off caring for their young child during their off lap. It was impressive to watch. Third, fourth and 5th place in that category were all separated by less than 5 minutes

each.

While the top finishers were duking it out on course, many others were having a blast dressed in Easter themed costumes. There were smiles all around as everyone raved about the new course configuration.

See results on page 14.

Find race photo's [www.crawlingspider.com](http://www.crawlingspider.com)

Registration for the 25 hours in Frog Hollow opens May 7th.

**The Bicycle Commuter Act; How I Made \$960 Tax Free**

Like most good Americans we want to keep as much money in our pocket and send as little as possible to the government. On January 1, 2009, after nearly 8 years in Congressional hearings, bicycle commuters were entitled to receive \$20/month for reimbursement of expenses related to bicycle commuting to work. The Bicycle Commuter Act is part of Section 132(f) of the tax code found in IRS publication 15-B, The Employer's Tax Guide to Fringe Benefits. This is a tax-free benefit!

Included in this section are allowances for qualified parking programs for cars (\$215/month) and use of public transportation or carpooling (\$115/month), so \$20/month is relatively a small incentive for commuting by bicycle. This year, not surprisingly, the reimbursement for cars went up to \$230 and the bus reimbursement went down to \$60. Fortunately the bike commuting was left untouched though not raised. You can only receive one of the 3 benefits. So if you receive a discounted bus pass from your employer, you cannot receive the bike commuter benefit. And finally, your employer must agree to participate. This is a fringe benefit, not a mandate.

My employer has gladly(?) sent me a check on the first of every month for the past 4 years. Given my salary, \$20/month is not a lot of money. It has paid for chains, cable and housing, brake pads, tires, tubes and chain lube along with a few bike parts. It is more principle than the money; a sense of I being recognized for commuting by bike. My employer decided that I did not need to send in receipts for "qualified expenses" as stated in the Bicycle Commuter Act. So you may need receipts for reimbursement for your employer.

If your employer is having difficulty giving you a well-deserved raise, the bike commuter act is a cheap way of putting some cash in your pocket. There are no Social Security taxes on the money nor payroll taxes taken out. So if you "regularly" ride your bicycle to work and you have "reasonable expenses" related to you bicycle commute, you may want to ask your employer for benefits allowable under the Bicycle Commuter Act.

-Lou Melini

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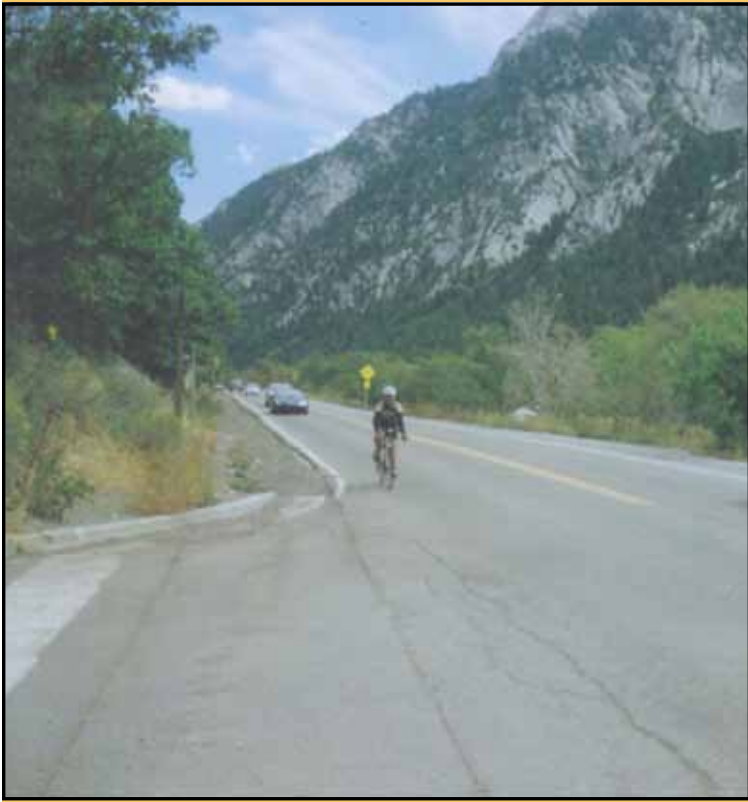
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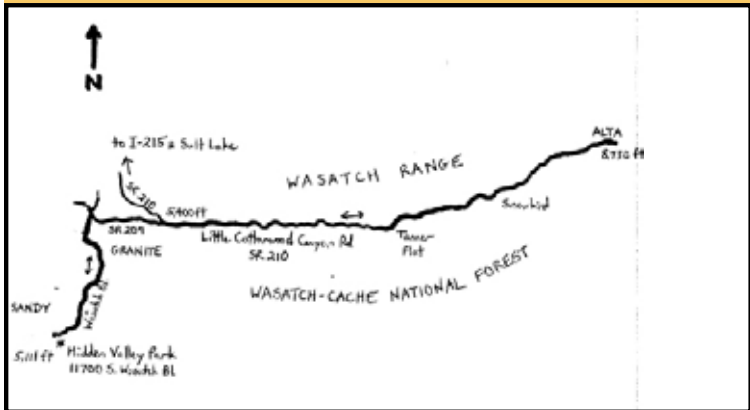
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RIDE OF THE MONTH

