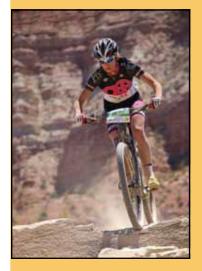


MOUNTAIN BIKE RACING

Smith and Kirkland Win 6 Hours in Frog Hollow







Top Left: Jani Kirkland completed 5 laps on her way to winning the women's solo category.

Above: Cary Smith topped the men's solo category.

Left: Racers honored fellow rider AJ Linnell, who was recently killed in plane crash. Photos by Bryce Pratt, crawlingspider.com

By Cimarron Chacon

A nearly sold out crowd of 230 racers lined up on April 18th for the 6th annual 6 hours in Frog Hollow, held just outside of Hurricane, Utah. An early season race held on the fast and furiously fun trails of the Hurricane Cliff system, this event attracts a wide variety of racers itching to play in the sunshine on dry

dirt. Racers hailed from across the west, and as far away as Canada and New Jersey, with a variety of racing background. The field saw racers as young as 12 and as old as 68, with 20% stating it was their very first race and another 20% coming from a professional racing background. The race field also saw a greater than average turn out in female categories.

This year the female and male open categories we stacked. With 30 males and 17 females vying for the top position was not an easy task. Cary Smith (Wyoming), who has competed in this race several times and is the 2015 male champ, took his place upfront beginning with the LeMans run. By the end of the first lap he had only a 10 second lead on second place finisher Sam Sweetser. However, he threw down his fastest lap of the day during his second time around, with a 49:43 min lap, giving him 02:20 lead. By the ends Sweetser's laps slowed while Smith's laps remained more consistent, giving Smith the win with 6 laps in 5:21:41, a comfortable 15 minutes ahead of Sweeter.

Although Smith's fast lap was impressive, the over-all fastest lap of the day went to Chris Holley, who won the Co-ed Duo team with his wife KC Holley, at 48:01.

For Jari Kirkland (Colorado) the female racing champ, this was her first time racing in the Hurricane/St. George area, and she said she had no idea what to expect. She rolled in late Friday night and did not have a chance to pre-ride the course. Despite her lack of insight, she held her own in the first lap, and like Smith, had her best lap at round 2, with a 57:18 min time around and stayed consistent for the win. Her final time was 5 laps in 5:08:33.

Hearts hung a little heavy over the singlespeed race as many were racing to remember singlespeed legend AJ Linnel after a plane crash took his life earlier in the week. AJ was scheduled to compete in this year's event, and likely would have found his spot at the top of the podium. AJ was a constant presence at many single speed races in the West, having taken the top spot in 2014 at the 6 hours in Frog Hollow and a second place single speed win at the 2015 True Grit Epic 100 NUE. AJ was remembered with a moment of silence at the starting line, and by the signs that adorned the racers on the podium, who dedicated their win to him this year.

Overall the 6 Hours in Frog Hollow had a super fun atmosphere, with many racers dressing in costume, and enjoying the great course and sunshine on a practically perfect day in Southern Utah.

Results: See page 14 and also http://6hoursinfroghollow.com/re-sults/

Race Photos: http://crawling-spider.com/6-hours-in-frog-hol-low-2015/

2016 Date : April 16



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Cover Photo: Dixie Robinson of Team Power Up leads the combined Women's Masters and Women's 3-4 field on the climb to Hogsback Summit on April 18, 2015 along with race winner Margaret Douglass (in white on the right).

Photo credit: Dave Iltis. Find a

Photo credit: Dave Iltis. Find a full gallery from the East Canyon Road Race at gallery.cyclingutah.



BIKE MONTH PREVIEW

May is Bike Month! Ride Your Bike and Celebrate!



By Dave Iltis

May is Bike Month! In 1956, Bike Month was created nationally. In Utah, in 2015, Governor Gary Herbert has declared May to be Bike Month.

May is a month of great weather and is great time to take part in any number of bike activities. This year, there are over 30 events in Utah so far. It's a great month to celebrate the bicycle, and to celebrate on the bike. Grab a friend, especially one who doesn't usually ride, and bring them to one of the many great events across the state!

The National Bike Challenge starts on May 1. Keep track of your miles and help create a movement. Sign up free at <u>nationalbikechallenge.org</u>.

May 6 is National Bike to School Day for kids, college students, and everyone else in academics!

On May 10, Cyclofemme rides, a set of low key rides for women only, will be taking place in several locations around the state including Salt Lake City and Provo.

May 11-15 is Bike to Work Week. Many communities around the state will have Bike to Work days too, some during this week, and some on other days during May. National Bike to Work day is May 15. Replace casual Friday with bike Friday.

May 15 is also the date for the UTA Bike Bonanza. This long running celebration of the bike happens from 4-8 pm at the Gallivan Center in Salt Lake City. There will be booths and events for kids and adults.

Provo is also hosting a Bike Prom on May 15. Get your bike, your best suit and dress (that you would wear on a bike), and come on out.

On May 20, 2015, honor cyclists who have been hit, injured, or killed while riding. The Ride of Silence is a slow paced processional ride that will be held in Salt Lake City and Provo in the early evening.

On May 30, close out the month by attending Bike Prom, a prom on bikes! It's a fundraiser for the Bicycle Collective, and a night filled with a bike ride, dancing, and a huge party.

Bike Month Events:

May 2 — UTA Bike Day with the Mayor of Springville City, Utah Bike Month, Springville City, UT, 9:30 a.m. breakfast / 10:00 a.m. bike ride with the Mayor around town. Opening of the Splash Pad at the Springville Civic Center to follow the ride. Springville Civic Center - 110 South Main Street, Free food, bike swag, and bike safety checkups., Stacey Adamson, 801-227-8958, sadamson@rideuta.com, utarideshare.com, rideuta.com

May 2 — Ogden Bike Swap, Utah Bike Month, Ogden, UT, Ogden Bicycle Collective is hosting a Bike Swap8am - noon, 936 28th St..



Declaration

Mitres, 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 experien-

Metris, as a mode of transportation, the brycle is the most efficient, affordable vehicle created, producing no emissions and requiring minimum space for parking and storage:

Mitter, as a recreational activity or spect, hicycling can be enjoyed both by families and individuals, offering apportunities 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 hicycle racing.

Illyrris, as a form of physical energiae, biking three hours per week can help people has weight, increase strength and physical fitness, and improve cardiovascular health; and

Throws, the State of Utah applauda efforts to educate all Utah residents about the benefits of biking and encourages individuals and families to ride a bicycle as much as possible.

Natu, therefore, I. Gary R. Herbert, Governor of the State of Utah, he hereby declars May 2015 as



Register items from 7 am to 8 am, Josh Jones, 801-629-8757, joshjones@ogdencity.com, blcyclecollective.org/locations-a-hours/ogden/item//2/2-2015-pagr.swap.

May 4-8 — Gear Up for Bike to Work Week, Utah Bike Month, Salt Lake City, UT, Davey Davis, 801-328-2453, davey@bicyclecollective.org, bicyclecollective.org

May 4-30 — Provo Bike Challenge, Utah Bike Month, Provo, UT, Prizes and awards. Join the challenge and keep track of your ridding all month. Part of the National Bike Challenge!, Aaron Skabelund, 385-207-6879, a.skabelund@amail.com, provomayor.com/2015/04/28/provo-bike-challenge/

May 6 — National Bike to School Day, Utal Bike Month, Everywhere, UT, A day to climb out of the motor vehicle and onto your bike on your way to school., None, noemalia cyclingutah...om, walkbiketoschool.org

May 8 — Ogden Mayor's Bike to Work Day,
Utah Bike Month, Ogden, UT, 8:00 a.m. at AT
parking lot near the Social Science bldg at
WSU, Free pancake breakfast at City Hall,
2549 Washington Blvd. We will be riding from

Continued on page 15



COMMUTER COLUMN

4

Salt Lake City Chief of Staff David Everitt Commutes Throughout Downtown



David Everitt, the Chief of Staff for Salt Lake City Mayor Ralph Becker, commutes to meetings throughout downtown Salt Lake City. Photo by Sarah Lyman.

By Ashley Patterson

David Everitt pulls off what so many people can't seem to do. As the Chief of Staff for Salt Lake City

SUNDAY, MAY 31ST

11:00AM-3:00PM

ROUTE: 900 SOUTH FROM 600 EAST TO 200 WEST

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Bring the whole family and your friends

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DEN STREETS

Mayor Ralph Becker, he has a high

powered job that requires the wearing of a suit, and has a huge number

of meetings each day, yet he somehow manages to ride a bike to work almost every day. How does he do it?

"My commute is a bit over a mile each way so it's short. I actually moved to make my commute shorter because my workdays can be pretty long. And because so many of my meetings are in the downtown core or the Salt Lake County complex, I find it's usually just as fast to ride a bike as it is to drive. And since riding is important to me, I ride a minimum of 60% of the days."

So David is able to wear professional clothes on the bike but also has rain or snow pants and jackets to pull over the nice duds for our occasional inclement weather. He advises other aspiring cyclists to get some waterproof gear, and also not be overly concerned about the perceptions of colleagues. "People in this city are pretty accommodating in terms of business dress."

An added bonus of working for Salt Lake City is that he is provided with a transit pass for those days when the weather or his schedule makes it tricky. He finds he uses his car to get to work about 5-6 days per month, and with so little use he is able to share his (valuable!) downtown parking spot with a fellow Salt Lake City employee. Because he and his wife live and work in the downtown area they are able to share a car, which has allowed them to save money on their overall costs because while downtown housing might be slightly more expensive than other areas, owning only one car for two people has overall resulted in big financial savings for them.

Being a Salt Lake City mover and shaker means that dining and entertainment is an important aspect of his life, and because so many great restaurants and attractions are right in the core of downtown, they are all very accessible by bike, which is music to the ears of those businesses.



He also marvels that he can live right downtown in Salt Lake City, but in just 15 minutes of pedaling, he can get to the great mountain bike trails in City Creek canyon.

David is an avid proponent of the new protected bike lane of 300 South and shares stories of how it has changed his commuter patterns and driven decisions about where he and his wife spend money on dining and entertainment. He also pointed out that he has noticed that more and more cyclists are using that protected lane and speculates that more of that infrastructure will have a significant positive impact on commuter numbers in the City.

The Greenbike program has also allowed him to bicycle more frequently, and he's seeing that use increasing. "If the average person has a meeting that is a 15 minute walk from their office, that person might consider driving when crunched for time. However, with the Greenbike option, that time is cut by about 1/3, and now is competitive with driving short distances."

The best part of riding to work for David is that he often brings along his dog, Zsazsa in his backpack or messenger bag. Zsazsa is a 7lb Chihuahua who is advancing in years and needs a bit of extra attention. Like all of us, she likes getting a little wind in her hair and a ride in a messenger back on a short bike commute is just what the vet ordered.

As one of the truly busiest people in Salt Lake City, David Everitt is not only a driving force for improving the city for cyclists but also an inspiration for everyone who would like to bike commute just a bit more.

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





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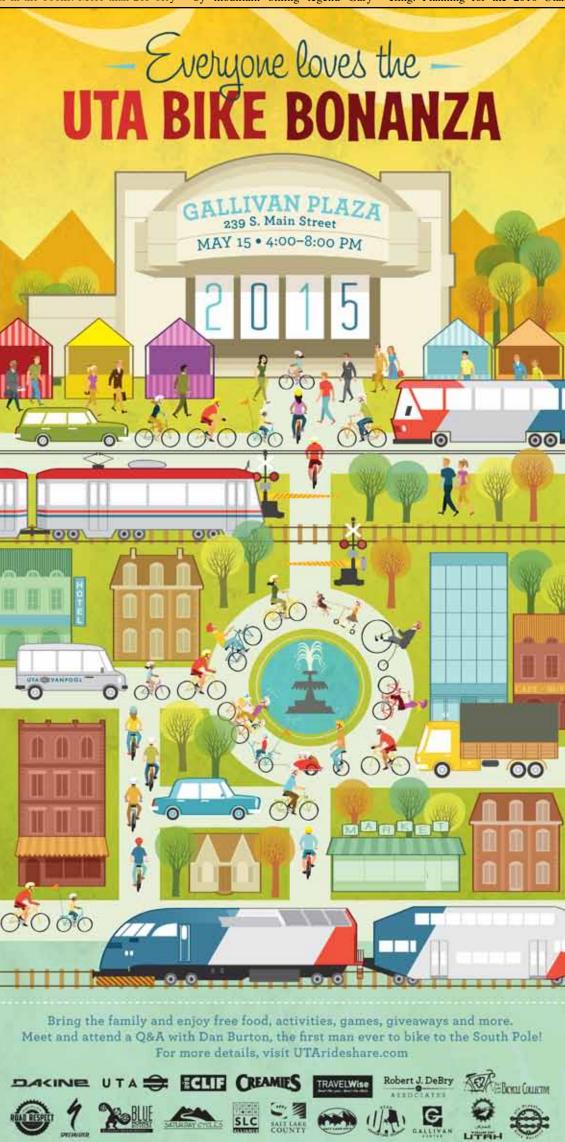
Bike Utah News for May 2015

By Phil Sarnoff

Another great Utah Bike Summit is in the books. More than 285 bicy-

clists, advocates, planners, engineers, and elected officials converged on Provo for a day of sessions led off by mountain biking legend Gary

Fisher. Again this year, the Utah Bike Summit served as a kick off for another great season of bicycling. Planning for the 2016 Utah





Mountain bike legend Gary Fisher gave the keynote address at the 2015 Utah Bike Summit in Provo, Utah, on April 10, 2015. One key question he posed was, "What would urban bicycling infrastructure look like if it was designed specifically for bikes, instead of being written on top of existing car infrastructure?" Photo by Dave Iltis

Bike Summit is already underway. If you are interested in being involved in planning for next year's summit, send us an e-mail at info@bikeutah.org

As part of the Utah Bike Summit, Bike Utah presented on our primary initiatives for the upcoming year. Here is a list of just some of the efforts we are moving forward in 2015:

School-Based Bicycle Education and Safety Program

The initiative we are most excited about is the creation of an education and safety program for elementary school students. Nationally, of students who live within a mile of their school, only 2% of ride a bike to get there. When this is coupled with air quality issues and rising rates of obesity among young people due to physical inactivity, bicycling seems like an obvious solution to many of these problems. We are in the process of developing a curriculum and seeking funding so this program can be implemented in Utah's schools.

Active Transportation Benefits Study

Bike Utah is working in partnership with UTA, the Governor's Office of Energy Development, the Utah Department of Health, and Wasatch Front Regional Council to commission a study on the economic, environmental, and health benefits that bicycling and walking bring to Utah. Similar studies have been developed in other states and have found the results to be significant. An overview of those studies can be found here: www.bikeutah.org/economics We hope the results of this study will serve as an educational piece in working with communities, businesses, and state agencies to develop more active transportation programs and projects.

HB 362: Local Option Sales Tax

Bike Utah was happy to be a part of the Utah Transportation Coalition that helped to pass HB 362. This bill created a local option sales tax and a portion of the revenue generated can be used for active transportation projects. We are now in the process of working with municipalities as they work to get referenda on their ballots to implement the local option.

US Bicycle Route System (USBRS)

The USBRS is a collaborative effort to create bicycle corridors across the United States. Currently, there are more than 8,000 miles of designated USBRS routes, but none within Utah. Bike Utah is working with UDOT and the Utah Outdoor Recreation Office on Utah's first designated route.

Bicycle Friendly American Designations

Each year, the League of American Bicyclists designates bicycle friendly communities, universities, and businesses all across the country. Bike Utah has been working to build the number of designated entities in Utah. Over the past year, the number of Bicycle Friendly Businesses has jumped from 8 businesses to 25. Multiple Bicycle Friendly Community and Bicycle Friendly University efforts are in the works.

It is a great time to be working on bicycle-related efforts in Utah. If you are interested in being involved or supporting our work, please consider one of the following:

Join the Bike Utah board of directors: Bike Utah is looking for motivated, dedicated individuals to join our board of directors. More information can be found at www.bikeutah.org/opportunities The application deadline is May 11, 2015.

Become a member of Bike Utah: We greatly appreciate the support from all of our members and donors. We would not be able to advance any of these efforts without their support. Please consider becoming a member of Bike Utah or making a donation here: www.bikeutah.org/membership

Send us an e-mail: info@bikeu-



RIDE PREVIEW

Gran Fondo Salt Lake Preview

Bv Dave Iltis

Following the demise of the Cycle Salt Lake Century in 2014, a new organizer has stepped in to create a new road touring event in mid-May in Salt Lake City. We asked Jared Eborn of Extra Mile Racing LLC to fill us in on the brand new Gran Fondo Salt Lake to be held in Salt Lake City on May 16, 2015.

C.U.: Tell us about the event. What will the course be like? What are the distances?

The course will be a little more challenging than the participants old event are used to seeing. We're sticking to Salt Lake County and will ride from the Utah State Fairpark out to Saltair via the I-80 Frontage Road and then south into the valley through Magna, West Jordan, South Jordan and Herriman on the Mountain View Corridor Highway.

What are the highlights of the

UDOT's Mountain View Corridor is no stranger to cyclists in the valley. So we're happy to add that to our event. But we're also tossing in an optional climb up one of Utah's most notorious ascents – Butterfield Canyon. We believe that will be a

highlight for all who decide they're up for the challenge.

Tell us about the 'Gran Fondo' aspect of the ride. What parts will be timed? Do riders need to 'race' the event, or can they just come out and ride?

We will time the event, but it is not a competitive race – at least not this year. So riders will be required to observe all normal Utah traffic laws in regards to cycling. By timing the ride, we'll still give people a chance to push themselves and have an unofficial race with their buddies, but we won't be handing out awards for the first person to cross the finish line or the guy with the fastest overall time.

If there is a portion of Gran Fondo Salt Lake that might be considered a race, it will be our King of the Mountain and Queen of the Mountain challenge up Butterfield Canyon. We'll keep track of times from the top to the bottom and have a few awards. The first man and women to the top will get a prize when they get there and the fastest man and woman will also get some prizes. This is because the first to the top might not necessarily be the fastest, depending on actual start time and the time it takes to get the mouth of the canyon.

What support will you have on course?

We will have fully staffed and supported aid stations. We're allowing bike shops or other cycling events to 'adopt an aid station' where they'll serve up snacks, fill up water bottles and fix flat tires as needed. Riders can expect water, First Endurance EFS drinks, fresh fruits, salty snacks, Swedish Fish and all the normal stuff. We also have several HAM Radio operators in vehicles and placed at the aid stations to keep an eye on the course and keep our communications system going.

Why did you decide to create this event?

I've always liked the Cycle Salt Lake Century, but felt Salt Lake City needed something a little bigger and better. So when that event collapsed, I knew there was a place in the calendar to create a truly great event. I believe a great cycling community deserves a great cycling event. I think Gran Fondo Salt Lake will be that event.

What other activities will be held in conjunction with the ride?

We're having an expo and vendor fair at our packet pickup at the Utah State Fairgrounds and we are also going to hold a Classic and Custom Bike Show. Instead of finishing your ride, grabbing a bite to eat and heading for home, we want people to stick around for a while and look at some of the most beautiful and impressive bikes Utah has to offer. We'll also have some fun activities for kids and youngsters who might want to spin around while mom or dad is riding.

Event details:

May 16 — Gran Fondo Salt Lake, Salt Lake City, UT, A timed bicycle tour of the Salt Lake Valley. Fully supported aid stations, professional on-course support, and a finish line meal await. Optional KOM/QOM challenge ride for the climbers out there. Utah's first Classic & Custom Bike Show at the finish line. Benefits Bike Utah & Team Kid Courage, Jared Eborn, 801-599-9268, jared@extramileracing.com, GranFondoSaltLake.com

Bicycle Collective News for May 2015

We're doing our thing at the Bicycle Collectives across the state, giving away an unprecedented number of bicycles thanks to our up and running shops in Provo and Ogden and our new apprenticeship program in Salt Lake! We've already given away 200 more tuned up kids bikes than at this time last spring!

We want to see you at Bike Prom on May 30th in Salt Lake City! It's going to be a huge party, we strongly recommend getting online beforehand to register at bikeprom.com, prices will be going up at the door and we might sell out ahead of time this year.

What we need most in Salt Lake is storage! If you or anyone you know has a warehouse anywhere in the valley that you want to donate access to our rent at a charitable rate, we want to talk with you! We're looking to store around three thousand square feet of bicycles throughout the year, which would let us hire mechanics and build capacity in our volunteer programs with confidence.

In Ogden, we're starting to see more and more volunteers and donations, we'd love to see you volunteering in the shop Thursday 6-8, or buying bikes and fixing up your own bike Tuesday/Wednesday 5-9 pm and Saturday 12-5. Spread the word! We're also hiring a mechanic, check on Cycling Utah's job board (cyclingutah.com/jobs) or on our site for more info.

In partnership with Sorenson Unity Center, we're looking for someone to spearhead a kid's specific location in Glendale, a fantastic opportunity for anyone looking to start a bike collective program from scratch!

For all this and more, get in touch through <u>bicyclecollective.org</u>, or by calling 801-328-BIKE.

-Davey Davis

SLCBAC Elects New Chairperson

Shifting gears and history is made: Due to foreseen circumstances, the Chair of the Salt Lake County Bicycle Advisory Committee stepped down on Wednesday, April 1 as a result of his acceptance of a job in Atlanta, GA. Following the SLCBAC bylaws, the committee unanimously elected to promote the Vice Chair position to assume Chair responsibilities. Kate Sturgeon is now the first female SLCBAC Chair and perhaps one of the first to earn this title in the nation. The Vice Chair position was filled by the first female as well, Betsy Byrne. Our committee now consists of a diverse and equally delegated panel of professionals. 2015 is already a banner year!

May is Bike Month and there a plenty of activities planned to encourage and support the growing number of riders in the state of Utah. If you live in a city or township and would like to see more improvements made for bicycles, be sure to attend community council meetings and bicycle committee meetings. Don't know if your city has one? Ask around, visit www.slco.org and search your city's webpage. If you don't find one, consider starting one. Reach out to us and we can help! You are always welcome to attend our meetings on the first Wednesday of each month at the City Government Center in room N2-800.

www.slco.org/bicycle/bicycle@slco.org

-Ian Scharine







MOUNTAIN BIKE RACING

Grand Junction Off-Road Race Preview

By Dave Iltis

The Grand Junction Off-Road Presented by U.S. Bank will be held from May 29-31, 2015 in Grand Junction Colorado. It is one of the Intermountain West and Rocky Mountain's premier cross country mountain bike events. Featuring courses for beginners through the world's top professionals, the rides plus music festival will have something for everyone seeking a weekend experience chuck-full of mountain bike culture. We asked Andy Suter of Epic Rides to fill us in on the event.

CU: Tell us about the Grand Junction Off-Road race and event weekend.

The Grand Junction Off-Road is the second event in the growing Epic Rides Off-Road Series. Like the Whiskey Off-Road, the three day weekend features a camaraderie driven mountain bike experience for the mountain bike, music loving, and fun seeking community to enjoy.

CU: Tell us about the course for the different categories? How many racers are you expecting?

The Grand Junction Off-Road features 15-mile, 30-mile and 40-mile courses at the beloved Lunch Loops/Tabeguache area south of

town. All distances start and finish in downtown. The 15 Grand event is held Friday and shares some of the same singletrack as the longer distances. The two longer events are on Saturday and take participants into the Upper Tabeguache, including the Butterknife and Twist and Shout trails. Riders will experience a variety of landscapes and challenges, including a stretch along the Gunnison River, climbing and descending slick rock, multi-colored soils, canyons, large boulders, lunar landscapes and more. We are expecting between 500-600 riders this year between the events.

CU: What are the highlights of the cross country race?

The whole idea is that we've taken riders on this incredible journey, pushed limits with some physical and technical challenges, and provided a platform for success. Then you come across the finish line with your name being announced, a cheering crowd, a stemless wine glass, and a fantastic party will be brewing to welcome your return back to downtown Grand Junction

CU: What other events are happening over the weekend? Is the weekend family friendly?

The Shimano Youth Series Kids Ride! Offering both a 1 Grand & 4 Grand (1 Grand = 1 Mile), the

1 Grand is recommended for push bikes, trikes and newbies looking for a short ride through the expo. The 4 Grand is recommended for more experienced riders. Parents are welcome to join the children and experience the scenic ride together!

Funds raised from the Kids Fun Rides are donated to the Riverfront Foundation's family & children's initiatives

CU: Tell us more about the Grand Junction Off-Road p/b U.S. Bank and Downtown Art + Music Festival.

Epic Rides and Downtown Grand Junction have joined forces to provide what we are calling "the quintessential Western Colorado experience featuring bikes, art, music, beer and wine." As part of its celebration of the bicycle, Epic Rides has built a reputation for throwing memorable parties, and the Grand Junction Off-Road promises to be off the charts this year with the coinciding threeday arts festival that will feature Shakey Graves, James McMurtry, and, Big Sam's Funky Nation as the main stage's headliners. They are three of 20 free musical concerts, and with a main stage and two side stages, there will be tunes that will appeal to all palates.

CU: What is the Clunker Crit like? Who can race?

Join over 100 others in the fun



The Grand Junction Off Road offers a tough but beautiful course. Photo by Brian Leddy.

family community event, just getting people to get crazy and wear costumes, do laps on the pro criterium course, It's not uncommon to see whole families dressed up as unicorns or Power Rangers during the colorful parade on bikes. A very fun gathering of the tribe!

CU: What pro's will be racing and about how many? What is the prize list for the pros?

We are expecting 60-75 pros this year to vie for their share of the equally split \$30,000 purse.

CU: Where can people stay?

The Downtown Hotels, SpringHill Suites by Marriott, Fairfield Inn and Suites by Marriott, and Hampton Inn are proud to be the preferred places to recline the body and relax the soul during event weekend.

With live music, and a unique offering from behind the bar, Marlo's Lounge located in the SpringHill Suites, is the perfect place to start the evening. Enjoy sipping a drink by the outdoor firepit or in the conversation round before strolling through downtown to peruse the 150+ shops or dinner.

Event Details:

May 29-31 — Grand Junction Off-Road, Epic Rides Off-Road Series, Grand Junction, CO, Billed as one of the most challenging XC courses in America, the Grand Junction Off-Road offers a full 3-days of mountain bike culture accented by free live music in the gorgeous Grand Valley, Karen Warsh, 520-623-1584, info@epicrides.com, epicrides.com



ROAD RIDING

A Guide to Randonneuring — Non-Competitive Long Distance Road Cycling



The above is on a 300K brevet, west of Nephi with Mount Nebo in the background. Photo by Richard Stum.

By Richard Stum

Do you like long rides? Really long rides? If so, then you randonneuring is for you. A randonneur (rahn doe ner) is a cyclist that rides brevets. Therefore, randonneuring is the sport of non-competitive, long distance road cycling. Randonnée is another French word, which loosely translated, means a long rambling journey. Randonneuring is different than "self-contained touring" as we travel lighter, without the heavy pannier bags needed for camping.

nounced bruh-vay) mean anyway? It is a French word that means certificate, as in a small white card. In the cycling world, a brevet is a minimally supported, ultra-distant, road cycling event. In other words: an extremely long bike ride (typically, 125 miles or longer) with little, if any, outside support. A brevet is not a race, although riders do seek to improve their personal best times. For many, the goal is simply to finish or go farther than they have before. These events are timed and one must meet the intermediate and final cut off times to qualify (a generous 20 So what does "brevet" (pro- hours is allowed for a 300K (190

Randonneurs USA, or RUSA, has regions all over the United States providing organized brevets. The local region in Utah is called the Salt Lake Randonneurs. They offer rides throughout the state of Utah. The organization is co-sponsored by Bonneville Cycling Club in Salt

Again, randonneuring, unlike bicycle racing, has minimal or no support during the event. Regular road bikes or recumbents are used and drafting is allowed. Longer brevets such as a 600K, 1000K or 1200K are multi-day events and usually have a drop bag service or an overnight stop (although some of us do ride 600K "straight through" the night without sleeping).

A full brevet "series" is made up of the four traditional distances (miles are rounded off):

200 km = 125 miles, 13.5 hour

300 km = 187 miles, 20 hour limit400 km = 250 miles, 27 hour limit600 km = 375 miles, 40 hour limitAdditionally, there are longer bre-

1,000 km = 620 miles, 75 hourlimit (3 days & 3 hours)

And the granddaddy of them all, frequently called a Grand Randonnée: 1,200 km = 750 miles, 90 hourlimit (3 days & 18 hours)

Here in Utah, the Salt Lake

Randonneurs offers all distances from 100 km (63 miles) to 1000 km (620 miles). The brevets in Utah are all loop rides, or out and back. They start in various locations such as Logan, Centerville, Moab, Saratoga Springs, Nephi, Hurricane and Kanab. See the Road Touring calendar in this issue, and on cyclingutah. com for details.

How a Brevet Works

At the start of the ride, participants are provided with a brevet card and a cue sheet that shows the route. Riders must follow the route exactly and get to the checkpoints (also called controls) on time. Every rider must stop at each checkpoint to have his or her brevet card verified, thereby obtaining "proof of passage." Checkpoints are also provided as brief rest and nutrition refill points. It will be very rare that you need to ride more than 35-40 miles without passing through a town or location with services, or at the very least, a potable water supply. If you should get off course, you must return to the route at the point where you got off track.

It is not enough that you ride the required number of miles or kilometers — you must ride the route exactly as it appears on the cue sheet. Anyone observed taking shortcuts from the official route will be disqualified, but there is no penalty for

detours or unforeseen things such as road construction, flooding, or traffic accidents. Brevets are not races, but riders must reach the checkpoints on time so as not to be disqualified. Riders can stop and rest any time, but the clock is always running.

At the finish, sign your brevet card and turn it over to a brevet official, along with your receipts. The results are sent to the national USA organization and to the international governing body in France (Auxax Club Parisien, ACP). Results are then posted online. Since brevets are not races, the results are listed alphabetically and not by finish times. Finishers may buy medals if they finish a series successfully.

Weather: Rides are held rain or shine so bring adequate clothing for variable weather conditions. Brevets are long events and the weather might change a great deal before you reach the finish.

Lighting: Most brevets 300 km or longer will probably have some riding in the dark. Proper lighting is essential and required by law. See our rules page for more details.

Self Reliance Determination: Brevet riders are expected to be self-sufficient and tenacious. They should be able to repair their bike, read a cue sheet, and deal with bad weather. Having said that. The Salt Lake Randonneurs





A rider on a 200K brevet on the Nebo Loop road, looking north to Utah Valley. Photo by Richard Stum. are not going to leave you stranded.

They do not have the resources to provide sag but can sometimes can get you back to your car or help you call a friend for a ride.

Integrity: It is not practical to have event officials everywhere. Brevet riders are on their honor to follow the rules. Friendly camaraderie, not competition, is the hallmark of randonneuring.

Sanctioning: All brevets are sanctioned by Randonneurs USA (RUSA) and most are also sanctioned by Audax Club Parisien (ACP) in France too. Certified brevets can be used as qualifiers for 1200 kilometer events. ACP brevets count towards Super-Randonneur, Randonneur 5000 & RUSA awards. RUSA (USA domestic events) count toward RUSA distance awards, R-12 & UltraRandonneur (200k+ events).

Differences Between Commercial Century Ride, Racing, and a Brevet

A commercial ride has water & nutrition stops every 20-30 miles. Many brevets have no regular support-instead you must stop at convenience stores & purchase your own supplies. These opportunities are usually spaced 40-45 miles apart.

A commercial ride usually has a sag vehicle. Some brevets have no support, and thus it is suggested that you have a family member or friend on call to come get you in the event of a mechanical problem or if

A commercial ride frequently has hundreds of cyclists to draft with. Many randonneurs use aerobars as

they know they may be "on their own" for long periods of time.

A commercial ride has arrows painted on the road, or signs posted where to turn, supplemented by a cue sheet. On a brevet, you are only provided a cue sheet, supplemented by a link to an online map or a GPS guidance system.

Many commercial rides are over by dark. Some brevets run all night long, so one must pack lighting gear and night-time apparel for the cold.

A commercial race has a wheel van following your age-group with spare wheels. Many randonneurs use high-spoke count rims to lessen the probability of a having a broken wheel when they are 40 miles from

On some races in a commercial ride, if the weather really turns nasty (blowing wind & hail, lightening etc.), you can seek refuge inside the support vehicle. On a brevet, you seek refuge in a ditch on the side of the road (true story), or, if you are lucky, a convenience store, unless it is in the middle of the night and they

Pro racers not only have a wheel van, but a support vehicle with complete bikes, extra clothing and nutrition. Randonneurs carry their rain gear and special foods and powdered drinks with them.

So, why ride a brevet?

For the satisfaction of doing a

self-sufficient ride

Lower cost.

Many brevet series are offered in ultra-endurance distances not offered by most commercial rides (200-750 miles in length).

Summary of Other Rando **Terms**

A "populaire" is a randonnée event of 100-199km

A "brevet" is a randonnée event of 200-1999km

A "grand randonnée" is a randonnée event of 1200km or longer

A "permanent populaire" is a randonnée ride of 100-199km (not an event, but a route that is permanently available to ride on ones own schedule)

A "permanent" is a randonnée ride of 200km or longer (not an event, but a route that is "permanently" available to ride on ones own schedule)

Welcome

The Salt Lake Randonneurs welcome anyone - for just one ride or the whole series. You do not need to be a member of any club to ride, although you are encouraged to join the club's co-sponsoring local organization, the Bonneville Cycling Club. For most events in 2015, the fee is only \$5 per ride.

For more information, visit SaltLakeRandos.org

May 9 - 6-Valley Tour Brevets, Salt Lake Randonneurs Brevet Series, Saratoga Springs, UT, Starts in Saratoga Springs, out to the West Desert and around the Oquirrh Mountains and/or around Hobble Creek & Utah Lake, 130, 200 or 400 km (83 to 250 mile) options. A brevet is a timed ultra distance event, Richard Stum, 435-462-2266, richard@ eogear.com, saltlakerandos.org

May 22-23 - Triple Loop Brevets, Salt Lake Randonneurs Brevet Series, Nephi, UT, Self-supported with overnight gear drops. Starts in Nephi, UT, south to Junction and back, & finally a lap around Utah Lake. 300, 400 or 600 km (190 to 375 mile) options. A brevet is a timed ultra distance event,, Richard Stum, 435-462-2266, richard@eogear.com, saltlakerandos.org

June 8-10 - Red Rock Randonnee. Salt Lake Randonneurs Brevet Series. Kanab, UT, Self-supported with overnight gear drops. Starts in Kanab, UT, through Zion, Bryce, & Grand Canyon. 400, 600 or 1000 km (250 to 620 mile) options. A brevet is a timed ultra distance event, Richard Stum, 435-462-2266, richard@ eogear.com, saltlakerandos.org

July 10-11 - Raspberry Ramble Series, Salt Lake Randonneurs Brevet Series, Logan, UT, Self-supported. Starts in Logan and climbs up Strawberry Canyon (LoToJa route). Longer routes then go around Bear Lake before heading north to Soda Springs and finally out to Golden Spike Natl Monument. 300, 400 & 600 km (125 to 375 mile) options. A brevet is a timed ultra distance event, Richard Stum, 435-462-2266, richard@ eogear.com, saltlakerandos.org



PRODUCT REVIEW

Scott Sports Solace 30 Road Bike is an Endurance Machine



By Dave Iltis

I had the pleasure of testing out the Scott Solace 30 road bike this spring in the Salt Lake Valley and it excelled. I really didn't want to give this bike back, I liked it that much. The Utah based international powerhouse bike manufacturer Scott Sports was kind enough to lend me the bike for an extended demo.

The bike is sharp looking, with white, green, and black graphics. The carbon construction is Scott's lightweight IMP proprietary method, and yields a frame weighing 950g in a 54 cm model. The fork comes in at 330 g. It also uses a carbon steerer tube. The weight for a complete bike in a 54 cm (not the size I tested) is just shy of 18 pounds. I tested out an XL (58 cm) frame size.

After the sharp graphics, the first thing one notices after the sharp graphics on this bike is the lack of a brake bridge on the seat stays. This is because the rear brake has been placed underneath the chain stays (similar to the placement of mountain bike U-Brakes). This is a purposeful design feature as it allows the chain stays to be a bit more compliant than typical ones, and act as shock absorbers to smooth out the ride.

This smoothness has big benefits when riding – the feel of the bike is a little springier than the average carbon bike. Scott pitches the bike as more comfortable, and that it is, but it's not a comfort bike. It's a performance machine. It has a lively feel, a little more like a steel bike. The frame does a great job of absorbing rough spots in the road.

Scott designed the bike from top to bottom to improve comfort without sacrificing performance. In addition to moving the rear brake (see above), they made a number of design changes over a 'standard' frame. The downtube is wide, 66 mm, just above the bottom bracket. This helps to maintain lateral stiffness. Both the top tube and downtube are ovalized with a wider horizontal section. This improves the vertical compliance and provides more comfort, but also maintains lateral stiffness which means that more power is transferred from the pedals to forward motion. The seat stays also





Top left: The Scott Solace 30 is a winner - a high performance carbon road bike that is really comfortable.

Top right: One of the features of the bike is that the rear brake has been moved to below the chainstays. This provides greater shock absorption. Photos by Dave Iltis

get this treatment, along with a taper from seat tube to rear dropout. Both of these add to comfort and maintain performance. The seat post diameter was also chosen carefully, and at 27.2 mm instead of the usual oversize 31.6, comfort is again improved.

Lastly, they also revisited fork design by adjusting the diameter of the fork blades by the front dropout to be a bit smaller and increasing it by the bottom of the headset. These adjustments both increase comfort and performance simultaneously.

The net result, when compared to the Scott Foil, is an increase in comfort of 30% in the frame, and 21% in the fork. Yet, the lateral stiffness is still high, this in part because the bottom bracket design is generally the same as the Foil and Addict.

Lastly, the frame is different for each size. Larger sizes have larger diameter tubes, smaller sizes have smaller tubes. Larger sizes have a bit thicker carbon layup too in order to maintain stiffness.

How did it ride?

The bike was great! The ride is smooth and predictable. And comfortable. But true to the design intentions, it's stiff side to side, and power to the pedals is transferred cleanly to forward motion. On descents, the thing I noticed most is that the bike is stable. Very stable. This is no doubt a combination of the geometry – the bike has a 73.3 degree head angle and frame construction. I felt confident descending at speed on it. The compliance also adds a bit of stability too as bumps in the road don't affect the rider as much. The bike also climbs really well, no doubt because of the solid lateral stiffness.

One of the things I really liked about the bike is how well the XL frame size fit me right out of the box. Each rider is different, and adjustments to stem length, seat height and setback, and stem height are something everyone should pay attention too (and get a custom fit too). I'm

6'2", and sometimes larger frames that fit me well are hard to find. Not the case here. The 57.5 cm top tube paired with a 205 mm head tube, and 120 mm Syncros stem left me feeling like I didn't notice the bike—which is perfect. I wasn't too low or cramped. Nor did I feel crunched either. What this means is that I could ride all day, and feel comfortable the whole time.

A note on the head tube height. Many larger bikes have short head tubes (in the 180-190 mm range). While this can be ok for some racers, and for some extra limber riders, the slightly taller head tube of the Solace translates to a little less fatigue on one's neck, and perhaps a little more power from the lower back. It's my belief that many race bikes are too low which, while increasing aerodynamics, can result in muscles that are applying power in perhaps a less than optimal way. The bike is targeted to the endurance rider, enthusiast, and introductory racer. The head tube is a little taller, and thus the rider is just a little higher on the bike. For myself, I felt like this improved stability. However, when cornering, it is just a little less precise than a high end race machine because of the higher center of gravity. In my view, this would only make a difference when racing criteriums

Components: The Solace 30 comes with the Shimano 105 11-speed group. The compact crank and 11-32 cassette gives a huge gear range that will work anywhere from flats to Little Cottonwood Canyon. A Syncros carbon post, aluminum stem, and aluminum bars filled out the cockpit. The wheels are Shimano 16 spoke front, 20 spoke rear aluminum wheels. These are great for all purpose riding and training, and introductory racing, but for the higher level competitor, a set of carbon wheels would be in order.

The Shimano components work flawlessly, and it's amazing that on a bike of this level (introductory racing/century rides) how well the components work. Even when compared to top of the line Dura-Ace from a few years ago.

The bike came stock with 25c Schwalbe Durano tires. While there is some debate regarding whether or not the 23c or 25c tires are faster, the 25c tires are definitely more comfortable. The tires ride really well. The frame easily fits the 25c tires, and from the looks of it, would handle 28c's as well.

The one thing in the component pick that I didn't care for much was the Syncros FL2.5 seat. It was a bit too minimal for my liking. But, seats are as different as the rider sitting on them. You may like it just fine. Try out a few if you don't.

All in all, I would give this bike five stars. At \$2149, you are getting a great bike that is perfect for the enthusiast, the endurance rider, the century rider, or the introductory racer

For more information, and to find a local dealer, visit scott-sports.com



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HEALTH

Nutrition Discussion: Modified Ketogenic Diet for Endurance Athletes

By Breanne Nalder MS, RDN

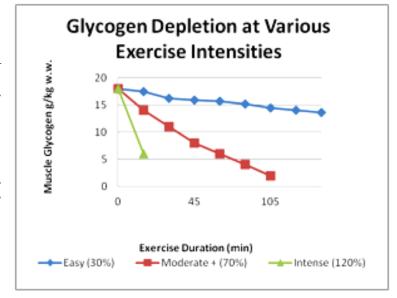
It's nothing monumental to hear that a balanced diet is the key to optimal nutrition. As discussed one of my previous articles in Cycling Utah, there are a lot of "fad" diets, with so much mixed information on the internet, and many personal opinions or anecdotal success stories about the best methods of eating. Whether it be low carb diets, juice cleansing, gluten-free, or any other "quick fix", there are definitely pros and cons to each of them. The research behind their methods and results can be mixed, and the conclusions are often skewed to promote nutrition products or the company that is funding the

The most challenging part of navigating all the nutrition information out there is the application to individual's body needs, especially athletes. When fueling our bodies, taking anything to an extreme lends itself to creating a nutritional deficiency somewhere else. There are numerous macro- and micronutrients that work together to make our tissues, hormones, physiological systems, etc. function properly. The importance of balance and consistency in our food patterns applies to athletes especially, as nutrition directly affects performance in training and competition. The purpose of this article is to look at the science behind the ketogenic diet (KD) and propose an applicable and balanced nutrition plan, a KD for endurance athletes based on individual needs for training and racing, and overall long-term health.