# Little Cottonwood Canyon Challenge



A rider nears the mouth of Little Cottonwood Canyon, after an exhilarating descent! Photo: Wayne Cottrell



By Wayne Cottrell

The Little Cottonwood Canyon Challenge is a 24.4-mile ride that travels along one of the Wasatch Front's most famous routes, tackling a well-known climb. The climb, in

fact, has been featured in the penultimate stage of the annual Tour of Utah professional bicycle race. The climb, commonly referred to as the "Snowbird Hillclimb," is the featured segment in the Tour's so-called "queen stage." Whereas the Tour of Utah stage begins in Park City,

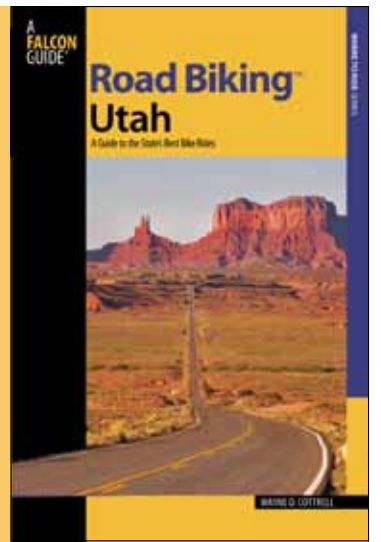
tackling two or three other major climbs before arriving at the base of Little Cottonwood, the "Snowbird Hillclimb," which is open to the public, involves the canyon climb only. The fastest riders have zipped up Little Cottonwood in just above 43 minutes. (Please note that the races traditionally end at Snowbird, rather than at Alta, which is where this ride takes you).

Start the ride to the south of the canyon, in the city of Sandy, at Hidden Valley Park – located at 11700 South Wasatch Boulevard. If you are driving in, be careful to park in the park's parking lot, and not the adjacent church's. The park is at an elevation of 5,111 feet, and is the low point of the ride. Exit the park, turn right and head north on Wasatch, as it curves and rolls its way along the "Bench," at the base of the Wasatch Mountains. There is a bike lane. Sandy, with a population of just over 89,000 in 2012, is Utah's sixth-largest city, and is home to the Real Salt Lake pro soccer team. At the 2.7-mile mark, at a traffic signal, turn right onto Little Cottonwood Road (State Route 209). The road is a gradual uphill toward the mouth of the canyon. Turn right at mile 3.9, onto State Route 210, also known as Little Cottonwood Canyon Road. From here, at an elevation of 5,397 feet, it is a steady climb – quite steep at times – to the end of the road in Alta, at an elevation of 8,729 feet. Enter the Wasatch-Cache National Forest at mile 4.0. An overhead, changeable message sign provides canyon road conditions, which is especially important during the winter season (November through April). As a general rule, Little Cottonwood Canyon Road is plowed throughout the winter, to enable access to the ski resorts at Snowbird and Alta. The road may not be suitable for cycling during those times of the year, however.