What is the Ketogenic Diet?

The First Endurance website has an article entitled "Reviewing research aspects of the ketogenic diet on endurance athlete performance: should I try it out?" by Loulika Lili-Williams, PhD, which accurately defines the KD as a high-fat, low carbohydrate and protein sufficient diet. This article does a great job of describing how the KD has traditionally been used by dietitians and doctors in clinical settings to treat neurological disorders and errors in metabolism (i.e., diabetes). The method lends itself to the research that eating more fat than carbohydrates stimulates the body to oxidize fatty acids and use ketone bodies for energy. Thus, putting the body in a state of ketosis. As Dr. Lili-Williams summarizes from current research studies, the metabolic benefits to endurance athletes can include increased ATP and mitochondria production, efficient fatty acid oxidation, and maybe VO2 max increase. These are all desirable adaptations, but there are also studies that show the KD methods leading to dehydration and hypoglycemia, and decreased ability to maintain anaerobic workload. Go to firstendurance.com for more information on the specifics of the diet and the current science behind the ketogenic diet and affects on athletes.

To cover the basics macronutrients, fat provides energy during low to moderate intensity exercise (i.e., walking, jogging, easy cycling). At



an endurance pace, we burn about 50% carbohydrates and 50% fats. The higher the intensity, the more carbohydrates we use. Until we are anaerobic, which is when lactic acid is generated, and only lasts ~15 seconds, then it's back to carbs and fats for fuel (see figure below). Carbohydrates (CHO) are the body's primary energy source during exercise. Dietary CHO (grains, fruit, starchy veggies, juice and sport drinks) are stored in the liver and in the muscle as glycogen.

During exercise, these glycogen stores fuel working muscles. How soon we run out of energy depends on workout intensity. So, hard and intense workouts decrease glycogen stores more quickly than moderate exercise bouts. Glycogen stores are

limited, so during exercise lasting more than 60-90 minutes, consuming carbohydrate while exercising improves performance. More specifically, 30-60g of carb/hour will help keep you fueled and feeling strong. The standard recommendation is that endurance athletes need 50-65% of total calories from carbohydrates. That means the ketogenic diet, which can be 65% or more of total caloric intake from fat, is a huge deviation from that. This is where it is important to look at the individual athlete to determine what the ratios of carbohydrate:protein should be, because everyBODY is different. Not only do intensity and duration of workout determine macronutrient needs, but macronutrient percentages that work for some may be totally different for another depending on age, gender, fitness level, metabolic rate, training/racing calendar, and genetics.

Is the Ketogenic Diet Good for Endurance Athletes?

Based on the food science discussed so far, the question becomes whether or not the ketogenic diet is the best option for endurance athletes, especially because macronutrient needs can differ on a day-to day basis. It seems logical that sparing carbohydrates to promote fat burning could be ideal, and there is some validity to this, but we must look at each athlete as an individual. An athlete that does ultra-endurance activities, where they train and compete for long hours at low intensity would benefit more from a KD than an

athlete that needs high end power for sprints and short duration intensity. As stated earlier in this discussion, long sustained efforts utilize more fatty acids for fuel, whereas short intense efforts rely almost solely on carbohydrates.

A modified ketogenic diet, as presented in this paper, is an attempt to find the best method to appropriately fuel an endurance athlete, with the mindset that we put the proper gas in our fuel tank to make our body engines achieve optimal results. Endurance athletes would do well on a 50:35:15 percent CHO:fat:protein ratio, respectively. That would be the lowest one should go in carbohydrates and protein but still get the positive ketogenic effects of utilizing fats, sparing carbs, and running that engine all day. Then, as the duration decreases and intensity of anaerobic efforts increases in training or racing changes, the KD could be adjusted to 55:30:15, 60:25:15, or 65:25:10 percents, respectively. This way, basing the diet plan on what the individual is doing will lend itself to optimal performance as well as long term health.

Fats and the Ketogenic Diet

Another benefit of the modified KD is the reduced chances of long-term negative effects of high fat diets. We've all heard the stories of super fit athletes that randomly die of a heart attack, which may be associ-

ated with high levels of visceral fat. Even if the body physique is lean to the outside perception, there can be fat on the internal organs, specifically blood vessels. More loosely, this describes the term "skinny fat," which most athletes don't necessarily strive for... remember, lean muscle mass is metabolically active tissue, so it takes more carbohydrates to keep that tissue thriving.

It is important to mention that the type of fats we choose to use as fuel is important. Fat can be broken into two categories: saturated and unsaturated. Saturated fats are usually solid at room temperature, and lead to high cholesterol and heart disease. We want to limit saturated fats to < 10% of total fat consumption per day, Saturated fats are mostly found in animal products (meat, dairy, egg yolk), processed foods (cookies, baked goods, butter) and all trans fats, even coconut oil. Unsaturated fats are the ones we want to consume. Mono and poly unsaturated fats are fluid at room temperature (Omega-3 fatty acids are the most important in this group, as they are nature's anti-inflammatories). Food examples include fatty fish and plant sources such as nuts, flaxseeds, avocado, and vegetable oils (canola, olive, peanut, sesame oils, etc.). Keep in mind that fat goes further than carbs or protein, as 1 gram of fat has 9 calories, while carbohydrates and proteins each have 4 calories per gram. So, using fat as a sprinkle for flavor to our meals and snacks can go a long way in our total caloric need each day.

When implementing the modified KD for YOUR specific needs and exercise output, be sure to choose LEAN meat and limit red meat consumption. When choosing dairy products, opt for skim or 1% because low to no fat is all you need. The nutrients are in the milk, not the fat. Milk alternatives (almond, soy, rice, etc.) are great substitutes with all the calcium and nutrition you need. Be sure to favor fresh, whole. UNPROCESSED foods. Reconsider getting "fast" food, as it is traditionally low quality, and high in saturated fat, especially prior to training or competition. Instead, favor carbohydrates with low to moderate amounts of healthy fats. Fat takes longer to digest than carbohydrates, so preworkout meals should be low in fat content so you are ready to roll. Also, recovery nutrition should be appropriate for the exercise performed, meaning mainly carbohydrates to replace glycogen to the muscles and moderate amounts of protein to repair tissues. Be sure to get the fats you need in the meals NOT immediately surrounding training or competition so they have time to get digested and the body can efficiently break them down to use as fuel. This is when the ketogenic diet will work as it is designated to.

Conclusion

In conclusion, the KD can have many positive effects on endurance athletes, but there are upsets to other systems that may lead to detriments as well. Because the human body is a multifaceted and complex set of energy systems, hormones, and metabolic pathways, it is crucial that athletes strive to maintain balance. The ultimate goal should be a to fine consistent healthy habits so that performance can improve and the body adapt to places where the changes stick. 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. Using the proposed modified KD approach, appropriate for the individual athlete's needs, fitness level and type of training/competition may be the key to achieving those overall nutrition goals.

At PLAN7 Endurance Coaching, we can help with your questions on the Ketogenic Diet by using a Basal Metabolic Rate test to determine exact calorie and macronutrient needs then figuring what gas to fuel your tank with for sport performance. For more information on this, email me breanne@plan7coaching.com

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RACE RESULTS



The Cactus Hugger, Intermountain Cup, St. George, UT, April 4, 2015 Shredder Girls 10-12

- 1. Claire Slemboski 23:37.5
- 3. Audrey Johnson 27:41.5 4. Ainslee Wade 27:53.3
- 5. Talia Albrecht, Washington, UT 28:40.9

1. Andy Bright, Rawlins, WY 41:14.1

- 2. Ben Naseath, Cedar Hills, UT 47:47.3 Expert Men 19-34
- 1. Jonah Howe, Grand Junction, CO 42:16.1
- 2. Eudoro Guizar, St. George, UT 42:17.7
- 3. Zach Crane, Draper, UT 43:31.6 4. Jake Carroll, Farmington, UT 44:34.3
- 5. Ryan Mauser, South Jordan, UT 50:54.2 Expert Men 35+
- 1. Scott Bergen, Santa Clara, UT 37:21.7
- 2. Jason Sparks, Brigham City, UT 44:24.8 3. Brian Jeppson, Cedar City, UT 45:10.1
- 4. Mark Esplin, Centerville, UT 48:00.2
- 5. Scott Patten, Park City, UT 48:42.0

Expert Men 50+ 1. Dave Smith, St. George, UT 47:09.8

- 2. Brent Peacock, Jackson, WY 50:00.2
- 3. David Kelsey, Las Vegas, NV 50:27.1
- 4. Joe Burtoni, Durango, CO 51:53.2
- 5. Ty Loyola, Holladay, UT 58:46.0

Expert Women

- 1. Ali Knutson, Salt Lake City, UT 16:55.2 2. Sienna Leger-Redel, Park City, UT 21:10.2
- 3. Laura Patten, Park City, UT 23:27.6 4. Angie Branch, Sandy, UT 28:21.2

Men 60+ 1. Craig Williams, Park City, UT 21:19.1

- 2. Rick Morris, Park City, UT 22:35.7 3. Joel Ouinn, South Jordan, UT 24:30.3
- 4. Gene Poncelet, North Ogden, UT 50:48.2
- 1. John Lauck, Bountiful, UT 13:48.3 2. Paul Zimmerman, American Fork, UT 20:09.7
- 3. Randy Owen, Richmond, UT 25:20.1 4. Ted Kimball, Salt Lake City, UT 30:00.1

Jr. Expert Men 18 & Under

- 1. Connor Patten, Park City, UT 40:49.5 2. Skylar Patten, Park City, UT 42:24.8 3. Cameron Larson, Pleasant, Grove, UT
- 45:30.5 4. Nick Loyola, Holladay, UT 48:08.7

5. Holden Anderson, Draper, UT 50:52.1 Jr. Expert Women 18 & Under

- 1. Sydney Palmer-Leger, Park City, UT 19:52.5 2. Lauren Bingham, Sandy, UT 21:26.7
- 3. Ellise Shuman, Sandy, UT 22:11.7
- 4. Kira Crowell, Riverton, UT 22:53.6 5. Trini Olds, Kaysville, UT 23:25.2

Jr. Sport Men 13-15

- 1. Seth Saxton, Draper, UT 12:38.3
- 2. Josh Peterson, Bountiful, UT 14:49.6 3. Kade Brasher, Holladay, UT 18:11.2
- 4. Josh Wilde, Santa Clara, UT 20:41.5
- 5. Ryder Jordin, Sandy, UT 25:09.7

Jr. Sport Men 16-18

- 1. Jed McArthur, Santa Clara, UT 14:37.2 2. AJ Heaton, Bountiful, UT 15:08.5
- 3. Jackson Ewell, Bluffdale, UT 15:15.2 4. Devry Grovum, Centerville, UT 15:36.6
- 5. Seth Coccimiglio, Draper, UT 18:06.2

Jr. Sport Women 13-15 1. Giselle Slemboski, Alpine, UT 35:45.7

2. Taylor Perry, Sandy, UT 36:12.3

Jr. Sport Women 16-18

- 1. Julia Graf, Sandy, UT 37:54.3 2. Amber Harvey, Morgan, UT 52:57.8
- 3. Jillian Tanner, Kaysville, UT 57:39.1 Singlespeed Men

1. Danny Christensen, St. George, UT 52:52.6 Sport Men 19-34

- 1 Fnoch Pitzer North Salt Lake IIT 10:29 7 2. Jordan Bracken, Washington, UT 16:47.0
- 3. Carson Russell, Provo, UT 20:27.8 4. Scott Bankhead, Kaysville, UT 24:20.2 2. Matt Brown, Lehi, UT 3:59:44

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5. Jeremy Laidlaw, Santa Clara, UT 27:17.5 Sport Men 35+ 1. Kent Millecam, Smithfield, UT 11:16.6

- 2. Robert Jones, Mapleton, UT 11:48.8 3. Paul Burghardt, North Salt Lake, UT 12:03.3
- 4. Mike Bergen, St. George, UT 12:35.0 5. Steve Saxton, Draper, UT 13:22.8 Sport Women
- 1. Ami Stuart, Park City, UT 31:58.0 2. Jenny Olds, Kaysville, UT 36:46.3

Clydesdale

- 1. Christian Walton, Farmington, UT 17:09.7 2. Bret Galbraith, Mountain Green, UT
- 3. Mike Mellott, Mountain Green, UT 35:24.2 4. Shane Christensen, St. George, UT 41:15.7 5. Nate Branch, Sandy, UT 43:09.0

Pro Men

- 1. Josh Brown, Kaysville, UT 04:44.5 2. Thomas Bender, Salt Lake City, UT 06:06.5 3. Justin Desilets, Riverton, UT 07:44.7
- 4. Cary Smith, Jackson, WY 07:49.2 5. John Osguthorpe, Sandy, UT 08:14.8
- 1. Derek Edwards, Washington, UT 10:02.5 2. Zach Harvey, Morgan, UT 11:13.7 3. Justin Wilson, Salt Lake City, UT 17:28.0 4. Bob Saffell, Salt Lake City, UT 17:29.2
- 5. Isaac Langeveld, Pleasant View, UT 26:15.0 Pro Women 1. Joey Lythgoe, Park City, UT 44:41.1
- 2. Rachel Anders, Sandy, UT 51:55.5 3. Meghan Sheridan, Salt Lake City, UT 52:36.0
- 4. Jen Hanks, Park City, UT 54:00.6 5. Erika Powers, Wanship, UT 00:39.3 Semi Pro Women
- 1. Kelly Crawford, Ogden, UT 01:47.2 2. Ellen Guthrie, Salt Lake City, UT 20:09.5
- Men 35+ 1. Peter Anders, Sandy, UT 41:40.3
- 2. Brian Dunton, South Jordan, UT 41:41.8 3. Jason Cowley, Pleasant Grove, UT 42:19.8 4. Brian Vanderwel, Pleasant Grove, UT
- 5. Christian Millward, Santa Clara, UT 47:51.3 Women 40+
- 1. Paige Kimball, Salt Lake City, UT 50:27.6 2. Angela Johnson, Cottonwood Heights, UT 51:25.6

3. Shauna Kay, Sandy, UT 02:14.1 Jr. Beginner Men 13-15

- 1. Parker Christensen, St. George, UT 42:12.0 2. Jaden Mellott, Mountain Green, UT 45:32.6 3. Sage Venz, Morgan, UT 46:06.8
- 4. Ethan Jones, Mapleton, UT 48:21.0 5. Thayne Wade, Lindon, UT 49:12.6

Jr. Beginner Men 16-18

1. Rhett Bonner, Draper, UT 39:58.1 2. Connor Montalvo, Draper, UT 52:23.5

3. Skyler Montalvo, Draper, UT 58:47.1

- Lil' Shredders 9 & Under 1. Owen Nelson 06:52.8 2. Connor O'Keefe 06:55.1
- 3. Maximus Saxton 07:03.7 4. Major Niederhauser 08:17.2

5. CJ Peterson 08:19.8 Shredder Boys 10-12

- 1. Cade Galbraith 18:57.5
- 2. Bentley Vanderwel 18:59.3 3. Mitt Niederhauser 19:06.8
- 4. Parker Andersen 19:36.6

5. Jacob Slemboski 20:15.1

Thaw Massacre at Bar M, Intermountain Cup, EXC race #1, Moab, UT, April 11,

Lil' Shredders 9 & Under

- 1. Myles Perry, Sandy, UT 0:32:05 2. Alex Rubin 0:34:25
- 3. Pierce Ransom 0:34:52 4 Fthan Hawkes 0:41:47 Shredder Girls 10-12

1. Molly Hawkes 0:59:53

- 1. Zach Crane, Draper, UT 4:04:24 Expert Men 35+
- 1. Mark Messer, Cedar City, UT 3:49:11

- 4. Scott Newton, Moab, UT 4:06:41
- 5. Chad Harris, Moab, UT 4:07:43 6. Will Hanson, Draper, UT 4:08:30
- 7. Eric Larson, Sandy, UT 4:10:07 8. Reed Topham, Salt Lake City, UT 4:13:35 9. Jason Sparks, Brigham City, UT 4:17:44
- 10. Keith Payne, Orem, UT 4:18:46 11. Kyle Smith, North Oaden, UT 4:24:53

12. Todd Winner, Sandy, UT 4:27:58

- 1. Zan Treasure, Ogden, UT 3:37:51 2. Paul LaStavo. Salt Lake City. UT 4:01:16 3. Mike Driver, Fruita, CO 4:12:59
- 4. Gary Gardiner, Centerville, UT 4:17:15 5. Jeff Flick, Salt Lake City, UT 4:18:12 6. James Rees, Spanish Fork, UT 4:55:02
- 1. Ali Flis, Salt Lake City, UT -78:-33.0 Men 60+
- 1. Craig Williams, Park City, UT 4:55:29 2. Rick Morris, Park City, UT 5:24:08 3. Dick Newson, Sandy, UT 6:02:17 4. Joe Benson, Salt Lake City, UT 6:22:51
- Men 50+ 1. John Lauck, Bountiful, UT 4:13:39 2. John Librett. Salt Lake City. UT 4:40:15

3. Phil Blair, Sandy, UT 4:45:33 Jr. Expert Men 18 & Under

1. Hunter Ransom, Alpine, UT 2:17:15 2. Tyler Doman, Draper, UT 2:32:03 3. Gabe Larrabee, Boulder, CO 2:39:45

Jr. Expert Women 18 & Under 1. Lia Westermann, Salt Lake City, UT 2:18:46

- 2. Taylor Perry, Sandy, UT 2:35:19 Jr. Sport Women 13-15 1. Hattie Ransom, Alpine, UT 2:31:15
- Singlespeed Men 1. Shannon Boffeli, Park City, UT 3:44:59 2. Carlos Vulgamott, Lakewood, CO 3:55:31
- 3. Steven Bonney, Draper, UT 4:21:17 4. Jeremia Johnson, Denver, CO 4:35:57
- Sport Men 19-34 1. Brian Beardall, River Heights, UT 5:20:15 Sport Men 35+
- 1. Nick Markosian, Salt Lake City, UT 4:25:14 2. Curt Doman, Draper, UT 4:47:03 3. Steven Weaver, Highland, UT 4:51:20 4. Jamie Harvey, Morgan, UT 4:58:46

5. Corey Spencer, West Haven, UT 5:34:54

6. Richard Whitemyer, Mountain Green UT 5:34:54

- Clydesdale 1. Bret Galbraith, Mountain Green, UT 5:18:29
- 2. John Twitchell, Saratoga Springs, UT 6:04:05

3. Jim Speer, West Valley City, UT 6:28:25

- 1. Justin Lindine, Ogden, UT 3:07:02
- 3. Bryan Alders, Boulder, CO 3:18:00 4. John Osguthorpe, Sandy, UT 3:26:11 5. Drew Free, Draper, UT 3:26:45
- 6. Justin Desilets, Riverton, UT 3:32:04 7. Dan Sturm, Highland Lakes, NJ 3:33:30 8. Samuel Dolzani, Lakewood, CO 3:37:08
- 9. Kris Ochs, Vail, CO 3:40:25 10. Jason Hilimire, Lafayette, CO 3:48:07 11. Ty Hansen, Salt Lake City, UT 3:50:28

12. Matthew Turner, Park City, UT 4:11:18 Semi Pro Men

- 1. Dennis Barrett, Riverton, UT 3:33:40 2. Ryan Blaney, American Fork, UT 3:37:54 3. Stewart Goodwin, Highland, UT 3:38:21 4. Bob Saffell, Salt Lake City, UT 3:53:51
- 5. Justin Healy, Salt Lake City, UT 3:57:34 6 Mitt Stewart Sandy UT 3:58:44 7. Josh Mortensen, Eden, UT 4:07:25 8. Carter Bailey, Mountain Green, UT 4:16:57

9. Eric Landon, Farmington, UT 4:34:43

Pro Women

- 1. Joey Lythgoe, Park City, UT 3:56:15 2. Jen Hanks, Park City, UT 4:03:45 3 KC Holley Spanish Fork UT 4:07:15 4. Debbie Mortensen, Eden, UT 4:14:39
- 1. Ellen Guthrie, Salt Lake City, UT 6:09:56 Men 35+
- 1. Matt Huff, Price, UT 2:28:46 2. Chad Nelson, Elk Ridge, UT 3:28:57

- 1. Sawyer Ransom, Alpine, UT 2:57:37
- 1. Cade Galbraith 0.40.37
- 3. Connor Nelson 0:42:20
- 5. Logan Whitemyer 0:48:04

Men 19-34

Antelope Island MTB Race, Antelope

- 1. Brady Ulrich, Sport Men 19-34, 35:54.7 2. Kaison Achter, High School Men, 40:26.5 3. Hayden Harsh, High School Men, 40:43.8 4. Greg Romrell, Sport Men 19-34, 40:59 4
- 5. Mason Jones, High School Men, 44:04.5 6. Blaire Butler, Sport Women, 44:31.2 7. Brooke Ulrich, Sport Women, 46:38.6 8. Scott Watson, Sport Men 50+, 57:25.6
- 1. Kade Brasher High School Men, 1:19:12 2. Corey Spencer Expert Men 35-49, 1:21:10
- 5. Jeanete Peterson Expert Women, 1:29:49 6. Tyler Rippy Expert Men 19-34, 1:30:55 7. Shane Evertsen Expert Men 35-49, 1:31:29 8. Brian Tecklenburg Expert Men 19-34.
- 1:37:43 9. Todd Laker Expert Men 35-49, 1:40:59 10. Bryan Sacre Expert Men 19-34, 1:41:19
- 11. Jackson Bick High School Men, 1:43:09 12. Denny Tynan Men 60+, 1:43:28 13. Steve Dalton Expert Men 35-49, 1:43:44
- 15. Rick Newton Clydesdales, 2:24:03 1. Jake Mathewson Pro Men, 2:11:01
- 3. Zach Calton Pro Men, 2:15:38
- 4. Aaron Phillips Pro Men, 2:17:13
- 6. Charles Jenkins Pro Men. 2:20:55 7. Zan Treasure Expert Men 50+, 2:24:31
- 8. Rob Brasher Expert Men 35-49, 2:27:03 9. John Gill Expert Men 35-49, 2:28:27 10. Trevor Simper Expert Men 35-49, 2:30:03
- 13. Paul LaStayo Expert Men 50+, 2:36:36 14. Darren Tomlinson Expert Men 50+.
- 15. Meghan Sheridan Pro Women, 2:38:18 16. Miguel Payan Expert Men 50+, 2:40:24 17. Todd Winner Expert Men 35-49, 2:44:07
- 19. Kelly Crawford Expert Women, 2:45:38
- 20. Tom Gosselin Expert Men 19-34, 2:48:11
- 22. Thomas Colton Expert Men 50+, 2:50:43 23. Dustin Lewis Expert Men 19-34, 2:51:13 24. Frank Biggs Expert Men 35-49, 2:51:51
- 2:53:43 27. Todd Taft Expert Men 50+, 2:54:30 28. Ryan Merkley Expert Men 35-49, 2:55:29 29 Ken Duncan Expert Men 35-49 2:58:25
- 3:00:24 34. George Quarles Expert Men 50+, 3:03:42
- 36. Zach Hope Expert Men 19-34, 3:06:26 38. Laura Howat Expert Women, 3:12:15

- 2. Rain Larrabee, Boulder, CO 3:07:12
- Shredder Boys 10-12
- 2. Davis Bailey 0:40:46
- 4. Owen Nelson 0:47:57
- 6. Zack Rubin 0:49:57 7. Jaxson Weaver 0:53:21

1. Eric Martin, Incline Village, NV 2:34:57 2. Zach Longson, Draper, UT 2:37:45

Island, UT, April 18. 2015

- 3. Deanna Byck Expert Women, 1:25:31 4. Dylan Willick High School Men, 1:26:24
- 3. Aaron Hagge, Diamond Peak / Utah Orthopaedics -Aaron 5:50:38 14. Don Woodford Expert Men 19-34, 1:45:22 4. Marc Pearson, Marc Pearson 5:01:02 5. Nathan Miller, Nate 5:02:27
- 2. Brent Pontius Pro Men, 2:11:25
- 5. Rick Wetherald Pro Men, 2:20:10
- 11. Jason Sparks Expert Men 35-49, 2:30:05 12. Brandon Cross Expert Men 19-34, 2:35:14
- 2:38:03 18. Nick Markosian Expert Men 35-49,
- 21. Mark Fisher Single Speed, 2:50:01
- 25. Jennifer Tribe Pro Women, 2:53:21 26. Michael Twohig Expert Men 35-49,
- 30. Amber Mounday Expert Women, 2:58:29 31. George Perfall Expert Men 19-34, 3:00:23 32. Shaun Mathewson Expert Men 35-49, 33. Ron Peterson Expert Men 50+, 3:02:31
- 35. Jeanete Peterson Expert Women, 3:05:46 37. Mike Billings Expert Men 19-34, 3:08:49 39. Michael Adams Expert Men 50+, 3:12:24

40. Grant Stevens Expert Men 35-49, 3:15:09

41. Terry Williams Expert Men 50+, 3:17:21

Deer Valley Plans New Trails

Deer Valley Resort, home of great mountain biking and skiing, will be adding new mountain biking trails this summer. Gravity Logic, a bike resort development company, will be assessing the current trails system and looking for ways to improve it. Trail construction will begin in June and finish in mid-August.

A highlight of the planned expansion is a new intermediate flow trail running from Bald Mountain to Silver Lake. The four foot wide trail will be built by machine and feature a variety of berms, rollers,

"Gravity Logic is known for having designed and built some of the planet's most well-known, most-ridden and time-tested trails,"

42. Mark Hoover Clydesdales, 3:18:33

44. Aldo Oreggia Expert Men 35-49, 3:27:12

48. Robert Aguero Expert Men 35-49, 3:45:40

45. Ron Zagorski Expert Men 50+, 3:36:54

46. John Hernandez Men 60+, 3:42:15

47. Mike Ellsworth Expert Men 19-34,

6 Hours of Frog Hollow, Frog Hollow

18, 2015

Solo Male

Touring 5:28:27

Endurance Series, Hurricane, UT, April

1. Cary Smith, Cary Smith-the Hub 5:21:415

2. Sam Sweetser, Sam Sweetser 5:36:33

Solo Female1. Jari Kirkland, Jari Kirkland

2. Parker Tyler, Parker Tyler-White pine

4. Kellie Gorman, Keep Smiling! 5:56:16

1. Cole Anderson, Utah Transplants 5:51:43

2. Mario Correa, Mario Correa 5:56:40

4. Josh Van Jura, Bar Fly Bags 5:38:16

1. Heidi Volpe, Team Helens 5:34:14

2. Jody Harris, Harristone 5:14:29

5. Cory Petersen, BuffaloJack 5:24:37

1. Todd Pellmann, Team Red Hare 5:07:45

4. Rick Shand, Berkshire Hathaway RE 6:09:12

Solo Masters Male 50+

2. Brad Sneed, Sneed 5:07:56

3. Jeff Flick, KUHL Flick 5:17:16

Solo Masters Female 50+

4. Carol Lyndell, Carol 6:08:55

Sole Masters Male 60+

Duo-Take a Kid Team

du Bomb 3:51:45

Camryn

Idaho 4:50:08

4:35:04

5. John Files, Lucy the Dog 4:44:55

1. Joanne LaBelle, Peaked Sports Driggs

2. Jill Bustamante. BuffaloJill 5:35:33

3 Brooke Saindon The Grand Associates

5. Molly Breslin, Team Jackson Hole 3:13:49

1. Dominic Stanworth, Brent Stanworth, Dom

BIKE UTAH

1. Brad Norman, Team Red Rock 5:41:44

2. Kim Christensen, 26 and single 5:11:22

1. Donovan Meyer, Team Las Vegas Cyclery

3. Cameron Gibby, Euclid - Cameron 5:15:51

4. Matt Crowley, Demetrius of Pharos 5:15:58

5. Chris Howell, Barries 6:02:01

Solo Singlespeed Female

Solo Male 40 to 49

5:07:26

3. Scott Schaefer, Scott Schaefer 5:33:13

3. Jules Ernst, Team Julie 5:44:06

5. Mary Allred, Diamond Peak/Utah

Orthopaedics -Mary 6:10:04

Solo Singlespeed Male

43. Joe Benson Men 60+, 3:22:10

be available.

3. Ethan Stenquist, Jeff Stenquist, Monkey Boyz 5:17:34 4. Dave Brown, Konner Brown, Lake City

Christensen, Danny Christensen, Super D and

2:39:39 Duo Team Co-Ed

little c 4:06:19

- 1. KC Holley, Chris Holley, Mayan Apocalypse 5:27:56 $2.\ Nicole\ Tittensor,\ Zeppelin\ Tittensor,\ Team$
- Tittensor 5:37:22 3. Shannon Boffeli, Jen Hanks, Pivot/ MTBRaceNews.com 5:38:29
- 4. Erika Powers, Dusty Powers, E-POW and D-PAIN 5:54:49 5. Roxanne Hall, Ty Hall, Tennessee Pass

Cookhouse 5:01:37 3 Person Team

- 1. Cristain Bradley, Doro Guizar, Scott Reynolds, Fit Food 5:11:51 2. Ivor Fuller, Curtis Spragg, Jeramie
- Thompson, SGPD Team 1 5:15:27 3. Jeremy Moon, Nick Blackburn, Jeff Wise, Provo FD 5:24:13 4. Pete Anderson, Doug Pirson, Tristin Dutton,

20% cooler 6:24:1 Road Racing

5. Amy Osness, Ethan Osness, Mark Osness

East Canvon Echo Road Race, UCA Series,

Henefer, UT, April 18, 2015 Jr Men 1. Luke Heinrich, FFKR - Contender Racing

2. Jack Shuckra, FFKR - CONTENDER RACING

Outcast 5:43:28

- 1:12:26 Master 35+ As 1. Jared Kirby, Bountiful Mazda Cycling
- Team 2:50:38 2. Dan Kadrmas, Bountiful Mazda Cycling

Team 2:59:28

5. Andres Maricq 3:00:15

- Team 2:51:28 3. Tyler Higley 3:00:43 Master 35+ B
- 2. Spencer Johnson, Spider Bait 2:50:59 3. Daniel Thunell, LiVe Well p/b Bountiful Bicycle 2:51:33

1. Lucas Parker, Spider Bait Cycling 2:50:56

- 4. Mark Smith, Logan Race Club 2:51:39 5. Matthew Payne, Domo 2:51:40 Masters 55+ 1. Jerald Hunsaker, Bountiful Mazda Cycling
- 2. Paul Watson, MiDuole, Barbacoa 2:59:50 3. Steven Benson, Red Burro 3:00:12 4. Norman Frye, Ski Utah|PLAN 7 3:00:12

- said Steve Graff, mountain bike manager for Deer Valley Resort. "We are excited to work with one of the most prominent designers in the world to create an even greater resort trail system that has more mass appeal for novice to expert
- Additionally, Deer Valley plans to work with the Mountain Trails Foundation to extend the Mid-Mountain Trail from Silver Lake to Deer Crest thus bypassing the climb from Silver Lake to Bald Eagle.

Deer Valley will be extending its summer season daily through Labor Day, and then on weekends through September 20, 2015. They will offer lift-serviced (as well as human powered) mountain biking from 10 am to 5 pm. Additionally, bike rentals, clinics, and tours will

For more information, see deervalley.com

Men 3-4

Mil 2:40:12

- 1. Joseph Stewart, SBR CYCLES-LHM FORD LINCOLN PRO 2:40:08 2. Joergen Trepp, Cicada Racing Inc. P/B Mark
- 3. Tanner Soelberg, SBR Cycles 2:40:12 4. McKay Robinson, LiVe Well p/b Bountiful Bicvcle 2:40:15

5. Samuel Dearden, Ski Utah/Plan 7 2:40:17

- 1. Andrew Dorais 2:48:07 2. David Garrett, America First Credit Union
- Cycle 2:48:14 3. Nathan Manwaring 2:48:41 4. Wil Gavato 2:49:02 5. Jacob Crockett, FFKR - Contender Racing
- 2:49:05 Men Pro 1-2-3 1. Mitchell Peterson, Canyon Bicycles-
- Shimano 2:32:05 2 Justin Griffin FEKR - CONTENDER RACING
- 3. Cortlan Brown, Astellas Cycling Team 2:32:12 4. Cameron Hoffman, Team Endurance360
- 2:32:25 5. Ben Schmalz, Cicada Racing Inc 2:32:28 **Women Masters**
- 1. Margate Douglass, Endurance 360 2:12:05 2. Kelly Hunsaker, SkiUtah|PLAN7 2:12:06 3. Robynn Masters, Ski Utah / Plan 7 2:12:08

4. Lorri Zenoni, Infinite Cycles 2:12:22 5. Heidi Nielson, Team TOSH p/b Hyperthreads 2:12:34

Women 3-4 1. Alison Knutson, Harristone/Sun Valley Mortgage 2:12:06

3. Dixie Robinson, Power Up 2:12:23

4. Jeni Otterson, Zanconato Racing 2:12:43 5. Kellie Oliver 2:12:48 Women Pro 1-2-3

2. Whitney Mentaberry 2:12:19

1. Mindy McCutcheon, Canyon Bicycles 2:57:52 2. Brook Mickelson, Team Red Rock 2:58:01 3. Jannalyn Luttrell 2:58:50

4. Mary Emerson, Team TOSH p/b

Hyperthreads 2:59:12 5. Megan Lowe, Team TOSH p/b Hyperthreads

- Masters 45+ 1. Jeff Sargent, Ski Utah/Plan 7 2:50:00



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2. Christoph Heinrich, Cicada Racing Inc. 3. Mark Schaefer, Maddog Racing/Microseal p/b. GQ 2:50:04 4. lan Skurnik 2:50:05 5. Brent Cannon, Colesport 2:50:07 AVAILABLE AT YOUR LOCAL UTAH DMV

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BUSINESS

Boise Now Second in Nation for Bike Friendly Businesses; Utah Adds 7 New Awards

By Charles Pekow

If not for an amazing push in Fort Collins, CO, Boise, ID could lay a claim to the title of the most bicycle friendly community in America. That is, if you judge a town by the number of Bicycle Friendly Business (BFB) designations awarded by the League of American Bicyclists (LAB).

In the spring version of the biannual announcement of new awardees, Boise won six new awards (plus local transportation engineering planners Kittelson & Associates, Inc, moved up from silver to gold status and vacation rental firm Vacasa earned honorable mention, which LAB doesn't count in the totals).

But the Colorado college town of Fort Collins pulled off an amazing feat and got 29 new honors this round (plus two honorable mentions), raising its total of BFBs to 41, ahead of the 35 in Boise and 33 in Pittsburgh. Boise advocates have aimed for 100 BFBs and claiming the honor of the most bicycle-friendly town in America.

These cities certainly don't rank among the largest cities or those with the most bicycle-friendly climates. Ft. Collins ranks #163 it terms of population of American cities, while Boise ranks 98th and Pittsburgh 62nd. Even cities doing so much to promote bike riding like Portland, OR haven't made as much of an effort to reach out to the business community in this way. Advocates from the Boise Bicycle Project and Boise GreenBike (formerly Boise Bike Share) have gone out of their way to promote the program to employers.

The latest round of Boise winners, for instance, includes a community theater, law firm, sign company and physical therapy office – plus Ada County government, and is sure helps when the local governments provide an example and get behind the program. The City of Boise won bronze in 2014 – even the mayor bikes to work. Several other government agencies in town, such as the Ada County Highway Department and Idaho Department of Water Resources, have also been named BFBs.

Trademark Sign Company won gold. In addition to providing indoor bike parking and tools for bike repair "we bought a building close to the Greenbelt so employees wouldn't have to use roads to bike to work," says company co-owner John Yarnell. He and his partner advocate for cycling outside work and "we heard another sign company in town was going to apply so we figured 'why don't we apply?"

But support for bicycling in Boise is so strong that the advocates don't even need to reach out. The local personal injury law firm of Holzer Edwards, Chartered applied on its own and was just awarded bronze. "We just saw the application float-

ing around and filled it out. They said 'you are bronze,'" relates partner Kurt Holzer. "We have a shower here. We tell our staff to ride their bikes to work."

Holzer has taken some bicycle injury cases and competes in USA Cycling races. He says three of the seven people at his office bike to work. The others have an excuse not to. "It would be a 35-mile commute for one; another would have a 3,000-foot vertical climb," he notes.

Meanwhile, down in Utah, LAB awarded three new silver BFBs and four bronze ones. But the new class lacks the diversity of the Boise crowd. Six of the seven awards went to bike shops.

So what do Utah cities need to do to improve? Take a lesson from Fort Collins. "About eight people in this community (advocates and previous awardees) got together to create a BFB Peer Network. The idea was for people who were already familiar with the process to go out and pound the pavement and recruit other businesses to join," explains Fort Collins Bikes Program Specialist Jamie Gaskill-Fox. It sometimes took helping them fill out the application.

"We just had a celebration last night with all the applicants and celebrated the success of everyone who applied, whether or not they received designations. Just that they took the time to apply and cared enough about bicycling in our community" provides enough of a reason to honor them, she says

"We're the smallest city in the top 10 and we're number one," Gaskill-Fox boasts. But Fort Collins now expects Boise to redouble its effort and welcomes the competition, she adds. "We hope we can inspire other cities to adopt this mode and really use it to make a better bicycle friendly America."

Bike Friendly Business Awardees:

GOLD

Trademark Sign Co. – Boise – new Kittelson & Associates – Boise –moved up

SILVER

CSHQA – Boise – moved up Loyal Cycle Co. – Farmington – new The Bike Shoppe – Ogden – new GREENbike Salt Lake City – new

BRONZI

City – new

Boise Contemporary Theater – Boise – new
Holzer Edwards – Boise – new
Sawtooth Physical Therapy –Boise – new
Bicycle Center Inc. – Salt Lake City – new
Crank SLC – Salt Lake City – new
Hyland Cyclery – Salt Lake City – new
Salt Lake City Corporation – Salt Lake

HONORABLE MENTION

Ada County - Boise - new

Vacasa –Boise
Bank of the West – Meridian
J-U-B ENGINEERS, Inc. -- Salt Lake
City
Wasatch Community Gardens – Salt Lake

Bike Month Preview - Continued from page 3

WSU to the river parkway and following thet river parkway to the frontrunner station before finishing at City Municipal building for a media event and breakfast. Passport event, Josh Jones, 801-629-8757, joshjones@ogdencity.com, utarideshare.com, ogdencity.com

City.com

May 8 — Salt Lake Bike Party, Utah Bike Month, Salt Lake City, UT, Salt Lake Bike Party is an all-ages, all-abilities group bicycle ide through Salt Lake City. We encourage safe and respectful riding behavior to foster a cooperative relationship with Salt Lake City motorists. We want: To ride safely and follow all traffic rules; To build a strong community of bicyclists; To foster mutual respect between bicyclists and motorists; To have fun - Smile, wave, laugh, meet new people, bring some music along. May's theme is Bike to the Futue. Start 7 pm at the Salt Lake City and County Building at 454 S. State (or 200 E.), Bike Party, sicbikeparty@gmail.com, facebook.com/SLCBikeParty

May 9 — Orem City Roll with the Mayor UTA Bike Day, Utah Bike Month, Orem, UT, 9:00-10:30 a.m., Palisade Park (850 North Palisade Drive (1300 East) in Orem), 9:00 a.m. pancake breakfast / 9:45 a.m. bike ride with the Mayor around town. Free food, bike swag, and bike safety checkups., Stacey Adamson, 801-227-8958, sadamson@rideuta.com, utarideshare.com, rideuta.com

May 9 — Weber Pathways Weed Day, Utah Bike Month, Eden, UT, Partnership with USFS, focused on eradicating invasive weeds including puncturevine. 9 am - 1 pm, 2150 N 5500 E, Eden, UT 84310, Rod Kramer, 801-393-2304, outreach@weberpathways.org, weberpathways.org

May 9 — Kids Bike Ride, Utah Bike Month, Farmington, UT, Loyal Cycle Co. is putting on a kids ride at 1:30 pm at Loyal Cycle Co. 15 E. State St. in Farmington, Jeff Hepworth, 801-451-7560, loyalcycleco@gmail.com, loyalcycleco.com, facebook.com/events/618427524925414/

May 10 — Cyclofemme Ride - Performance Bike Shop, Utah Bike Month, Salt Lake City, UT, The most happening thing in Salt Lake City and in the rest of the world on May 10th is a beautiful idea and movement created by Girl Bike Love, Language Dept and League of American Bicyclists. Please come join us, Performance Bicycles of Salt Lake City as "We Ride Together" accompanied by you all during CycloFemme 2015. This is a "NO-DROP" meeting at our location, 291 W 2100 South, Salt Lake City, celebrating "Women on Bikes" and we hope to see you there! Make sure you check out the important info below!- Free Bike Checks 9:30 AM- Safety Biref 9:45 AM (Must be present!)- Ride starts at 10:AM- Heimets are required. Those under 13 must be accompanies by an Adult- Please bring a spare tube, if you don't have one we stock most tubes but please call first. - Have Funl, Performance. (801) 478-0836, pbs128mgri@performaneinc.com, cyclofemme.com

May 11-15 — Utah Bike Week, Utah Bike Month, Salt Lake City, UT, Week-long festival with bike races, Bike Bonanza, Bike to Work Day, and more, Dave Itits, 801-328-2066, dave@cyclingutah.com, cyclingutah.com/event-calendars/bicycling-events-swaps-and-festivals/

May 11-16 — Bike to Work and School Week, Utah Bike Month, Logan, UT, Encouraging cycling with information booths at the CYTD Transit Center and USU. Refreshments, tuneups and educational materials. Everyday throughout the week from 7:30 - 9:30 am., Stephanie Tomlin, 435-797-8139, agglebluebikes@angil.com, agglebluebikes.org

May 11-15 — Utah Bike to Work Week, Utah Bike Month, All, UT, State employees across Utah are beling encouraged to use their bikes to get to work this week. This could include using their bikes in conjunction with public transportation as a means of reducing single-occupancy vehicle trips. This effort is a way to raise awareness about active transportation options available to commuters. , Evelyn Tuddenham, 801-964-4564, etuddenham@utah.gov, udot.utah.gov

May 11 — Moab Bike Swap, Utah Bike Month, Moab, UT, 4-6 pm at the Moab Bike Park, 500 W. and Williams Way., Don Wiseman, 800-845-2453, 435-259-8732, <u>outerbike@</u> westernspirit.com, westernspirit.com

May 12 — Salt Lake County and City Mayor's Bike to Work Day, Ultah Bike Month, Salt Lake City, UT, A mellow ride with Mayor Ben McAdams, Mayor Ralph Becker and Mayor Cherle Wood under police escort, 7:45 am., beginning at Sugar House Draw by 1300 E., Melissa Carrolle, 801-535-6142, melissa. Carrolle/Bicagov.com, George Deneris, 385-468-6625, gdeneris@slco.org, slcgov.com/biketowakfday.bikeslc.grag.

May 12 — UTA Bike to Work Day in Provo City, Utah Bike Month, Provo, UT, 7:30-9:00 a.m. at the Historic County Courthouse (west lawn) off of University Avenue/Center Street in Provo, Utah. Free food, bike swag, and bike safety checkups. Police Escorted Bike Ride with Mayor Curtis begins at 8:00 a.m. sharp and is approx. 3 miles long around town., Stacey Adamson, 801-227-8958, sadamson@rideuta.com, utarideshare.com, rideuta.com

May 13 — Bike In Movie, Utah Bike Month, Provo, UT, Provo Bicycle Collective, 8 pm, Aaron Skabelund, 385-207-6879, a.skabelund@gmail.com, bikeprovo.org

May 14 — Bicycle Pit Stops, Utah Bike Month, Salt Lake City, UT, 7 a.m.-9 a.m. Various pit stop locations throughout Salt Lake City, including the University of Utah on popular bicycle commuting routes. Snacks, safety information, and bike maps will be provided., Alexis Verson, 801-535-6630, Alexis. Verson@sicgov.com, bikeslc.com

May 14 — Sherlock Ride, Utah Bike Month, Provo, UT, County Building, Center and University, 7:30 pm, Aaron Skabelund, 385-207-6879, a.skabelund@gmail.com, bikeprovo.org

May 14 — Monday Night Night Ride, Utah Bike Month, Provo, UT, Joaquin Park, 400 E 400 N, Aaron Skabelund, 385-207-6879, a.skabelund@gmail.com, bikeprovo.org

May 15 — UTA Bike Bonanza, Utah Bike Month, Salt Lake City, UT, Free to public Bike Bonanza, 4pm-8pm at the Gallivan Center SLC. Entertainment, prizes, blooths, and more. Bring family, bring friends, Jan Maynard, 801-287-2065, JMaynard, deuta.com, Cheryl Anderson, 801-287-2062, canderson@rideuta.com, utaride-spare.com

May 15 — National Bike to Work Day, Utah Bike Month, Everywhere, UT, A day to climb out of the motor vehicle and onto your bike on your way to work, None, noemail@ cyclingutah.com,

May 15 — Provo Bike Prom, Utah Bike Month, Provo, UT, Slow, pre-prom bike ride en masse through Provo (40 minute, leisurely ride). All ages are invited to participate in the ride. Following the promenade, join us for the dance at the Provo Recreation Center. Enjoy mocktalls, hors d'oeuvres, the photo booth, and DJ. Prom attired is optional, but encouraged for both the ride and the dance. Ride at 6, Prom at 8., Aaron Skabelund, 385-207-6879, a.skabelund@gmail.com, provo.org/community/events-in-provo/bike-prom

May 16 — Complete the Street, Utah Bike Month, Provo, UT, Bike Boulevard opening 200 E. and 800 N. 5 pm., Aaron Skabelund, 385-207-6879, a.skabelund@gmail.com, bitcoproper

May 20 — Ride of Silence, Utah Bike Month, Salt Lake City, UT, Cyclists will take to the roads, escorted in a silent procession to honor cyclists who have been killed or injured while cycling on public roadways, 7 pm, Gallivan Center. Blke ride at 10 to 12 mph, mostly flat or minimum grade, about 11 miles., Tegan Feudale, 717-503-4275, trfeudale@gmail.com, rideofsilence.org

May 20 — Ride of Silence, Utah Bike Month, Provo, UT, 7 pm, Cyclists will take to the roads, escorted in a silent procession to honor cyclists who have been killed or injured while cycling on public roadways. (New Location) Dixon Middle School in Provo (750 W 200 N) on at 7 pm. The ride will also be the Douglas Crow Memorial Ride.

Join the Provo chapter of the Worldwide Ride of Silence on May 20th to ride to the brand new Ghost Bike Memorial for Douglas Crow, who was struck and killed by an SUV on February 15th, 2013.(http://www.gofundme.com/douglascrow), Lucy Ordaz, 801-787-4384, lucvo@provo.edu, rideofsilence.org, facebook.com/even 16/85056535006205/851159871622538/

May 23 — \$LIJG Cat, Utah Bike Month, Salt Lake City, UT, Alleycat race. Registration from 4-5. Event from 5-7 pm., Angela Brown, 801-487-9221, angela@slugmag.com, Carl Acheson, 801-487-9221, carl@slugmag.com

May 23 — Ogden Bike Park Phase 2 Grand Opening, Utah Bike Month, Ogden, UT, Saturday 11am at the top of 9th St. Come on and ride 4 new trails and 2 new pump tracks at the Ogden Bike Park., Josh Jones, 801-629-8757, josh

May 23 — Ogden UTA Bike Event, Utah Bike Month, Ogden, UT, A commuter- centric event where folks can tour the bike related amenities of the UTA station. Try putting their bikes on buses in a low stress learning environment. Learn how bikes work best with Frontrunner and about the bike repair stands and bike lockers available at the station. There will also be a group ride leaving the event on the new intermodal hub trail connector and onto the river parkway. Ogden FrontRunner station. Josh Jones, 801-629-8757, joshjones@ogdencity.com, ogdencity.com

May 23 — Provelo Bike Picnic, Utah Bike Month, Provo, UT, TBA, Aaron Skabelund, 385-207-6879, a.skabelund@gmail.com, bikeprovo ora

May 28-30 — Road Respect Southern Utah Tour, Road Respect Bike Tour, Utah Bike Month, Southern, 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. 5/28: Garfield County-Panguitch, evening event 5/28 Washington County-Santa Clara, 5/29: Washington County-Huricane and Washington City, 5/30: Kane County-Kanab, Keri Gibson, 801-243-7571, kgibson@utah.gov, roadrespectulah.org

May 29 — Bike To Work Day, Utah Bike Month, Park City, UT, Heinrich Deters, 435-649-8710, 435-659-1188, hadeters@parkcity.org, Dawn Bowling, 435-649-6839, dawn@mountaintralis.org, mountaintralis.org, basinrecreation.com

May 30 — Tour de Brewtah, Utah Bike Month, Salt Lake City, UT, A tour highlighting Salt Lake's great blocycle infrastructure, engaged community, and craft beers, Tim Stempel, 602-463-1547, tourdebrewtah@gmail.com, Cynthia Stringham, 801-535-6167, cynthia.stringham@slcgov.com, tourstake.

May 30 — Bike Prom, Utah Bike Month, Salt Lake City, UT, Bike Prom, the Bicycle Collective's annual fancy shindig. Pierpont Place, 163 W. Pierpont Ave. Wear your prom outfits. Pre-prom ride: Liberty Park (Northeast corner) 6:00pm, Syhalla Bales, 801-815-5508, syhalla@gmail.com, Jace Burbidge, 801-328-2453, [ace.burbidge@gmail.com, David Davis, 801-328-2453, info@bicyclecollective.org, bicyclecollective.org, bikeprom.com

May 30 — 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, 801-536-4158, lahanson@utah.gov, Jen Parsons-Sora, 801-502-6794, getintotheriver@gmail.com, getintotheriver.org

getiniotneriver.org

May 31 — OpenStreets Salt Lake City, Utah Bike Month, Salt Lake City, UT, Designed to engage new people in bicycling and physical activity. The event will temporarily open a route of city streets exclusively to walking, biking, and other forms of active transportation. Includes activities such as exercise classes, dance classes, music, food, games and other attractions along 900 South between 600 East and 200 West. Coincides with the Tour De Brewtah., Melissa Carroll, 801-535-6142, melissa.carroll@slagov.com, bikesic.com, slcgov.com/openstreets

Triathlon Tips: If at First You Don't Succeed, Try Tri Again...and Again... And Again!

My first triathlon, nearly 20 years ago, was in a small town two hours west of Chicago, Illinois, with beautiful rolling hills and a gentle lake swim. I went into the training with a competitive sport background, though my experience in each sport-specific leg of triathlon was limited. I was a "newby" from a coaching perspective.

The field back then was maybe 20% females. I sported my old Trek mountain bike, a cheap pair of spandex shorts and a huge smile (not at all concerned about wasting energy from grinning). I went in with little expectation and finished feeling like a winner (though far from it, as I was trailed by the race officials' motorcycles closing the bike course behind me!). Since that first race, I TRIed and TRIed and TRIed. Hundreds of races and 8 iron-

man races later, I still remember the fine details of that fabulous day.

To many, race day success is defined by finishing stats: time, splits, place. To the first time triathlete, let your success be defined by you. Perhaps reaching the start line healthy is your win for the day or making great fitness gains to get there. Or if fear of the water has crippled you, kissing the beach at the swim finish will be like receiving a gold medal at the Olympics. For many, you should know it's not a given in this sport to cross the finish line given the range of variables you could face beyond your control such as inclement weather, course conditions, equipment issues.

To the "newby", five tips to feel success and want to try TRI again... and again...and again:

- •Celebrate small wins as you train! •It's not about the gear - so it's ok
- •It's not about the gear so it's ok if your bike shoes have laces and you don't match!

 Practice your weakest sport when you feel your best and cheer yourself on every stroke, spin and stride!

•There's no win in comparison, so don't let the competition distract you. Better yet, don't use the word competition!

•Look at the range of shapes and sizes, ages and fitness levels or your fellow triathletes. The sport of triathlon, like no other, is for the masses to enjoy together!

-Cari Jung

Cari Junge is a USATriathlon Level II Coach and has worked with hundreds of endurance athletes across two decades in sports performance, nutrition, therapy and functional medicine. She is the Program Manager and Integrative Health Advisor for Namaste Center For Healing, where she offers a broad range of coaching services. To contact Cari Junge, please email admin@namasteadvice.com.

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

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

<u>Ephraim</u>

Pipe Dream Adventure Sports

327 S. Main Ephraim, UT 84627 (435) 283-4644

Hurricane

Over the Edge Sports

76 E. 100 S. Hurricane, UT 84737 (435) 635-5455

<u>Moab</u>

Chile Pepper

702 S. Main (next to Moab Brewery) Moab , UT 84532 (435) 259-4688 (888) 677-4688

Moab Cyclery

391 S Main St. Moab, UT 84532 (435) 259-7423

Poison Spider Bicycles 497 North Main Moab, UT 84532 (435) 259-BIKE (800) 635-1792

Rim Cyclery 94 W. 100 North Moab, UT 84532

(435) 259-5333

<u>Price</u>

BicycleWerks 82 N. 100 W. 82 N. 100 W. Price, UT 84501 (435) 637-7676

<u>St. George</u>

Bicycles Unlimited

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

eSpokes

476 E. Riverside Dr. #1B Saint George, Utah, 84790 (435) 688-1830

IBB Cyclery & Multisport

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

Rapid Cycling

946 W. Sunset Blvd. St. George, UT 84770 435-703-9880

Red Rock Bicycle Co.

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

Springdale

Zion Cycles P.O. Box 624 Springdale, UT 84767 (435) 772-0400

Northern Utah

<u>Logan</u>

Joyride Bikes 51 S. Main St. Logan, UT 84321 (435) 753-7175

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

Wimmer's Ultimate Bicycles

745 N. Main St. Logan, UT 84321 (435) 752-2326

Park City/Heber Cole Sport

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

Jans Mountain Outfitters 1600 Park Avenue P.O. Box 280

Park City, UT 84060 (435) 649-4949

Mountain Velo

6300 North Sagewood Drive, Unit F Park City, UT 84098 (435) 575-8356

Slim and Knobby's Bike Shop

Heber, UT 84032 (435) 654-2282

Stein Eriksen Sport

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

Silver Star Ski and Sport

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

Storm Cycles 1680 W. Ute Blvd. #D3 Park City, UT 84098 (435) 200-9120

White Pine Touring

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

<u>Vernal</u>

Altitude Cycle

580 E. Main Stree Vernal, UT 84078 (435) 781-2595

Wasatch Front WEBER COUNTY

Eden/Huntsville/Mountain Green

Diamond Peak Mountain Sports 2429 N. Highway 158 Eden, UT 84310 (801) 745-0101

Needles Peak Ski and Bike 4883 W. Old Highway Road Mountain Green, UT 84050 (801) 876-3863

<u>Ogden</u>

Bingham Cyclery

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

Skyline Cycle

834 Washington Blvd. Ogden, UT 84401 (801) 394-7700

The Bike Shoppe

4390 Washington Blvd. Ogden, UT 84403 (801) 476-1600

CityCycle

2371 Kiesel Ave Ogden, UT 84401 (801) 866-7382

Universal Cycles 640 W 1100 South Suite 6 Ogden, UT 84404 (801) 622-3305

DAVIS COUNTY

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

Bikewagon 680 West 200 North North Salt Lake, UT 84054 (801) 383-3470

Bingham Cyclery

2317 North Main Stree Sunset, UT 84015 (801) 825-8632

Bountiful Bicycle

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

Bountiful Bicycle 151 N. Main St. Kaysville LIT 84037 (801) 444-2453

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

Masherz

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

Top Gear 145 S. Main Street Bountiful, UT 84010 (801) 292-0453

SALT LAKE COUNTY

Central Valley Cottonwood Cyclery

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

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

Infinite Cycles

2315 E. Ft. Union Blvd Cottonwood Heights, UT 84121 (801) 523-8268

Millcreek Bicycles

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

Salt Lake City

Beehive Bicycles Salt Lake City, UT 84105 (801) 839-5233

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

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

Blue Monkey Bicycles Murray, UT 84107 (801) 608-5138

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

Cranky's Bike Shop Salt Lake City, UT 84102

crankysutah.com Crank SLC

749 S. State Street Salt Lake City, UT 84111 385-528-1158

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

Gear Rush Consignment 1956 E. 2700 S.

Salt Lake City, UT 84106 385-202-7196

Go-Ride.com Mountain Bikes 3232 S. 400 E., #300 Salt Lake City, UT 84115 (801) 474-0081

Guthrie Bicycle

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

Highlander Bike

3333 Highland Drive Salt Lake City, UT 84106 (801) 487-3508

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

Jerks Bike Shop (Missionary Depot)

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

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

REI (Recreational Equipment Inc.)

Salt Lake City, UT 84109 (801) 486-2100

Salt Lake City Bicycle Company 247 S. 500 E. Salt Lake City, UT 84111 (801) 746-8366

Saturday Cycles Salt Lake City, UT 84103 (801) 935-4605

SLC Bicycle Collective 2312 S. West Temple Salt Lake City, UT 84115 (801) 328-BIKE

Sports Den 1350 South Foothill Dr (Foothill Village) Salt Lake City, UT 84108 (801) 582-5611

The Bike Guy 1555 So. 900 E. Salt Lake City, UT 84105 (801) 831-8391 **Wasatch Touring**

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

Wild Rose Sports 702 3rd Avenue Salt Lake City, UT 84103 (801) 533-8671

South and West Valley

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

Canyon Bicycles 762 E. 12300 Sout Draper, UT 84020 (801) 576-8844

Canyon Bicycles 11445 S. Redwood R S. Jordan, UT 84095 (801) 790-9999

eSpokes SoDa Row at Daybreak 11250 Kestrel Rise Ste. 300 South Jordan, UT, 84095 (801) 666-7644

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

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

REI (Recreational Equipment Inc.) 230 W. 10600 S., Suite 1700 Sandy, UT 84070 (801) 501-0850

Revolution Bicycles 8801 S. 700 E. Sandy, UT 84070 (801) 233-1400

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

Taylor's Bike Shop 3269 W. 5400 S. Taylorsville, UT 84118 (801) 969-4995

ThinAir Cycles Draper UT 84020 801-553-BIKE

UTAH COUNTY

Alpine/American Fork/Lehi/Pleasant **Grove/Lindon**

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

Fezzari Bicycles

179 E. 100 S. Alpine, UT 84004 385-444-6666

850 W. 200 S. Lindon, UT 84042 801-471-0440 **Infinite Cycles**

1678 East SR-92 Highland/Lehi, UT 84043 (801) 523-8268

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

Trek Bicycle Store of American Fork

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

Utah Mountain Biking

169 W. Main St Lehi, UT 84043 801-653-2689

<u>Payson</u> Wild Child Cycles 36 W. Utah Ave Payson, UT 84651 (801) 465-8881

Provo/Orem/Springville **Canyon Bicycles** 187 West Center Provo, UT 84601 (801) 374-9890

Mad Dog Cycles 360 E. 800 S. Orem, UT 84097 (801) 222-9577

Mad Dog Cycles 936 E. 450 N. Provo, UT 84606 (801) 356-7025

Noble Sports 1851 West 500 South Springville, UT 84663 (801) 491-0484

Racer's Cycle Service 159 W. 500 N. Provo. UT 84601

SBR Cycles 858 S. State St. Orem, UT 84097 (801) 225-0076

MOUNTAIN BIKE ENDURO RACING

Scott Enduro Cup Season Preview

By Dave Iltis

The Scott Enduro Cup presented by Vittoria is a three race enduro mountain bike race series in its fourth year. Races this year will be in Moab, Sun Valley, and Park City. We caught up with Mountain Sports International, the promoters of the series, for a preview of the 2015 season.

What is Enduro? How do the races work?

Enduro mountain bike racing has emerged as one of the sport's most popular race disciplines. Imagine a competition somewhere between grueling cross-country and rowdy downhill mountain bike racing. Enduro is a multi-stage race format, which combines gravity fed descending timed stages and linked together by untimed transfer stages.

There are no set guidelines dictating 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.

What level rider do you need to be

Each location provides a challenging and unique mountain bike race experience for both men and women professional, amateur and junior athletes. While the technical downhill descents may be rather challenging for a beginner, intermediate riders are encouraged to enter the amateur division for a less intimidating competition

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 past Enduro Cup seasons 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.

Why should you race Enduro?

Enduro Racing is pits cardio and fitness with a rider's technical skills. Many athletes enjoy the comradery and relaxed atmosphere of the Enduro Cup while turning up the hard-charging as they drop into the timed descents

Tell us about the Scott Enduro Cup series.

The Scott Enduro Cup presented by Vittoria is dedicated to the progression of enduro mountain biking. The series was founded by Ali Goulet in 2012 at the Canyons Resort and with the production management of Mountain Sports International (MSI), the race has evolved into a three-stop series over the past four years. Every event showcases top quality athletes, brands, and trails, which will provide an authentic and robust experience for athletes and

Give us a brief highlight for each of the three races.

Each race location showcases spectacular views and requires riders to have the endurance to sustain energy while pedaling on the non-timed transfer stages while upholding impeccable skill to charge full-throttle down the timed descents. Each race is followed by a barbeque and raffles benefiting local non-profits.

At the first stop in Moab, Utah (May 9), riders will battle for the fastest time through the Klondike Bluffs course with stunning views of Arches National Park. Next, Enduro Cup will travel to Sun Valley, ID, as the flag-



The Scott Enduro Cup returns to Sun Valley in 2015 as part of the Ride Sun Valley Festival. Photo by Jay Dash / MSI.

Festival (June 25-28) (ridesunvalley. com), which is complemented by several days of cycling entertainment for the entire family. Finally, the series will return to the birthplace of Enduro in Utah, Canyons Resort (August 15), which always features a stacked profield and enthusiastic crowd.

Series Details:

 $\textbf{May 9} \quad \textbf{Scott Enduro Cup at Moab}, \ \textbf{Scott}$ Enduro Cup Series, Moab, UT, The first stop of the 2015 Scott Enduro Cup presented by Vittoria will take place on the world famous red rock trails of Moab Ut. This is a great place to kick off your racing season

June 27-28 — Scott Enduro Cup at Sun Valley

Competitors will be challenged to different hair-on-fire race stages. Gravity-hungry ath letes will take on one of the longest enduros in the U.S. Racers will us a combination of lifts and good old pedal power to reach the start of each course

August 15 — Scott Enduro Cup at Canyons Resort, Scott Enduro Cup Series, Park City UT, Last year's race featured a stacked pro field and enthusiastic crowd. Racers at Canyons Resort can expect a course cover ing 17+ miles of trails within Canyons' network covering approximately 3,400 vertical feet ascending and descending. Premier racing for pros, amateurs, and juniors including challenging courses, professional timing, and a lively festival with lunch for competitors.

Contact info: Jessica Kunzer, 801-349-4612 <u>[kunzer@mtsports.com</u>, Courtney Leonard cleonard@mtsports.com



ENDUROCUPMTB.COM

MECHANIC'S CORNER

How to: Do-It-Yourself 1x Drivetrain Conversion

By Tom Jow

Last summer in my article, "Is a Single Ring Drive on Your Mountain Bike Right For You?", I outlined the details of the popular Sram XX1 and XO1 single ring drivetrains. I also compared those details to a DIY 1 x 10 speed upgrade using aftermarket parts. During the winter I was the recipient of an eThirteen 42 tooth cog kit (from a neutral source). It was then I decided to demonstrate how to perform this upgrade.

There are few parts necessary for this conversion. A rear cog, a special narrow/wide chainring and a quick link for the chain. The procedure for installing these components, as well as removing the front derailleur and shifter is not too difficult. Total time for the job was approximately

hours. The tools required are such that would be standard fare at any home mechanics workbench. However, for those not yet completely equipped, here is a list:

Cassette Lockring tool 12 inch Adjustable Wrench or Cassette tool handle

Chainwhip

Torque wrench capable of 40n-m (optional)

Pliers

Park MLP 1.2 chain link pliers Chain tool

Metric Hex Key wrenches, 2-10mm

Torx Key wrenches T20,T25, T30 (depending on components)

Cable Cutters

#2 Phillips Screwdriver

Isopropyl Alcohol (for removing/ installing friction grips)

Now let's begin!

Step One: Remove the cassette.

Place the chainwhip on the cassette, holding firm in the drive direction. Insert the cassette lockring tool and with a long lever, turn it counter clockwise.

See photo 1.

Remove the lockring, and then the cassette. I like to pinch the whole cassette between my thumbs and fingers while lifting up. Be careful, there are parts that like to roll away when dropped.

Step Two: Install the conversion cog and reassemble cassette.

Before installing the new cog, verify if a spacer is built in or will be required from another location. If the spacer is not integrated, use the one from between the 17 and 15 cogs.

See photo 2.

Next, align the index spline of the cog and freehub body, then slide it on. Continue with the large, then medium cog groups. At this point, since we added a cog, we must remove one. Choose between the 17 and the 15. I chose the 15 (as do most others from what I've read). If your conversion cog has a built in spacer, you will also leave a spacer out.

See photo 3.

Place the 13 and 11 cogs on top, grease the lockring threads, and tighten it to 40 newton-meters of torque(pretty darn tight).

See photo 4.

Step Three: Remove chain, crank arms, chainrings

Disconnect the chain. If the chain has a removable link such as Sram, or KMC use pliers or the Park master link pliers to disengage and remove the link. Shimano chains require pressing a pin out with a standard chain tool.

See photo 5.

In order to remove the inner chainring, the right crank arm must be removed. In most cases, this also means removing the left arm and sliding the right arm and spindle out. On Shimano cranks loosen the two bolts and lift the safety washer to remove the left arm. Sram and FSA cranks have a self extracting bolt. Just remove the bolt and the arm is pressed off the spindle. Slide the spindle out. A few light taps with a hammer may be required.

See photo 6.

Once the right crank is out, the inner chainring can be removed. Use caution removing these bolts. There are 30+ chainring teeth waiting to slice your knuckles. Leather gloves can be your friend.

See photo 7.

Step Four: Install new chainring, remove front derailleur

With the old rings removed, the new ring can be installed. The chainring I used had the chainring nuts machined in. Double check

that the chainring nuts do not protrude beyond the crank arm spider. If so, singlespeed chainring bolts and nuts will need to be used.

See photo 8.

Grease the chainring bolt threads and tighten to 8 newton-meters torque (not too tight).

While the crank is out. remove the front derailleur. Cut the cable end off. Loosen the cable pinch bolt and remove the cable. Remove the derailleur mounting bolt(s) and remove derailleur. Next reinstall the crank arms. Tighten Shimano crank arm bolts to 14 newtonmeters torque. Tighten the Sram or FSA crank bolt to 48 newton-meters torque.

Step Five: Remove the front shifter

Remove the front derailleur cable and housing from the frame. It may he held on with plastic ties, clips, or clamped on. Finally, remove the front shifter. To do this, the left grip must first be removed. If it's a lockon grip, no problem. Just loosen the screws, pry out the end plug, and slide the grip off. Old school friction grips require compressed air or lubrication to get them off. Since most home mechanics may not have compressed air, let's go straight to the lubrication method. Carefully slide a thin screwdriver between the grip and handlebar. Spray isopropyl alcohol into the opening. Twist and pull until the grip comes off.

Then, loosen the screws holding the brake, shifter and anything else in between. Slide it all off until the shifter is removed.

See photo 9.

Reinstall the brake, bell and grip. Position the brake lever to match the right side.

Final step: Install B-screw, reinstall chain, replace rear wheel, adjust rear derailleur

We're almost finished. If your kit comes with a replacement B-screw, upper pulley under the 2. Cog with built in spacer cassette for best shifting.

3. 17 and 15 cogs with spacer
4. Completed cassette conversion











replace it now. The function of the B-screw is to

1. Remove the cassette by turning counter

- 5. Squeeze the link at an angle to disengage it



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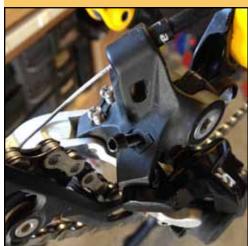
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From the top:

6. Race Face crank extractor is on the right arm
7. Removing the inner chainring bolts
8. Be sure chainring nuts do not protrude past 2010

spider arms 9. Three things to remove before the shifter

comes off 10. Included black replacement B-screw See photo 10.

When this is done, reinstall the chain (Shimano chain owners use a new chain or a quick link).

The last task is to replace the rear wheel and adjust the derailleur. Shift the chain into the lowest (largest) cog. Adjust the B-screw to approximately 6mm () of clearance. Ideally when shifting to the low gear, the upper pulley should not bump into the cog. Nor should it ride up tight under the cog which can make a grinding sort of noise. The limit should require no adjustment and cable tension adjustments should be minimal.

Next Month: A review

With about four weeks between issues, I should have put enough hours in for a good on-trail review. By that time I will also have a good comparison of the gear changes as well. But that wasn't so hard was it? Three parts, twelve tools and a couple hours time for a functioning 1 x 10 drivetrain?

Notes:

The reference to narrow / wide chainring concerns the shape of the teeth. By alternating the shape of the teeth from narrow to wide, combined with a "clutch" rear derailleur, this tooth profile prevents the chain from derailing during rough conditions. The chainring I purchased was the RaceFace brand, normally priced around \$60.00. The smallest narrow / wide chainring available for a 104mm BCD is 30 teeth. There are smaller rings available from other manufacturers for the inside position (64mm) sized from 24 to 28.

The eThirteen cog kit costs \$69.00. This is not the only cog kit in production.

A 10spd quick link ranges in price from about \$3.00 - \$15.00. I did not shorten my chain and over three rides has not been a problem.

More information regarding removing the cassette and crank can be found at:

"How to Replace a Chain and Cassette", Cycling Utah, March 2010

"Replacing a Bottom Bracket", Cycling Utah, April 2012.

LETTER TO THE EDITOR

Cycling and Air Pollution

By Lou Melini

I would like to respond to the Health article by Mr. Charles Pekow published in the April issue of Cycling Utah entitled Where Should You Ride to Avoid the Effects of Air Pollution. As a general statement, Mr. Pekow presented the readers a nice review of a study from Portland State University. In his analysis of the study there is still a lot to learn about the effects of air pollution to cyclists. However the article gives the impression to the readers of Cycling Utah that there are only negative effects by cycling in pollution.

Over the past several decades, there have been a number of longitudinal studies that looked at mortality of casual cyclists (commuters, etc) and compared them with non-cyclists. Unfortunately I have cleaned out a lot of stuff in my retirement so I only have a couple of articles. In the Environmental Health Perspectives (August 2010) an article entitled Do the Health Benefits of Cycling Outweigh the Risks, the authors data synthesis stated; "beneficial effects of increased physical activity are substantially larger (net 3-14 months of life gained) than the potential mortality effect of increased inhaled air pollution doses (0.8-40 days lost) and the increase in traffic accidents (5-9 days lost)." The conclusions were; "On average, the estimated health benefits of cycling were substantially larger than the risks relative to car driving for individuals shifting their

mode of transport". The authors also recognized and noted that if a larger portion of the population shifted transit options from a car to a bicycle "societal benefits are even larger because of a modest reduction in air pollution and greenhouse gas emissions and traffic accidents". References to the article total 2 full pages primarily form Europe. In the Archives of Internal Medicine (June of 200), a Danish study entitled "All -cause mortality associated with physical activity during leisure time, work, sports, and cycling to work" the authors looked at 30,000 participants aged 20-93 with a mean follow-up of 14.5 years. The results noted that bicycling to work decreased risk of mortality by approximately 40% compared with the sedentary controls.

I write this letter as I think I have noted that in the past several years the focus on the air quality in the Salt Lake Valley has significantly diminished number of potential commuter cyclists. We are told that cycle commuting is increasing, but the potential is much greater. I believe it was the local Salt Lake Tribune that reported higher rates of driving due to air pollution concerns, which obviously makes our air quality worse, further increasing concerns about our air quality and cycling. Certainly air quality is an important factor to cyclists especially if there are other risk factors. One has to assess individual risk and concerns that may mitigate the use of a bicycle. Overall however, casual cyclists such as commuters have benefits that outweigh

the negative aspects as pointed out in other research. Mr. Pekow help-fully noted the specific research that needs to take place to help guide decision-making by cyclists in his article. My only criticism is that the article focused on one study, potentially dampening utilitarian use of bicycles that would be beneficial to individuals and society. It would be helpful to include other research that paints a larger and brighter picture for cyclists concerned about air pollution.

Lou Melini is a long time contributor to Cycling Utah.

Support Your Local Bike Shop!



ROAD RACING

McCutcheon and Peterson Climb to Wins in East Canyon-Echo Road Race



Above: Mitchell Peterson (Canyon-Shimano) won the Men's Pro/1/2 race with a decisive move at 500 meters to go.

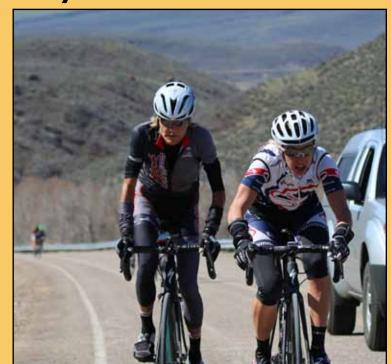
Right: Mindy McCutcheon (right, Canyon-Shimano) and Brooke Mickelson (Red Rock) on the second time up to the Hogsback Summit. They would get reeled in, but the duo eventually finished 1-2. Photos by Dave Iltis

By Dave Iltis

On a brilliant and breezy spring

day, nearly 300 racers lined up at the Sports-Am East Canyon-Echo Road Race on April 18, 2015. The beautiful 60 mile road race featured three ascents of Hogsback Summit - 2 from the east and one from the west along with a trip by East Canyon Reservoir and a traverse of Echo Canvon Road.

In the men's Pro/1/2 race, an early break formed with the quintet of strong riders Jason Castor (FFKR/Contender), Cortlan Brown (Astellas), Jared Brewer (FFKR/ Contender), Rob Smallman (Team Endurance 360), and Michael Wilcox (Canyon-Shimano). They rode to an early one minute lead, but were reeled back in on the back side of the course before the turnaround. The break would bode well for Canyon-Shimano. With seven riders in the field, they let the other teams work and thus remained relatively fresh for the finishing climb. Canyon set





The USA Pro Challenge, in partnership with Aspen Silver Cycling will be staging the Aspen Gran Fondo, a 50 mile group road ride and a mountain bike ride. The route will have something for everyone with its steep climbs and rolling hills, flat sections and gorgeous scenery.

Saturday June 13, 2015 8am

Includes: Friday night cocktail party from 4-6pm location TBD Saturday, a group ride led by the nations top cyclists, post event BBQ and Beer Garden.

Entry fee: \$100 Register online at www. active.com

granfondoaspen.com

aspenspecialevents@cityofaspen.com 970 429 2093

up their train in the town of Henefer, just before the climb. They strung it out, blowing riders off the back. Tim Mulvihill (FFKR/Contender) went to the front and reduced the lead group to six guys - Justin Griffin (FFKR/ Contender), Mulvihill, Mitchell Peterson (Canyon-Shimano), Cameron Hoffman (Endurance 360), Ben Schmalz (Cicada Racing) and Cortlan Brown. When Peterson attacked when the road steepened, the group was reduced to three -Peterson, Griffin, and Brown.

Peterson continued the attacks. Brown worked as well and attacked. Peterson countered. Wary of Cortlan Brown's sprint, Peterson put in a final attack with about 500 meters to go, shedding Brown and Griffin to take the win by five seconds. Griffin took second with Brown in third two seconds back. When asked about the race, Peterson said, "It went perfectly. The team raced really well. We didn't have to do much work early. There were lots of attacks going. The team was in pretty much every move."

In the women's race, seven riders (of nine starters) stayed together until the East Canyon turnaround with two riders falling off. The remaining

Race Photos

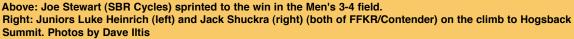
Gallery.Cyclingutah. com

Visit Our Photo Gallery! recent events: East Canyon RMR Criteriums Snowbird Hillclimb Fat Bike Nationals and many more!

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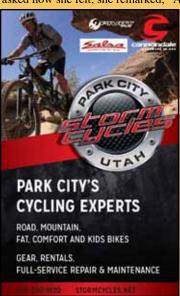




five - Mindy McCutcheon (Canyon Bicycles - Shimano), Jannalyn Luttrell (Harristone - Sun Valley Mortgage), Brook Mickelson (Team Red Rock), Mary Emerson and Megan Lowe (both of Team TOSH p/b Hyperthreads) - stayed together until the final climb. McCutcheon went to the front and "I just drilled it as hard as my little legs could." McCutcheon dropped the riders one by one until about a kilometer to go when she dropped Mickelson to take the win with Luttrell following in third place.

In the men's 3-4 race, there was a break of five early on and stayed out until the turnaround. SBR Cycles rode well as a team. Nate Curtis (SBR) helped to reel the break in and pulled the group in to the final climb. Joe Stewart (SBR Cycles) and teammate Tanner Soelberg led the final climb, pulling away and soloing the last kilometer. Joergan Trepp (Cicada) and Soelberg rounded out the top three.

In the Masters 35+ race, Margaret Douglass followed Robyn Masters and Kelly Hunsaker (both of Ski Utah/Plan 7) on the final climb. Former Masters National Champion Douglass went with about 500 meters to go, "Sooner than I wanted. I led it out because it was time to go and I went. I just go intuitively." When asked how she felt, she remarked, "A



win always feels good because they are tough to get." Hunsaker finished second and Masters third.

In the juniors race, Luke Heinrich and Jack Shuckra (both of FFKR/ Contender) rode together over the fourteen mile course until a few hundred meters before the finish when Heinrich dropped Shuckra to take the win.

Other category winners included Masters 45+ Jeff Sargent (Ski Utah/ Plan 7), Women's 3-4 Ali Knutson (Harristone/Sun Valley Mortgage), Women's Masters Margaret Douglass (Endurance 360), Men's 4-5 Andrew Dorais, Men's 3-4 Joe Stewart (SBR CYCLES-LHM FORD LINCOLN PRO), Masters 55+ Jerald Hunsaker (Bountiful Mazda Cycling Team), Men's 35+ B Lucas Parker (Spider Bait Cycling), and Men's 35+ A Jared Kirby (Bountiful Mazda Cycling Team).

See results on page 14 in this









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getting better! Awesome job folks, thank you."

- 2014 rider

" Loved it. You organized an excellent event. See you next year for sure.

- '12, '13, '14 rider







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BICYCLE ART

Tour de Canvas



By Austen Diamond

Artist Steve Smock finds his muse in bicycles.

bike technician at Backcountry.com, when in 2009, he was invited to participate in his first gallery show. To complete a painting titled "Cognizant"

Steve Smock was working as a for the group show at 15th Street

The bicycle art of Steve Smock. All of Steve's work is untitled. All paintings except the abstract chainrings are oil on canvas. The chainrings piece is Gallery, he

had a lot of ground to cover in a week. boss told me that I should call

-so I did," Smock says with a laugh. "I painted day and night, and I loved every

week-

"Cognizant" is one example of Smock's hyper-realistic oil paintings inspired by bicycles. He nails the

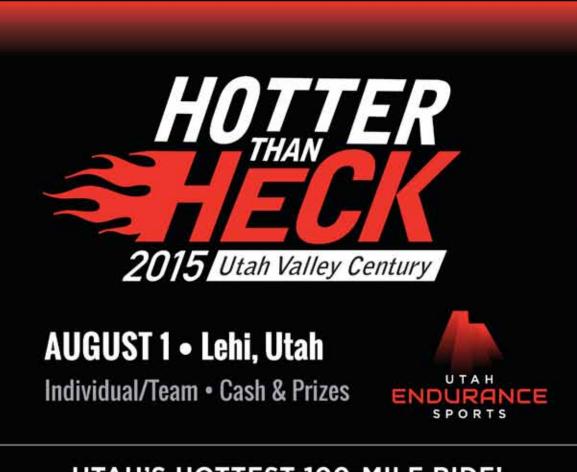
minute of it.'

glint and grime of gears and the beautiful curvature of a bike. Smock also paints in impressionistic and abstract styles. In Utah, Smock has shown at 15th Gallery, Michael Berry Gallery, A Gallery, Weber State University, Bountiful Davis Art Center, and JGo Gallery. He has participated in the Chicago Bike Art Show, the oldest bicycle art show in the U.S.

Smock's first show--and the opportunity to paint full-time for a week--became a pivotal moment for his trajectory into the art world and for combining his passions of biking and painting.

At 23, Smock moved to Utah from rural Indiana to take part in the cycling scene. He worked stints at a number of shops around Salt Lake City, but a nagging to explore art persisted. So, he set out to learn in an academic setting, where his passion began to take off. Lauded for his painterly skills, Smock was, selfadmittedly, a terrible student.

"One professor just told me--really honestly--that if I wanted to be a professional artist, then I should stop chasing a degree and just go paint,' says Smock, whose body of work at the time primarily dealt with plein air





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Steve Smock in his studio at Poor Yorick. Right: The painter at work. Photos by Austen Diamond

"I loved painting landscapes, but I always just wanted to put a bike in the scene, to add some action, and, well, I guess just because I love the beauty of bikes and fluid motion," Smock says.

Another professor, Fred Van Dyke, saw this and asked him why in the hell wasn't he painting more bikes, only bikes, Smock remembers. The light clicked--or, rather, the gears shifted.

"Cycling was never a narrative in my artwork, but it became the sole narrative when I really began to think artistically about the cycling culture itself and its value in society,' Smock says.

It's about form that's functional. It's about social responsibility. It's about the most efficient machine ever created. It's about beauty in geometry.

Cycling culture is multi-faceted, from bounding BMXers to hardcore



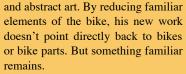
Park City, UT 435.901.8356 mountainvelo.co

commuters, from ramped-up road cyclists to fantastic fixies. There's a wide appeal. And Smock's art is gaining traction outside of the cycling community. "The people who are buying my stuff don't even ride bikes, which I'm happy about, because it means that there's a connection to the art itself, and not just to being a biker," Smock says.

His art has covered much stylistic ground over the years. What began as a practice of rendering bike parts in photorealism--photographic, illustrative, almost technical in precision--evolved into more impressionistic paintings that had more movement and atmosphere.

After an accident injured tendons in his painting hand, Smock had to begin using a brace system, where he places his hand on a movable board he built. The actionable impressionistic paintings in his portfolio became more difficult to render, so he has evolved to create more minimalistic





Smock cites local artist Paul Bernard as an influence in terms of composition, and Andy Warhol because of his boundary pushing nature. More than anything, though. Smocks says that the work ethic he learned from his parents plays a bigger influence than other artists or modalities.

"I'm painting every day, from 8 a.m. to 8 p.m., and I can see myself evolving each day," Smock says. After more than a decade of painting on and off in studios and at his home, he has found a permanent residence at Poor Yorick Studios.

With nearly 40 other artists at Poor Yorick Studios, the place





bounces with creative thought. And on gallery stroll nights, like the one held March 2015, the place is bustling. Smock's studio was packed, and he needs two of himself to keep up with the questions and sales. It made room for all of the new paintings he's cranking out.