The average gradient of Little Cottonwood Canyon Road ranges

from 8% to 9% for the entire length of the 8.3-mile climb. It is a two-lane road through most of the canyon, except for a few three-lane segments, designed for uphill passing. There are no "false crests," so be prepared for a steady ascent. Easing the intensity of the effort, somewhat, is the fact that the road is a State Scenic Byway. You will see a variety of foliage along the way, including maple trees, quaking aspens, and a mixture of wildflowers, all of which change color with the seasons. Some of the plant species found in the canyon are rare. Also, toward the lower third of the canyon, are outcroppings of giant quartz monzonite and granite boulders. The outcroppings – several hundred feet high in places – serve both recreational (rock climbing) and building purposes (Salt Lake City's downtown Mormon Temple was constructed with these boulders). There are a number of pullouts to camping areas along the road.

At mile 6.7, 2.8 miles up the canyon, enter the stretch of road known as the "Seven Sisters." Although it sounds as if there might be a tale of folklore associated with the name, the reference is to little more than a series of seven curves that the road steeply negotiates. Tanner Flat campground is at mile 8.2 – a recognizable benchmark because of the two near 90-degree bends that the road makes here. If you can crane your neck away from the road while riding, for a split second or two, notice the scenic, dramatic, steep canyon walls. The first of four entry points to the Snowbird ski resort is on the right at mile 10.0. Although the downhill (!) entry roads to Snowbird are tempting, keep climbing past them. Enter the town of Alta at mile 11.3. Here, at the top of the canyon in rarefied air, is an actual town (population 400); one of the highest in Utah and the U.S. The town was originally established to serve the mining industry, but today skiing, snowboarding and other mountain activities are Alta's



economic drivers. The annual Alta Peruvian Lodge 8K run starts in Alta and heads down the canyon, enabling runners to record some unbelievably fast times.

The climb ends where the road splits, at the top of the canyon. The road actually continues from here, but the pavement ends just beyond the next bend, and it is a bumpy, rocky, unimproved surface from there. Turn around here and begin the descent. Please note that the descent is steep, and it is possible to generate speeds that have you keeping up with and even attempting to pass motor vehicles. My recommendation is to avoid passing, but to avoid hugging the narrow shoulder, where fresh rocks may have fallen from roadside cliffs. Maintaining a decent speed might deter motor vehicles from trying to pass you, such that you can have most of the lane. Spectacular views of the Salt Lake Valley can be seen as you descend. At the bottom of the canyon, exercise caution in making the left turn onto State Route 209. Continue to ride in the reverse direction of the outbound route, to return to Hidden Valley Park.

For more rides, see Road Biking Utah (Falcon Guides), written by avid cyclist Wayne Cottrell. Road Biking Utah features descriptions of 40 road bike rides in Utah. The ride lengths range from 14 to 106 miles, and the book's coverage is statewide: from Wendover to Vernal, and from Bear Lake to St. George to Bluff. Each ride description features information about the suggested start-finish location, length, mileposts, terrain, traffic conditions and, most importantly, sights. The text is rich in detail about each route, including history, folklore, flora, fauna and, of course, scenery.

Wayne Cottrell is a former Utah resident who conducted extensive research while living here – and even after moving – to develop the content for the book.

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## COACH'S CORNER

## Opposite of Tunnel Vision: Darko Technologies Sets Sights on Aerodynamics



Mark Deterline in the Darko Technologies wind tunnel.  
Photo courtesy Mark Deterline.

By Mark Deterline

Layne Christensen made the inception and completion of his Darko Technologies wind tunnel look way too easy. From his perspective, it was simply one of the ideas over the course of his entrepreneurial career that made sense. So, he made it happen.

Built almost entirely by his own hands, the careful study and networking that led to his decision, followed by thousands of hours of labor, add up. But from the outside, the tunnel came to fruition from nowhere, in a place at once unlikely and logical.