"I can't wait to see where my art goes," Smock says. "I don't think I could ever run out of a narrative when it comes to bikes."

For more information about Steve Smock Studio, visit Smock-Art.com.



cycling utah

PROGOLD

CALENDAR OF EVENTS





KENDA

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

Submit your event to:

calendar@cyclingutah.com

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

Let us know about any corrections to existing listings!

Utah BMX

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

Legacy BMX — Farmington, UT, Indoor bmx racing at the Legacy Events center 151 South 1100 West, Farmington, UT, Practice Wednesday 6:00 - 9:00: Race Saturday, May through September, Kevin , 801-698-1490, kevin@kllkphoto.net, Irbmx.com, radcanyon-

bmx.com/Rad Canyon_Legacy_Outdoor_

June 12-14, 2015 — USA BMX Great Salt Lake Nationals, South Jordan, UT, Location: 5200 W, 9800 South. Weekly practices on Tuesdays from May 1 through the end of September. Weekly racing on Thursdays from May 1 through the end of September. Dallas Edwards, 801-803-1900, radcanyonbmx@

Utah Advocacy

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

Salt Lake City Mayor's Bicycle Advisory Committee (MBAC) — Salt Lake City, UT, Meetings are the 3rd Monday of the month from 5-7 pm in the SLC Transportation Division Conference room, Becka Roolf, 801-535-4420, bitterle 6630, bikeslc@slcgov.com, bikeslc.com

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

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

Mooseknuckler Alliance - St. George, UT, We accept all types and styles of riders, most important we want people to ride their blikes and enjoy doing it. Most of us love riding our bikes in all types of weather and



in multiple disciplines. The Alliance is located in Southern Utah and has group rides to help people get out, meet new friends, and most importantly, have fun riding their bikes, Lukas Brinkerhoff, lukas@mooseknuckleralliance.org, mooseknuckleralliance.org,

- Mountain Trails Foundation Park City, UT, Park City's Trails Group, Charlie Sturgis, 435-649-6839, charlie@mountaintrails.org, mountaintrails.org
- Bonneville Shoreline Trail Committee Salt Lake City, UT, Volunteer to help build the Bonneville Shoreline Trail. (801) 485-6974 or visit our web page., Dave Roth, 801-824-5339, bonnevilleshorelinetrail@gmail.com,bonnevilleshorelinetrail.og
- Parley's Rails, Trails and Tunnels (PRATT) Sait Lake City, UT, PRATT is a 501 (c)(3) nonprofit organization, run by volunteers. The mission of the Parley's Rails, Trails and Tunnels (PRATT) Coalition is to assist city, county, state and federal agencies and other public and private partners in completing a multi-use trail along I-80 via Parley's Creek Corridor and the Sugar House Rail Spur to connect the Bonneville Shoreline Trail with the Provo/Jordan River Parkway., Juan Arce-Larreta, 801-694-8925, parleystrail@gmail.com, parleystrail.org
- Provo Bike Committee Provo, UT, Come join us every first Thursday of the month at 5:00 pm at 48 N. 300 W. We promote blike safety, culture, and better relations between blikes and cars., Zac Whitmore, 801-356-1378, whitmore@gmali.com, Heather Skabelund, 971-404-1557, blkeprovo@gmali.com, Aaron Sabelund, 385-207-6879, a.skabelund@gmali.com, blkeprovo.org
- Dixie Trails and Mountain Bike Advocacy St. George, UT, Cimarron Chacon, 970-759-3048, info@gropromotions.com, dmbta.org
- Southern Utah Bicycle Alliance St. George, UT, Southern Utah's road advocacy group. Craig Shanklin, 435-674-1742, southernutahbicycle@gmail.com, southernutahbicyclealliance.org
- WOBAC Weber Ogden Bicycle Advisory Committee — Ogden, UT, Josh Jones, 801-629-8757, joshjones@ogdencity.com, idabomble og .

Events, Swaps, Lectures

- Salt Lake Critical Mass Salt Lake City, UT, Last Friday of every month, 6:30 pm, meet at the Gallivan Center, 200 S. between State and Main in SLC., None, noemall@cyclingutah.com, facebook.com/groups/SLCCM/
- Beehive Bike Polo Club Salt Lake City, UT, Weekly hardcourt and grass bike polo. Tuesdays at 8pm, Saturday afternoons. Check out the Beehive Bike Polo Club on Facebook for location., Chuck Heaton, 801-688-7268, heatpolocompany@gmail.com, facebook.com/groups/189631497724953/
- Cole Sport Weekly Road Ride Park City, UT, Weekly Road Ride Mondays June 4-Aug. 27. Ride leaves Cole Sport, 1615 Park Ave. at 6 pm. Park at lower PCMR lot., Scott Dudevoir, 435-649-4806, dude@colesport.com, colesport.com, mountaintralis.org
- May 2, 2015 GOTS Bike and Outdoor Toy Swap, Salt Lake City, UT, Held at Wild Rose, 702 3rd Ave, Check in on Friday, Swap on Saturday., Tim Metos, (801) 533-8671, tim@ wildrosesports.com, wildrosesports.com
- Wildrosesports.com, Wildrosesports.com

 May 2, 2015 UTA Bike Day with the Mayor of Springville City, UTA bike Month, Springville City, UT, 9:30 a.m. breakfast / 10:00 a.m. bike ride with the Mayor around town. Opening of the Splosh Pad at the Springville Civic Center to follow the ride. Springville Civic Center 110 South Main Street, Free food, bike swag, and bike safety checkups., Stacey Adamson, 801-227-8958, sadamson@rideuta.com, utarideshare.com, rideuta.com
- May 2, 2015 Ogden Bike Swap, Utah Bike Month, Ogden, UT, Ogden Bicycle Collective is hosting a Bike Swap8am noon, 936 28th St.. Register Items from 7 am to 8 am, Josh Jones, 801-629-8757, joshjones@ogdencity.com, bicyclecollective.org/locations-ahours/ogden/ifem/424-2015-gear-swap
- May 4-8, 2015 Gear Up for Bike to Work Week, Utah Bike Month, Salt Lake City, UT, Davey Davis, 801-328-2453, davey@bicyclecollective.org, bicyclecollective.org
- May 4-30, 2015 Provo Bike Challenge, Utah Bike Month, Provo, UT, Prizes and awards. Join the challenge and keep track of your riding all month. Part of the National Bike Challengel, Aaron Skabelund, 385-207-8879, a.skabelund@gmail.com, provomayor. com/2015/04/28/provo-bike-challenge/
- May 6, 2015 National Bike to School Day, Utah Bike Month, Everywhere, UT, A day to climb out of the motor vehicle and onto your bike on your way to school., None , noemail@cyclingutah.com, walkbiketoschool.org/ready/about-the-events/bike-toschool-day
- May 8, 2015 Ogden Mayor's Bike to Work Day, Utah Bike Month, Ogden, UT, 8:00 a.m. at A1 parking lot near the Social Science bldg at WSU, Free pancake breakfast at City Hali, 2549 Washington Blvd. We will be riding from WSU to the river parkway and following thet river parkway to the frontrunner station before finishing at City Municipal building for a media event and breakfast. Passport event, Josh Jones, 801-629-8757, joshjones@ogdencity.com, utarideshare.com, ogdencity.com



- May 8, 2015 Salt Lake Bike Party, Utah Bike Month, Salt Lake City, UT, Salt Lake Bike Party is an all-ages, all-abilities group bicycle ride through Salt Lake City. We encourage safe and respectful riding behavior to foster a cooperative relationship with Salt Lake City motorists. We want: To ride safely and follow all traffic rules; To build a strong community of bicyclists; To foster mutual respect between bicyclists and motorists; To have fun Smile, wave, laugh, meet new people, bring some music along. May's theme is Bike to the Future. Start 7 pm at the Salt Lake City and County Building at 454 S, State (or 200 E.), Bike Party, slcbikeparty@gmail.com, facebook.com/SLCBikeParty
- May 9-10, 2015 Young Riders Bike Swap, Park City, UT, Benefits Young Riders Youth Mountain Biking Program. Located at The Yard, 1255 Kearns Bivd Park City, UT. Saturday May 9th 8am-5pm and Sunday May 10th 11am-3pm. Buy or sell gear., Julie Minahan, 435-640-8642, <u>Julie-minahan@gmail.com</u>, youngriders.com
- May 9, 2015 Orem City Roll with the Mayor UTA Bike Day, Utah Bike Month, Orem, UT, 9:00-10:30 a.m., Palisade Park (850 North Palisade Drive (1300 East) in Orem). 9:00 a.m. pancake breakfast / 9:45 a.m. bike ride with the Mayor around town. Free food, bike swag, and bike safety checkups. Stacey Adamson, 801-227-8958, sadamson@rideuta.
- May 9, 2015 Weber Pathways Weed Day,
 Utah Bike Month, Eden, UT, Partnership
 with USFS, focused on eradicating invasive
 weeds including puncturevine. 9 am 1 pm,
 2150 N 5500 E, Eden, UT 84310, Rod Kramer,
 801-393-2304, outreach@weberpathways.
 org, weberpathways.org
- May 9, 2015 Kids Bike Ride, Utah Bike Month, Farmington, UT, Loyal Cycle Co. Is putting on a kids ride at 1:30 pm at Loyal Cycle Co. 15 E. State St. In Farmington, Jeff Hepworth, 801-451-7560, loyalcycleco@gmail.com, loyalcycleco.com, facebook.com/events/618427524925414/
- May 10-16, 2015 Boise Bike Week, Boise, ID, A celebration of cycling in all of its forms, Boise Bike Week take place in the middle of National Bike Month and recognizes National Bike to Work Day on Friday May 15th. There is something for everyone: Mountain bike clinics, gravel rides, movies, women's rides, Bike to Work Breakfast, Market rides and commuter seminars. It all culminates with a big block party on Saturday May 16th in downtown Boise. Come ride with usl, Lisa Brady, 208-761-8507, tvca@biketreasurevalley.org, boisebikeweek.org, biketreasurevalley.org
- May 11-15, 2015 Utah Bike Week, Utah Bike Month, Salt Lake City, UT, Week-long festival with bike races, Bike Bonanza, Bike to Work Day, and more., Dave Illis, 801-328-2066, dave@cyclingutah.com, cyclingutah.com/event-calendars/bicycling-events-swaps-and-festivals/
- May 11-16, 2015 Bike to Work and School Week, Utah Bike Month, Logan, UT, Encouraging cycling with information booths at the CVTD Transit Center and USU. Refreshments, tune-ups and educational materials. Everyday throughout the week from 7:30 9:30 am., Stephanie Tomlin, 435-797-8139, aggiebluebikes@gmail.com, agglebluebikes.org
- May 11, 2015 Bicycle Rodeo, Utah Bike Month, Riverdale , UT, 6:00pm at Riverdale Elementary School as part of the city's Live Fit Program. Registration is free for Riverdale residents, their friends, and families, Michael Staten, 801-589-2686, mstaten@ensignutah.com, riverdalecity.com/departments/recreation/Bike/Bike Week.html
- May 11-15, 2015 Utah Bike to Work Week, Utah Bike Month, All, UT, State employees across Utah are being encouraged to use their bikes to get to work this week. This could include using their bikes in conjunction with public transportation as a means of reducing single-occupancy vehicle trips. This effort is a way to raise awareness about active transportation options available to commuters. Evelyn Tuddenham, 801-964-4564, etuddenham@utah.gov, udol.utah.gov
- May 11, 2015 Moab Bike Swap, Utah Bike Month, Moab, UT, 4-6 pm at the Moab Bike Park, 500 W. and Williams Way., Don

- Wiseman, 800-845-2453, 435-259-8732, ou erbike@westernspirit.com, westernspirit.com
- May 12, 2015 Salt Lake County and City Mayor's Bike to Work Day, Utah Bike Month, Salt Lake City, UT. A mellow ride with Mayor Ben McAdams, Mayor Ralph Becker and Mayor Cherie Wood under police escort, 7:45 am, beginning at Sugar House Draw by 1300 E., Melissa Carroll, 801-535-6142, melissa.carroll@slcgov.com, George Deneris, 385-468-6625, gdeneris@slco.org, slcgov.com/biketoworkday, bikeslc.org
- May 12, 2015 UTA Bike to Work Day in Provo City, Utah Bike Month, Provo, UT, 7:30-9:00 a.m. at the Historic County Courthouse (west lawn) off of University Avenue/Center Street in Provo, Utah. Free food, bike swag, and bike safety checkups. Police Escorted Bike Ride with Mayor Curtis begins at 8:00 a.m. sharp and is approx. 3 miles long around town., Stacey Adamson, 801-227-8958, sadamson@rideuta.com, utarideshare.com,
- May 12, 2015 Logan Bike to Work Day, Logan, UT, 500 North 100 East, 10am, 5 mille bike ride, Gary Saxton, 435-752-2161, logandowntown@gmail.com, logandowntown
- May 13, 2015 Bike In Movie, Utah Bike Month, Provo, UT, Provo Bicycle Collective, 8 pm, Aaron Skabelund, 385-207-6879, a.skabelund@gmail.com, bikeprovo.org
- May 14, 2015 Bicycle Pit Stops, Utah Bike Month, Salt Lake City, UT, 7 a.m.-9 a.m. Various pit stop locations throughout Salt Lake City, including the University of Utah on popular bicycle commuting routes. Snacks, safety information, and bike maps will be provided., Alexis Verson, 801-535-6630, Alexis. Verson@slcgov.com, bikesic.com
- May 14, 2015 Sherlock Ride, Utah Bike Month, Provo, UT, County Building, Center and University, 7:30 pm, Aaron Skabelund, 385-207-6879, a.skabelund@gmail.com, bikeprovo.org
- May 14, 2015 Monday Night Night Ride, Utah Bike Month, Provo, UT, Joaquin Park, 400 E 400 N, Aaron Skabelund, 385-207-6879, a.skabelund@gmail.com, bikeprovo.org
- May 15, 2015 UTA Bike Bonanza, Utah Bike Month, Salt Lake City, UT, Free to public Bike Bonanza, 4pm-8pm at the Gallivan Center SLC. Entertainment, prizes, booths, and more. Bring family, bring friends!, Jan Maynard, 801-287-2065, JMaynard@rideuta.com, Cheryl Anderson, 801-287-2062, canderson@rideuta.com, utarideshare.com
- May 15, 2015 National Bike to Work Day, Utah Bike Month, Everywhere, UT, A day to climb out of the motor vehicle and onto your bike on your way to work., None, noemail@
- May 15, 2015 Provo Bike Prom, Utah Bike Month, Provo, UT, Slow, pre-prom bike ride en masse through Provo (40 minute, leisurely ride). All ages are invited to participate in the ride. Following the promenade, join us for the dance at the Provo Recreation Center. Enjoy mocktalls, hors d'oeuvres, the photo booth, and DJ. Prom attired is optional, but encouraged for both the ride and the dance. Ride at 6, Prom at 8., Aaron Skabelund, 385-207-6879, a.skabelund@gmail.com, provo.org/community/events-in-provo/bike-prom
- May 16-17, 2015 Cole Sport Bike Swap, Park City, UT, 9-5 Sat., 9-3 Sun. \$10 fee if bike sells. Proceeds go to Mountain Trails Foundation. Drop bikes off at Cole Sport, 1615 Park Ave. on 5/15. Pick up is by 3 pm on 5/17., Scott Dudevoir, 435-649-4806, dude@colesport. com, mountaintrails.org, colesport.com
- May 16, 2015 Complete the Street, Utah Bike Month, Provo, UT, Bike Boulevard opening 200 E. and 800 N. 5 pm., Aaron Skabelund, 385-207-6879, a.skabelund@gmail.com, bikeprovo.ord
- May 20, 2015 Ride of Silence. Utah Bike Month, Salt Lake City, UT, Cyclists will take to the roads, escorted in a silent procession to honor cyclists who have been killed or injured while cycling on public roadways, 7 pm, Gallivan Center. Bike ride at 10 to 12 mph, mostly flat or minimum grade, about 11 miles, Tegan Feudale, 717-503-4275, trfeudale@gmail.com, rideofsilence.org
- May 20, 2015 Salt Lake City Bicycle Co. Ladies Night, Salt Lake City, UT, 7 pm at

Bryce Canyon to add Bike Path

A paved bikepath will soon open in Bryce Canyon National Park. The National Park Service (NPS) announced it will build a multi-use trail. The project supports Bryce's 2014 Foundation Statement to promote alternative transportation such as biking to clean the air. NPS also cited congestion caused by a 30 percent increase in park visitors between 20081 and 2012.

NPS will build the trail in two stages. The first 3.9-mile segment will run from the Bryce Canyon City entrance along the main road to Bryce Amphitheater, shuttle bus areas, the visitor center and North Campground, then toward the canyon rim to the general store, lodge and Sunset and Inspiration points. NPS expects to open this segment this fall.

The remaining 2.3 miles will parallel Bryce Point Road to the Bryce Point parking lot and trailhead. No timeframe or funding has been secured for this segment.

-Charles Pekow

Salt Lake City Bicycle Co., 247 S. 500 E. Mini Classes on bicycle maintenance, bicycle fifting and women's bicycle equipment Food and prizes, Brent Hulme, 801-746-8366 heapthsteller com scholke com scholke com.

- May 20, 2015 Ride of Silence, Utah Bike Month, Provo, UT, 7 pm, Cyclists will take to the roads, escorted in a silent procession to honor cyclists who have been killed or injured while cycling on public roadways. (New Location) Dixon Middle School in Provo (750 W 200 N) on at 7 pm. The ride will also be the Douglas Crow Memorial Ride. Join the Provo chapter of the Worldwide Ride of Silence on May 20th to ride to the brand new Ghost Bike Memorial for Douglas Crow, who was struck and killed by an SUV on February 15th, 2013.(http://www.gofundme.com/douglascrow), Lucy Ordaz, 801-787-4384, lucyo@provo.edu, rideofsilence.org, facebook.com/even 1s/850656535006205/851159871622538/
- May 23, 2015 SLUG Cat, Utah Bike Month, Salt Lake City, UT, Alleycat race. Registration from 4-5. Event from 5-7 pm., Angela Brown, 801-487-9221, angela@slugmag.com, Carl Acheson, 801-487-9221, carl@slugmag.com, slugmag.com
- May 23, 2015 Ogden Bike Park Phase 2 Grand Opening. Utah Bike Month, Ogden, UT, Saturday 11am at the top of 9th St. Come on and idde 4 new trails and 2 new pump tracks at the Ogden Bike Park., Josh Jones, 801-629-8757, joshjones@ogdencity.com, ogdencity.com
- May 23, 2015 Ogden UTA Bike Event, Utah Bike Month, Ogden, UT, A commuter-centric event where folks can tour the bike related amenities of the UTA station. Try putting their bikes on buses in a low stress learning environment. Learn how bikes work best with Frontrunner and about the bike repair stands and bike lockers available at the station. There will also be a group ride leaving the event on the new intermodal hub trail connector and onto the river parkway. Ogden FrontRunner station., Josh Jones, 801-629-8757, joshjones@ogdencity.com, ogdencity.com
- May 23, 2015 Provelo Bike Picnic, Utah Bike Month, Provo, UT, TBA, Aaron Skabelund, 385-207-6879, bikerva ara
- May 29, 2015 Bike To Work Day, Utah Bike Month, Park City, UT, Heinrich Deters, 435-649-8710, 435-659-1188, hadeters@parkcity, org, Dawn Bowling, 435-649-6839, dawn@ mountaintralis.org, mountaintralis.org, basinpart
- May 30, 2015 Pedal Palooza, Herriman, UT, An event for the whole family, kids bike parade, kids bike races, bike safety rodeo, helmet safety inspection, helmet decorating station, adult/kid mountain bike event. 10 am (pre-event helmet checks at 9), Butterfield Park, Kami Greenhagen, 801-913-3251, kgreenhagen@gmail.com.pp.infinitecycles.com
- May 30, 2015 Bike Prom, Utah Bike Month, Salt Lake City, UT, Bike Prom, the Bicycle Collective's annual fancy shindig. Pierpont Place, 163 W. Pierpont Ave. Wear your prom outfits. Pre-prom ride: Liberty Park (Northeast corner) 6:00pm, Syhalla Bales, 801-815-5508, syhalla@gmail.com, Jace Burbidge, 801-328-2453, jace.burbidge@gmail.com, David Davis, 801-328-2453, jnfc@bicyclecollective.org, bicyclecollective.org, bicyclecollective.org, bicyclecollective.org, bicyclecollective.org
- May 30, 2015 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, 801-536-4158, lohanson@utar gov, Jen Parsons-Soran, 801-502-6794, go Intotheriver@gmail.com, getintotheriver.org
- May 31, 2015 OpenStreets Salt Lake City, Utah Bike Month, Salt Lake City, UT, Designed to engage new people in bicycling and physical activity. The event will temporarily open a route of city streets exclusively to walking, biking, and other forms of active transportation. Includes activities such as exercise classes, dance classes, music, food, games and other attractions along 900 South between 600 East and 200 West. Coincides with the Tour De Brewtah., Melissa Carroll, 801-535-6142, melissa.carroll@slcgov.com, bikeslc.com, slcgov.com/openstreets
- June 6, 2015 National Trails Day, Park City, UT, Location & Project TBA, Charlie Sturgis, 435-649-6839, <u>charlie@mountaintrails.org</u>, mountaintrails.org
- June 6, 2015 National Trails Day, Salt Lake City, UT, Volunteer on Trail Projects., Kristen Kenley, (801) 501-0850, kkenley@rei.com, rei. com/saltlakecity
- June 6, 2015 National Trails Day, Weber County, UT, Partnership with USFS, focused on eradicating invasive weeds. Weber Pathways Trail Day. Come out an build trails! Check website for details., Rod Kramer, 801-393-2304, outreach@weberpathways.org, weberpathways.org
- June 12-13, 2015 Velo Weekend, Tentative for 2015, 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, veloweekendslc.com, velocitybags.com
- June 20-21, 2015 Ananconda Bike Festival Anaconda, MT, Pedal the Pintlers, 25 mile, 50 mile, or the most challenging Century ide: 100 mile rides through arguably the most beautiful landscapes of Southwest Montana Chad Lanes, 406-563-7988, 406-563-2034, chadlanes@msn.com, Anaconda Bike Fest, 406-563-7988, lefstide@anacondabikefest.org, anacondabikefest.org
- July 18, 2015 Goathead Weevil Release, Salt Lake City, UT, Volunteers are needed to join the Jordan River Commission as we release puncturevine weevils along the Jordan River Parkway. These insects play an important role in managing goatheads on the trall, Laura Hanson, 801-536-4158, lahanson@utah.gov, Jen Parsons-Soran, 801-502-6794, getlintotheriver@gmail.com, jordantivercommission.org
- August 15, 2015 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, newbelgium.com/tour
- September 22, 2015 World Car Free Day, UT, Ride your bike and leave the car at home!, None , noemall@cyclingutah.com, world-carfree.net
- November 14, 2015 Henderson Stroll 'n Roll, Henderson , NV, Our spin on the Ciclovia phenomenon that is sweeping the globe. Founded in Bogota, Columbia, it's where roads are closed to motolized traffic, allowing the community to come together and enjoy the streets on bicycles, skates, skate-boards or simply on foot. The car-free street fair is packed with activities for all ages. Along the route, enjoy children's activities, interactive demonstrations, free fitness classes and games, Charlene Ham, 877-775-5252, bikehenderson@cityofhenderson.com Annette Mullins, 877-775-5252, bikehenderson.com





son@cityofhenderson.com, bikehenderson.

Mountain Bike

Tours and Festivals

- May 2, 2015 P.A.S.S. Bookcliffs Trailfest, tentative, Price, UT, Trail Rides (New Trails Debuted), Free Camping (Bring your accoustic instruments for the Campfire-Jam), Food, Live Music, Chaos & Mayhem, Friday afternoon warm-up ride will be pretty mellow with a party atmosphere, Saturday & Sunday we ride for REAL Rides range from short & mellow to ridiculous., Fuzzy Nance, 435-637-7676, fuzzythebikeguy@msn.com, PASStrails.com
- May 8-10, 2015 BetterRide MTB Camp, Evergreen, CO, BetterRide's team of professional coaches isdedicated to teaching riders of all levels the skills to ride in balance, in control & have more fun on their bikest, Gene Hamilton, 970-335-8226, info@ BetterRide.net, Patrick Gilbery, patrick@betterride.net, betterride.net
- May 9, 2015 Desert RATS MTB Classic, Fruita Ady 9, 2015 — Desert RATS MTB Classic. Fruita. CO, 100K Endurance Mountain Bike Race and 50K ride. 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.I.S. Classic., Kyle Claudell, 303-249-1112. kyla@agenniladventures.com, geminiadveneminiadventures.com, geminiadventum/cycling-events/drclassic, gemini
- May 9, 2015 Gooseberry Mesa Mountain Bike Poker Ride, Springdale, UT, A fundraising activity sponsored by the Rotary Club of Zion Canyon. The Club is raising money to fund the installation of water filling station project. The ride is a "poker ride" where participants accumulate playing cards along the ride. At the end of the ride, the person with the best poker hand will win a cash prize. The ride is about 9 miles long and should take about 1.5-2 hours to complete. Dalsy Hobbs, 435-7722-7771, 435-669-5758, glabobs@xanterra.com, springdaletown.com/rotary-club/mtn-bike-poker-ride/
- May 15-17, 2015 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 break fast 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 (med tickets only available). Kim Player, 435-653-2440, <u>med</u>
- May 15-17, 2015 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 blkest, Gene Hamilton, 970-335-8226, info@
 BetterRide.net, Patrick Gilbery, patrick@bet-terride.pet hetterlide.pet ride.net, betterride.net
- May 15-17, 2015 Eagle Outside Festival ndy 15-17, 2015 — Edgle Outside Festiva Eagle, CO, Massive free bike and product demo. Firebird 40 MTB Race, Clinics, the Mother of a Half 1/2 Marathon, 10K trai run, 5K road event, 1K kids race., Mike McCormack, mikemac@eagleoutsidefest
- May 16, 2015 Amazing Earthfest, Fredonia AZ, 8th Annual Joy Jordan Woodhill Trail Ride (BLM): 10-25 mile non-technical loops on hard-packed natural surface with expansive views of the Kaibab Plateau and Grand Stairce Staircase. Fredonia Welcome Center, US 89-A, Fredonia, AZ, 8 am Arizona time., Rich Csenge, 435-644-3735, <u>jiw@gwi.net</u>, <u>amaz</u> ingearthfest.com
- May 16-17, 2015 VIDA MTB Series: Valmont Bike Park, VIDA MTB Series, Boulder, CO, Women's mountain bike skills clinic, Sarch Rawley, 503-805-0043, info@vidamtb.com
- May 22-24, 2015 BetterRide MTB Camp, Crested Butte, CO, BetterRide's team of professional coaches isdedicated to teaching idders of all levels the skills to ride in balance, in control & have more fun on their bikest, Gene Hamilton, 970-335-8226, info@ BetterRide.net, Patrick Gilbery, patrick@betterride pat betterride net ride.net, betterride.net
- Adv 31-September 25, 2015 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 1 ocod. Also available throughout the summer. May 31-June 5 (inns), June 14-19 (camp), June 28-July 3 (camp), July 12-17 (camp), August 2-7 (camp), August 2-7 (camp), August 2-7 (camp), September 6-11 (camp), September 20-25 (inns), Sally M., 800-596-2953 xl, 702-596-2953, info@escapeadventures.com, esca-May 31-September 25, 2015 - Bryce and <u>peadventures.com</u>, <u>esca</u> entures.com
- June 5-7, 2015 BetterRide MTB Camp, Park City, UT, BetterRide's team of professional

- coaches isdedicated 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, Patrick Gilbery, patrick@betterride.net
- June 5-7, 2015 BetterRide MTB Camp Womens's . Evergreen CO RetterPidore une 5-7, 2015 — BetterRide MTB Camp - Womens's , Evergreen, CO, BetterRide's team of professional coaches isdedicated 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, Patrick Gilbery, patrick@betterride.net, betterride.net
- June 11-18, 2015 Granite Ridge Girls and Stone Temple Mountain Bike Camp, Cheyenne, WY, Curl Gowdy State Park. 2 1/2 day girls camp June 11-13, 4 12 2 day coed camp June 14-18, grades 7-12, ages 13-18. Riding skills and education sessions., Richard Vincent, 307-760-1917, 307-777-6478, and the recommendation of the programme of the state of
- Superindictive and the superindictive and the superindictive and super
- June 13, 2015 VIDA MTB Series: Beti Bike Bash, VIDA MTB Series, Lakewood, CO, Women's mountain bike skills clinics, Sarah 503-805-0043, info@vidamtb.co
- June 19-21, 2015 Black Hills Fat Tire Festival une 19-21, 2015 — Black Hills Fat Tire Festival, Rapid City, SD, Promoting Mountain Biking in the Black Hills of South Dakota through bikes, brews and BBQ. Socials with a feature film races, poker run and more. Kristy Lintz, 605-394-4168, 605-484-1724, kristy_lintz@rcgov.org, blacktittlefestival.com. <u>estival.com</u>, <u>rcparksandr</u>
- June 19-21, 2015 BetterRide MTB Camp, Flagstaff, AZ, BetterRide's team of profes-sional coaches isdedicated to teaching riders of all levels the skills to ride in balance, in control & have more fun on their bikest. Gene Hamilton, 970-335-8226, info@ BetterRide.net, Patrick Gilbery, patrick@bet-betterRide.net
- June 19-21, 2015 Grand Canyon Fat Tire une 19-21, 2015 — Grand Canyon Fat Tire Festival, Kaibab Lodge, AZ, 2nd Annual. 100 & 58 mile GC Alpine 100 MTB race, 50 mile 5 Fingers Rainbow Rim Non-Competitive MTB ride, Festival with food, family events, and live music. 12 & 25 mile East Rim and Saddle Mountain MTB four with Escape Adventures. Saturday's race is unlike any mountain bike race you've ever done, as you swoop through aspen and ponderosa pine on double track to the breathtaking North Rim of the Grand Canyon, ride in and out of forests on incredible rim skirting single-track. Sunday's tour is fun for the whole famtrack. Sunday's tour is fun for the whole family overlooking Saddle Mountain Wilderness and East Rim of the Grand Canyon, Sally M., 800-596-2953 x1, 702-596-2953, Info@esca x1, /02-596-2953, info@esca-peadventures.com, Marcy Wilson, 800-596-2953 x1, 702-596-2953, marcy@escapead-ventures.com, gcfattirefestival.com
- June 20-21, 2015 VIDA MTB Series: Keystone Bike Park, VIDA MTB Series, Keystone, CO, Women's mountain bike skills clinic, Sarah Rawley, 503-805-0043, info@vidamtb.com,
- June 20, 2015 Beaver Dam 49er Gravel Grinder, Beaver Dam State Park, NV, Ride Grinder, Beaver Dam Stafe Park, NV, Ride the Rim and see the park from a different perspective. Pedal down an old chaining road that runs along the Park's rim and winds you through pinyon and juniper trees. The course then swings around back to the main park road and down into Campground B where barbequed hamburgers await to be devoured., Dawn Andone, 775-728-4460, cathedralgorge vc@lcturbonet.com, bea-
- June 25-28, 2015 Ride Sun Valley Mountain Bike Festival, Sun Valley, ID, 4 days of Sun Valley's best singletrack and mountain bike fun for riders of all ages and abilities. The festival features free guided rides, clinics, races, a bike expo, beer garden, entertainment and more. June 26 Sheeptown Drag RacesJune 26-28 Enduro Cup "Sun Valley Super Enduro" June 26- Downtown Prologue IT. criterium/team relay and open-Prologue TT, criterium/team relay and open-ing night partyJune 27- Sun Valley Super Enduro Day OneJune 28- Sun Valley Super Enduro Day Two and awards partyJune 28 Idaho Pumptrack State Championships, Greg Randolph, 800-634-3347, greg@visitey.com, Jessica Kunzer, 801-349-4612, @mtsports.com, ridesunvalley.com,
- June 25-28, 2015 Crested Butte Bike Week, Crested Butte, CO, World's Oldest Mountain Bike Festival, Chainless World Championships, Fat Tire 40 mountain bike race, Bridges of the Butte townie tour on June 28 29. KEEN Rippin Chix camps for women, and guided mountain bike rides and free shuttles to premiere trails also are highlights. Crested premiere trails also are highlights., Crested Butte Chamber , 970-703-3366, 970-349-6438, cbinfo@chamber.com, Shaun Matusewicz, 970-703-3366, Sha<u>un@ironorchidevents.com</u>

June 29-October 9, 2015 — Canyonlands, Arches & Moab Multi-Sport Adventure (MTB).

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- July 3-5, 2015 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@Bette Patrick Gilbery, patrick@betteride
- July 5-September 4, 2015 Grand Staircase Escalante Singletrack (MTB), Panguitch, UT, 6-days, The Grand Staircase Lower Canyons provide exploring, camping, and backcountrymountain biking. Secluded Trails, private vistas, high mountain lakes & an abundance of wildlife. Cabing: https://doi.org/10.1016/j.1016.0016 of wildlife. Cabins: July 5-10, August 2-7, August 30-September 4., Sally M., 800-596-2953 x1, 702-596-2953, Info@escapeadven-tures.com, escapeadventures.com
- July 5-August 7, 2015 Colorado Trail MTB Tour, Monroe, CO, July 5-10, 13-18, 19-24, Aug 2-7. You'll explore unspoiled landscapes, rush through cool mountain air, drink in 360 degree mountain views and pedal past carpeted fields of wildflowers (which can be brandle-bar high). High attitude campsites handle-bar high). High allitude campsites offer a canopy of bright stars and deep sleep at night. Your experienced guide takes care of all the route finding, planning and logistics. John Humphries, 970-728-5891,
- July 5-August 7, 2015 Crested Butte Singletrack MTB Tour, Crested Butte, CO, July 5-10, Aug 2-7. Covers the immensely beautiful, challenging and remote terrain in the Elk Mountains of south-central Colorado. This 6-day tour covers the singletrack CB's locals love best. This tour does not fool around; it delivers prime singletrack, stellar campsites and the best swimming holes the Elk Mountains can serve up., John Humphries, 970-728-5891, info@lizardheadcyclingquides. 970-728-5891, info@lizardheadcyclingguides.com, lizardheadcyclingguides.com
- July 10-12, 2015 BetterRide MTB Camp, Winter Park, CO, BetterRide's team of professional coaches isdedicated 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, Patrick Gilbery, patrick@betterride.net, betterride.net
- July 18-19, 2015 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 rides., Lu Furber, 604-484-6238 (Canada) <u>register@dirtseries.com</u>, Emily Neuman, 604 484-6238, <u>info@dirtseries.com</u>, <u>dirtseries.com</u>
- July 24-26, 2015 Bryce Canyon Fat Tire Festival, Tentative, Ruby's Inn, UT, MTB race, family tour, Sunday ride options. 36k and 66k race options. Family Tour is great for all ages, 9 mile ride consisting of 6 miles of paved bike path and 3 miles of dirt road. Sunday Tour is fun for the whole family and includes Tour is fun for the whole family and includes a pancake breakfast, a gourmet lunch, and spectacular views. You can choose from a family and kid friendly 9 mile ride, a moderate 14 mile ride or an intermediate/advanced 17 mile ride, Sally M., 800-596-2953 x1, 702-596-2953, info@escapeadventures.com, Marcy Wilson, 800-596-2953 x1, 702-596-2953, marcy@escapeadventures.com, befattirefestival.com
- July 25-26, 2015 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@dirtseries.com, Emily Neuman, 604 484-6238, info@dirtseries.com, dirtseries.com
- July 26-August 14, 2015 Glacier National Park Bike Tour, Whitefish, MT, July 26-31, August 2-7, 9-14. Options for cyclists of all abilities. Ride as much as or as little as desired. There are BIG climbs and bonus desired. There are the climbs and borius mileage options available each day. Both parks provide not to be missed hiking options to waterfalls, verdant meadows filled with wildflowers and mountain summits. John Humphries, 970-728-5891, info@lizardhead-cyclingguides.com, lizardheadcycling-auides.com
- July 30, 2015 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., Stacle Palmer, 801-644-9940, 801-391-2819, wildflowerpedalfest@gmail.
- July 31-August 1, 2015 White Rim in One Night, Moab, UT, Ride the entire White Rim Trail in a single night during a full moon. Fully supported. Everything included for only \$30., Dan Burton, 801-653-2039, epicbiking@gmail.com, Jake Weber, 801-592-1348, sierrabra-vace@gmail.com, packetiking.com voone@amail.com, epicbikina.com
- August 1-2, 2015 Knobby Tire Bike Tour of Idaho City, Idaho City, ID, We will ride round trip from Boise to beautiful downtown Idaho City - a total of 88 miles., <u>idahowalkbike.org</u>



Help us provide access to healthcare, education and economic opportunities in underdeveloped regions of the world.

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THE POWER OF BICYCLES

August 7-9, 2015 — BetterRide MTB Camp, Park City, UT, BetterRide's team of professional coaches isdedicated to teaching riders of all levels the skills to ride in balance. dil leves me skills to ilde ill budicte, ill control & have more fun on their bikest, Gene Hamilton, 970-335-8226, info@BetterRide.net, Patrick Gilbery, patrick@betterride.net, bet-

- August 8-16, 2015 BlomFest. Salmon, ID, Come join the most unorganized mountain bike gathering in Idaho. Blomfest is 9 days of high alpine, primative trail riding all over Lemhi County. Ride at your own riskl, Max Lohmeyer, 208 756 7613, blom@ridesalmon.com, Marc Landblom, 435 260 0991, marclandblom@ammel.com, ideastlmon.com clandblom@gmail.com, ridesalmon.com
- August 14-16, 2015 BetterRide MTB Camp, Evergreen, CO, BetterRide's team of professional coaches isdedicated 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, Patrick Gilbery, patrick@betterride.net. betterride.net terride.net, betterride.net
- August 15-16, 2015 VIDA MTB Series: Crested Butte Mountain Resort, VIDA MTB Series, Crested Butte, CO, Women's mountain bike skills clinic, Sarah Rawley, 503-805-0043,
- August 21-23, 2015 BetterRide MTB Camp, Flagstaff, AZ, BetterRide's team of professional coaches isdedicated to teaching riders of all levels the skills to ride in barance, in control & have more fun on their bikes!, Gene Hamilton, 970-335-8226, info@ BetterRide.net, Patrick Gilbery, patrick@betterride pet betterride pet ride.net, betterride.net
- August 28-30, 2015 BetterRide MTB Camp ugust 28-30, 2015 — BetterRide MIB Camp, Durango, CO, BetterRide's team of profes-sional coaches is dedicated to teaching riders of all levels the skills to ride in bal-ance, in control & have more fun on their bikest, Gene Hamilton, 970-335-8226, info@ BetterRide.net, Patrick Gilbery, patrick@bet-terride.net, betterride.net
- August 29-30, 2015 VIDA MTB Series: Spirit Mountain, VIDA MTB Series, Duluth, MN, Women's mountain bike skills clinic, Sarah Rawley, 503-805-0043, info@vidamtb.com,
- September 4-7 2015 -TVTAP WYDAHO eptember 4-7, 2015 — TVTAP WYDAHO Rendezvous Mountain Bike Festival, Teton Valley, ID, 6th Annual, held at Grand Targhee Resort. Races: Super D with 4,300ft decent, XC race, and shenanigans., Tim Adams, 208-201-1622, time TVTAP.org, TVTAP. 208-201-1622, bliefest@IVTAP.org, tetonbliefest out hydro-green. bikefest.org, tytap.org
- September 25-27, 2015 MECCA Fall MTB leptember 25-27, 2015 — MECCA Fall MTB Festival, Wedge Overlook (Near Castle Dale), 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. End the day with a provided BBQ dinner. Finish up on Sunday morning with a provided breakfast and a guided (or on-your-own) scenic ride. Family-friendly (meal tickets only available), kin Player, 435-653-2440, meccabikeclub@etv.net, biketheswell.org etv.net, biketheswell.org
- September 26-27, 2015 Trek Dirt Series Mountain Bike Camp, Durango, CO, Learn new skills, increase confidence on the bike, or simply enjoy the sport like never before. World class women's only instructional week-end camp for beginner, intermediate, and advanced riders. Lu Furber, 604-484-6238 (Canada), register@dirtseries.com, Emily Neuman, 604-484-6238, info@dirtseries.com
- October 1-4, 2015 Outerbike Fall, Moab, UT, An opportunity to ride next year's bikes and gears on world class trails. Participants get bike demos,shuttles, lunch, beer, and admission to parties and films., Don Wiseman, 800-845-2453, 435-259-8732, outerbike@west-
- October 22-25, 2015 Moab Ho-Down Mountain Bike Festival & Film Fest, Moab, UT, 10th Annual Mountain bike festival with dual stage enduro race, group shuttle rides, bike film festival, townie tour, air jump company and cost tump natural. The festival is a comp and costume party! The festival is a fundraiser for local trails and the bike park!, Tracy Reed, 435-259-4688, info@chilebikes. com, moabhodown.com, chile
- December 5, 2015 Global Fat Bike Day Utah. den, UT, 10 am, location TBD. We are nning to have a taligate style BBQ / Party, is a gathering of Fat Bike enthuslasts to ebrate Fat Fun and Friends with a ride

and party., Mark Peterson, 801-782-3663,

Utah Weekly MTB

Race Series

- April 14-August 21, 2015 Mid-Week Mountain Bike Race Series, Mid-Week MTB Race Series, Park City, Draper, and Solitude, UT, Races are on Tuesday evenings. Registration begins at 5:00, kids race at 6:00 and main event at 6:30. April to August Corner Canyon Apr. 28, Corner Canyon May 5, Heber (Coyote Trail) May 12, Round Valley May 19, Night race Herriman (Party Rock) May 29, Round Valley June 2, Round Valley June 9, Deer Valley (Snow Park) June 23, Solitude July 7, Solitude July 21, Deer Valley (Silver Lake) July 28, Snowbird Aug. 4, Solitude Aug. 11, Night race Corner Canyon Aug. 21, Brooke Howard, 385-227-5741, brooke@midweekmtb.com, midweekmtb.com, facebook.com/midweekmtb
- May 6-August 5, 2015 Sundance/Soldier Hollow Weekly Race Series, WWRS, Sundance, Soldier Hollow, UT, Wednesday nights, May Aug. Venue alternates between Wasatch County sites and Sundance, 6:30 pm. Pros/Experts I hr race time, Sports 50mins, Register, 30 (Menics, 2015). Detects: Westerh Beginners 30-40mins. 2015 Dates: Wasarch County: May 6, 20th; June 3, 17; July 1, 15, 29; Sundance: May 13, 27; June 10, 24; July 8, 22; Aug 5, Tyson Apostol, 435-200-3239, 801-223-4849, races@euclidoutdoors.com 23-4849, races@euclidoutdoors.com, Woodruff, 801-223-4044, 801-223-4849
- June 3-August 26, 2015 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., Tim Eastly, 801-620-1000, 801-620-1045, teast-

Regional Weekly

MTB Race Series

June 23-August 18, 2015 — Laramie Mountain Bike Series, Laramie, WY, Tuesdays. Local mountain bike series, great for iders of any age and ability. Evan O'Toole, info@lara-

Utah Mountain

Bike Racing

- May 2, 2015 Soldier Hollow, Intermountain Cup, Midway, UT, XC race #3, short course style XC racing-fun, fast course., Bryson Perry, 801-233-1400, 949-973-0300, Brysoniperry@
- May 9, 2015 Scott Enduro Cup at Moab Not y, 2015 — Scott Enduro Cup & Moda, Scott Enduro Cup & Series, Modab, UT, The first stop of the 2015 Scott Enduro Cup presented by Vittoria will take place on the world famous red rock tralls of Modab Ut. This wolf latitudes and the latest states of the latest states a great place to kick off your racing season., Jessica Kunzer, 801-349-4612, jkunzer@mtsports.com, Courtney Leonard, 801-349-4616, cleonard@mtsports.com, endurocup-
- May 16, 2015 Wild Horse Dirt Fondo, Delle, UT, 76 miles, 5,000 vertical, zero miles of pavement, county-maintained 2WD dirt and gravel roads around and across the Cedar Mountain Wilderness Area. Little Wild Horse option of 31 miles, 1,800 vertical. Covers many of the same segments as The Wild Horse. Separate start of 10 A.M. Start/Finish in Delle, Utah. The start line is less than one hour west of SLC on I-80. The Wild Horse is a supported Dirt Fondo. This is not a race, but there will be a mass start, Chris race, but there will be a mass start., Chris Magerl, 801-595-8293, <u>daymag@hotmail.</u>
- May 16, 2015 Three Peaks, Intermountain Cup, Cedar City, UT, XC race #4 A new course back at Three Peaks. A fun 6 mile loop. Make this your camping trip too as it will be a blast out there., Bryson Perry, 801-233-1400, 949-973-0300, BrysonIperry@gmail.com, intermountaincup.com, spingeeks.
- May 23-25, 2015 Sundance Showdown H and Super-D, Go-Ride Gravity Series, undance Resort, UT, USAC sanctioned Super-D Saturday and Downhill Monday



Ron Lindley, 801-375-3231, info@utahdh.org,

- go-ride.com, utanan.org

 May 23-25, 2015 Stan Crane Memorial
 Draper Dueler, Intermountain Cup, Draper
 Irail Days, Draper, UT, A fun, short track
 XC race at the Draper Equestrian Center
 followed by a single stage Enduro/Super D
 down Rush or Maple Hollow (still tentative).
 For the EXC #2 Deuler, this race will take you
 all over Corner Canyon in approximately a
 25 mile, lap to lap race. There will also be
 a short course option for those looking for
 something a little smaller, Bryson Perry, 801233-1400, 949-973-0300, Brysonlperry@gmail.
 com, intermountaincup.com
- May 23, 2015 Vike on a Bike, Ephraim, UT, A Aday 23, 2015 — Vike on a Bike, Ephraim , UT, A mountain bike race for all experience levels, on a course designed by Durke Gordon and Jason Stevens. The event begins at noon on Saturday in front of the Snow College Noyes Building, Families are encouraged to decorate their Viking bikes for the parade at 10am and cruise past the festival for a fun ride. Four course options: Family, Beginner, Novice and Sport, Cotton Frederick, 435-283-4644, coltonih@hotmail.com, scandinaviantestival.org/bike.html
- May 29, 2015 Iron Will MTB Race, tentative for 2015, Bluffdale, UT, 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,
- May 30, 2015 12 Hours of Zion, Zion National Park, UT, Come race on Zion Ponderosa Ranch, on the east side of Zion National Park, for an all-new 12 hour cross country mountain bike race. Bring family and friends to enjoy the scenery and cheer racers on., Jordan Bracken, 435-229-5397, 435-703-9880, jordan@rapidcyclingracing.com, rapidcy-
- June 6, 2015 Deer Valley Pedal Fest, Intermountain Cup, Deer Valley, UT, XC #5, this will be a fun course comprised of great alpine single track., Bryson Perry, 801-233-1400, 949-973-0300, Bryson|perry@gmail. com. intermountaincup.com
- June 13, 2015 Wasatch Back 50, Tentative, Intermountain Cup, Heber, UT, EXC #3. This 50 mile course will run counter-clockwise. There will be a short course option as well, Bryson Perry, 801-233-1400, 949-973-0300, Brysonlperry@gmail.com, intermountaincup.
- June 20, 2015 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. haitball.dh@amail.com. 2-epic.com/ n@gmail.com, 2-epic.com,
- June 27, 2015 Sundance Spin, Intermountain Cup, Sundance Resort, UT, Utah State Championships., The Sundance venue is back again this year with some of the best single track Utah has to offer, Bryson Perry 801-233-1400, 949-973-0300, Brysonlperry@
- Jane 27, 2015 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., Cameron Christensen, 435-586-2770, 801-884-2332, cameronc@cedarcity.org, fireroadcycling.com eroadcycling.com
- June 27-28, 2015 Canyonball Downhill and **Super D**, Go-Ride Gravity Series, Park City UT, Held at The Canyons Resort, Super D on Saturday, Downhill on Sunday., Ron Lindley 801-375-3231, info@utahdh.org, go-ride
- July 4, 2015 The Rage at Snowbird, Intermountain Cup, Snowbird, UT, Snowbird has done a great job with some new trails and creating trails for real MTB racing with a great mix of fast flowy single track, service roads, and a few short technical sections to keep you on your toes., Bryson Perry, 801-233-1400, 949-973-0300, Brysoniperry@gmail.com.intermountainsup.com. com, intermountaincup.com
- July 11, 2015 The Crusher in the Tushar uly 11, 2015 — The Crusher in the Tushar, American Ultra Cross Series, Beaver, UT, 70 miles of mixed-surface bike racing exploring Southern Utah's Tushar Mt. range on dirf and asphalt. Features 10,500+ of climbing traversing Utah's highest and most scenic roads. You choose the bike, the Tushars choose the winner., Burke Swindlehurst, roadirl@msn.com, tusharcrusher.com
- July 24-26, 2015 Bryce Canyon Fat Tire Festival, Tentative, Ruby's Inn, UT, MTB race, family tour, Sunday ride options. 36k and 66k race options. Family Tour is great for all ages, 9 mile ride consisting of 6 miles of paved bike path and 3 miles of dilt road. Sunday Tour is fun for the whole family and includes a pancake breakfast, a gourmet lunch, and spectacular views. You can choose from a family and kid friendly 9 mile ride, a moderate 14 mile ride or an intermediate/advanced 17 mile ride, Sally M., 800-596-2953 x1, 702-596-2953, info@escapeadventures.com, Marcy Wilson, 800-596-2953 x1, 702-596-2953, marcy@escapeadventures.com, bcfattirefestival.com

OHONO

- July 25, 2015 Brianhead, Intermountain Cup, Brianhead, UT, EXC #4- Finals. The lcup is back in Brianhead after a long hiatus. The race will consist of classic high mountain single track and dirt roads. With the high altitude, amazing scenery and awesome trails, this will be one great day of racing., Bryson Perry, 801-233-1400, 949-973-0300, Brysonlperry@gmail.com, intermountaincup.com
- July 30, 2015 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, wildflowerfrailfest.com
- August 1, 2015 The Chris Allaire Solitude
 Cup, Intermountain Cup, Solltude Resort, UT,
 The second to last stop in the XC series, this
 race is a long time favorite for many and
 this year will be no different. Look for some
 fun exciting racing to happen here on some
 of the best trails Northern Utah has to offer.
 Also a great place to tune up before the
 High School racing starts, Bryson Perry, 801233-1400, 949-973-0300, Brysoniperry@gmail.
 com, intermountaincup.com
- August 14-16, 2015 Flyin' Brian Downhill and Dark Hollow Super D. Go-Ride Gravity Series. Brian Head, UT, Practice opens on Friday, August 14 at noon. The downhill is on Saturday, August 15. Dark Hollow Super D is on Sunday, August 16. , Ron Lindley, 801-375-3231, info@utahdh.org, go-ride.com,
- utandh.org

 August 15, 2015 Scott Enduro Cup at Canyons Resort, Scott Enduro Cup Series, Park City, UT, Last year's race featured a stacked pro field and enthusiastic crowd. Racers at Canyons Resort can expect a course covering 17+ miles of trails within Canyons' network covering approximately 3,400 vertical feet ascending and descending. Premier racing for pros, amateurs, and juniors including challenging courses, professional timing, and a lively festival with lunch for competitors, Jessica Kunzer, 801-349-4612, [kunzer@mtsports.com, Courtney Leonard, 801-349-4616, cleonard@mtsports.com, endurocupmib.com com, endurocupmtb.com
- August 15, 2015 Utah High School Cycling Junior League Race Clinic and Prologue, Utah High School Cycling League Race Series, TBD, UT, Lori Harward, 801-502-8516, 801-661-7988, lori@utahmtb.org, utahmtb.
- August 22, 2015 Brian Head Enduro, Brian Head, UT, Multi-stage enduro race where racers compete to score the fastest time down the mountain., Jordan Bracken, 435-229-5397, 435-703-9880, jordan@rapidcyclingracing.com, rapidcyclingracing.com
- August 22, 2015 Corner Canyon Classic, Intermountain Cup, Draper, UT, The final race of the I-Cup racing season as well as the series award party/BBQ for both the EXC and XC series. The course will be ripping fast and fun trails with a party to match. Don't miss this one!, Bryson Perry, 801-233-1400, 949-973-0300, Brysonlperry@gmail.com, intermountaincup.com
- August 28, 2015 Utah High School Cycling Junior League Race #1, Utah High School Cycling League Race Series, Soldier Hollow, UT, Lori Harward, 801-502-8516, 801-661-7988,
- August 29, 2015 Utah High School Cycling League Race #1, Utah High School Cycling League Race Series, Soldier Hollow, UT, Å new and different race course than last year. In addition, we have added 1 new distribution and wrong as start, those how 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 Hanward 801.502.8516.801.641.7288.1016 Harward, 801-502-8516, 801-661-7988, lori@
- September 5, 2015 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, thepcpp.com
- September 11, 2015 Utah High School Cycling Junior League Race #1, Utah High School Cycling League Race Series, TBD, UT, Lori Harward, 801-502-8516, 801-661-7988, lori@utahmtb.org, utahmtb.org
- September 12, 2015 12 Hours of Sundance epremier 12, 2015 — 12 Hours of Sundance, Sundance Resort, UT, With Solo, 2-Man, 4-Man and Coed options this event has something for everyone. Race goes from 7am - 7pm., Czar Johnson, 801-223-4121, 801-223-4849, czarj@sundance-utah.com, John Woodruff, 801-223-4044, 801-223-4849, iohnw@sundance-utah.com
- Softender 12, 2015 Utah High School Cycling League Race #2, Utah High School Cycling League Race #2, Utah High School Cycling League Race Series, TBD, UT, Races are for 9th through 12th grades only. Categories for individual scoring are Freshman, Sophomore, JV, and Varsity for boys and girls separately. Team scoring for division I, II, and III teams. Race starts Saturday at 9:30an. Bring your facelly and Saturday at 9:30am. Bring your family and cowbells for a great day of fun cheer-

government relationships,

Your membership

cycling education,

helps foster

- ing your local high school team at our spectator-friendly 4-6 mile lap courses., Lori Harward, 801-502-8516, 801-661-7988, lori@
- September 19, 2015 Widowmaker Hill Climb, tentative, Snowbird, UT, Starts in Gad Valley, 10 AM, 3000ft vertical race to the top of the Tram for awards, food and fun. , James Zwick, 801-583-6281, sports@sports-am.com, sports-am.com
- September 19, 2015 Goldstrike Gravel Race Gunlock, UT, A Gravel Grinder is coming to Southern Utah! Race any style of bike on 49 miles of dirt road, with over 6,000 feet of climbing., Jordan Bracken, 435-229-5397 435-703-9880, jordan@rapidcyclingracing.com, rapidcyclingracing.com
- September 19, 2015 Boulder Basin Challenge Enduro, Midway, UT, David McCluskey, 435-714-0401, mac@wesendur-ancesports.com, yesendurancesports.com
- September 20, 2015 Tour de Suds, Park City, UT, 7-mille mountain bike climb from City Park, to the top of Guardsman Pass with a 2,700tr elevation gain, Ginger Ries, 435-649-6839, ginger@mountaintralis.org, moun-
- teptember 26, 2015 Snowbird Ultra Hill Climb, Snowbird, UT, 8 am start on 9400 S. near 20th East, climb to Snowbird's entry III. 10 miles, 3500. vertical. Or choose the Ultra Hill Climb option. After the road climb, jump on your mountain bike and climb to the summit of Hidden Peak (14 miles total, 6500' of climbing). Misty, 801-933-2115, misty@snowbird.com, snowbird.com/events/blay-cle-hill-climb/ September 26, 2015 — Snowbird Ultra Hill
- September 26, 2015 Utah High School Cycling League Race #3, Utah High School Cycling League, Moab, UT, Race for 9th through 12 graders only. First wave going off at 9:30 am, with 3 waves during the day. Spectator friendly 4-6 mile laps, total length depends on category. Both individual scoring and team scaring Larl Harward 801. ing and team scoring., Lori Harward, 801-502-8516, 801-661-7988, lori@utahmtb.org,
- September 27, 2015 Red Bull Rampage, tentative 2015, Virgin, UT, Slopestyle jump contest in Utah's desert, Red Bull, 310-393-4647, peemalij@cvellinguitch.com, redbull
- October 9-10, 2015 Fall Fury, Utah Offroad Series, St. George, UT, Short track, cross country and downhill riding through St. George's Zen trail. Participants can choose which races within the Fall Fury they want to do. Want to do short track and cross country but the deauth life. but skip downhill? No problem! You choose what you want to do!, Jordan Bracken, 435-229-5397, Jordanbracken@gmail.com, Jordan Bracken, 435-229-5397, 435-703-9880, jordan@rapidcyclingracing.com, rapidcy-clingracing.com
- October 10-12, 2015 Moab Rocks, Moab potober 10-12, 2015 — Moab Rocks, Moab, UT, Incorporates Moab's best classic and new routes and combines them into a 3-day masterpiece of cross-country and timed descents in a fully supported format., Yuri Lortscher, 866-373-3376, info@transrockles.com, Kevin McDonald, 866-373-3376, info@transrockles.com, Kevin McDonald, 866-373-3376, kevin@transrockles.com, TransRockles.com
- October 10, 2015 Utah High School Cycling League Race #4, Utah High School Cycling League Race Series, Eagle Mountain, UT, A new course is in the works for this race, utilizing the lower trails. First wave (Freshmen Boys) starts Saturday at 9:30 am. Bring your family and cowbells for a great day of fun cheering your local high school team at our spectator-friendly 4-6 mile lap courses., Lori Harward. 801-502-8516, 801-661-7988, lori@
- October 16-17, 2015 Huntsman World Senior Games Mountain Biking, St. George, UT, Must be 50 years or older. Three events: hill climb, downhill, and cross country. Expert, Sport and Beginner Skill Divisions., Kyle Case, 800-562-1268, hwsg@infowest.com, Merrill Barney, , seniorgames.net
- October 24, 2015 Moab Epic, AXS Series, Moab, UT, An MTB Safari a 50+ mile cross country mountain bike adventure. Riders will race over 50+ miles on Moab's best single track and jeep roads, in a true Safari style adventure. , Will Newcomer, 970-403-5320, 2015@gravityplay.com, gravityplay.com
- October 24, 2015 Utah High School Cycling League Race #5, Utah High School Cycling League, St. George, UT, Races are for 9th through 12th grades only. Categories for individual scoring are Freshman, Sophomore, JV, and Varsity for boys and girls separately. Team scoring for division I, II, and III teams. Race starts Saturday at 9:30am. Bring your family and cowbells for a great day of funcheering your local high school team at our spectator-friendly 4-6 mille lap courses., Lori Harward, 801-502-8516, 801-661-7988, lori@utahmtb.org, utahmtb.org
- November 7-8, 2015 25 Hours of Frog Hollow Frog Hollow Endurance Series, Hurricane UT, Held Sat 10 am to Sun 10 am with the bonusdouble midnight lap due to the fall-back time change. 13 mile long course in the UT desert combines sweet single track , with some technical sections, and great climbs., Cimarron Chacon, 970-759-3048

Regional Mountain

Bike Racina

- May 2-3, 2015 Rumble at 18 Road, Fruita, CO, New Date! 4th year under MAD Racing, this race is a well known race among cyclists in the west. Short track mountain biking Saturday (20 minutes per race), Cross Country mountain biking Sunday (various distances). This is an official American Mountain Bike Challenge (AMBC) race for National Qualifier Top 10 riders in each class and category to compete in USA Cycling National Championships. , John Klish, 970
- May 2, 2015 USA Cycling Marathon MTB National Championships, Columbia County, GA, Micah Rice, 719-434-4200, mrice@usacycling.org, Greg Randolph, 800-634-3347, greg@visitsunvalley.com, usacycling. org
- May 9, 2015 Eagle Double Down Enduro Idaho Enduro Series, Eagle, ID, The courses will be divided between expert/sport and beginner, so that no one feels like they're getting in over their head and everyone feels challenged. Collect series points at the Double Down to combine with Jug Mountain Ranch and Brundage Mountain Results toward the series overall title. No license required., James Lang, 208-571-1853, 208-344-9182, jlang83702@yahoo.com, ida-
- May 9, 2015 Desert Rats Classic, Fruita, C.O., 100K on the world famous Kokopelli Trall. Five well stocked aid stations and medical support. Sub 10 hour finishers receive Enduro awards and sub 6 hours receive Gonzo awards, plus age group awards. Reid Delman, 303-249-1112, reid delman@geminiadventures.com, geminiadventures.com
- May 9, 2015 Battle the Bear, RME, Lakewood CO, Distances for all levels, free junior and kids races. Distances: Endurance-50 miles, XC-30 miles, Appetizer-20 miles, Jr 13-14 10 miles, Jr 11-12 miles. 20 miles, Jr. 13-14 10 111165, C. Lauren Swigart, 970-401-1422, thanew@roc-
- May 10, 2015 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, hamilton@bresnan.net, Jason Steichen, ason.steichen@gmail.com, bigskybikes.com/bsc-UnraveltheScratchgravel.html, montanacvclina.net
- May 16, 2015 Avimor Coyote Classic, Knobby Tire Series, Boise, ID, 12th annual -This is real mountain bike racing; not for the inis is teal mountain blike tacing; 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, knob-
- May 16, 2015 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, 208 755 7613, blom@ildesalmon.com, David Lingle, chukt allstar@hotmail.com, ridesalmon.com
- May 16-17, 2015 Firebird 40, Eagle, CO, Short course 10 miler on Saturday, 40 miler on Sunday, Some of Eagle's very best te-rain!, Mike McCormack, mikemac@eagleoutsidefestival.com, eagle
- May 16-17, 2015 Flagstaff Frenzy, Flagstaff, AZ, Cross Country on Saturday and Super D on Sunday, MBAA , info@mbaa.net, mbaa.
- May 16, 2015 Helena Enduro, Montana Enduro Series, Helena, MT, Montana Enduro Series , contact@montanae Christine Wike, christine@mont guild.org, montanaenduro.com
- May 17, 2015 Herron Hammer, MBRA Series, Kalispell, MT, Sheli Thomas, thomasshelit@ gmail.com, montanacycling.net
- May 23-24, 2015 24 Hour 'Round the Clock Mountain Bike Race, Spokane, WA, 24 hour MTB Race with a Fat BikeClass, starts noon May 23, Riverside State Park, 15 mile loop, Gino Lisecki, 509-953-9831, gino@roundandround.com, Wendy Zupan, 509-953-9831, wendy@roundandround.com, roundandround.com
- May 27, 2015 Wood River Cup Race #1, Wood River Cup, Halley, ID, Halley Community Bike Park, short track cross country., Billy Olson, 208-788-9184, billy@ eidaho.com, powerhous
- May 29-31, 2015 Grand Junction Off-Road Epic Rides Off-Road Series, Grand Junction CO, Billed as one of the most challenging CO, Billed as one of the most challenging XC courses in America, the Grand Junction Off-Road offers a full 3-days of mountain blke culture accented by free live music in the gorgeous Grand Valley. Karen Warsh, 520-623-1584, info@epicrides.com.
- May 30, 2015 PV Cycle Derby, RME, Elbert, CO, Distances for all levels, free junior and kids races. Distances: Endurance-50 miles,

XC-30 miles, Appetizer-20 miles, Jr 15-80 20 miles, Jr 13-14 10 miles, Jr 11-12 miles. Lauren Swigart, 970-401-1422, thanew@rockymountainendurance.com, rockymountainendurance.com, <a href="mailto

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- May 31, 2015 Gowdy Grinder, Laramie, WY, Cross country mountain bike race that takes place on the trails of Curt Gowdy State Park in southeastern Wyoming. The beginer races are on a course with a handful of short technical sections, but mostly smooth riding. The more advanced categories will find plenty of the challenging riding typical of Curt Gowdy., Evan O'Toole, info@ laramiemtbseries.com, gowdygrinder
- June 1-22, 2015 Monday Night Lights Crit **Series**, MBRA Series, Billings, MT, Monday night Crit Series,
- June 3, 2015 Wood River Cup Race #2, Wood River Cup, Halley, ID, Halley Community Bile Park, short track cross country, Billy Olson, 208-788-9184, billy@powerhouseidaho.com
- June 6, 2015 Knobby 9 to 5, Knobby Tire Series, Avimor, ID, High speed rolling double-track. Tight, technical sagebrush single-track, water crossings, quick steep drops, nasty little granny gear climbs. Single speeders' dream., Hal Miller, 208-869-4055, 208-720-3019, info@brokenspokecycling.org, knobbytireseries.com
- June 6, 2015 Gunny Enduro, Grand Junction une 6, 2015 — 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., John Klish, 970-744-4450, <u>madracingcolorado@</u> gmail.com, madracingcolorado.com
- June 6, 2015 EROCK Sunrise to Sunset, Castle Rock, CO, This year the race will move to our new venue at the freshly cult trails of the Philip S Miller Park in Castle Rock, Colorado. The 6.5 mile course wanders through the hills and drainages surrounding the park and offers ample viewing from the staging area for team members and spectators., Mike Heaston, 303-282-9015, 303-635-2815, emgmh@emgcolorado.com Elephant Rock , info@elephantrockride
- June 10, 2015 Wood River Cup Race #3, Wood River Cup, Halley, ID, Halley Community Bilke Park, short track cross country., Billy Olson, 208-788-9184, billy@ powerhouseldaho.com, powerhouseldaho.com
- June 12-13, 2015 City Creek Pedalfest, Pocatello, ID, Mountain Blke Race. Kids Race and Spaghetti Dinner Friday night. Saturday, Race Day! Beginner, Sport and Expert Classes (12, 17, 27 miles) Awards, Prizes, Raftle, music, food & fun., Lindi Smedley, 208-251-5915, <u>lindijo@mac.com</u>, pocatellopedalfest.com
- June 12, 2015 Lolo 12 Hour, MBRA Series, Lolo, MT. Jesse Doll, widoll@gmgil.com.
- June 13-14, 2015 Beti Bike Bash, Lakewood, CO, Women's only mountain bike race, MTB expo demo, VIDA MTB series clinic, and Little Bellas Girls Camp., Amy Thomas, 720-878-7363, betiblikebash@gmall.com, Sarah Rawley, 503-805-0043, info@vidamtb.com, betiblikebash.com,
- June 13, 2015 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, 775-296-2162,
- June 14, 2015 Beti Bike Bash, VIDA MTB Series, Lakewood, CO, Women's only moun-tain bike race and festival, Amy Thomas, 720-878-7363, betibikebash@gmail.com, Sarah Rawley, 503-805-0043, info@vidamtb. com, betibikebash.com
- June 17, 2015 Wood River Cup Race #4, Wood River Cup, Halley, ID, Halley Community Blike Park, Short Track Cross Country., Billy Olson, 208-788-9184, billy@
- June 18-21, 2015 Missoula XC at Marshall une 18-21, 2015 — Missoula XC at Marshall Mountain, US Pro XCT, Missoula, MT, Steep, technical climbs and descents will alternate between single track, double track, and infrequent dirt road sections. The course features over 850ft of relief per lap; while it is not at extremely high altitude, multiple long, steep climbs per lap will test racers' fitness limits., Ben Horan, bfhoran@gmail.com, missoulaxc.org, usacycling.org
- June 19-21, 2015 Black Hills Fat Tire Festival, Rapid City, SD, Promoting Mountain Biking in the Black Hills of South Dakota through bikes, brews and BBQ. Races: Hill Climb, Super D, XC and Youth XC., Kristy Lintz, 605-394-4168, 605-484-1724, kristy.lintz@rcgov.org, bh
- June 19-21, 2015 Jackson Hole Mountain une 19-21, 2015 — Jackson Hole Mountain Games, Jackson, WY, 3 day festival including mountain bike racing on Sunday, bouldering, mountain running, paragliding, and stand up paddle boarding competitions. In addition music, food, drink, and outdoor industry representation. Rebecca Katz, 360-441-5620, Rebecca katz@jhmountaingames.com, jhmountaingames.com
- June 19-21, 2015 Grand Canyon Fat Tire Festival, Kalbab Lodge, AZ, 2nd Annual. 100 & 58 mile GC Alpine 100 MTB race, 50 mile 5 Fingers Rainbow Rim Non-Competitive MTB ride, Festival with food, family events, and live music, 12 & 25 mile East Rim and



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DIVE

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Saddle Mountain MTB tour with Escape Adventures. Saturday's race is unlike any mountain bike race you've ever done, as you swoop through aspen and ponderosa pine on double track to the breathtaking North Rim of the Grand Canyon, ride in and out of forests on incredible rim skirting singletrack. Sunday's tour is fun for the whole family overlooking Saddle Mountain Wilderness and East Rim of the Grand Canyon., Sally M., 800-596-2953, 1nfo@escapeadventures.com, Marcy Wilson, 800-596-800-996-2953 X1, 702-596-2953, initio@esca peadventures.com, Marcy Wilson, 800-596-2953 x1, 702-596-2953, marcy@escapead-ventures.com, gcfattirefestival.com

June 20-21, 2015 — Jug Mountain Ranch XC and State Championship Enduro, Idaho Enduro Series, McCall, ID, XC Saturday Enduro Sunday. Courses divided by ability No license required. Hotel McCall is available right on the lake, plus plenty of camping nearby., James Lang, 208-571-1853, 208-344-9182, ilang83702@yahoo.com, idaho

June 21, 2015 — 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. Part of the Anaconda Bike Festival, Chad Lanes 406-563-7988, 406-563-2034, chadlanes@ Anaconda Bike Fest , 406-563-de@anacondablkof--msn.com, 7988 leteria 7988, letsride@anacondabikefest.org, montanacycling.net, anacondabikefest.org

June 21, 2015 — Missoula Enduro, Montana Enduro Series, Missoula, MT, Montana Enduro Series , <u>contact@montanaenduro</u> <u>com</u>, Christine Wike, <u>christine@montanak</u> cycleguild.org, montanaendur

June 24, 2015 — Wood River Cup Finals, Wood River Cup, Halley, ID, Halley Community Bike Park, Short Track Cross Country., Billy Olson, 208-788-9184, billy@powerhouseidaho.com, powerhouseidaho.com

June 25-28, 2015 — Crested Butte Bike Week, Crested Butte, CO, World's Oldest Mountain Bike Festival, Chainless World Championships, Fat Tire 40 mountain bike race, Bridges of the Butte townie tour on June 28 – 29. KEEN Rippin Chix camps for women, and guided mountain bike rides and free shuttles to premiere trails also are highlights., Crested Butte Chamber, 970-703-3366, 970-349-6438, ber.com/shaun@iconorchidevents.com/cbbikeweek. naun@ironorchidevents.com, cbbikeweek

June 25-28, 2015 — Ride Sun Valley Mountain Bike Festival, Sun Valley, ID, 4 days of Sun Valley's best singletrack and mountain bike fun for riders of all ages and abilities. The festival features free guided rides, clinics,

races, a bike expo, beer garden, enter-tainment and more. June 26 Sheeptown Drag RacesJune 26-28 Enduro Cup "Sun Valley Super Enduro June 26- Downtown Valley Super Enduro"June 26- Downtown Prologue TI, criterium/team relay and opening night partyJune 27- Sun Valley Super Enduro Day OneJune 28- Sun Valley Super Enduro Day Two and awards partyJune 28 Idaho Pumptrack State Championships, Greg Randolph, 800-634-3347, greg@visitsunvalley.com, Jessica Kunzer, 801-349-4612, ikunzer@mitsports.com, Courtney Leonard, 801-349-4616, cleonard@mtsports.com, ridesunvalley.com, visitsunvalley.com

June 27, 2015 — Soldier Mountain, Knobby Tire Series, Fairfield, ID, Soldier Mountain Resort XC course, known for the big climbs and big descents. Racers will climb over 8000' to see views that others dream about, Hal Miller, 208-869-4055, 208-720-3019, Info@brokenspokecycling.org, knobbytireseries.com

kenspokecycling.org, knobbyfireseries.com

June 27-28, 2015 — Scott Enduro Cup at
Sun Valley, Scott Enduro Cup Series, Sun
Valley, ID, Competitors will be challenged
to different hair-on-fire race stages. Gravityhungry athletes will take on one of the
longest enduros in the U.S. Racers will us a
combination of lifts and good old pedal
power to reach the start of each course.,
Greg Randolph, 800-634-3347, greg@
visitsunvallev.com, Ellen Gillespie, 208-7262777, ellen@sunvalleyvents.com, Jessica
Kunzer, 801-349-4612, kunzer@mtsports.
com, Courtney Leonard, 801-349-4610cleonard@mtsports.com, iddesunvalley.com,

June 27-28, 2015 — Big Mountain Enduro Aspen/Snowmass, Big Mountain Enduro Series, Snowmass, CO, Epic, backcountry and lift-accessed enduro racing., Brandon Ontiveros, 303-551-4813, info@bigmoun

July 1-8, 2015 — Camp of Champions, Leadville Race Series, Leadville, CO, Ride with past champions and experience every inch of the LT 100 MTB course in Leadville. A question and answer session will offer insight into proper training, diet and race strategy. Camp riders will get tons of camp swag, great food and amazing, unforgettable experience., Josh Colley, 719-219-9357, JColley@lifetimefitness.com, Kerrle Bruxvoort, 719-219-9357, kbruxvoort@lifetimefitness.com, leadvilleraceseries.com

July 11-12, 2015 — 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, Brandon Ontiveros, 303-551-4813,

info@bigmountainenduro.com, bigmountainenduro.com

July 11, 2015 — Silver Rush 50, Leadville Race Series, Leadville, CO, At 10,000-12,500 feet above sea level, this challenging 50 mile out-and-back course takes racers through the historic mining district on Leadville's East side. This race is known for its land. side. This race is known for its long, lung-burning climbs and rocky, steep terrain. Solo or Tandem 50m. Leadville Trail 100 Qualifier., Josh Colley, 719-219-9357, JColley@iffetimefitness.com, leadvilleraceseries.com

July 16, 2015 — Southeast Idaho Senior Games Jly 16, 2015 — Southeast tadno serior cannes, Pocatello, ID, City Creek Trails; Staging at Centennial Park 6:00pm. Categories: Short, Medium, Long and Single Speed, Dana Olson, 208-233-2034, 208-317-3918, southeastidahoseniorgames@gmail.com, seida-

July 17, 2015 — Southeast Idaho Senior Games 10K Time Trial, Pocatello, ID, Stagling Marsh Valley High School near Arimo 9:00am., Dana Olson, 208-233-2034, 208-317-3918,

July 17, 2015 — Southeast Idaho Senior Games 20K Road Race, Pocatello, ID, Staging Marsh Valley High School near Arimo 10:30am., Dana Olson, 208-233-2034, 208-317-3918, southeastidahoseniorgames@gmail.com,

July 18, 2015 — Tahoe Trail 100, Leadville Race July 18, 2015 — Ianoe Iraii Tuu, Leadville Race Series, Northstar, CA, 2-loop, 50 kilometer course filled with beautiful views of Lake Tahoe. Solo 50k or 100k. 2-person relay 100k. Leadville Trail 100 Qualifier., Josh Colley, 719-219-9357, JColley@liffetimefitness.com, leadvilleraceseries.com

July 18, 2015 — Southeast Idaho Senior Games 5K Time Trial, Pocatello, ID, Stagling Marsh Valley High School near Arimo 9:00am., Dana Olson, 208-233-2034, 208-317-3918, oseniorgames@gmail.com

July 18, 2015 — Bozeman Enduro, Montana Enduro Series, Bozeman, MT, Montana Enduro Series , <u>contact@montanaenduro.</u> <u>com</u>, Christine Wike, <u>christine@montanabi-</u> <u>cyclegulid.org</u>, <u>montanaenduro.com</u>

July 18, 2015 — Breckenridge 100, RME, Breckenridge, CO, 100, 68, and 32 mile races. Series Finale, Lauren Swigart, 970-401-1422, thanew@rockymountainendur-

July 25, 2015 — Butte 100, Butte, MT, Continental Divide Trail, Single Track, Big Sky Country, 100 and 50 mile options, with pending approval of a 25 mile option., Gina Evans, 406-498-9653, eatdirtpigpen@ gmail.com, butte100.com

July 25-26, 2015 — Tamarack Resort Super Enduro, Wild Rockies Regional Championship, Tamarack, ID, Saturday is open race practive only in the morning and general riding in the ofternoon. 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, wildrockiesemail@yahoo.com, wildrockiesrac-

July 31-August 2, 2015 — Big Mountain Enduro/Enduro World Series Crested Butte, Big Mountain Enduro Series, Crested Butte, CO, Epic, backcountry and lift-accessed enduro stage racing. Sarah Rawley, 720-407-6142, sarah@bigmountain.panduro.com 407-6142. 407-6142, <u>sarah@bigmountainendu</u> Brandon Ontiveros, 303-551-4813, ir

August 1, 2015 — Laramie Enduro, Laramie, WY, 111K (70+/- miles), No repeat course, 8,600ft elevation gain, 7 am start at Happy Jack Recreation Area-Hidden Valley Picnic Area, Richard Vincent, 307-760-1917, 307-777-6478, enduro.rv@gmail.com, laramieenduro.gm

August 1-2, 2015 — Pomerelle Pounder DH -Ride Gravity Series, Albion, ID, Two USAC sanctioned 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, Darren Lightfield, 208-608-6444, wildrockie-semail@yaboo.com

August 2, 2015 — Grand Targhee Enduro, Montana Enduro Series, Grand Targhee, WY, There's some seriously fun trails at Wyoming's Grand Targhee Resort, so we're going to race 'em for the fourth stop on the series. It's going to be a weekend long celebration of the Tetons., Andy Williams, 800-TARCHEE ext. 1309, aviiliams@grandtarghee.com, Montana Enduro Series, contact@montanaenduro.com, Christine Wike, christine@montanabicycleguild.org, grandtarghee.com, montanaenduro.com

August 14-16, 2015 — Brundage Mountain Bike Fest XC, Enduro, and Festival, Idaho Enduro Series, Brundage Resort, ID, 3 day Enduro Series, Brundage Resort, ID, 3 day, family friendly cycling experience with something for everyone. A good placing in the Chainless race Friday will take seconds off your time at Sunday's Enduro. The XC race will challenge your fitness while riding buff single track through stunning scenery. Kid's races, demos and live music will round at the second of the propriet is outli kld's races, demos and invernosic will round out the weekend. On site camping is availble. No license required., James Lang, 208-571-1853, 208-344-9182, <u>llang83702@yahoo.</u>

August 15, 2015 — Pierre's Hole MTB Race, NUE Series, Alta, WY, 6th Annual Pierre's Hole. Staging begins at the Grand Targhee Resort, ample lodging and amenifies available. 100 consists of 33-mile loop, each lap features approx. 3.000ft climbing on single and dou-ble-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, grandtarghee.com/ the-resort/news-events/1863/2014PierresHo le50100.php, ph100.org

August 15, 2015 — Leadville Trail 100, Leadville Race Series, Leadville, CO, Leadville Trail 100 is one of the most notorious and chalenging bike races in the world. 100 mile out-and-back. , Josh Colley, 719-219-9357, JColley@ilfetimefitness.com, leadvillerace-series.com

August 15, 2015 — 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, Jon Winkelblech, 970-367-4394, Jwinkelblech@honeystinger.com, honeystinger.

August 16, 2015 — Whitefish Enduro, Montana Enduro Series, Whitefish, MT, Montana Enduro Series, contacci@montanaenduro. com, Christine Wike, christine@montanabi-cycleguild.org, montanaenduro.com

August 29, 2015 — Whit Henry Memorial ugust 29, 2015 — Whit Henry Memorial Galena Grinder, Knobby Tiles 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., Hall Miller, 208-869-4055, 208-720-3019, info@brokenspokecy-cling.org, knobbytireseries.com cling.org, knobbytires

August 29, 2015 — Barn Burner 104, Flagstaff 104 mile mountain bike race, Solo Teams, Kaibab and Coconino Nationa Forest, Camping on private land. 26 and 52 mile options. Party afterwards with music, food, and beer, Casey Brown, 480-299-1203 Cbrown6@lifetimefitness.com, Ryan Sumers, 949-929-7476, rsumers@lifetimefitness.com,

September 4-7, 2015 — TVTAP WYDAHO Rendezvous Mountain Bike Festival, Teton Valley, ID, 6th Annual held at Grand Targhee Resort. Races: Super D with 4,300ft decent, XC Race, and shenanigans., Tim Adams, 208-201-1622, tmailto:time with 4,300ft decent, XC Race, and shenanigans., Tim Adams, 208-201-1622, time with 40 mailto: Time and time

September 4-5, 2015 — Big Mountain Enduro Winter Park, Big Mountain Enduro Seiles, Winter Park, CO, Epic, backcountry and lift-accessed enduro racing., Sarah Rawley, 720-407-6142, sarah@bigmountainenduro.com, Brandon Ontiveros, 303-551-4813, Info@bigmountainenduro.com, bigmountainenduro.com

September 5, 2015 — 24 Hours Flathead, Kalispell, MT, Tia Celent-info@24hoursofflathead.org. monte <u>cycling.net/schedule</u>?discipline=all&year=2014

d=2014

September 6, 2015 — Rebecca's Private Idaho, Ketchum, ID, 50mi or 100mi gravel grinder put on by professional racer Rebecca Rusch in her hometown of Ketchum, Idaho. The route can be done as a challenging ride or a lung busting, thigh screaming race up into the mountains surrounding Ketchum and Sun Valley. It is a beautiful route and it all ends in a great down-home party with food, festivities, music, and libations, Colleen Quindlen, 254-541-9661, colleen@rebeccarusch.com. rebeccapsiryateldaho. rebeccarusch.com, rebeccasprivateidaho

September 12, 2015 — Jurassic Classic Lander, WY, Mountain bike race at Johnny Behind the Rocks. Start time - 9:00 am, Beginner, Intermediate, Advanced/Procategories. BBQ, t-shirt and swag bag for registered participants. Tony Ferilsi, Indefecycling@gmail.com, landercycling.org

September 12, 2015 — Fire on the Rim Mountain Bike Race, Pine, AZ, 15, 30, and 45 mile mtb races near Payson, AZ, Janet

September 12, 2015 — Idaho High School Cycling League Race #1, ID, Dylan Gradhandt, 208-340-5200, dylan@idahomtb. com, idahomtb.org

September 12, 2015 — Bohart Bash, tentative, MBRA series, Bozeman, MT, Alex Lussier, <u>lussiera@hotmail.com</u>, <u>gallatinvalleybicycle-club.org/</u>

September 19, 2015 — Stone Temple 8, Curt Gowdy State Park, WY, 8 hour, 15.1 mile loop, Curt Gowdy State Park, Aspen Grove Parking Area, Tentative start 9AM, IMBA Epic singletrack, additional High School Race, Richard Vincent, 307-760-1917, 307-Race., Richard Vincent, 307-760-1917, 307-777-6478, enduro.rv@gmail.com, laramieen duro.org

September 19, 2015 — Idaho High School ycling League Race #2, Galena Lo , Dylan Gradhandt, 208-340-5200, <u>dyl</u> ahomtb.com, idahomtb.org

September 20, 2015 — Red Lodge Enduro, Montana Enduro Series, Red Lodge, MT, Montana Enduro Series , <u>contact@mon-tanaenduro.com</u>, Christine Wike, christine@ montanabicycleguild.org, montanaenduro.