A couple of months ago, a coaching client of mine read about the completion of the tunnel in a small Ogden, Utah, online publication and sent me the link. Some weeks later I received a call from Christensen, who invited me to a wind tunnel training session that would actually be led by my longtime aerodynamics mentor, John Cobb.

Cobb requires no introduction here, which was the reason Christensen had sought out his advice early on, while still contemplating the feasibility and appeal of the project. The two met for a consultation over dinner -- which Cobb paid for, remembers Christensen. Cobb was encouraged by Christensen's thorough pondering of all technical and economical considerations, as well as his past success as an entrepreneur. Cobb encouraged Christensen to go for it.

Cobb also pointed Christensen to other industry experts who could advise him in order to ensure that the tunnel became a worthwhile venture. That was Christensen's first prerequisite: It had to be a tunnel that could

be considered one of the best in the country, one that delivered on its promises of precise function and usable data.

Now, a year later, the tunnel is complete. Christensen's vision and objectives are already being validated by motorized and human powered vehicle and athlete testing, for which aerodynamics are a top priority.

Specifically for cyclists and triathletes around the world, the Darko Technologies wind tunnel adds another resource therefore opportunity for the advancement of personal, product and athletic program aerodynamics study and validation. Following a two-day seminar earlier this year for coaches, bike shops and fitters led by Cobb and University of Utah's Jim Martin, the facility is now open to athletes as a practical and scientific resource.

Which leads us back to Cobb and those he trains to become competent aerodynamic technical advisers... Cobb has made a career out of the common sense application of theory and experience through practice.

Cobb establishes aerodynamic drag values via repeated timed runs at various angles -- or yaw -- in the tunnel, relying on the numbers generated by precision instrumentation in this well controlled environment. They are comparative values which assess from one test run to another which equipment and positional changes progressively lead to improvements, all in real-time.

There has been a lot of talk regarding CdA or "Drag Area" and how it can provide many of the benefits of aerodynamics study outside of a wind tunnel. That was one of the topics that Martin presented during the seminar, including its scientific and mathematical foundations. Work

done by Martin and his colleagues in recent years has lent CdA increased credibility, especially in controlled environments like a cycling track, and has provided many riders some of the same benefits, without requiring a facility.

However, even while lauding the additional resources that CdA provides, Cobb and others who have spent time with athletes, vehicles and structural models in a wind tunnel will attest that there is no replacement for the visual and experiential feedback -- as well as hard numbers -- a wind tunnel provides.

As an example of this, I had the opportunity to work in the Darko Technologies wind tunnel along with Christensen and US Ski Jumping & Nordic Combined Head Coach Alan Alborn. The couple of hours we spent with one of Alborn's athletes provided note page upon note page of considerations to address that could improve his skier's efficiency and therefore performance.

What motivated Alborn into the wind tunnel with this athlete in the first place? As a US Ski Team jumper himself years before, Alborn had personally taken advantage of tunnel-time, subsequently resulting in his two most successful competitive seasons.

There are two things that make time spent in a wind tunnel so powerful. First, its dual capacity to both exploit what athletes and their mentors could be doing better, as well as provide immediate feedback on what resulting changes then yield optimal improvements. Second, the visual and tactical feedback it provides. In the case of our ski jumper, she was able to not only observe but experience. She could starkly feel differences in drag effected by the positioning of her body and clothing as air flowed over and through the various parts of her body as she assumed her ramp, takeoff and "flying" positions.

In the tunnel your handlers can anticipate, demonstrate, explain and improve on positioning and equipment, while the athlete experiences it. In my experience, it is something an athlete takes with them, and will never forget.

For more information, visit [darkotech.com](http://darkotech.com).

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](mailto:mark@2thefront.com) or visit [www.2thefront.com](http://www.2thefront.com).

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## TOURING

**Bicycling the Black Hills of South Dakota**

The Mickelson Trail was beautiful but the gravel felt treacherous under our road bikes.

By Howard Shafer

The Black Hills of South Dakota are rumored to have some spectacular bicycling. Last September, we decided to see for ourselves. We planned a seven-day, self-contained tour of the area, but when we realized we didn't have enough time, we settled for day rides from a Hill City base. "We" included myself plus my cycling partner and lifetime companion, Jacqueline Ward. The 650 mile drive from Salt Lake City to Hill City, South Dakota took ten hours.

#### Hill City

Hill City rests in the heart of the Black Hills. It was founded as a mining town in 1876 after George Armstrong Custer discovered gold a little to the south. Today, it retains

some of its mining day looks but those looks have been updated by a thriving tourist industry. Still, it remains a pretty little town of about 1000 inhabitants and includes a railroad station and museum dominated by a colorful locomotive from the late 1800s.

The Peter Norbeck Scenic Byway lies a few miles southeast of Hill City. People come from all over the world to drive this road, which includes sections of Highways SD 87, SD 89, SD 244, and US 16A. The locals ran on and on about how treacherous it would be for cyclists due to its narrow, twisting nature as well as its rubber-necking tourists, but such descriptions just made our mouths water. We could hardly wait to try it, and that's why we found ourselves early our first morning unloading our bicycles a couple of miles south

of Hill City at the junction of US 16 and SD 87. But the temperature had dipped below thirty degrees, and even after pulling on every scrap of clothing we had, we couldn't control our shivering. Finally, we admitted defeat, piled back into our car, and returned to town.

Instead of bicycling, we browsed several arts and crafts centers and bought earrings and a horse-hair pottery jar from a Sioux artist named Tonkiaishawien Kientunkeah, who went by "Tonki." He said his children and grandchildren were all artists and all displayed their work in his store. He also said his grandfather taught him never to blame others when things go wrong but to always take responsibility himself, because if he didn't, he would lose control of his life. He said this philosophy saved him from the fate of many of his Indian brothers. "You can't move ahead with your life, if you can't get rid of your anger," he said.

Later that morning, after the sun had warmed the air, we decided to try bicycling again but with different plans because the day was half gone. We opted to explore the closest section of the Mickelson Trail.

#### Mickelson Trail

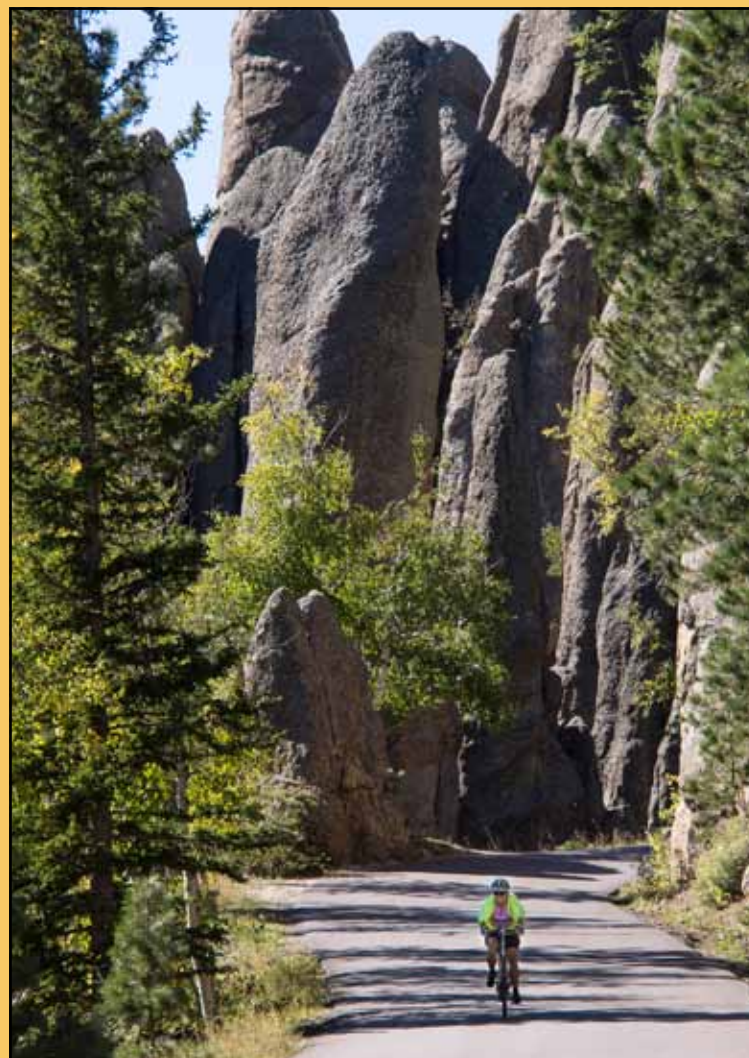
The George S. Mickelson Trail runs 109 miles from the gambling glitter of Deadwood in the north to the town of Edgemont in the south. Long sections traverse wild country far from any roads. The trail includes four tunnels and more than one hundred railroad bridges, some original, others replicas of the original trestles. Important for us, it has a trailhead in Hill City. When we first planned