October 3, 2015 — Tour of the White Mountains. Pinetop-Lakeside, AZ, Arizona's longest standing mountain bike event. At 7,000 feet. The Tour is a grassroots event with laid back vibes among a gathering of bike-minded individuals., Karen Warsh, 520-623-1584, info@epicrides.com, epicrides.com

October 3, 2015 — Idaho High School Cyclin. League Race #3, Magic Mountain, ID, Dyla Gradhandt, 208-340-5200, <u>dylan@idahomtl.</u> com, Idahomtb.org

October 17, 2015 — Idaho High School Cycling League Race #4 (State Champs), Avimor or Targhee, ID, Dylan Gradhand, 208-340-5200, dylan@idahomtb.com, Idahomtb.ora

October 23-25, 2015 - USA Cycling Collegiate Mountain Bike National Championships, Beach Mountain, NC, Chad Sperry, chad@

Utah Weekly

Road Race Series

Cyclesmith Rocky Mountain Raceways
Criterium Series — Utah Crit Series, West
Valley City, UT, 6555 W. 2100 S., Saturdays
at 11 am in March 7, 14, 21, 28 - Tuesdays at
6pm April 7 - through September 29, 4 and 8 at 6, C and D at 7 pm, Marek Shon, 801-209-2479, utcritseries@gmail.com, utahcritseries s@gmail.com, utahcrits

Salt Air Time Trial Series — Salt Lake City, UT, Every other Thursday April - September, I-80 Frontage Road West of the International Center; Starts 4-3-2015, Marek Shotn, 801-209-2479

DLD (DMV) Criterium — Utah Crit Series, West Valley City, UT, Weekly Training Crit at the Driver's Training Center, 4700S. 2780W., A filte - 6 pm, B filte between 6:45 and 7:05, Call for information regarding C filte. April 8- September 2., Marek Shon, 801-209-2479, utatitises@ammell.com, utablises.com <u>utcritseries@gmail.com</u>, <u>utahcritseries.com</u> <u>skiutahcycling.com</u>

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, April 10, 2015 start date, Marek Shon, 801-209-2479, utcritseries@gmail.com, utahcritseries.com

April 23-August 13, 2015 — Logan Race Club Thursday Night Time Trial Series, Logan, UT Thursdays. IT series consisting of 18 races on five difference courses, with weekly and end-of-series prizes. Check the website for the location of the weekly course., Stephen Clyde, 435-750-8785, swc@mdsc.com, Ben Kofeod, benkof@hotmail.com, logarrace-

Utah Road Racing

May 2, 2015 — Antelope Island Classic, UCA lay 2, 2015 — 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 championships too., James Ferguson, 801-476-9476, ferguson8118@comcast.net.bmbbc.com

May 2, 2015 — Gran Fondo Moab, Moab, UT, Mass start timed road cycling event on the beautiful La Sal Loop road, 60 miles with 5500 feet of climbing. Not a sanctioned race, but you will get a time, awards, and placing. Scott Newton, 435-654-8650, 800-635-1792, info@granfondomoab.com, granfondomoab.com

May 9, 2015 — Utah State Time Trial Championship, UCA Series, Grantsville, UT Marek Shon, 801-209-2479, utcritseries@

may 15, 2015 — 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, 435-831-7444, krohwerr/@gmail.com, Troy Oldham, 435-764-2979, oldhamtroy@gmail.com, bearlakeclassic.com

May 16, 2015 — 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, <u>krohwerr2r@amail.com</u> Trov 455-881-7444, krohwerr2r@gmail.com, Troy Oldham, 435-764-2979, oldhamtrov@gmail.com

May 17, 2015 — 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. ITT 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, krohwert2/@gmail.com, Troy Oldham, 435-764-2979, oldhamtroy@gmail.com, bearlakeclossic.com, bearlakeclossic.com com, bearlakeclassic.com, bearlake.com

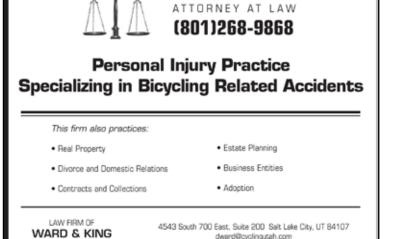
May 23, 2015 — Sugarhouse Criterium, UCA Series, Salt Lake City, UT, Bring the entire family and enjoy some of Utah's best crit racing in one of Salt Lake's Sugarhouse Park, State Championships., Marek Shon, 2012 2012 2 801-209-2479, ut

May 25, 2015 — 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. DraperTrails. , 575(11, 1861) Iviulauck, 801-205-3700, <u>ken</u> dock@utahhomes.com, <u>DraperTralls</u> 1

May 29-30, 2015 — Bike for Kids Stage Race, UCA Series, Daybreak, UT, Criterium, Road Race and Time Trial. USAC license required-one-day licenses available. Proceeds from one-day liceries available. Ploceds florintherace go to benefit Bikes for Kids Utah., Alex Kim, 801-503-9064, akwindmills@gmail.com, Eric Gardner, ericgardiner@gmail.com, bikesforkidsutah.com/bikes-for-kidsstage-race, utahcycling.org

June 6, 2015 — Porcupine Hill Climb, UCA Series, Salt Lake City, UT, 13th Annual, Start: Porcupine Pub & Grille finishing at the Brightion Ski Resort, Big Cottonwood Canyon. Mike Meldrum, 801-424-9216, mikesride@gmail.com, Dirk Cowley, 801-699-5126, dcowley@comcast.net, porcupinesycling.com, racedgevepttmagage.

June 12-13, 2015 — Rockwell Relay: Moab to St. George, Moab, UT, Road race with 4 rider teams and three legs per rider, covering 528 miles. Multiple start times at Swanny Park



DAVID R. WARD

dward@cyclingutah.com



- in Moab finishing in St. George., Cortney Stewart, 801-643-4673, cort@rockwellrelay. com, Tyler Servoss, 801-888-3233, Tyler@sta-Tionparkctit.com, rockwellrelay.com
- June 18-20, 2015 Utah Summer Games, Utah Summer Games Cycling, Cedar City, UT, Time Tital, Hill Climb, Criterium, Road Race with overall Omnium, Casey McClellan, 435-865-8421, 435-559-2925, mcclellan@suu.edu, Steve Ahlgreen, 435-865-8421, 435-865-8423, ahlgreen@suu.edu, utahsummeraames.ora
- June 20, 2015 High Uintas 10,000 Road Race, UCA Series, Kamas/Evanston, UT/WY, 80 mile, point to point road race from Kamas, UT to Evanston, WY over Bald Mountain Pass. Gran Fondo for citzen riders and touring riders., Marek Shon, 801-209-2479, utcritseries@amail.com. utahbikeracina.com
- June 20, 2015 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, mattjensennsl@ gmail.com, threekings.nslcity.org
- June 27, 2015 Gravel Grinder Road Race UCA Series, TBA, UT, Marek Shon, 801-209-2479, utcritseries@gmail.com, utahbikeracing.com
- July 4, 2015 Bountiful Mazda's Criterium, UCA Series, Bountiful, UT, Criterium and circuit race, Dirk Cowley, 801-699-5126, dcowley@comcast.net, racedayeventmanagement.com
- July 9, 2015 Station Park Criterium, Farmington, UT, Fast and technical Criterium. UCA Non-points race and USAC sanctioned., Tyler Servoss, 801-888-3233, tyler@stationparkcrit.com, Tyler Servoss, velo11@gmail.com, stationparkcrit.com
- July 11, 2015 Cache Valley Gran Fondo and Road Race, UCA Series, Logan, UT, Starling 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, Ills and Masters A; 50 mile course for all others. Kevin Rohwer, 435-881-7444, krohwert2r@gmail.com, Troy Oldham, 435-764-2979, oldhamtioy@gmail.com, Sterling Morris, 435-716-5309, Sterling.Morris@imail.org, cachegranfondo.com
- July 17-18, 2015 Capitol Reef Classic , UCA Series, Torrey, UT, Two days, three stages. Friday clicuit race and ITT, Saturday road race. Must complete the first stage to continue on to the next. Distances determined by racer's category. Tina Anderson, 435-425-3491, 435-691-1696, tricrazy@live.com, Scott Anderson, sr3club@live.com, capitol-reefclassic.bike
- July 25, 2015 Heber Valley Circuit Race UCA Series, Heber, UT, Scenic but challeng ing 8-mile circuits in Heber Valley, Utah, Mike Meldrum, 801-424-9216, mikesride@amail. com, Ditk Cowley, 801-699-5126, dcowley@ comcast.net, porcupinecycling.com
- July 31-August 1, 2015 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
- August 1, 2015 Utah Masters Road Race Championship, UCA Series, Odgen Valley, UT, Utah State Road Race Championships for Masters. Tentatively on the Masters Nationals Course, Marek Shon, 801-209-2479, utcritseties@gmail.com, James Ferguson, 801-476-9476, ferguson8118@
- August 3-9, 2015 Larry H. Miller Tour of Utah, UT, The Tour of Utah is one of only 3 UCI 2.HC sanctioned stage races in North America. More than 17 international and national proteams will compete over 500+ miles in seven days. Free for spectators, Larry H. Miller Tour of Utah, 801-325-2500, into@tourofutah.com, tourofutah.com
- August 3-4, 2015 Larry H. Miller Tour of Utah Women's Edition, Tooele, UT, The Tour of Utah Women's edition will be a 15 lap circuit race on a 2.2 mile course at Miller Motorsports Park. The pro women's race will run from 12:30 pm 2 pm in advance of the finish of Stage 3 of the Tour of Utah., Larry H. Miller Tour of Utah, 801-325-2500, info@tourspitch.com
- August 15, 2015 Tour de Park City, UCA Series, Park City, UT, 157 Classic Road Race returns for 2015! 7,500 feet of climbing, 10,750 foot summit. Fully Supported. Start and finish in the same spot., Ben Towery, 801-389-7247, teamexcelerator@gmail.com, tourdeparkcity.com, teamexcelerator.com
- August 15, 2015 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, Stacle Palmer, 801-644-9940, 801-391-2819, wildflowerpedalfest@gmail.com, wildflowerpedalfest.com
- August 22, 2015 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, tea-

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- mexcelerator@gmail.com, teamexcelerator.com
- August 28-31, 2015 Hoodoo 500, Utah Triple Crown, St. George, UT, 500 mile loop race through Southern Utah. Non-stop or stage race, solo and relay team divisions. 300 mile option as well., Deborah Bowling, 818-889-2453, embassy@planetultra.com, Hoodoo500.com
- September 9-13, 2015 USA Cycling Masters Road National Championships, Ogden, UT, Micah Rice, 719-434-4200, mrice@usacycling.org, usacycling.org
- September 12, 2015 LOTOJA Classic Road Race, Utah Triple Crown, Logan, UT, 33rd 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, lotojaclassic.com, utahtriplecrown.weebly.com
- September 19, 2015 Harvest Moon Criterium, UCA Series, Ogden, UT, 4 corner crif in Downtown Ogden around the Municipal Park between 25th & 26th Streets. State Criterium Championships. , Ben Towery, 801-389-7247, teamexcelerator@gmail.com, teamexcelerator.com
- September 19, 2015 Utah Tour de Donut, American Fork, UT, 8th Annual event - Most fun you'll have on a bike. Three 7-mile laps, eat donuts to reduce your time. Starts at 8:30 am., Rodney Martin, 801-427-6400, rotaryrod@ilve.com, Ronald Tolley, 480-285-6281, rtolley@clearvisionreserve.com, Utah Tour de Donut, info@utahtourdedonut.com, utahtourdedonut.org
- September 25-26, 2015 Salt to Saint Relay, Salt Lake City, UT, 420'ish mile relay race from Salt Lake City to St. George following Hwy 89. Broken into 24 legs. Ride Solo, or as 4 or 8 person relay teams. Men, Women, and Mixed categories., Clay Christensen, 801-234-0399, info@salttosaint.com, salttosaint.com
- September 26, 2015 Snowbird Hill Climb, Snowbird, UT, 37th Annual, 9 arm start on 9400 S. near 20th East, climb to Snowbird's entry II. 10 miles, 3500. vertical. Or choose the Ultra Hill Climb option. After the road climb, jump on your mountain bike and climb to the summit of Hidden Peak (14 miles total, 6500' of climbing), Misty , 801-933-2115, misty@snowbird.com, snowbird.com/events/bicycle-hill-climb
- October 6-9, 2015 Huntsman World Senior Games Cycling, St. George, UT, Must be 50 years or older. Four events: hill climb, time trial, criterium and road race. Skill divisions I, II, and IIII, Kyle Case, 800-562-1268, hwsg@ infowest.com, seniorgames.net
- October 10, 2015 City Creek Bike Sprint, Salt Lake City, UT, Race starts at the mouth of City Creek Canyon and finishes at Rotary Park where we will have awards, food, music and fun., James Zwick, 801-583-6281, sports@sports-am.com. sporfs-am.com.

Regional Weekly

Road Race Series

- Las Vegas Tuesday Night World's Henderson, NV, Tuesday Night Criterium series starting March 11B 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@vegasbikeracing.com, vegasbikeracing.com
- May 6-August 5, 2015 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 6
 at 6:30 pm?-100 pm, June 3, July 1 and 29Hill
 Climbs:Park at Cherry Springs, Crystal start
 at Cherry Springs and Scout start at bottom
 of Scout Mtm Rd. Scoring is best Crystal plus
 best Scout time. Approximately 5 mile climbs.
 mass start., May 20-Crystal Summit, 6:30
 pm.7:00 pm: June 10-Scout, July 15-Crystal
 Summit, August 5-ScoutCategories: End of
 season awards for men and women's overall winners of these categories: A's , B's ,
 Master's 50+, Triathlete, Recreational (Non
 IT blike, Eddie Merckx style), Single Speed,
 and Clydesdale (210 lbs+) and Athena
 (150 lbs+), Kris Walker, bobandkrisw@yahoo.
 com, Peter Joyce, 208-282-3912, joycpete@
 isu.edu, Idahocycling.com
- May 12-July 8, 2015 Expo Idaho SWICA
 Criterium Series, SWICA Criterium Series,
 Boise, ID, Local training crit series at Expo
 Idaho West Iot (Glenwood Street south of
 Hawks Stadium). Tuesdays, May 12-July 8,
 2015, Kurt Holzer, 208-890-3118, Idahobikeracing@yahoo.com, Idahobikeracing.org
- July 14-August 11, 2015 Half-Bogus Training Ride, Hammer Series, Boise, ID, Weekly Training Ride starts at 6:20pm., georsaevents.

Regional Road Racing

May 2, 2015 — Chino Grinder , Chino Valley, AZ, 106 mile gravel grinder from Chino to Williams and back with 9700 feet of climbing, Epic , 480-442-7694, EpicGravelRides@gmail. com, epicgravelrides.com, chinogrinder. com

- May 3, 2015 Emmett-Roubaix Road Race Spring Series, Emmett, ID, Mike Cooley, 208 343-3782, mcooley@georgescycles.com
- May 3, 2015 Idaho State Road Race Championships, SWICA, Boise, ID, USA Cycling Categories, 37, 56, or 69 miles, Mike Cooley, 208-343-3782, mcooley@ georgescycles.com, Vernon Padaca, 208-571-1730, ypadaca@powereng.com, Idabolykergering.com, geosspayers.com,
- May 8-10, 2015 USA Cycling Collegiate Road National Championships, Asheville NC, Micah Rice, 719-434-4200, mrice@ usacycling.org, usacycling.org
- May 15-16, 2015 Idaho Time Trial Festival, Boise, ID, John Rogers, 208-284-9671, obccwebdesign@yaho.com, bobs-bicycles.
- May 16, 2015 Ride for the Pass, Aspen, CO, Benefits the Independence Pass Foundation. 21st 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, independencepass.org
- May 22-25, 2015 Iron Horse Bicycle Classic Durango, CO, 44th Annual, Road Race and tour from Durango to Silverton, Road Circuit race and Time Trial, 25/50 mile tour Kids Race and Mountain Bike Cross Country Race and Mountain Bike Circeirum, Gaige Sippy, 970-259-4621, director@ironhorsebicycleclassic.com, ironhorsebicycleclassic.com
- May 23-25, 2015 USA Cycling Professional Road and TT National Championships, Chattanooga, TN, Micah Rice, 719-434-4200, mice@usacycling.org, usacycling.org
- May 30, 2015 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, georgescycles.com, georgescycles.com, georgescycles.com, gcorsaevents.com
- May 31, 2015 Cow County Bike Race, MBRA Series, Wolf Creek, MT, 50-76 mile road race over hilly terrain. Starts at the Wolf Creek Fishing Access site on the Missouri River, Mark Brooke, mbrooke@m-m.net, Robert Ray, 406-475-1562, 406-457-8645, rray@hotmail.com, Byron DeFord, bdef123@yahoo.com, teamgreatdivide.wordpress.com

 June 6-7, 2015
- June 6-7, 2015 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 Criterium 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, ypadaca@
 powereng.com, Dirk Cowley, 801-699-5126,
 dcowley@comcast.net, teamdobblaco.
- June 6, 2015 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, syringahospital.org
- June 7, 2015 Little Park Road Hillclimb, Grand Junction, CO, John Klish, 970-744-4450, madracingcolorado@gmail.com, madracingcolorado.com
- June 13, 2015 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, dirtbagdash.com
- June 13-14, 2015 Snake River Landing's Cycle Fest, UCA Series, Idaho Falls, ID, Citerium and circuit race, Dirk Cowley, 801-699-5126, dcowley@comcast.net, racedayeventmanagement.com
- June 24-28, 2015 USA Cycling Amateur & Para-cycling Road National Championships North Lake Tahoe, CA, Elite, U33 and Junior Road National Championships., Micah Rice, 719-434-4200, mrice@usacycling.org, usacycling.org
- June 26-28, 2015 Baker City Cycling Classic, Oregon Women's Prestige Series, Baker City, OR, Three days and four stages in beautiful eastern Oregon, with great support and unparalleled scenery. Over 10,000 ft of climbing over the three days in one of the country's most beautiful cycling regions. Pros and amateurs race the same courses and the women's and men's prize puses are matched by sponsor BELLA Main St. Market, Brian Vegter, 541-325-1689, dogbri@q.com, bakercitycycling.org
- June 27, 2015 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. sick-riders.com

July 4, 2015 — 4th of July Hailey Criterium, Hailey, ID, Downtown Hailey Criterium,

- Exciting four corner course., Billy Olson, 208-788-9184, billy@powerhouseidaho.com, Janelle Conners, 208-578-5453, 208-720-7427, jconners@bcrd.org, bcrd.org, ridesunvalley.com
- July 4, 2015 Celebrate Freedom Crit/State Criterium Championship, MBRA series, Billings, MT, Coul Hill, <u>coulhill@gmail.com</u>, montanacycling.net
- July 5, 2015 Twin Falls Criterium, SWICA, Twin Falls, ID, Criterium, races starting at 2:00 pm, fields TBD, Tentatively scheduled on a course approximately 0.8 miles, excellent povement and wide roads, Rick Greenawald, 208-316-6176, greenawald@cableone.net, Idahobikeracing.org, intermountaincycling.org
- July 11, 2015 Andersen Banducci Twilight Criterium, National Criterium Calendar, Boise, ID, 27th Annual, NCC race., Mike Cooley, 208-343-3782, mcooley@georgescycles.com, Dirk Cowley, 801-699-5126, dcowley@comcast.net, boisetwilight-criterium.com, gcorsaevents.com
- July 12, 2015 Idaho State Criterium Championship, Hidden Springs, ID, Start/ Finish at Hidden Springs Community-Village Green at 9 am., Kurt Holzer, 208-890-3118, kurtholzer@hotmail.com, lostrivercyling.org
- July 14-19, 2015 USA Cycling Mountain Bike National Championships, Mammoth Mountain, CA, Micah Rice, 719-434-4200, mrice@usacycling.org, usacycling.org
- July 15, 2015 Southeast Idaho Senior Games Hill Climb, Pocatello, ID, Hill Climb Cherry Springs to Crystal Summit 6:30pm 5 miles in a 6 % grade with a total of 1000 foot elevation gain., Dana Olson, 208-233-2034, 208-317-3918, southeastidahoseniorgames@gmail.com, seidahoseniorgames.org
- July 16, 2015 Southeast Idaho Senior Games Criterium, Pocatello, ID, Criterium Holf Arena Parking lot 6:00pm-ISU Campus. 1km, technical course with 7 turns. 35 minutes., Dana Olson, 208-233-2034, 208-317-3918, southeastidahoseniorgames@gmail.com.selidahoseniorgames@gmail.com.selidahoseniorgames@gmail.
- July 16-19, 2015 Tour of Montana, MBRA Series, Missoula, MT, Races, festival, gran fondo, Tour of Montana , 406-381-7962, info@tourofmontana.org, org
- July 18, 2015 Idaho State Time Trial Championships, Nampa, ID, Gary Casella, 208-340-7224, gcasella1@aol.com, Rudy Estrada, 208-713-3705, elitecycling@msn. com, Idahoblikeracing.org
- July 18, 2015 Southeast Idaho Senior Games 10K Time Trial, Pocatello, ID, Staging Mash Valley High School near Arimo 10:00am., Dana Olson, 208-233-2034, 208-317-3918, southeastidahosenlorgames@gmail.com, seidahosenlorgames.org
- July 25, 2015 Bob Cook Memorial Mount Evans Hill Climb , Evergreen, CO, This is an arduous 28 mile bicycle race that ends on the highest paved road in the United States. Bob Cook holds the record for the race: 1 hour, 54 minutes, 27 seconds. , Jennifer Barbour, 303-503-4616, execulraleamevergreen.org, bicyclerace.com
- August 1, 2015 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 downhills. It is 53.7 miles challenging race., Ken Stephens, 208-430-4514, sak41@pmt.org, sick-riders.com, Intermountaincycling.org
- August 8, 2015 Lamoille Canyon Hill Climb, Lamoille, NV, 10th annual. Road Race hill climb, 12 miles, 3000ft hill climb in Ruby Mountains. Race starts at 9am. Post event picnic and awards in Lamoille Grove, 11:30am., Annette White, 775-842-9125, annette.white42@amail.com, elkovelo.com
- August 8, 2015 State Championship Road Race/Hogback Classic, MBRA Series, MT Coul Hill, coulhill@gmail.com, montanacy cling.net
- August 8-9, 2015 Billings Omnium Weekend/ State Championship Omnium, MBRA Series, Billings, MT, Coul Hill, coulhill@gmail.com, montanacycling.net
- August 15, 2015 Bogus Basin Hill Climb Boise, ID, 41st Annual, Mike Cooley, 208 343-3782, mcooley@georgescycles.com georgescycles.com, gcorsaevents.com
- August 16-23, 2015 USA Pro Cycling Challenge, Steamboat Springs, CO, Colorado's 7-day UCI stage race from Steamboat Springs to Denver featuring world class professional bike racing in Colorado's mountains. USA Pro Cycling Challenge, 888-223-3351, Info@usaprocyclingchallenge.com, usaprocyclingchallenge.com
- lenge.com

 August 22, 2015 Hagerman Buhl Hagerman, Hagerman, ID, Great Tune up road race for Master Nationals. This is the renewal of an event that use to occur annually in the 90's. The course will be approximately 45 miles in length, leaving Hagerman on Highway 30 in a southerly direction taking a left turn onto Vader Grade, up the Grade to West Point Road (8 1500 E) to E 3600 S to the grade north of Buhl, down across the Snake River, right on River Road along Kanaka Rapids, up the 1280 East climb and then up Melon Valley Road to just north west of Buhl, and

then west and north on Highway 30 all the way back to Hagerman, Rudy Estrada, 208-713-3705, elitecycling@msn.com, Howard Roose, 208 484 8342, hkroose@gmail.com, intermountaincycling.org

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- August 30, 2015 WERKS, Helena, MT, Byron DeFord, bdef123@yahoo.com,
- September 12, 2015 Race to the Angel, Wells, NV, Hill climb, 30th Annual. The race is open to riders on mountain and road bikes, runners, walkers and triathletes: individual or team (Sprint Triathlon 750m swim, 51k run, 20K bike). The half marathon course begins at the Wells City pool and climbs approximately 2,784 feet to Angel Lake in the East Humboldt range of the Ruby Mountains. The half marathon course is entirely on pavernent., Wells Chamber, 775-752-3540, wellschamber@wellsnevada.com, Robert Johnson, 775-340-5943, rubymountainrelay@gmail.com, racetotheangel.org, rubymountainrelay.com
- September 14-19, 2015 World Human Powered Speed Challenge, Battle Mountain, NV, Cyclists from around the world will gather on SR305, perhaps the fastest strectch of road in the world to see who is the fastest cyclist in the world. The 2013 record was 83.13 mphl, Al Krause, 707-443-8261, a.Krause@sbcglobal.net, lipova.org, whipsc.org
- September 26, 2015 Mt. Charleston Hill Climb, Las Vegas, NV, 17.5 miles, 5357' of climbing, finish at Las Vegas Ski Resort, Begins at the base of Highway 156. 8 am., David McDonough, 702-823-1680, brokenspokebikestv@gmail.com, brokenspokebikestv.gom
- September 26, 2015 Telluride 200 Gran Fondo, Telluride, CO, 12th annual, From the high mountains of Telluride, cyclists descend past hillsides of quaking aspens along a route that passes through millions of years of geologic record, ultimately finding themselves at the base of striated sandstone cliffs reaching up to 1,000 feet overhead. Benefits the Just for Kids Foundation., Cindy Fusting, 970.729.1372, m2dblkeride@gmail.com, Victoria Lovely, 773-590-6499, vblovely@yahoo.com, m2dblkeride.com, telluride200.com

Utah Road Touring

- May 2, 2015 Biker's Edge Cinco de Mayo Century, Kaysville, UT, Free, fully-supported by Biker's Edge and America First Credit Union, 100 and 50-mile ride starting in Kaysville. Made for every level of rider with a gradual +/- 1,800ft. Community fun ride with great food. , Taylor Arnold, 801-544-5300, taylor@bebikes.com, bebikes.com
- May 2, 2015 Gran Fondo Moab, Moab, UT, Mass start timed road cycling event on the beautiful La Sal Loop road, 60 miles with 5500 feet of climbing. Not a sanctioned race, but you will get a time, awards, and placing., Scott Newton, 435-654-8650, 800-635-1792, info@granfondomoab.com, granfondomoab.com
- May 9, 2015 Springville to Nephi 100, BCC SuperSeries, Springville, UT, Start Springville Cracker Barrel frontage road to Nephi and back thru orchards, flat to rolling. Self Supported with shorter 30 and 60 mille options. Store stops enroute. Free event, Don Williams, 801-641-4020, roadcaptain@bccutah.org, bccutah.org
- becutah.org, becutah.org

 May 9, 2015 Goldilocks Salt Lake,
 Goldilocks Bike Ride, South Jordan, UT,
 100, 60, and 30 mile bike routes start in
 the heart of Daybreak at SoDa Row and
 winds through the mostly downhill urban
 landscape of South Jordan and Riverton
 before heading south on Redwood Road
 to Saratoga Springs and Eagle Mountain.
 The way home includes a spin around Lehi
 before you climb up Redwood Road and
 Porter Rockwell for a fast downhill finish to
 SoDa Row on Mountain View Corridor., Dani
 Lassiter, 801-635-9422, info@goldilocksride.
 com, goldilocksride.com/gsl
- May 9, 2015 6-Valley Tour Brevets, Salt Lake Randonneurs Brevet Series, Saratoga Springs, UT, Starts in Saratoga Springs, out to the West Desert and around the Oquirrh Mountains and/or around Hobble Creek & Utah Lake. 130, 200 or 400 km (83 to 250 mile) options. A brevet is a timed ultra distance event, Richard Sturn, 435-462-2266, richard@eogear.com, saltlakerandos.org
- May 10, 2015 Amazing Earthfest, Kanab, UT, 9th Annual - Grand Staircase EscalanteNational Monument Highly Scenic 35 miles out and back, 7:45 am, 420 East 300 South (US 89), Kanab, Utah, Pre-ride refreshments, Optional60 miles., Rich Csenge, 435-644-3735, jiw@gwi.net, com
- May 10, 2015 Cyclofemme Ride Performance Bike Shop, Utah Bike Month, Salt Lake City, UT, The most happening thing in Salt Lake City and in the rest of the world on May 10th is a beautiful idea and movement created by Girl Bike Love, Language Dept and League of American Bicyclists. Please come join us, Performance Bicycles of Salt Lake City as "We Ride Together" accompanied by you all during Cyclofemme 2015. This is a "NO-DROP" meeting at our location, 291 W 2100 South, Salt Lake City, celebrating "Women on Bikes" and we hope to see you there!





- info below!- Free Bike Checks 9:30 AM-Safety Brief 9:45 AM (Must be present!)- Ride starts at 10:AM- Helmets are required—Those under 13 must be accompanies by an Adult- Please bring a spare tube, if you don't have one we stock most tubes but please call first. Have Funl, Performance , (801) 478-0836, pbs128mgr@performaneinc.com, cyclofemme.com
- May 16, 2015 Gran Fondo Salt Lake, Salt Lake City, UT, A timed bicycle tour of the Salt Lake Valley. Fully supported aid stations, professional on-course support, and a finish line meal await. Optional KOM/QOM challenge ride for the climbers out there. Utah's first Classic & Custom Bike Show at the finish line. Benefits Bike Utah & Team Kid Courage, Jared Eborn, 801-599-9268, jared@extramileracing.com, GranFondoSaltLake.com
- May 16, 2015 Randy Wirth Memorial Half Century Ride, Logan, UT, 50 mile touring ride showcasing Randy Wirth's favorite bicycling routes in Cache Valley. Start at 10:00 am., Greg Parry, 435-750-0193, 435-753-4777, gpd
- May 16, 2015 Bear Lake Classic Century, Garden City, UT, 51 mile flat loop with some rolling hills on east shore, followed by a flat and fast finish a beautiful ride around Bear Lake. 50, 100, and relay options, Kevin Rohwer, 435-881-7444, krohwerr/Zi@gmail.com, Troy Oldham, 435-764-2979, oldham-troy@gmail.com, bikereg.com/bearlake-classic. beadlake.com
- May 22-23, 2015 Triple Loop Brevets, Salt Lake Randonneurs Brevet Series, Nephi, UT Self-supported with overnight gear drops. Starts in Nephi, UT, south to Junction and back, & finally a lap around Utah Lake 300, 400 or 600 km (190 to 375 mile) options. A brevet is a timed ultra distance event, Richard Stum, 435-462-2266, richard@eogear.com. saltlakerandos.ora
- May 23, 2015 Little Red Pre-Ride, BCC SuperSeries, Mendon, UT, Meet Mendon Church for pre-riding the Little Red Route. Store stops for water and food. FREE, Don Williams, 801-641-4020, roadcaptain@bccutah.org, Jen Green, 435-563-1212, pecan314@xmission.com, bccutah.org
- May 25, 2015 Antelope Island 100, BCC SuperSeries, Salt Lake City, UT, Memorial Day . Meet at Westpoint Park SLC 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, becutah.org
- May 28-30, 2015 Road Respect Southern Utah Tour, Road Respect Bike Tour, Utah Bike Month, Southern, 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 5/28: Garfield County-Panguitch, evening event 5/28 Washington County-Santa Clara, 5/29: Washington County-Hurricane and Washington City, 5/30: Kane County-Kanab, Keri Gibson, 801-243-7571, kgibson@utah.gov, roadrespectutah.org
- May 30, 2015 Tour de Brewtah, Utah Bike Month, Salt Lake City, UT, A tour highlighting Salt Lake's great bicycle infrastructure, engaged community, and craft beers, Tim Stempel, 602-463-1547, tourdebrewtaha gmail.com, Cynthia Stringham, 801-535-6167, cynthia stringham@slcgov.com, tourdebrewtaha
- May 30, 2015 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 bbg included with all paid registration., Tim Bell, 801-430-5968, royalriders.ths@gmail.com, TheRaccer.org
- May 30, 2015—Ride for the Angels, Copperton, UT, 6th Annual. Start: 8:30am; 8655 West 10390 South Copperton Park; Routes: 25, 50 miles and Metric Century 62.5 miles; \$50.00 includes swag bag and ride shirt. With each registration you will be entered to win a new bike. Drawing to be held Saturday at 8:00 am, right before the start of the event. Rest stops and road support, Great cause! Post Ride Picnic too!, Steve McIntyre, 801-560-6954, stevemcintyre44@yahoo.com, angelshands.org
- May 31-September 25, 2015 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 17-23 (camp), May 31-June 6 (inns), June 14-20 (camp), June 28-July 4 (camp), July 12-18 (camp), August 2-8 (camp), August 16-22 (camp), August 16-22 (inns), August 30-September 5 (inns), September 6-12 (camp), September 20-26 (inns), Sally M., 800-596-2953 x1, 702-

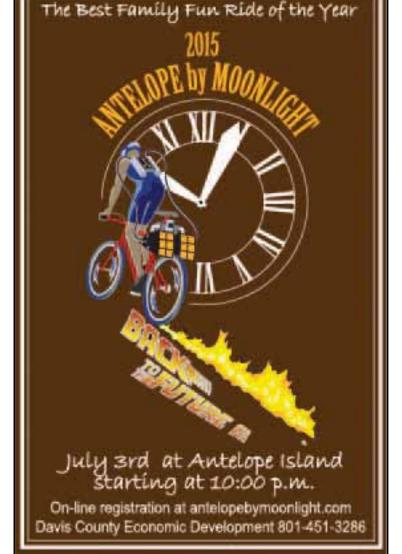
- 596-2953, info@escapeadventures.com, escapeadventures.com
- June 4-6, 2015 MOABA (Most Outstanding Annual Bicycle Adventure), Moab, UT, A 3 day Road Bike Ride with options for River Rides and Mountain Biking. Spend some time in Nature, Satisfy Your Inner Explorer, Finish Strong., Les Titus, 801-654-1144, 877-636-1994, lestitus@lagbrau.com, moabmoaba.com
- June 6, 2015 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 Huntman Cancer Institute, Reg. opens in February. This event sells out quickly., Penny Perkins, penperk@centurylink.net, Curt Griffin, Irth@bbtc.net, bccutah.org
- June 6, 2015 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. 100 miles, Dan Burton, 801-653-2039, epicbiking@gmail.com, epicbiking. com
- June 6, 2015 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, Margaret Gibson, 435-229-6251, margaret@ spingeeks.com, spingeeks.com
- June 6, 2015 Hero Ride, Heber, UT, Start/ Finish: Artisan Cheese Factory 100, 60, 30 mile options available. Team Race Category for 100 mile route (or take it at your own pace with friends). Registration opens January 1, 2015. A fully supported charity ride which seeks to challenge participants while raising money and awareness for special needs children in Utah. , Mark Staffleri, 858-442-5070, herorideutah@gmail.com, herorideutah.com
- June 8-10, 2015 Red Rock Randonnee, Salt Lake Randonneurs Brevet Series, Kanab, UT, Self-supported with overnight gear drops. Starts in Kanab, UT, through Zion, Bryce, & Grand Canyon. 400, 600 or 1000 km (250 to 620 mile) options. A brevet is a timed ultra distance event, Richard Stum, 435-462-2206, richard@eoaegr.com. saltlakerandos.org
- June 11-19, 2015 Rocky Mountain Tour, Cross Country Challenge, Salt Lake City, UT, In 9 riding days, 596 miles, tackle Wasatch Mountains, Soldier Summit, pass Book Cliffs and more in this challenging ride., Bill Lannon, 888-797-7057, abbike@aol.com, abbike.
- June 13, 2015 American Diabetes
 Association Tour de Cure, Brigham City, UT,
 Tour de Cure is an incredible experience
 riding through the World's Greatest Bird
 Refuge. Join 1500 riders, 250 volunteers and
 many spectators and sponsors for a finish
 line celebration at Heritage Arts Festival
 on Brigham City's Main Street. If you have
 diabetes you are a Red Rider. Route options
 of 9, 30, 55, 75 and 100 miles, Jeff Bird, 801363-3024 x7070, |bird@diabetes.org, Melissa
 Baucom, 801-363-3024 x7076, |MBaucom@diabetes.org, diabetes.org, diabetes.org,
- June 13, 2015 Provo A Go-Go, BCC SuperSeries, Draper, UT, Start Draper Park, ride past point of the mountain, thru Provo to Spanish Fork and back on a loop route. Free event, self supported with shorter 30 and 60 mile options. Store stops enroute., Don Williams, 801-641-4020, roadcaptain@bccutah.org, bccutah.org
- June 13-14, 2015 Utah Bicycle Touring Society's Overnight Bike Tour, Salt Lake City, UT, 9th Annual. This event is for new and experienced bicycle travelers. It involves traveling by bicycle in a self-suffienct manner to an overnight destination. We will camp overnight and then return the next day, Lou Melini, 80-487-6318, Ivmelini@comcast net
- June 18-20, 2015 Road Respect Northern Utah Tour, Road Respect Bike Tour, Wasatch Front, 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. 6/18/15: Davis County- Syracuse, 6/19/15: Weber County-Riverdale City, 6/20/15: Box Elder County- Brigham City, Keri Gibson, 801-243-7571, kgibson@utah.gov, roadrespectutah.org
- June 20, 2015 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, mattlensennsl@gmail.com, threekings.nslctity.org
- June 20, 2015 Huntsman 140, Delta , UT, A road cycling, non-competitive ride with 25, 50, 75, and 140 mile distances that raises funds for cancer research at Huntsman Cancer Institute., Jen Murano, 801-584-5815, murano@huntsmanfoundation.org, huntsman140.com

- June 20, 2015 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 citzen riders and touring riders., Marek Shon, 801-209-2479, utcritseries@amail.com. utahblikeracina.com
- June 27-28, 2015 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, Amanda Savage, 801-523-4267, 801-424-0112, amanda.savage@mmss.org, bikemsutah.org
- July 3, 2015 Tour de Riverton, Riverton, UT, 15th Annual, Part of Riverton Town Days. Fun family ride. 25 mile loop through Riverton and Herriman., Brad Rowberry, 801-523-8268, tdr@infinitecycles.com, tourderiverton.com
- July 3, 2015 22nd 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 Flelding Garr Ranch where refreshments are served. The entire route is 24 miles on an asphalt road. , Neka Roundy, 801-451-3286, tour@co.davis.ut.us, daviscountyutah.gov, antelopebymoonlight.com
- July 5, 2015 In Town Century Freedom Ride, BCC SuperSeries, Salt Lake City, UT, Location TBA. End the holiday weekend with 100 miles. Stops for water and food. FREE, Don Williams, 801-641-4020, roadcaptain@bccutah.org, Tom Coffey, 801-737-3241, lech2zurs@msn.com. bccutah.org
- July 10-11, 2015 Raspberry Ramble Series, Salt Lake Randonneurs Brevet Series, Logan, UT, Self-supported. Starts in Logan and climbs up Strawberry Canyon (LoToJa route). Longer routes then go around Bear Lake before heading north to Soda Springs and finally out to Golden Spike Natl Monument. 300, 400 & 600 km (125 to 375 mile) options. A brevet is a timed ultra distance event, Richard Sturn, 435-462-2266, richard@eogear.com, saltlakerandos.org
- July 11, 2015 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 for Logan Regional Hospital, run by Headspin Events. Grand Prize: FreeMotion Tour da France bike + \$1000s dollars in rider prizes. Troy Oldham, 435-764-2979, oldham-troy@gmail.com, Stefling Morris, 435-716-5309, Stefling.Morris@lmail.org, cachegran-fondo.com, loganhospitalfoundation.org
- July 11, 2015 Good News Jail and Prison Ministry Fundraiser Bicycle Ride, Park City, UT, Start 9:30am at the Shepherd of the Mountains Church. Funds donated go to keep Chaplains in the Salt Lake County Jail. Awesome Park City Ride on paved park-way trails, around a farm, meadows, woods, over bridges, under a tunnel and circling a park. Everyone is invited, all skill levels are welcome. Lunch is provided with \$35 entry donation., Mary Challier, 385-468-8409, 801-518-2840, mary.challier@goodnewsjail.org, goodnewsjail.org
- July 12, 2015 Upland Roller 100, BCC SuperSeries, Wanship, UT, Wanship Trailhead thru Coalville Echo over Hogsback to East Canyon, Morgan and back self-supported 30-50 mile options also. FREE, Don Williams, 801-641-4020, roadcaptain@bccutah.org, bccutah.org
- July 18, 2015 Pedal Away Parkinson's, Kaysville, UT, The 9th Annual 10 mile family fun ride begins at 8 am at Gailey Park in Kaysville. All proceeds benefit the Utah Chapter of the American Parkinson Disease Association., Meredith Smith, 801-451-6566, 801-336-6579, meredith@pedalawayparkinsons.com, pedalawayparkinsons.com
- July 18, 2015 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@spingeeks.com, Margaret Gibson, 435-229-6251, margaret@spingeeks.com, spingeeks.com
- July 18, 2015 RAW (Ride Around the Wellsvilles), Logan, UT, The Logan Rotary Club's Ride Around the Wellsvilles will begin at the Rotary Pavllion at Willow Park, with a choice of a 23, 66 or 96 mille ride., Ben Jarvis, 435-757-0376, LoganRotaryRAW@gmail.com, rotaryraw.com
- July 18, 2015 The GLMR Century, Spanish Fork, UT, Utah's Premier Cycling Event to raise awareness for, honor those taken by, and help those afflicted with mental illness., Zach Ludlow, 801-808-2569, glmrinfo@gmail.

- com, Stan Sadowski, 801-830-6655, glmrinfo@gmail.com, theglmr.com
- July 23, 2015 South Sevier Ram Ride, Monroe, UT, 25 miles starts in Monroe at the west side of City Park, goes through Central, Annabella, Elsinore, Joseph and ends at the city park in Monroe. 15 miles starts in Monroe at the west side of City Park, goes to Washburnville, through Austin to Brooklyn Road in Elsinore, follow Brooklyn Road turn on to Jones Road, and then end at the city park. 6 miles starts at the west side of City Park, and is a casual ride around the country farms of Monroe. Perfect for the younger kids., Heather Newby, 435-201-0138, Heather N@lonesanddemille.com.
- July 31-August 1, 2015 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, Sa
- August 1, 2015 Hotter than Heck Utah Valley Century, Lehi, UT, 31st 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, utahendurance.com
- August 1, 2015 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, Jen Green, 435-563-1212, pecan314@xmission.com, bccutah.org
- August 7-14, 2015 LAGBRAU (Legacy Annual Great Bike Ride Across Utah), Blanding, UT, World's most scenic bloycle 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, lagbrau.com
- August 8, 2015 The Ultimate Challenge Presented by University of Utah Health Care, Salt Lake City, UT, Ride like the prost Challenge yourself to ride the Tour of Utah's Queen Stage, finishing at Snowbird Skl and Summer Resort. Three rides 109 miles, 60 miles, 25 miles, Dirk Cowley, 801-699-5126, dcowley@comcast.net, tourofutah.com, rideuc.com
- August 15, 2015 Tour de Park City, Park City, UT, Fully supported Tour starting and finishing in Park City. 157 miles through Northern Utah's beautiful mountain valleys. A rolling picnic!, Ben Towery, 801-389-7247, teamexcelerator@gmail.com, tourdeparkcity.com, teamexcelerator.com
- August 15, 2015 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.com, wildflowerpedalfest.com
- August 15, 2015 Infinity Bike Ride, Utah Triple Crown, Saratoga Springs, UT, 40, 66, 100, 200 mile options, Colleen Ominson, 801-487-7229, infinitybikeride@gmail.com, infinitybikeride. weebly.com, utahtriplecrown.weebly.com
- August 15, 2015 Ride for the Kids, Syracuse, UT, Partnered with Make-A-Wish Foundation, ride out to Antelope Island. Ride options from 25-50-100 miles, depending on the

- skill level of the rider. Ride begins at the Syracuse RC Willey, 1693 W 2700 S at 8:00am. Breakfast and lunch will be provided, as well as tons of prizes for our raffle. Devin Kingsbury, 801-663-3267, syracusetag@gmail.com, Brent Jones, 801-774-2801, 801-645-0247, brent.jones@cwilley.com
- August 15, 2015 Castle Country Century, Scoffield, UT, Train for LoToJa or just have fun with this fully suported ride as you travel up and over Huntington Canyon, through Huntington hugging the edge of the San Rafael swell. Pass through the towns of Cleveland, Elmo, Wellington and Price to finish in Helper. All the while conquering 5,300ft of accent and 7,200ft of descent on this ride, Cory Jensen, 801-824-8455, coryvagniensen@gmail.com, carbonrec.com
- August 16, 2015 The Big Ride 150-Wasatch Back Route, BCC SuperSeries, Richmond, UT Start Draper Park over Emigration, Parleys, Park City, Kamas, Provo Canyon, loop back to start, free, Don Williams, 801-641-4020, roadcaptain@bccutah.org, Jen Green, 435-562-1212, bccutah.org
- 562-1212, becutah.org

 August 22, 2015 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
 freet, Julia Rametta, 435-649-3991, events@
 discovernac.org, Whitney Thompson, 435649-3991, whitneyt@discovernac.org, summitchallenge100.org, discovernac.org, sum-
- August 22, 2015 Interlaken 100, Pineview, UT, Interlaken 100 is a fully supported ride from Pineview to Bear Lake (via Monte Cristo). With over 5,600 vertical feet of elevation gain Interlaken 100 is not your typical century ride. Whether you are looking for a challenging ride or preparing for something even bigger this is the ride for you., Jon Bingham, 801-613-7520, bike.interlaken@gmail.com, Interlaken100.com
- August 22, 2015 Man of STIHL, North Salt Lake, UT, 62-mile (100km) fully supported metric century bike ride. Release the hero within you as you support the Davis Education Foundation. Enjoy beautiful autumn scenery as you ride on the East and West sides of Davis County from North Salt Lake to Clearfield and back., Marc Croft, 801-295-4141, marc@croftnow.com, Skye Whitlock, jsunskye@gmail.com, ManofSTIHL.org
- August 22, 2015 The Live Big Challenge, Orem, UT, 41, 20, and 1 mile options. A ride to honor Bryan Byrge who was killed in a bike crash earlier this year. Raffle, prizes, and more. Fundraiser for the Byrge family. Start-Finish at the Orem Cemetary Field, 1200 N. 800 E., Dave Bauerle, 801-995-8777, dave. bauerle@gmail.com, thelivebigchallenge.
- August 23, 2015 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, road-captain@bccutah.org, bccutah.org
- August 29, 2015 Cache Valley Century Tour, Richmond, UT, 35, 60, or 100 mile options. Proceeds benefit Common Ground, a Logan, Utah non-profit. Funds supprt their adaptive cycling program. Richmond to Preston, Idaho and back through scenic



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Ride Around the Wellsvilles

Saturday, July 18, 2015

26, 66 and 96 Mile Bike Ride

Ride begins and ends in Logan, Utah.

Proceeds will help communities world wide by providing clean water, sanitation, and locally by providing bikes for local youth.



terrain., Bob Jardine, 435-713-0288, 435-757-2889, info@CacheValleyCentury.com, Chris Larsen, 435-755-5132, chris.cgadventures@ all.com, CacheValleyCentury.com, ebook.com/pages/cache-valley-cen

August 29, 2015 — 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. Free flattest 100 on the schedule., Don Williams, 801-641-4020, roadcaptain@bcutah.org, Greg Allen, 801-450-1861, greg. allen@mhtn.com, bccutah.org

August 29, 2015 — I Think I CANyons (ITIC), Salt Lake City, UT, Fourth Street Clinic ben-efit ride goes over four Wasatch Front can-yons: 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, Spencer Chipping, 385-234-5702, 801-597spencerchipping@dian

August 29, 2015 — The Ghost Ride, Tocele, UT, 100 or 62 mile cycling tour of Utah's Tocele 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, the other terrains.

August 29, 2015 — Flat 200 Miler, BCC SuperSeries, Salt Lake, UT, A flat 200 miler out to the Great Salt Lake, Antelope Island. Willard Bay and back., Don Williams, 801-641-4020, roadcaptain@bccutah.org, Jen Green, 435-562-1212, , bccutah.org

September 6-12, 2015 — Tour of Southern Utah, St. George, UT, 7-day tour including Zion, Bryce, Capitol Reef and More. 60-100 miles per day., Deborah Bowling, 818-889-2453, embassy@planetultra.com, planetultra.com

September 6-12, 2015 — Ride with Jan Ullrich, St. George, UT, This tour rides an audacious point-to-point route across Utah the show cases the rugged backbone of the state. Visit Capitol Reef, Bryce and Zion National Parks. Climb up to 10,500 feet in elevation to view Cedar Breaks National Monument and for the finale descend nearly 10,000 feet to Zion National Park. This tour delivers Utah's hidden waterfalls, slot canyons and secluded roads. John Humphries, 970-728secluded roads., John Humphries, 970-728-5891, info@lizardheadcyclingguides.com,

September 19, 2015 — Moab Century Tour, Moab, UT, Road cycling in scenic Moab, Utah with 40, 60, and 100 mile route options. Ride benefits cancer survivorship programs. Beth Logan, 435-260-8889, 435-260-2334, info@skinnytireevents.com, skinnytireevents.

September 19, 2015 — Wonder Woman Century, Payson, UT, Join us in our fully sup-ported all women's ride, choose between the 15, 30, 70 or 100 mile options. Remember that every woman is a wonderful woman!, Mahogani Thurston, 801–318-1420, wonderwomanride@gmail.com, Carolina Herrin, herrin.carolina@gmail.com, wonderwoman-ida.com

September 19, 2015 — Million Miles at Miller, South Jordan, UT, Century, Metric Century, and 25-mile ride starting and finishing at the Megaplex Theatres at The District in South Jordan, UT., Anne Marie Gunther, 801-563-4140, amgunther@lhm.com, millionmilesat-miller.com

September 19, 2015 — Aptalis Cystic Fibrosis Cycle For Life, Coalville/Morgan, UT, Fully supported, beautiful autumn ride with four route options - 20,40, 60 and 100 miles. Benefit for the Cystic Fibrosis Foundation., Laura Hadley, 801-532-2335, 801-558-8310, lbadleyeff or Mary Fresques 801-532 hadley@cff.org, Mary Fresques, 801-532-2335, mfresques@cff.org, cycle.cff.org

September 19, 2015 — Coldwell Banker Parkway Pedal, Salt Lake City, UT. A casual ride along the Legacy and Jordan River Parkway to benefit The Autism Council of Utah. Various starting locations along the route. Finish at the Cultural Center in WVC., Chris Jensen, 801-563-7670, 801-940-1447, chris lensen@utahphomes.com bikerea.com outahhomes.com, bikereg

September 25-26, 2015 — Bike the Bear Century, Garden City, UT, 100 and 50 miles

RCWilley. 2ND ANNUAL CHARITY BIKE RIDE

25-100 MILE CENTURY RIDE

TO HELP RAISE MONEY FOR KIDS WITH CANCER

Chick-filt pepsi

August 15, 2015

at the Syracuse RC Willey \$25 per person \$35 per couple (All proceeds to be donated to Make-A-Wish)

7:00 am Registration/Check In

GIFTS AND PRIZES TO BE GIVEN AWAY!

ENTER TO WIN A 50" HDTV

7:30 am Breakfast 8:00 am Ride Begins Begins at Parking Lot behind church in Garden City, UT. Support the Trapper Trails Council, BSA with a ride around the sce-nic Bear Lake on the Utah/Idaho border. Jason Eborn, 801-479-5460, jeborn@bsamail. org, Nelson Palmer, nrpalmer@comcast.net Marte Green, 801-479-5460, johnm.green@

Scoting.org, trapperfrails.org

October 10, 2015 — Legacy Fall Flat 100
SuperSeries , BCC SuperSeries, Centerville,
UT, Free self-supported event. Start Foxboro
Park NSL, flattest 100 ever 4 trips up and back
on the Legacy Parkway bike path. Food at
Farmington Station. Shorter leg options of
25 and 30 miles for one or two trips up and
back., Don Williams, 801-641-4020, roadcaptain@bccutch.org, Greg Allen, 801-450-1861,
greg.allen@mhth.com, bccutah.org

October 17, 2015 — SoJo Marathon Bike Tour, South Jordan, UT, Lead out hundreds of runners at the SoJo Marathon and ride from through the west side of the Salt Lake Valley to South Jordan. Medals/shifts and post-ride festivities for finishers! Start 7:15 a.m., W Thomas, withomas@sjc.utah.gov, Matt Dodge, 801-253-5236, mdodge@sjc.utah.gov, SoJoMarathon.com

October 24, 2015 — Fall Tour de St. George, St. George, UT, Ride around southern Utah and see some of the most scenic views as you climb to Veyo and go through Gunlock State Park as well as all the beautiful colors throughout this 35, 70, or 100 mile ride., Ryan Gurr, 435-674-3185, info@spingeeks.com, Margaret Gibson, 435-229-6251, margaret@spingeeks.com, spingeeks.com spingeeks.com, spingeeks.com

November 28, 2015 — Saturday Fatter-day Ride, Saratoga Springs, UT, 7th annual ride to benefit the Utah Food Bank. Burn off a bit of turkey and pie calories. Bring a donation for the Food Bank as your entrance fee., Dan Burton, 801-653-2039, epicbiking@gmail.

April 23, 2016 — Front Runner Metric Century Ride, Salt Lake City, UT, Point to point metric century bicycle ride from Salt Lake City's Intermodal Hub to Ogden. Return to Salt Lake City via the UTA FrontRunner train service. Your bicycle will be transported via private truck to SLC., Matt Storms, 801-448-6061, matt@forthewinracing.com, frontrun-

Regional Road Touring

May 2, 2015 — Community Day Gran Fondo, Nampa, ID, 3rd Annual. Participants in 32 mile, & Metric Century receive goodie bags & post-ride meal. 5 Mile Family ride too, Melissa Gentry, 208-440-9456, <u>mgentry@</u> <u>bgclubnampa.org</u>, <u>bgcnampa.org</u>

May 8, 2015 — Ride 2 Recovery Honor Ride Lake Tahoe, Honor Ride, Lake Tahoe, CA, Start and finish at the new Hard Rock Hotel and Casino with the route extending out and back to Emeral Bay. Ride through the Amgen Tour of California arch as you start this ride and join in the fun and festivities at the finish line., Linda Glassel, 609-792-0709, 818-888-7091, Ilindag@ride2recovery.com, ride2recovery.com

May 9, 2015 — Ride 2 Recovery Honor Ride Sacramento, Honor Ride, Sacramento, CA, Ride parts of the Amgen Tour of California routes at Honor Ride Sacramento, starting from Capital Mall. Ride offers fully-supported routess and a festival-like atmosphere following your ride., Linda Glassel, 609-792-0709, 818-888-7091, lindag@ride2recovery.com, Honor Ride, 818-888-7091 Ext. 106,

May 16, 2015 — 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 tycblindidabe.org

May 16, 2015 — 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, <u>fulcon@comcast.net</u>, <u>inde-</u>

RIDE FOR KIDS

pendencepass.org, aspencyclingfestival.

May 16, 2015 — Palisade Gran Fondo, Palisade CO, 39, 68 miles. Starts at Peachbowl Park A timed road cycling event through the orchards and vineyards of western colorado ordinarus arra vineyards of western colorado and onto the rugged Reeder and Purdy Mesas, Jennifer Sliney, 970-464-7458, palisadevelo@gmail.com, palisadegranfondo com, palisadecoc.com/co/palisadegranfondo

May 17, 2015 — Santa Fe Century and Gran Fondo, Santa Fe, NM, 30th Annual. Escorted group, outstanding food stops staffed by experienced volunteers who return year after year. In addition to the Century, Half-Century, and 20 mile rides, we are offering 2 timed events: Gran Fondo (100 mile timed ride), Media Fondo (50 mile timed ride). Each fondo will have its own start time and a neutral start, police escort to the city lime. a neutral start, police escort to the city limits., Willard Chilcott, 505-982-1282, willard@ cybermesa.com, Michael McCalla, 406-381-2690, mikelikehikebike@botme:

May 17, 2015 — Outside Bike & Brew Festival, Santa Fe, NM, There are mountain and road rides, clinics, a Bike Expo, beer-dinners, con-certs, movies and more. , Michael McCalla, 406-381-2690, mikelikehikebike@hotmail. com, outsidesantafe.com

May 25-30, 2015 — 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.

May 31-September 4, 2015 — Yellowstone National Park Bike Tour, Belgrade, MT, May 31-June 5, 7-12, Aug 16-21, 23-28, 30-Sep 4, Tour includes 5 nights of lodging, 6 days of meals, guide service, entrance fees, daily lunch en route, energy food, liquid refresh-

ments, shuttles, and mechanical support., John Humphries, 970-728-5891, info@lizard-

June 6, 2015 — Bear Lake Monster Century Ride, Montpelier, UT/ID, 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 in Idahol, Jarde Eborn, 801-599-9268, |ared@extramileracing.com, Bearlakeendurance.com

June 6, 2015 — Buena Vista Bicycle Festival, Buena Vista, CO, Scenic and easy to chal-lenging 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 sup-ported with afteroon party and based. Time ported with afternoon party and band., Tim Lopez, 719-594-5655, 719-622-0439, bikefest , , , , , -0.74-0000, , 119-622-0439, <u>bikefest-ovbf.org</u>, Aaron Rosenthal, 719-594-oikefest-info@bvbf.org, <u>bvbf.org</u> 5655 bi

June 7, 2015 — America's Most Beautiful Bike Ride - Lake Tahoe, Stateline, NV, 24th 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, tgft@bikethewest.com, bikethewest.com, bikeandskitahoe.com

June 7, 2015 — Subaru Elephant Rock Cycling Festival, Castle Rock, CO, The unofficial start to the Colorado cycling season. You will not want to miss the excitement and camaraderie of the 28th annual pilgrim-age to Castle Rock for the Rocky Mountain age to castie Rock to 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 All of the indes start and ninsh at the Douglas County Fair Grounds. Stick around for the party at the Rock post-ride picnic and cycling expo., Mike Heaston, 303-282-9015, 303-635-2815, emgmh@emgcolorado.com. Elephant Rock, info@elephantrockride.com. <u>elephantrockride.com</u>, <u>emgcolorado.com/</u> <u>wordpress/?page_id=10</u>

31

June 13, 2015 — Bike for Kids Idaho Falls, Idaho Falls, ID, Kids Crif Series and 5K run., Kristy Mickelsen, 208-522-1205, 208-680-9397, kristy@bikeforkidsidaho.com, bikeforkidsi-

June 13, 2015 — Fremont Area Road Tour (FART), Lander, WY, 13 to 100 mile options, includes breakfast, bba, t-shirt and bottle, in conjunction with Brew Fest, Nyssa , farti@landercycling.org, Tony Ferlis, landercycling. <u>landercycling.org, Tony Ferlisi, Iccling@gmail.com, landercycling.org</u>

June 13, 2015 — Lemhi Valley Century Ride, Salmon, ID, 100 miles or 100 kms through the picturesque Lemhi River Valley., Maria Hunteman, 208-303-0106, mhunteman@hot-

June 15-July 9, 2015 — Great Alaska Highway Ride, Dawson Creek, BC, AK, Ride the full length of the notorious Al-Can Highway from Dawson Creek BC to Delta Junction Alaska. A fully supported calming and cycling adventure, with a few moter nights, Pedalers Pub & Grille , 877-998-0008, 325-353-8712, tours@pedalerspubandgrille.com

June 20, 2015 — Tour of the Carson Valley - Barbecue & Ice Cream Social, Genoa, NV, Mormon Station Historic State Park, 8th 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, tgft@bik-ethewest.com, bikethewest.com, bikeand

June 20, 2015 — Spinderella, Pocatello, ID, Ladles-only ride featuring five scenic routes, from 10 to 100 miles. Roll-out begins at 6:00 am at Ross Park in Pocatello, ID., DaNae Young, 208-221-9300, spinderella33@gmail.com, spinderellaride.com

June 20, 2015 — The Great Owyhee Ride Against Hunger, Ontario, OR, 50 mile, 62.5



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DIABETES

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@hotmall.com, Kevin Goade, 208-739-1545, tarnacdog@gmail.com, greatowyheeride. @gmail.com, greatowyheer

June 20-21, 2015 — Anaconda Bike Festival, Anaconda, MT, Pedal the Pintlers, 25 mile, 50 mile, or the most challenging Century ride: 100 mile rides through arguably the most beautiful landscapes of Southwest Montana, Chad Lanes, 406-563-7988, 406 563-2034, chadlanes@msn.com, Anaconda Bike Fest , 406-563-7988, letsride@anacond-

June 21, 2015 — 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 124km, and includes 1450m of climbing. Preregistration is required. \$20 cash only at durance or the Perch, by Friday at 6:00pm., Richard Feldman, 208-726-7693, ffeldman@durance.com. usacvelina.ora.

June 27, 2015 - Bob LeBow Blue Cruise ID. Routes from 3-100 miles, ride benefits the Terry Reilly Zero Pay Fund, helping support primary health care for our needlest patients. Matt Oakes, 208-467 4431, biketour@trhs.org, trhs.org/en-us/eventsmedia/boblebowblketour.aspx eventsmedia/boble

June 27, 2015 — RATPOD (Ride Around the Pioneers in One Day), Dillon, MT, RATPOD is a 130-mile one-day charity ride for Camp Make-A-Dream (a cost free cancer camp). The ride takes place in the beautiful Big Hole Valley of SW Montana, Jennifer Benton, 406-549-5987, info@ratpod.org, ratpod.org, campdfeam.org

June 27, 2015 — 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, 307637-6423, sphillips@cheyennecity.org, chey-

June 27-28, 2015 — Gran Fondo Kootenai, Libby, MT, A two-day, point-to-point, "stage" gran fondo featuring fully supported rides 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. Proceeds benefit charities in Libby and Eureka, Montana., John Weyhrich, 406-241-2829, John weyhrich@yahoo.com, gfkootenai.com

June 27, 2015 — Bingham County Idaho Relay for Life, Tentative for 2015, Kellogg, ID, 50 and 100 mille options. Limited Sag, rest/food station. Starting in Kellogg we will ride 50 or 25 miles west and return., Sharon and Steve O'Brien, 208-317-8375, 208-681-3602, sharonelizable behalier@htm.

July 8, 2015 — Ruby Mountain Bike Tour, Spring Creek, NV, 80 mile bike tour from Deeth to Spring Creek and mini tour from Lamoille to Spring Creek Relay or Solo cyclist. Leg one-Deeth to Angel Lake is all paved roads and ideal for road bikes. The remainder of the course is oil packed, gravel and paved, and may be better suited to mountain bikes. Cyclist are welcome to use all kinds of bikes. Cyclists are welcome to use all kinds of bikes by switching out at exchange locations., Wells Chamber, 775-752-3540, wellschamber@wellsnevada.com, Robert Johnson, 775-340-5943, rubymountainrelay@gmail.com, ltbymountainrelay.com

July 11, 2015 — Goldilocks Boise, Goldilocks Bike Ride, Meridian, ID, Fully supported, non-competitive, women only bike ride. Beautiful route, yummy food, pretty t-shirt, good lookin' Papa Bears. , Dani Lassiter, 801-635-9422, info@goldilocksride.com, goldilocks.events/gid/info

July 11-12, 2015 — Triple Bypass, Evergreen, CO, The route is 120 miles, traversing Juniper Pass (11,140 ft), Loveland Pass (11,990 ft), Swan Mountain and Vail Pass (10,560 ft), Jennifer Barbour, 303-503-4616, execulting teamevergreen.org, triplebypass.org

July 12-24, 2015 — 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 great food., Pedalers Pub & Grille , 877-998-

0008, 325-353-8712, tours@pedalerspuband

July 12-17, 2015 — Tour de Wyoming, Sundance, WY, Hilly route that loops through Black Hills of Wyoming and South Dakota. While covering 366 miles, the route passes by two national monuments and goes through two national parks, one national forest and one South Dakota state park. With all that, the route is being dubbed "The Monumental Tour". Overnight locations are: Newcastle, Custer, Rapid City, Spearfish, and Devil's Tower., Amber Travky, 307-742-5840, atravsky@wyoming.com, cyclewyoming.org, tourdewyoming.org ming.org, tourdewyoming.org

July 18, 2015 — 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 Quintille 928-779-5969, flagstaff@absolutebikes.net Hammarstrom, 877-527-5291, Ashley

July 25, 2015 — Jedemann Gran Fondo. Cheney, WA, A timed 100 mile, 66, or 30 mile cycling ride and cycling festival. Maria Emde, 509-953-9924, 509-939-0552, maria@ sports.com, emdesports.com

July 25-August 1, 2015 — Oregon Bicycle Ride, Roseburg, OR, Participate in our weeklong fully-supported tour exploring some back roads through the Coast Range to the Oregon Coast and back to the wild and scenic Rogue River, Sanna Phinney, 541-382-2633, 541-410-1031, info@bicyclerideswy.org.

July 25, 2015 — Four-Summit Gran Fondo Challenge Event, Cascade, ID, Options include 75, 60, 50, 30 or 8.2 Mile Options. Cause 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 Challenae will support various charitable 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, gcorsaevents.com, 4summitchallenge.com

July 26-September 6, 2015 — Klondike Gold, Fairbanks, AK, Cycle the route of the Klondike Gold Rush, in reverse from historic Dawson City, Yukon to Skagway, Alaska. Fully supported camping tour with a few nights in motels., Pedalers Pub & Grille , 877-998-0008, 325-353-8712, tours@pedaler-spubandarille.com. pedalerspubandarille. spubandgrille.com, pedalerspuba com/bike tours/alaska/Klondike

August 1, 2015 — 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 tou options. Aid stations along the way., Stevenson, 208-720-8336, wrbc.brett@c com, woodriverbike.org

August 1, 2015 — 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. bring more sportling events to Taos County for area youth. Start/finish for all three dis-tances is at the Taos Youth and Family Center, 407 Paseo del Canon East, Taos NM, 87571., Jennifer Buntz., 505-306-1443

August 1, 2015 — Colorado Cyclist Copper Triangle Alpine Classic, Copper Mountain, CO, 10th Annual. The Copper Triangle has long been considered one of Colorado's classic alpine road rides. Graced with breathtaking scenery, gorgeous roads and three challenging climbs, the ride exemplifies cycling in the Colorado Rockies. The course is 78 miles, with an elevation gain of almost 6,000 feet over three mountain passes., Mike Heaston, 303-282-9015, 303-352-2815, emgmh@emgcolorado.com/

August 1, 2015 — Ride 2 Recovery Honor Ride Orange County, Honor Ride, Orange County, CA, Presented by A Road Bike 4U, Honor Ride OC offers two amazing routes with the longer heading out to the ocean with scenic views and great climbing! All routes will be fully supported with SAG and fun rest stops along the way., Linda Glassel, 609-792-0709, 818-888-7091, lindag@ride2recovery.com, Honor Ride, 818-888-7091 Ext. 106, honorrideinfo@ride2recovery.com, doors and stage of the covery.com, doors and stage of the covery.com, doors are staged to the covery.com

Ridez/ecovery.com

August 2, 2015 — NAMI Billings Annual Bike Ride, Billings, MT, Our 12th annual NAMI Billings Bike Ride will start and end at ZooMontana. The ride raises money and awareness for those affected by mental illness. Five routes are available, ranging from a 62.1 mile loop for the cycling enthusiast to a 1 mile loop for children. The event is great for all skill levels, however just keep in mind there is no official timing. Kaitlyn Cochran, 406-256-2001, kaitlyn@namibillings.org, namibillings.org/bikeride2014/

August 8, 2015 — HeART of Idaho Century Ride, Idaho Falls, ID, 25, 62, and 100 mile options. Entry fees cover entry, t-shirts, fully stocked rest stops, and post ride BBQ. Route is flat to rolling, easy to moderate difficulty. Benefit for the Art Museum of Eastern Idaho., Miyai Griggs, 208-524-7777, 208-766-6485, mabe@theartmuseum.org, theartmuseum.

August 8, 2015 — 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, letourdekoocanusa

August 8-15, 2015 — Idaho Bicycle Ride, Blackfoot, ID, Weeklong fully-supported tour exploring the beauty of the Snake River, Swan Valley, Jackson, WY and Lava Hot Springs, ID on two wheels., Sanna Phinney, 541-382-2633, 541-410-1031, info@bicy-cleridesnw.org, bicycleridesnw.org

August 15-22, 2015 — Ride Idaho, Couer d'Alene, ID, 7-Day fully supported with showers, beer garden, entertainment, Tent and Porter Service available.Coeur d'Alene, Kellogg, Wallace, Noxon & Troy Montana, Sandpoint. Trail of the Coeur d'Alene, and Hilawatha Trail option., Earl Grief, 208-890-4434, 208-830-9564, ridaho@rideidaho.org, ideldiaho.org rideidaho.org

August 15-16, 2015 — 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@nmss.org, bikemswyoming.org

August 22, 2015 — Pedal For Patients, Fruitland, ID, 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. 100, 68, 40, or 20 mile ride options. Avid racers and family friendly., Ken Hart, 541-881-7295, hartkr@trinity-health.org.pedalforpatients.com

August 22, 2015 — Pedal for Patients. Fruitland ID, Choose the distance: 100, 68, 40, or 20 miles. The ride starts and ends at Saint Alphonsus Fruitland Health Plaza in Fruitland, Alphoises Hulland Health Flazd in Franklind Idaho 910 NW 16th St. Lunch, rest stops, and sag wagons will be provided along with plenty of food. Ken Hart, 541-881-7295, hart-kr@trinity-health.org, pedalforpatients.org

August 22, 2015 — Cruisin Magic Valley, Twin Falls, ID, A 12, 30, 50, or 100 mile bicycle ride for all levels. There is a family friendly 12 mile route that takes you out to Meander Point. The 30 mile route heads out west, north of Filer, through farm country. All of the routes are on rural paved roads in Southern Idaho. The ride is fully supported with a bbq and ice cream at the finish line. Goody bags & finisher medals for the 30, 50 & 100 mile routes. Finisher libbon for the 12 mile route. Denise Alexander, dalexander@filertel.com, Denise Alexander, dalexande maytec.org/race/cruisin-magic-valley/

SUPERDAY 15

Lions Park Cheyenne, WY 2015 Holly Frontier Tour de Prairie

June 27th

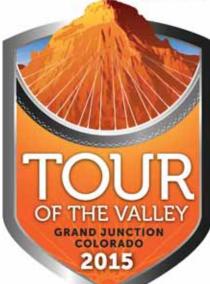
\$35.00 registration fee, includes breakfast, lunch, goody bag, and fully stocked rest areas every 12.5 miles on the course.

The course follows Wyoming Highway 210, Happy Jack Road. Long Course Ride leaves at 6:30am

Registration at cheyennecity.org or at Active.com



27th Annual Tour of the Valley Bike Ride! Saturday, August 29th



Great Food! Local Beer! Live Music!

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The Palisade Gran Fondo is a timed road cycling event through the orchards and vineyards of Western Colorado.

Choose a 70 or 40 Mile Loop.

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nevada's best bicycling events



Sunday - June 7, 2015

Stateline, South Shore Lake Tahoe, NV - 24th Annual A great Century Ride around Beautiful Lake Tahoe in conjunction with the Leukemia & Lymphoma Society's Team in Training program, 3000 participants

Saturday - June 20, 2015

Genoa NV - 8th Annual Tour of the Carson Valley - BBQ & Ice Cream Social. 6 Mile beginner Mtn Bike Ride, 11 Mile Family Fun Ride, 20 Mile Bike & Hike, 44 Mile and challenging 60 Mile ride. Live Music, BBQ & Ice Cream



Sunday - Sept 13, 2015

Lake Tahoe, NV - 13th Annual. Another opportunity to enjoy the end of summer and ride around Tahoe's 72 Mile Shoreline. 2000 participants

Sept 27 - Oct 3, 2015

24th 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 participants.



For more info and to register go to BiketheWest.com

- August 23, 2015 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@ Nettleton, 208-336-0555, <u>Megan.Nettletonmss.org</u>, georgescycles.com, <u>bikereg.o</u>
- August 29, 2015 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. Several route options available including the 100 mile route that takes riders over the Colorado National Monument. Start and finish at Canyon View Medical Plaza., Morgan Taylor, 800-621-0926, 970-256-6222, webguest@gliosp.org, yourcommunityhospital.
- September 6-25, 2015 Santa Fe Trail Bicycle Trek, Santa Fe, NM, 20th Year. Camping Trip. Ride all or part of the Santa Fe Trail (approx. 1100 miles) on paved public roads only. All gear carried by truck. After the first four days, riders can leave the group of any place along the route, Willard Chilcott 505-982-1282, willard@cybermesa.com
- September 12, 2015 Cascade Lake Gravel Grinder, Cascade, ID, This event is a long-distance bike ride starting in Cascade, Idonard continuing over U.S. Forest Service roads through the Boise and Payette National Forests. The route traverses through the beautiful mountain range just west of Lake Cascade. 35, 57, or 76 mile options. Sag wagon will pick up any riders still on the course at 5:00pm. Mike Cooley, 208-343-3782, mcooley@georges.com, 4sum-3782, mcooley@georgescycles.com, 4summitchallenge.com, gcorsaevents.com
- September 12, 2015 Tahoe Sierra Century, Squaw Valley, CA, 30-60-100 mile routes with 3000-7200 vertical gain. Great support and spectacular views from Squaw Valley Ski Resort, to Lake Tahoe, Donner Lake, and over Donner Summiti., Nancy Lancaster, idedirector@tahoesierracentury.com, sue Rae Irelan, ridedirector@tahoesierracentury.com, tahoesierracentury.com
- September 12, 2015 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 Bolse, Robyn Fatiber-Knoelk, 208-871-0951, Rknoelk@mwivet.com, Idahopoker-ride4pawsandclaws.org, pedalforpawsand-claws.org.
- September 13, 2015 Tour de Tahoe Bike Big Blue , Lake Tahoe, NV, 13th Annual ride around Lake Tahoe's Shoreline with the Juvenile Diabetes Research Foundation rully supported with rest stops, tech support and SAG. 72 miles, 4300ft vertical gain. Boat cruise and 35 mile fun ride. Curtis Fong, 800 565-2704, 775-771-3246, tgft@bikethewest.
- September 18-20, 2015 Oregon Gravel Adventure, Philomath, OR, Participate in our 3-day fully supported tour exploring minimally traveled roads where the surface may differ from various shades of asphalt to hardpacked gravel in the Oregon Coast Range., Sanna Phinney, 541-382-2633, 541-410-1031, info@bicycleridesnw.org, bicycleridesnw.org
- September 19, 2015 West Yellowstone Old Faithful Cycling Tour, West Yellowstone, MT, West Yellowstone to Old Faithful and back, 60 miles past golden aspen, bugling elk, majestic bison, gurgling geysers, and steaming hot pots supported ride. Moira Dow, 406-646-7701, director@rendezvousskitralis.com, Moira Dow, 406-646-7701, tour@cycleyellowstone.com, cycleyellowstone. <u>owstone.com</u>, <u>cycleyello</u>
- Tour de Vineyards, September 19, 2015 -Palisade, CO, Come join Bacchus and the rest of his merry revelers by joining this 25-mile ride through Colorado's Wine Country just prior to the Colorado Mountain Winefest., Mike Heaston, 303-282-9015, 303-635-2815, mgmh@emgcolorado.com,
- September 20, 2015 Edible Pedal 100, Carson eptember 20, 2015 — Edible Pedal 100, Carson, NV, 10 mille, 50 mile and Nevada 150K ride options, Start: Bowers Mansion Regional Park, Washoe Valley, NV. Challenging course, fully equipped ride stops, SAG, water bottle, maps, post ride BBQ, priceless views, camaraderie and an unbeatable sense of accomplishment., Kerry Crawford, 775-393-9158, ride@ediblepedal100.org, ediblepedal100.org

descend past hillsides of quaking aspens along a route that passes through millions of years of geologic record, ultimately finding themselves at the base of striated sand-stone cliffs reaching up to 1,000 feet over head. Benefits the Just for Kids Foundation. Cindy Fusting, 970.729.1372, m2dbikeride@gmail.com, Victoria Lovely, 773-590-6499, wblovely@yahoo.com, m2dbikeride.com, tallurida.

September 27-October 3, 2015 — OATBRAN, Lake Tahoe, NV, One Awesome Tour Bike Ride Across Nevadal 24th Annual, following the Legendary Pony Express Trail on U.S. Hwy, 50, 5 days of riding, 420 miles from Lake Tahoe to Great Basin National Park. Fully Supported motel style tour., Curtis Fong, 800-565-2704, 775-771-3246, tgft@bikethewest.com

October 3, 2015 - No Hill Hundred Century Bilke Tour, Fallon, NV, 30 mile, a 60 mile, and a 100 mile tour, fully supported. Event shirts, giff bags, lunch (for metric and century riders), post event BBQ at noon for all riders, 8:30 am, Churchill County Fairgrounds, Danny Gleich, 775-423-7733, dgleich@ gift bays, riders), post eve... ers, 8:30 am, Churchiii cers, 8:30 am, Churchiii churchiilleounty.org, churchilleounty.org, churchilleo

October 3, 2015 — Santa Fe Gourmet Classic, Santa Fe, NM, Fun, challenging 60 mile bike tour with delicious, creative Southwest style foods at 5 gourmet refueling stops. The noncompetitive ride winds through Santa Fe and into the surrounding areas. Elevation gain is about 1,800 feet. Ride is limited to 150 riders., Kathleen Davis, 505-795-3286, 408-499-0775, avimz@gmail.com, santafegourmetc

October 3, 2015 - ICON Tour of the Moon crober 3, 2015 — ICON Tour of the Moon, Grand Junction, CO, The Tour of the Moon was made famous in the 1980s Coors Classic and later in the cycling movie American Flyers. Today it continues to be considered one of the premier recreational road rides in the western United States. The breath-taking high desert scenery and beautiful roads make this an epic day of cycling, Mike Heaston, 303-282-9015, 303-635-2815, emgmh@emgcolorado.com, Scott 2815, <u>emgmh@emgcolorado.com</u>, Scott Olmsted, <u>tourinfo@tourofthemoon.com</u>, wordpress/?page_id=10 tourofther

October 3, 2015 — Gila Monster Gran Fondo, Silver City, NM, With four distances to choose from, everyone can find their challenge. from, everyone can find their challenge Gran Fondo 103 miles, Gough Park, Silver City 8:00am. Medio Fondo 70 miles, Gough Park, Silver City 8:00am. Micro Fondo 50 miles Hi-Spot, HWY 152 8:30am. Nano Fondo 32 miles, Camp Thunderbird, HWY 35 8:30am. Jennifer Buntz, 505-306-1443, bikefunsafe@gmail.com, taossportsalliance.com, touroff healia.com

ctober 3, 2015 — Las Vegas Century's Pedal to the Medal, Las Vegas, NY, Benefits Special Olympics of Nevada, Pancreatic Cancer Action Network and the Southern Nevada Bicycle Coalition. The ride is fully supported and the route is designed to take you around the fabulous Las Vegas valley. Distance options: Century, Metric Century, and 25 mile., Renae Egan-Williams, 702-932renae@lvvbc.org, northlasvego 1560.