The colossal Crazy Horse statue in-the-making looms over the Mickelson Trail.

our trip, we'd hoped to bicycle its full length, but we discovered it has a "packed gravel" surface, and we were road bikers. Road bikes don't do well on gravel, so we rode only the fifteen miles from Hill City south to Custer. Most of our first ten miles were easy uphill. The gravel

(George Armstrong Custer met him on the Little Bighorn River in southeastern Montana), under construction on a hill directly above us. We marveled at its size, practically an entire mountain, and wondered if it would ever be completed. Eventually we arrived in the town of Custer




The Needles Highway is aptly named.

wasn't that bad either, although without mountain bikes, we felt like our handlebars and saddles had become heavy-duty vibrators that shook our hands and rears without mercy. Worse was, especially on the downhill into Custer, that the trail sometimes morphed from its normally packed surface into deep gravel that caused our bikes to flounder. Each time we hit a patch, we were sure we'd met our doom.

The trail took us past the Native Americans' colossal answer to Mount Rushmore's presidents, the immense some-day statue of the Oglala Sioux's great chief, Crazy Horse

miraculously intact in spite of the gravel. We explored the wide main street and frontier architecture of this town of 2100 inhabitants, eating lunch in front of the shop where Fly Speck Billy murdered Abe Barnes in 1881. Then it was a saloon. Now it's a bakery.

One day later, 560 cyclists from 28 states began the fifteenth annual three-day Mickelson Trail Trek, enthusiastically bicycling the full 109 miles from Edgemont to Deadwood. We hope they were smarter than we were and were all riding mountain bikes.

  
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We have a standoff with bison in Theodore Roosevelt National Park.

#### Peter Norbeck Scenic Byway

The next morning, which happened to be the day of the equinox and was fortunately much warmer, we returned to yesterday's start and rode bravely southward, climbing SD 87 toward towering pinnacles while dreading the onslaught of the maniacal tourists we had been told to expect. But few automobiles materialized, and due to the many switchbacks, those few kept their speed down. Their drivers were almost universally considerate anyway. After six miles of moderate climbing that included many switchbacks and one nine foot wide tunnel hewn from solid rock, we entered Custer State Park, and descended twelve miles on the Needles Highway past spectacular granite spires that give the road its name. We even passed directly through two of these spires via single-lane tunnels where automobiles waited while we pedaled. We stopped to watch some rock climbers and rode alongside rushing streams surrounded by the dark forests that give this area its name. The story is that the ponderosa pine needles scatter light in such a way that the forests appear almost black from a distance. Since we started too late and took too many pictures to complete the full sixty miles in any reasonable time, we turned left onto CR 753 and shortened the ride by about fifteen miles. We had CR 753 absolutely to ourselves, sharing it only with birds and animals. Once we startled a beaver that flopped into the water near its lodge but then floated lazily in the middle of the pond and ignored us until I got out my camera. That seemed to be its signal to disappear.

After CR 753, we turned left onto US 16A known as the Iron Mountain Road, and rode a grinding, switch-backed uphill to the Norbeck Overlook. From there we saw at a distance the majesty of the four Mount Rushmore presidents. Then we coasted downhill through two more narrow tunnels and negotiated three "pigtail" loops that spiraled back over themselves.