October 10, 2015 — Tri-States Gran Fondo, Mesquite, NV, 112 miles, 7,500ft of climbing, three States - Nevada, Arizona, Utah, all in one spectacular day of cycling. Fully supported / Chip Timed., Deborah Bowling, 818-889-2453, embassy@planetultra.com, tristatesgranfondo.com

October 10, 2015 — Park to Park Pedal Extreme Nevada 100, Kershaw-Ryan State Park, NV, Road bike starting at Kershaw-Tyan and takes peddlers through the towns of Callente and Pioche, and through three other state parks: Cathedral Gorge, Echo Canyon, and Spring Valley and back to Kershaw-Ryan State Park. 3 rides available: 100, 60 and 40 mile options., Dawn Andone, 775-728-4460, cathedralgorge vc@lcturbonet.cc Jonathan Brunes, 775-726-3564, kershav ng/biking/park-to-park-pedal/

October 17, 2015 — Goldllocks Vegas, Goldllocks Bike Ride, Las Vegas, NV, The only women exclusive idde event in Nevada. Cyclists can choose from a 30, 60, or 100 mile ride all featuring downhill, flat, and rolling terrain. Hand-crafted necklaces are awarded to finishers, as well as a high-quality custom technical shirt, absolutely free race photos, exceptional 'Papa an Mama' bear course support, and delicious food. , Dani Lassiter, 801-635-9422, info@goldilocksride

November 7, 2015 — Ride 2 Recovery Honor Ride Las Vegas, Honor Ride, Las Vegas, NV, Starts and rides down Las Vegas Boulevard with a full escort down the strip! 2 routes will with a full escoli down file ship: 2 loaks with be available with the longer heading out towards Henderson., Linda Glassel, 609-792-0709, 818-888-7091, lindag@ide2recovery.com, Honor Ride, 818-888-7091 Ext. 106, bearvide166/ide2recovery.com, vide2recovery.com, recovery.com, ride2re-

Multisport Races

- May 2, 2015 Ironman St. George 70.3 North American Pro Championship, St. George, UT, 1.2 mile swim, 56 mile bike, 13.1 mile run. Start: Sand Hollow reservoir. Bike through Snow Canyon State Park, Finish Downtown St. George., Helen , (905) 415-8484, triclub@iron-man.com, Kevin Lewis, 435-986-6615, Kevin@ visitstgeorge.com, Ironmanstgeorge.com
- May 2, 2015 River Rail Relay, West Jordan, UT, 4, 2, or 1 person 50 mile relay. Start: Roy.
 Course: Rio Grande, Legacy, and Jordan
 River Trail Systems. Finish: Gardner Village.
 Multi-leg run or bike., Joe Coles, 801-3354940, joe@on.billevents.com, riverrailrelay.
- May 9, 2015 South Davis Splash n Sprint Triathlon, South Davis Racing Series, Bountiful, UT, Swim 350 yds; Bike 12 mi; Run 3.35 mi, Irelay: Split the Sprint between 2-3 racers, Novice: Swim 150 yds; Bike 2.4 mi; Run 1.5 mi, Beginner Tri Clinic/ Group Ride (optional) saturday, May 2 @ 8:00am (free to registered participants), Start: 8:00am, Awards: 10:30 am. Location: South Davis Recreation Center; 550 N 200 W., John Miller, 801-298-6220, john@southdayisrecreation.com john@southdavisrecreation.com, Hunt, 801-298-6220, cindy@southdavi
- May 16-17, 2015 HITS Triathlon, Grand Junction, CO, Race site - Highline Lake State Park, Sarah Hanaburgh, 845-247-7275, info@ hitsendurance.com, hitstriathlonseries.com/grand-junction-co/
- May 19-August 29, 2015 Tiger Sharks Junior Tri Team, tentative for 2015, 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 Garucclo, 801-566-9727, 801-557-6844, lo@agegroupsports.com, greatbasincaching.com greatbasincoaching.com
- May 23, 2015 Woman of Steel Triathlon & 5K, American Fork, UT, Friday expo, motivational speakers and registration. Sat. 8 am start, American Fork Recreation Center, 454 North Center. 300 meter pool swim/12 mile bike/3 mile run. Awards are presented to overall finishers as well as the top 3 in each age group., Dan Aamodt, 801-635-8966, 385-228-3454, info@fitigh.com. info@triutah.com, triutah.com
- May 30, 2015 Sand Hollow Triathlon, BBSC Rock Triathlon Series, Hurricane, UT, The rea ROCK Indinion Seles, Hurricane, U., Tine first race of the Twin Til series at Sand Hollow State Park, with Sprint, Olympic, and Kids' distances. Bike along scenic sand dunes, and run around a gorgeous, reflective lake,, Craig Towler, 318-518-7303, info@bbsctri.com, Michelle Lund, michelle@bbsctri.com, blastif.com
- May 30, 2015 Salem Spring Triathlon, RACE TRI, Salem, UT, 800 meter swim, 12.5 mile bike and 3.1 mile run triathlon course, spectator friendly park and race venue, Race shirts and finisher medals., Aaron Shamy, 801-518-4541, 801-358-1411, info@racetri.com, racetri.
- May 30, 2015 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, <u>2015@gravityplay.com</u>, <u>gravi-</u>
- May 30, 2015 Tri the Heights Sprint Triathlon, 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. Relay teams too., Heidi Summers, 801-943-3190, heidi@cottonwoodheights.com woodheights.com, cottonwoodheights.com
- May 30, 2015 XTERRA Lory, XTERRA America Tour, Bellvue, CO, 1/2 mile swim in the clear waters of Horsetooth Reservoir (Eltuk Bay), then a 2-Lap (beginner friendly) 12.2 mile single-track bike over rolling terrain, and across valley bridges at Lory State Park. Finish things off with a fun and challenging 4.8 mile (8k) run through the clouds on single-track trails!, Lance Panigutti, lance@withoutlimits.co, withoutlimits.co/#!_xferra-lory

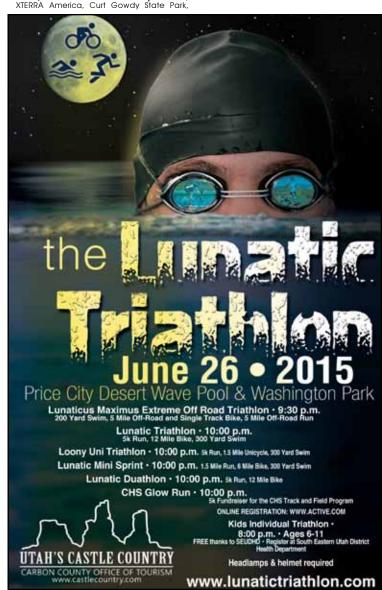
- May 30, 2015 Tri The Heights, Cottonwood Heights, UT, 400m swim, 10.9mile bike, 5K run. Awards will be given 1st-3rd in all male/ female overall, age divisions, and weight divisions. , Heidi Summers, 801-943-3190,
- June 6, 2015 Daybreak Triathlon, Salt Lake Triathlon Series, Salt Lake City, UT, The only open water Olympic distance race in the greater Salt Lake Valley. Get ready for the best spectator swim around with a point to point swim, a filler bike course near the Oquirth Mountains and a run around the lake that is uppartilled. Cady Ford 801lake that is unparalleled. , Cody Ford, 801-558-2503, cody@ustrisports.com, ustrisports.com, ustrisports.com,
- June 13, 2015 Ironman Boise 70.3, Boise ID, 1.2 mile swim, 56 mile bike, 13.1 mile run., Mike Cooley, 208-343-3782, mcooley@ <u>ironmanboise.com</u>, s.com
- June 13, 2015 Rock Cliff Sprint Tri at Jordanelle, RACE TRI, Heber, UT, Held at Jordanelle Reservoir, Race shirts and finisher medals., Aaron Shamy, 801-518-4541, 801-
- June 13, 2015 Aspen Gran Fondo, Aspen, CO, The USA Pro Challenge, in partnership with Aspen Silver Cycling will be hosting the second annual Aspen Gran Fondo, a 50 mile group ride. 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, Sandra Doebler, 970-429-2093, sandra.doebler@cityofaspen.com bler@cityofaspen.com, aspen-
- June 13, 2015 Rock Cliff Olympic Tri at une 13, 2015 — Rock Cliff Olympic Tri at Jordanelle, RACE TRI, Heber, UT, The race starts with a swim in the freshest mountain water you can't even buy in a bottle. The Jordanelle reservoir is surround by beautiful mountains and is fed mostly by "The Greatest Snowmelt on Earth". Jordanelle reservoir offers triathletes one of the premier racing locations in the nation. Race shirts and finisher medals., Aaron Shamy, 801-518-4541, 801-358-1411, info@racetri.com, racetri.com
- June 13, 2015 Tiny Tri, Park City, UT, Kid friendly Tiny Triathlon for youth ages 7-15, 9:30am. 100 meter pool swim, 3 mile bike and 1 mile run. \$25 entry. Pre-race preview Wednesday June 10th. Registration opens April 1, 2015. Holly Erickson, 001-612-703-3320, hollyerick-son12@gmail.com, parkcityrecreation.org
- June 14, 2015 XTERRA Pagosa Springs, XTERRA America Tour, Pagosa Springs, CO, 750 m swim/14.6 mile bike/3 mile trail run. Set at the base of the San Juan mountains, with a wetsuit swim in the crystal clear mountain water of Lake Pagosa, from there you'll traverse the best local trails for the bike and run legs through Martinez Canyon. Fast single track with a couple of technical sections, Raena Cassidy, 877-751-8880, Info@xterraplanet.com, Mike Le Roux, 970-398-0612, mike@joingecko.org, joingecko.org/info.asp?uid=339
- June 15-18, 2015 Great Basin Tri Clinic, tentative for 2015, 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@agegroupsports.com,
- June 20, 2015 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, without

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- June 26, 2015 Tri Boulder, BBSC Twin Tri Series Boulder, CO, Challenge yourself at mile high elevation, Sprint, Olympic distances, Craig Towler, 318-518-7303, info@bbsctri. com, Michelle Lund, michelle@bbsctri.com, bbsctri.com
- June 26, 2015 The Lunatic Triathlon, Price, UT, Held under the Full Moon! Choose between a Kids Triathlon, Sf run, Run-Bike Duathlon, Mini-Sprint Triathlon, Sprint Triathlon, Unicycle Triathlon or an off road Singletrack Triathlon Scott Merrell, 435-650-0345, scott@lunatictri
- June 27, 2015 DinoTri, Vernal, UT, Sprint and Olympic Distance Triathlon. Race starts with an open swim at Red Fleet state park. The bike starts with a carry bill eight out. The bike starts with a crazy hill climb of the park and heads into town for a run and finish at Utah State Extension., Emilee Johnson, 801-520-0921, vernaldinotri@yahoo.
- June 27, 2015 East Canyon Triathlon, Trilltah Points Series, Morgan City, UT, Swim in the beautiful East Canyon Reservoir, bike downhill to Morgan City and run along the beautiful Weber River. This is a fun, fast race and is part of the Utah State Triathlon Championship Points Series!, Dan Aamodt, 801-635-8966, 385-228-3454, info@triutah.com. trillath.com. com, triutah.com
- June 28, 2015 Boulder Sunrise Triathlon,
 Boulder, CO, Scenic course, sweet swag
 and all for a good cause! Includes olympic,
 sprint, duathlon, and 5k., Craig Towler, 318518-7303, info@bbsctri.com, Michelle Lund,
 michelle@bbsctri.com, yourcausesports.org
- June 28, 2015 Bozeman Tritons Triathlon, XTERRA America Tour, Bozeman, MT, Race Director, racedirector@boz bozemantritons.org/tritonstri
- July 11, 2015 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. Awards 5 deep in each age group, breakfast served., Dan Aamodt, 801-635-8966, 385-228-3454, info@triutah.com, triutah.com
- Cache Valley Super Sprint **Triathlon**, Logan, UT, Flat, straight, short distance course in Logan City, 500 meter swim at Logan Aquatic Center, blike is out and back on farm loads. Run is out and back in a park., Joe Coles, 801-335-4940, ic its.com, cvsst.com, onhilleve
- July 11, 2015 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. There will also be a kids' Hillman on July 10 at 6pm at the Health and Walless Building. the Health and Wellness Building. , Stephen Olsen, 801-243-3559, 208-258-3145, stephensolsen@amail.com, hillmantriathlon.info
- July 11, 2015 West Yellowstone Mountain Bike Biathlon, West Yellowstone, MT, Match Bike Biathlon, West Yellowstone, MI, Match class division for experienced biathletes and a Sport class for novices that includes a safety clinic and loaner iffles. All racers must provide their own mountain bike and wear a helmet, Moira Dow, 406-646-7701, directionary and provides the production of the production of





TOUR OF UTAH

Route Announced for 2015 Tour of Utah — Race to Travel Through Utah and Idaho



In 2015, the Tour of Utah will return to Salt Lake City with the grueling stage 5 circuit race. While only 55 miles, the day will feature the 20% slopes of Wall and Zane Avenue. Here, the race passes by the Utah State Capitol in 2013. Photo by Dave Iltis

Race to Travel Through Utah and

Close to 52,000 Feet of Elevation Gain Across 712 Miles Stamps Men's Stage Race as "America's Toughest Stage Race" in August

Salt Lake City (April 23, 2015)

Organizers of the 2015 Larry H.

Miller Tour of Utah today published maps and route details on its website for all seven days of the men's professional cycling stage race on Aug. 3-9. A field of 16 of the best men's cycling teams in the world will compete over 712 miles and 51,442 feet of elevation gain, solidifying "America's Toughest Stage Race" as the most challenging 2.HC race in North America, sanctioned by the Union Cycliste Internationale (UCI).

With the overall start in Logan, the Tour of Utah will not only cover new territory in northern Utah, it will also roll through Idaho for the first time. This is the second time in the 11-year history of the Tour that a second state has been accessed for the race route (Wyoming visited

in 2014). Across Utah, the race will visit four new counties, three new state parks and one new ski resort. Overall, the race route will pass by a record 10 ski resorts this summer. The first four days of racing will feature completely new mountain terrain along the Wasatch Range of the Rocky Mountains. New routes will also be offered in Salt Lake City for the returning Friday circuit race and the start of Saturday's "Queen Stage."

Start times for the first five stages have been modified to accommodate live national television broadcasts on FOX Sports Network (FSN). Stage 1 to Stage 4 will be covered live from 1-3 p.m. MT. The majority of Stage 5 will be featured in a 5-7 p.m. MT time slot for live coverage. FSN will broadcast the final two hours of Stage 6 and Stage 7 in the traditional 2-4 p.m. MT time slot across the U.S. FSN will also broadcast evening highlight shows, and TourTracker will provide start-to-finish live race coverage via web cast and mobile applications all week.

Courses and start times for the Tour of Utah Women's Edition:

Criterium Classic have also been announced. On Monday, Aug. 3, the Criterium Classic will take place from 11 a.m.-12:15 p.m. on a 1.5-mile circuit in downtown Logan. On Tuesday, Aug. 4, the second day of racing will take place from 11:30 a.m.-12:45 p.m. on a 1.45-mile circuit in downtown Ogden.

2015 Larry H. Miller Tour of Utah Route Highlights

712 miles/1,145.85 kilometers — second longest course in 11 years

51,442 feet/15,679.5 meters of elevation gain — most climbing of any race in North America

7 stages — second year for full week

10 ski resorts — highest number of ski resorts passed

2nd time race extended outside Utah — Bear Lake region of Idaho

3 new state parks along route

— Bear Lake State Park, Antelope
Island State Park and Wasatch
Mountain State Park

2 courses unveiled for Tour of Utah Women's Edition: Criterium



Classic in Logan and Ogden

"With the route for the Tour of Utah changing each year, we are proud to design courses that continue to challenge the best cyclists on the planet with the toughest mountain terrain,"said Jenn Andrs, executive director of the Larry H. Miller Tour of Utah, a division of Miller Sports Properties. "The race route gives us an opportunity to showcase the diverse beauty of northern Utah, and a portion of Idaho for the first time, making it a win-win scenario for new communities and cycling fans."

The Larry H. Miller Tour of Utah gained international status in 2011 when it was sanctioned by the UCI, the global governing body of the sport of cycling. In 2015 the race has been elevated to a 2.HC rating, one of only three such multi-day events in North America. This year's Tour of Utah will continue as the first internationally-sanctioned cycling competition in North America for men following the Tour de France.

Tour of Utah Stage Highlights

Stage 1 is the longest opening day in Tour of Utah history at 132 miles. The route will take riders from downtown Logan through Logan Canyon and Garden City, then navigate 48 miles around Bear Lake, known as the "Caribbean of the Rockies"for its turquoise-colored water. The race will roll through Idaho for the first time around the north side of Bear Lake. Returning through Garden City and Logan Canyon, racers will also pass the Beaver Mountain Ski Area a second time on the stage. There will be two circuits in downtown Logan, with the finish along North 100 East and Federal Avenue. Spectators in downtown Logan will be treated to the Women's Edition: Criterium Classic the same day, which uses the same start/finish area as the men.

Stage 2 presented by Workers Compensation Fund will see the Tour start for the first time in Tremonton. Racers will enjoy the wide, rural roads of Box Elder County, including the famous Fruit Highway (Hwy 89). Rolling along the Wasatch Front through Honeyville, Brigham City, Perry and Willard, the race will then enter Weber County and the city of Ogden. The route heads east through Ogden Canyon and around Pineview Reservoir before returning to Ogden via the North Ogden Divide. Once the race re-enters downtown, spectators will be treated to three laps of a 2.28-mile circuit that will finish on Historic 25th Street across

from Ogden Municipal Gardens. It is the first time the Tour of Utah has returned to Ogden for a stage finish since 2012. A similar downtown circuit will be used for the Women's Edition: Criterium Classic.

Stage 3 presented by Zions Bank visits Davis County for the first time, including a start at Antelope Island State Park. The largest island in the Great Salt Lake, riders will enjoy four miles on the island and cross the seven-mile causeway to the mainland, leaving behind a large wildlife population of antelope, bighorn sheep and more than 600 freeroaming American bison. Racers will encounter familiar roads up the North Ogden Divide and the Eden Valley from the day before, but this time in a clockwise direction. After racing around Pineview Reservoir, the race will head up Trapper's Loop in the shadow of Snowbasin Resort, a previous venue for the Tour of Utah (2013) and Olympic Winter Games (2002). The race will re-enter Davis County and have two nine-mile circuits in Bountiful, which include a difficult climb on 400 North along the Bountiful Bench. The first-time finish in downtown Bountiful will be on Main Street at Center Street, with the peloton rolling in a northbound

Stage 4 presented by Subaru has a new start/finish at Soldier Hollow in the Heber Valley, site of the 2002 Olympic Winter Games biathlon and Nordic events. The race will head up Daniels Canyon past Strawberry Reservoir and along the undulating terrain in Duchesne County for the first time. Heading through the Uinta National Forest, racers will make an inaugural climb up Wolf Creek Pass this year, descending into Woodland on the way through Midway to Soldier Hollow, which sits in Wasatch Mountain State Park. A long, uphill finish line at Soldier Hollow will give spectators a great location for the exciting finish across from the Day Lodge at Soldier Hollow.

Stage 5 presented by Utah Sports Commission revives the popular Salt Lake City circuit, which returns from 2013 with a twist. Starting on the north side of the Utah State Capital on 500 North, the race will follow the traditional route, passing City Creek Canyon, the Avenues neighborhood and the University of Utah. The race

Continued on page 35



Continued from 34

will descend down South Temple and turn right on the steep climb up State Street, then make a new turn on North Temple to 200 West, passing through the Marmalade and Capitol Hill neighborhoods. Things get interesting as the race turns right on 600 North and ascends 20 percent grades up Wall Street and Zane Avenue to the hilltop finish at the Utah Capitol. The race will complete seven laps to make this the hardest 55 miles of the week. Huge crowds are expected to congregate at Reservoir Park, which will host the Lifestyle Expo and will see the race pass on three sides of the park.

Stage 6 presented by University of Utah Health Care continues as the "Queen Stage," with 12,959 feet of climbing from Salt Lake City to Snowbird Ski and Summer Resort. The 110-mile journey begins at a new start location in front of the historic Rio Grande Depot in downtown Salt Lake City. Riders will roll out passing Pioneer Park, which hosts the Downtown Farmers Market each Saturday from June to October, and take 800 North to Emigration Canyon. The race continues through Morgan and Summit counties on the way to Park City and the brutal climb to Guardsman Pass, followed by the fast descent of Big Cottonwood Canyon to Wasatch Boulevard. For a ninth year, and the second consecutive year starting in Salt Lake City, the Queen Stage will finish with the legendary six-mile climb of Little

Cottonwood Canvon to the Snowbird Ski and Summer Resort. This same route will be used earlier in the day for The Ultimate Challenge, an amateur cycling event hosted by the Tour of Utah, University of Utah Health Care and Harmons Grocery.

Stage 7 presented by VLCM/ Barracuda uses the same course that has been used since 2013. The 78-mile race will once again start and finish on Historic Main Street in Park City and include one of the toughest climbs in the world at Empire Pass. This six-mile climb has a gradient that averages 10 percent, with pitches greater than 20 percent. Last year, the race saw former world champion and Tour de France champion Cadel Evans (Australia) of BMC Racing Team use his superior descending skills to catch and pass the lead group on the Mine Road, with speeds exceeding 60 miles per hour, to take his second stage win of the week in Park City. American Tom Danielson of Cannondale-Garmin took the overall title for a second consecutive year on Stage 7.

Tour of Utah Women's Edition: Criterium Classic Route Highlights

Logan will host the first day for the Omnium event, with an 11 a.m. start. Top women's professional and elite cycling teams will race for 75 minutes on a technical 1.5-mile course with six corners in downtown Logan, a similar loop that will be used by the men for the Stage 1 finish. Starting on 100 East and Federal Avenue, the course will turn left on



The Tour of Utah will loop around Pineview Reservoir in Stage 2 of the 2015 Tour of Utah. Riders are shown here in stage 4 of the 2014 edition. Photo by Dave Iltis

Center Street and start a long, gradual climb through Boulevard to 400 East. The course levels out before the riders turn left on 300 North and encounter a fast downhill to the last corner to the finish line.

Ogden will host the second and final day for the women, racing 75 minutes from 11:30 a.m. to 12:45 p.m. The start/finish will be located on Historic 25th Street and Kiesel Avenue, across from the Ogden Municipal Gardens. This fast, flat 1.5 mile circuit has six corners, using

some of the same roads the men will race for the Stage 2 finish. The course turns right on Washington Avenue to 28th Street, followed by a right turn on Grant Avenue, a left turn on 26th Street, a right turn on Lincoln Avenue, then a final right turn on Historic 25th to the finish. The winner of the Criterium Classic will be determined by total points from the two days of racing.

To date, 13 men's professional teams have been confirmed as part of the final field of 16 teams. Four of those teams have also received invitations to race at the Tour de France. A two-day USA Cycling-sanctioned competition (NCC) will be held this year for top women's professional and domestic elite cycling teams on Aug. 3-4. Eleven women's teams have been confirmed for the Tour of Utah Women's Edition: Criterium Classic.

For more information visit www. tourofutah.com.



- Give cyclists at least 3 feet of space
- Always watch for cyclists
- Don't underestimate cyclists' speed
- When driving near a child on a bike, be prepared for the unexpected
- When turning left, yield to cyclists approaching from the opposite direction



Learn the Rules at: RoadRespect.Utah.gov

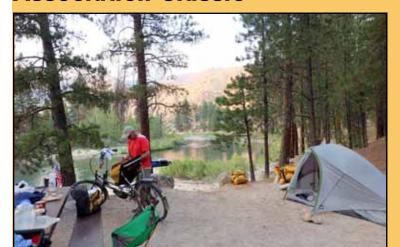


RIDE WITH RESPECT

- 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 TOURING

A Trip on The Idaho Hot Springs Mountain Bike Route: An Adventure Cycling **Association Classic**



By Lou Melini

The Adventure Cycling Association (ACA), early in 2014, published the Idaho Hot Springs Mountain Bike Route (IHSMBR). The name of the route is a bit cumbersome but descriptive. I told myself it was time to try a dirt road bike tour. I contacted my cyclocross buddy Dennis McCormick who also had the same desire when he heard about the route.

The IHSMBR, designed by Casey Greene from the ACA, is a 517-mile route comprised primarily by a series

of dirt roads winding through the National Forests of Central Idaho. For the more adventurous, there is an additional Singletrack Options Map featuring 4 singletrack routes totaling 227 miles. The primary towns





801. 935. 4605

COMMUTE " TOUR " ADVENTURE " TRAILS



Left: Dennis at one of the many beautiful campgrounds on the Middle for of the Boise River. Right: Dennis McCormack on the road to Stanley, Idaho. Photos by Lou Melini

the ride. Second, you do not have to do the entire route. There are 2 paved roads that run east to west creating 3 sections allowing for a shorter loop trip if time is limited. For whatever reason, the ACA map only highlights one paved road. Dennis and I did not do the upper section of the IHSMBR due to construction on the dirt road north of Warm Lake. The restaurant waitress said that the construction crew had turned back a couple of cyclists though other cyclists reported no problems getting through.

In addition to the logistical attractiveness, the IHSMBR has beautiful scenery at every turn of the route. High mountains, raging rivers, a multitude of streams, endless forests, and of course hot springs. The ACA map lists 41 hot springs along the route, though 50 are listed on the website narrative. Dennis was in his glory soaking in as many of the hot springs that he could manage. One hot spring even came with a bathtub. He soaked in pools named Boiling Springs, Hot Springs, and a few which had less descriptive names and were simply lukewarm. For me, luxuriating in hot springs brings back memories of my 1960's high school wrestling days sweating in hot whirlpool baths to lose the last few ounces to make weight that the amphetamines didn't touch. However as an end of the day bath, the springs were wonderful.

Though I am an experienced road traveller with limited dirt trails, travelling on a route composed primarily of dirt roads is a totally new experience. I was visioning bucolic rolling dirt roads on which I could ride with my camping gear for distances that

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would be upwards of 75% of what I could do when traveling on paved roads. I was naïve to the difficulty of traveling on dirt so I struggled to complete 30-35-mile days. Perhaps due to my age or overloading my touring bike, this trip was one of the more difficult tours I have experienced. Dennis and I experienced a few of the bucolic roads I envisioned though we were challenged by 8 mountain passes that found us pedaling in our lowest gear for hours. (I used a 24 chain-ring X 32 cassette low gear). Because we did not go to McCall we missed one of the more difficult climbs. Overall we averaged about 30+ miles/day, in part due to a few complications that we experienced.

One of the complications was a quarter mile or so section of road between the Boise spur and Featherville being washed out- gone -under water! Someone had (thankfully) built a narrow trail to bypass the washout section. We took several back-and-forth trips for 3 hours to carry our panniers and push our bikes past this section. Reports of people trying to ford the river were unpleasant due to massive amounts of mud and sand coating their bikes. Another complication occurred when both Dennis and I managed to misinterpret the map for a 5-mile misadventure off the route, fortunately the only time we did that. However both of these complications were on flat sections of the route so we didn't get to fully take advantage of the geography to further our progress but we obtained material for some good stories to tell.

With of the number of intersecting dirt roads you will have to read the map carefully and have an accurate computer on your bike. The IHSMBR does not have latitude or longitude markings so you would need a separate map or download feature for GPS use. One rider we met had downloaded the IHSMBR onto his Garmin unit. They were able to follow the map and their unit told

them if they were off-route. Dennis was unable to download the map at the time of our trip. After that experience I really need to force myself to learn more about software for bike travel. Even my Luddite nature is realizing the advantages. We used quite a bit of time stopping to check our maps to ensure we were on the correct road.

Many of the dirt roads we traveled were not signed with a Forest Service number and the IHSMBR map will state, "turn onto unsigned FR 277" as an example. How do you know it is FR 277 if there isn't a sign! Additionally there were small roads that we came across that were not on the map adding a touch of confusion at times. For example, the mileage readings on our bike computers said we should have been at the "Y" on the map with instructions "to keep right at the Y in the road". The actual "Y" referred to on the map instructions was another 0.15 miles further ahead, not the "Y" we encountered according to our computer mileage. The "Y" we encountered was not on the map. We were fortunately told "not to go to right at this "false Y" by a couple on their ATV. Part of the problem was that my computer mileage was off by about 0.1 miles for every approximate 8 miles of travel. Get the download and accurately calibrate your computer!

Dennis and I started our tour in early September and ending it 15 days later. We rode 440 miles of the 517 IHSMBR. Starting in Ketchum, we rode the route in a counter-clockwise direction. Dennis had made arrangements a few days before departure to leave his car in the offseason completely empty River Run Ski Resort parking lot. After leaving Ketchum, there were ample places to pull off the trails to camp including quite a few Forest Service campgrounds. Water was easily obtained from the multitude of streams. The water in Idaho City and north to Placerville tasted bad, so bottled water was needed or filtering of tap





Top: Dennis in a bathtub at Phifer Bath House Hot Spring. This is at the turnoff on Phifer Creek Road as we were riding to Featherville.

Middle: The beautiful Middle Fork of the Payette River by Boiling Springs Campground. Photos by Lou Melini

Below: Lou looking out at the end of the road which was washed out for about a quarter mile. It took over three hours using ropes to transport bikes and gear around the slide. Photo by Dennis McCormack



have packed lighter. The panniers

were nice as there were a couple

*10L & 15L only

water. We stayed in one commercial campground in Cascade but the rest of the trip was devoid of commercial campground opportunities.

Dennis rode a mountain recumbent bike. This bike bombed down mountain slopes and rode very well on the flatter parts of the route. It was a slug going up hill. He used tubeless 29 X 2.3" tires without a problem. I rode my fully rigid commuter/ travel bike with 26 X 1.9" tires with tubes. The bike rode a little roughly on descents and washboard sections, fortunately very few of the latter. The bike climbed well and overall the bike was more than adequate. The strengths and weaknesses of our bikes were opposite that equaled us out in the end. Dennis and I packed our gear in panniers. We both could

Wanted!

Bicycle Pins, Bicycle Jewelry, Medallions, etc. for a display board. Call Ray at 503-884-6574 of sections in which we carried 3 days worth of food. It turned out this wasn't completely necessary as Warm Lake had a small but nice café, and one could buy a lunch in Placerville and Featherville, places where we were unsure of what to expect regarding food availability.

We came across about a dozen or so other riders on our travels. There were two Brits, a South African, a Dutch cyclist, a couple from D.C and the honeymooners from Portland. Most of the bikes were rigid mountain bikes, a few with shocks, one cyclocross bike, a fat-tire bike (doing an overnight ride) and the newlywed couple riding a Gates-belted, internal-hub equipped, custom Co-Motion mountain tandem. It was purchased in part as a wedding registry gift. They were also pulling a BOB trailer, the only riders pulling a trailer. The rest of the riders had "bike packing" set-ups on their bikes for lightweight traveling. Perhaps because they were traveling lightly, the majority of riders were staying in motels and eating out in restaurants. It was the first time traveling by bike that I felt like an anomaly with panniers.

I was pleasantly surprised by the weather we had. Mid-September weather in Stanley and McCall should have been approximately 35 to 65 for the low/high temperatures. We experienced highs from 65 to temperatures approaching 90 degrees, on a few days. Of course the mountain passes were cooler. On the low side we had one night at 17 and another at 22 but the rest of the nighttime temps were from the mid-30's to mid-40's. We had one night of rain. Being September, we avoided mosquitoes, but the route description on the website mentions these little pests.

Bicycle shops are located in Ketchum and McCall though Stanley has a small selection of bicycle parts. It would be wise to have new brake pads, chain, and perhaps a new battery for the bike computer prior to your trip departure. For your tool kit, include spare brake pads and chain link in addition to whatever you use to clean the bike, as it will be full of dust and dirt. I carried my usual over-



Above: The Old Toll Road over Gelena Pass from Ketchum heading toward Stanlev.

Middle: Lou Melini climbing. Lou's mirror had seen better days. Lower: Boiling Springs, Hot Springs lived up to its name. Photos by Dennis McCormack





abundance of spare tubes but I only had one flat and Dennis had none.

Cell phone service was spotty. I had better coverage with my wife's Verizon service. In Idaho City area, neither Dennis nor I had coverage.

The Idaho Hot Springs Mountain Bike Route is a highly recommended off-pavement bike tour. I will again mention that there are many mountain summits to traverse. Be sure to read as much as you can before doing this ride. A good place to start is the Adventure Cycling Association's website: www.adventure-cycling-route-network/idaho-hot-springs-mountain-bike-route/



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MOUNTAIN BIKING

When in Moab, Make Lemonade...



Above: Slickrock, sometimes the classics are the best. Right: Heather Gilbert experimenting with grade versus traction. Photos by Lukas Brinkerhoff

By Lukas Brinkerhoff

4:14 AM - The wind that has been howling all night, ripping up the tent stakes that would keep things from flapping, is now accompanied by a torrential downpour. If the wind hadn't been keeping me up all night, the nervous excitement of attempting to ride the White Rim in one day would have. Every rain drop, every gust of wind was just another reason that that ride was not going to happen. We all knew that this was a possibility, driving hundreds of miles with a forecast that, for once would be spot on, stating that the weekend would be dowsed in precipitation.

Wake up was at 6. The group slowly gathered around, everyone giving their opinion on the prospects. The rain continued to drizzle until the time had passed for even having sufficient daylight to complete the ride. And then it stopped. Once it was painfully obvious that no one was heading out on the White Rim, Plans B, C and D were thrown down on the table.

The forecast gave us a window of little or no rain for a few hours with thunderstorms dropping in the late

afternoon. As we drove out of the muddy mess we had gotten ourselves in, someone made some calls to the local shops to find out what rides were possible given the circumstances. It wasn't on the top of everyone's list, in fact it was sixth on Heather's, but the obvious choice was Slickrock. Given an hour or so to dry, the trail would be left unhurt by our tires.

In the last five or so years, Moab has seen a resurgence in legal trail building. Many of the newer trails have surpassed the old classics. I don't know anyone that still rides up Amasa Back when Hymasa is there for the pedaling, but there is certainly something to be said for the trails that started it all. And Slickrock is on top of that list.

My favorite trails are known for their hurt to mile ratio. They aren't long on miles but can make you feel like you've pedaled much farther than you have. Slickrock falls squarely in that category. Depending on your turn choices, you should end up with somewhere around a 10 mile ride. The sandpaper like surface allows for grades that far exceed what you would ever be able to ride on dirt. This allows for crazy steep rollers, but also for very steep climbs. that feels longer than it is.

Combine the two and you have a trail

As we hit the trailhead, the sun had poked its head out from the clouds and we quickly forgot about our early morning disappointment. Instead of pedaling through caves that are dark with pain, we were standing on top of rollers encouraging each other to ride them by saying things like, "It rolls way nice at the bottom." Or "Just stay back and keep your tires turning so you don't lose traction." As we made it back to the trailhead, the ominous clouds were hanging heavy over the sandstone cliffs in all directions. We made our obligatory after ride high fives and then split.

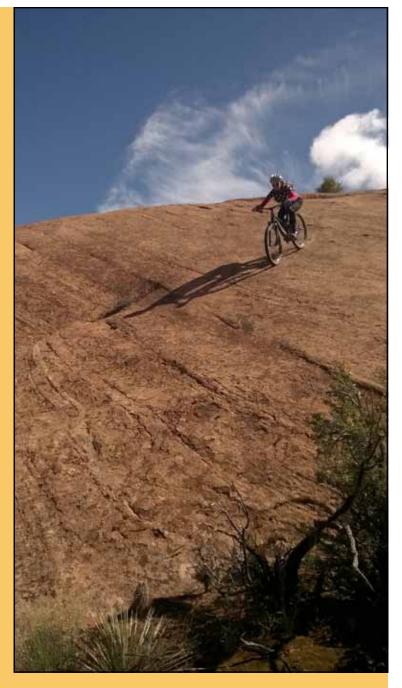
The rain set in heavy in the afternoon keeping us hunkered down in the tent hoping that our choice to stay through the weekend wasn't another bad decision. The thunder head would move through dumping moisture and echoing its fury off the canyon walls and then be done allowing the sun to lure us back out of our nylon cocoons.

The motivation for our trip to this side of Utah was renewed as we sat around the camp fire analyzing the day and the decisions made. Everyone agreed that there was no way we would have been able to finish the White Rim, but that didn't help ease the pain of knowing that big miles were promised and big miles were not had.

The solution - a biggish ride taking advantage of the 3-4 hour window of mostly sunny that was forecast for the next day. We assumed that if we began the ride as it was raining in the morning, climbing the 15 or so miles to the top, would put us at that perfect time to have some rays bounce off our helmets as we made the drop. And like that it was settled, we would ride 7 Up to Bull Run and make a loop out of the Mag

7 Up is mostly an old dirt road. There are several sections of singletrack that intertwine the double that keeps you climbing. The recent rains left the soil damp. Our tires were not collecting any mud, but it felt like riding through sand. Every pedal stroke was a challenge and the energy put in didn't always equate to forward motion once again creating a ride that felt longer than it was. By the time we hit the upper trailhead to drop into Bull Run, I wasn't just ready for a beer and lunch, but was looking for the easiest way out. Luckily, I'm a sucker for singletrack and having ridden these trails before knew that the descent was going to be worth it.

Bull Run is a blast. There's some uphill, but it is far outweighed by the down that you think that it is all downhill. There's sandstone, there's dirt, there's tech and there's flow. There's a little bit of something for everyone. We then dropped into Great Escape continuing our fun as



the trail continued toward its maxim where we would be forced to climb back out and to the car.

The weather held and we enjoyed the final pedal strokes to the top of the Gemini Bridges road. The wind was howling, but the rain never came. We regrouped and then bombed our way back to the cars.

As we rolled out the sleeping pads in the parking lot and opened the olives and beer, there was nothing about this weekend that was a disappointment. Sure, we didn't get to ride what we came to ride, but riding is the goal and we chased the sun all over Moab with smiles on our faces.

Tips for the Trail

Slickrock Trail

\$5 fee to enter Sand Flats Recreation Area.

Both directions are fun, but clockwise is my preferred direction.

Mag 7 as a loop

Park the car at the info kiosk at the bottom of Route 313.

Pedal about 4 miles up the road past the first switch back and then watch on your left for a sandstone slab that drops off the road.

Follow 7 Up to the upper trailhead. There are several spots where you can take singletrack or dirt road, obviously always take the narrower

Once at the top, ride Bull Run to the Great Escape and then follow the road out to the Gemini Bridges

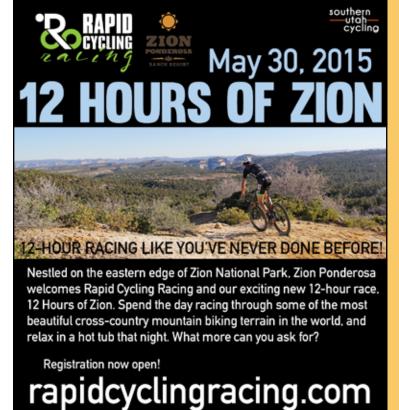
Use the paved bike path to pedal back to the cars.

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

Riding the Goose is not a Euphemism.

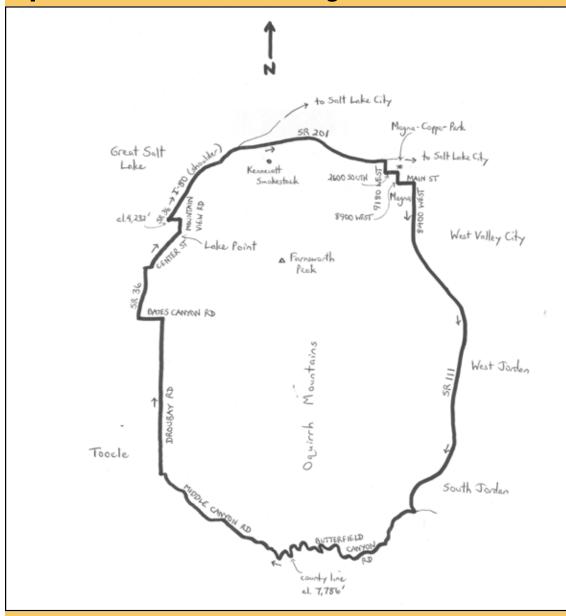


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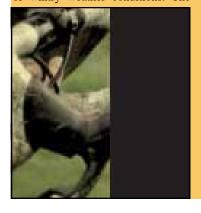
RIDE OF THE MONTH

Oquirrh Mountains Challenge



By Wayne Cottrell

The Oquirrh Mountains Challenge is a 53.2-mile ride that encircles and crosses the Oquirrh Mountain range, passing along the western edge of Salt Lake Valley, and the eastern edge of Tooele Valley. Note that this route is not to be confused with the Oquirrh Mountains "Loop," which completely encircles the mountain range over a distance that is twice as long as this one. This ride penetrates the mountains through Butterfield and Middle Canyons, on the southern part of the loop, and skirts the shoreline of the Great Salt Lake on the northern part of the loop. About 99.5% of the ride is paved; the remaining 0.5% is a maintained but steep dirt segment in Middle Canyon. Note that Butterfield and Middle Canyons can be closed for between six and eight months a year, because of wintry weather conditions. The



canyons are always open from June through September, and may be open earlier or later, depending on the weather. Be sure to check and plan accordingly. Be prepared for cooler temperatures at the higher elevations.

Start the ride at Magna Copper Park in Magna, located at 2600 South 8941 West. The starting elevation is 4,258 feet. Magna was an unincorporated community of 26,500, as of 2010, with a history in agriculture, and then copper mining. Today, Magna is a thriving and rapidlygrowing suburb. Leave the park via 8900 West, and head south to Main Street. Turn left here and head east. As you are riding along, you may recognize Main Street from several TV productions, including Disney's Dadnapped, and the Touched by an Angel series. Turn right at 8400 West (State Route 111), and head south. The highway climbs steadily and gradually along the eastern flanks of the Oquirrh Mountains, on the west side of Salt Lake Valley. The highway is also known as the Bacchus Highway, named for T.E. Bacchus, vice president of the Hercules Powder Company, which manufactured explosives in this area during the early 20th century. The highway leaves Magna, entering West Valley City, and then West Jordan. From humble beginnings, these two cities are now the second and fourth largest in Utah, with 2013 populations of 133,579 and 110,077, respectively. The highway finally crests at 5,162 feet, 0.7 miles south of 5400 South, about 7.5 miles into the ride. From here the highway descends and climbs gradually, with good views of the Salt Lake Valley to your left.

The Bacchus Highway crosses the New Bingham Highway (State Route 48) at mile 11 of the ride. Bingham Canyon is to your right, featuring the intriguing town of Copperton, and then the Bingham Canyon Mine, also known as the Kennecott Copper Mine. This is the largest open-pit mine in the world, from which onethird of the world's copper, along with gold, silver, and molybdenum, have been extracted over the years. A side trip to the mine is definitely worthwhile. Leave West Jordan after crossing the "old" Bingham Highway, and enter South Jordan. This city had a population of just under 60,000 as of this writing, but the Kennecott Mining Company's plans for the Daybreak development, filling in some of the vast, empty spaces that you see out here, could double the city's population.

After crossing 11800 South, the highway curves to the right, heading southwesterly, and climbing to a new crest of 5,500 feet. Following a gradual descent, the highway begins to curve sharply to the left. Near the beginning of the curve, bear right onto Butterfield Canyon Road (mile 16.0 of the ride). This is the feature segment of the ride. Signs at the gate-

way to the canyon indicate whether the road is closed or not, along with the yearly dates of closure. The elevation here is 5,440 feet. The road narrows as it works its way up the canyon. The average gradient is 5.7% over the next 4.6 miles, up to a sharp hairpin curve; beyond here, the gradient increases to 8.6% as the climbing gets intense. The road crests at mile 22.9 of the ride, at 7,786 feet. The crest is a crossroads: to the right, a dirt road heads to an overlook of Bingham Canyon Mine; to the left, a trail heads into the wilderness; ahead, the road name changes to Middle Canyon Road as it enters Tooele County. Side trips into the surrounding lands, along designated trails, are highly recommended.

The county line signifies a change in roadway funding and maintenance, as the pavement ends, and the surface is now dirt. The opening descent is steeper than the climb, at a gradient of 12.1%. Take it slow along here, as the pavement resumes after the road negotiates a series of switchbacks and steep drop-offs. The dirt road has had a washboard surface in the past, so an option would be to walk this segment. Back on pavement, Middle Canyon Road continues to descend at a gradient of 7.1%. At mile 28.5 of the ride, leave Middle Canyon and enter Tooele Valley, a few miles past the midpoint of the ride. With its continuing growth, the Tooele area is destined to become Utah's fifth official urbanized area. Enter the city of Tooele as you turn right onto Droubay Road, to head north. Droubay skirts the eastern edge of the city and the valley, generally descending. Turn left onto Bates Canyon Road at mile 34.8, followed by a right onto busy State Route 36. Although there is a shoulder, you may be grateful to get off this highway by making a right turn onto Center Street. The road bends to the left, and heads into the community of Lake Point. Turn left onto Mountain View Road and head north. Turn left onto Saddleback Boulevard, maneuvering around the traffic circle, and head west, returning to State Route 36. Turn right here and head north - this area, just off the I-80 freeway, is a busy interchange with gasoline stations, convenience marts, eateries,

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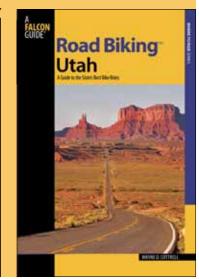
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and truck stop facilities. Watch out for turning traffic. Continue passing through, perhaps stopping for refreshment, and enter the I-80 freeway. The next 2.5 miles are along the shoulder of this freeway, as you travel along the narrow passageway between the northern flanks of the Oquirrh Mountains and the Great Salt Lake, which is to your left. The lowest elevations of the ride, at 4,232 feet, are along here.

Exit I-80 at the State Route 201 junction at mile 45.4 of the ride. and head east along this expressway, re-entering Salt Lake County. To your right is the 1,215-foot high Kennecott Smokestack, which serves as a vent for that corporation's copper smelting operations. Although the smokestack is a record-breaker, being the tallest free-standing structure west of the Mississippi River, it is also the greatest single source of air pollution along the Wasatch Front. Hold your breath as you pass by, to minimize your inhalation of lead, cadmium, arsenic, and mercury. Continue eastward along route 201; turn right onto 9180 West and reenter the community of Magna. Turn left onto 2600 South and head east. Magna-Copper Park will be on your left after about one-fourth mile. End the ride here.

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 startfinish 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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