Finally, we turned left onto SD 244 and struggled up the hill to the Mount Rushmore National Memorial where we would observe George Washington, Thomas Jefferson, Theodore Roosevelt, and Abraham Lincoln up close. Someone told us this road was three miles of 18% grade. Maybe that's an exaggeration and maybe it isn't, but that four-lane, treeless highway climbing toward the memorial is definitely long and steep,

especially with the sun high and the heat relentless. We expected to finish with a relaxing downhill back to our car, but it was not to be. The final miles rolled up and down for what seemed forever. We'd only gawked and never stopped at the memorial, and our water was almost gone. All we could do was wet our mouths a tiny bit at the top of each hill and continue. We finished dry-mouthed and tired but happy after 42 miles and 5400 feet of climbing. The pavement had been universally smooth. It had been a great day.

There were many other rides near Hill City we wanted to try, especially the ten mile grade from Hill City east to Keystone and the 40 mile Wildlife Loop Road in the south part of Custer State Park, but we had run out of time. Instead, near twilight, we drove the loop, sighting many bison and pronghorns along the way.

Spearfish Canyon Scenic Byway About fifty miles north of Hill City, Spearfish Canyon winds through the Pahasapa limestone formation for about 15 miles from the town of Spearfish to the Cheyenne Junction way-station. White butresses line the top of the canyon. Sparkling waterfalls cascade down from them. Pahasapa is a Sioux word and means Black Hills.

Spearfish is a delightful town with a well-preserved center filled with historic buildings. For our ride, we parked our car on South Canyon Street in a shady combination park, campground, and fish hatchery populated by many picnickers and joggers.

The first two thirds of the Spearfish Scenic Byway has well-used bike lanes. Then the road narrows and a sign warns that bicycling "is not advised." Beyond that sign lay the most delightful part of our ride. The narrow road added to our feeling of being one with the surroundings: dark green forests, a mountain stream flowing into a quiet lake, a hushed kind of solitude, and very little traffic. A dog named Buddy followed us for a couple of miles, a year-old mixed breed pup that looked like a long-legged setter. He raced ahead, stopped to explore side roads, streams, and smells, and then loped back to us. We found his owner relaxing at Cheyenne Junction. We assumed the well-tattooed Dave was just a local hillbilly, until he told us he had retired from his law practice to play poker and had made \$2.4 million in one recent year.

When lightning began flashing among the mean-looking clouds

hovering over Spearfish and thunder reverberated off the canyon walls, we hurried back the way we'd come. We were back to our car before the deluge hit. That ride was 39 miles with 1200 feet of climbing.

#### Theodore Roosevelt National Park

Technically Roosevelt National Park, outside Medora, North Dakota, is not part of the Black Hills. But the road looping through it is perfect for cycling. It would have been a shame to miss. We stayed overnight in Medora and got an early start to avoid the automobiles, but our ride almost got cancelled. The bison did it.

We'd bicycled only a few miles when we met them crossing the road. We waited half an hour, standing patiently beside our bicycles, but the bison would not retreat. The closer they came, the more tightly I clutched my handlebars. I watched for raised tails. The ranger had told us that if the bulls lift their tails, they were ready to charge. He'd said that bison are used to cars, but they don't understand cyclists, and we should stay at least three hundred feet away. The bison were not cooperating. "They look as harmless as lambs," Jacquette said. "Can't we just ride through them?"

Being basically a coward, I wouldn't hear of it. So I thought a minute, bit my lip, and was trying to tell Jacquette we ought to turn back when two rangers showed up in a pickup truck and rescued us.

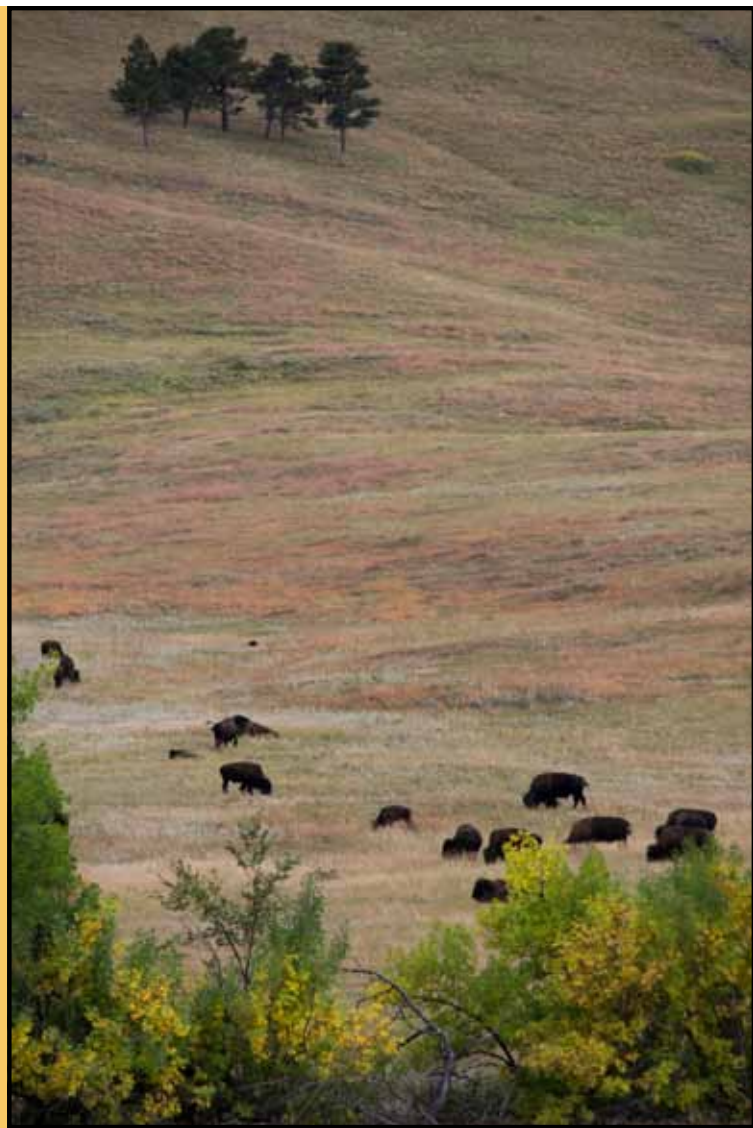
We got to bicycle beside (and I hoped, protected by) an official National Park pickup, that nudged one cow and her calf out of our path, and kept the bulls all on the far side of the truck.

We'd already encountered bison that day, and before it was over, we'd encounter more. According to Jacquette, I came within twenty feet of a big bull on a downhill and didn't even see him. She herself made eye contact. She stared at him, and he stared at her, but he wasn't interested. Later we had to weave through a row of parked vehicles full of gawking tourists to get past a second herd.

We recommend this short ride (38 miles with 2800 feet of climbing) if you're ever near Theodore Roosevelt National Park. Start in Medora (population: a few more than one hundred residents). This town was founded in 1883 as a meat packing plant that shipped refrigerated beef to cities in the East. It is an interesting and picturesque little town with several motels and campgrounds due to its access to a national park named after the president of the United States who once had a ranch there. The roads through the park are good, and we encountered little traffic. The Little Missouri River meanders through the park surrounded gray bluffs streaked with pastel colors, clay domes, twisted pinnacles, groves of trees, rolling hills, grassy meadows occupied with prairie dogs standing like surveyors' stakes, and herds of bison, wild horses, and elk.

We climbed a lot of hills, but none was terribly long. From their crests we saw other hills, domes, and prairie receding away from us in all directions.

We made our rides under cool autumn skies. Whether it's the Black Hills or Theodore Roosevelt National



Above: The southern part of Custer State Park teems with bison. Below: The Badlands of Theodore Roosevelt National Park offer some spectacular cycling.



Park, we believe the best times to go are in the fall, when the leaves change color, or in the spring with its extravagance of wild flowers. We believe you'll want to avoid the cold and drifting snows of winter as well as the blazing heat of summer. But you'll love the cycling. If you get the chance, take advantage of the opportunity. You'll be glad you did.

#### For more information:

<http://www.mickelsontrailaffiliates.com/>  
<http://gfp.sd.gov/state-parks/directory/mickelson-trail/>  
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