

VOLUME 24 NUMBER 3

FREE

MAY 2016

CYCLING UTAH

UTAH • IDAHO • WYOMING • NEVADA • W. COLORADO • N. ARIZONA • MONTANA

2016 BIKE EVENT CALENDARS INSIDE!
UTAH, IDAHO, WYOMING, NEVADA, W.
COLORADO, N. ARIZONA, & MONTANA

MAY IS BIKE
MONTH!
CELEBRATE!

FEATURING:

- BIKE MONTH PREVIEW
- TOURING NEAR CAPITOL REEF
- CALENDAR OF EVENTS
- BIKE FIT FOR MORE POWER
- IDEAL BODY WEIGHT
- UTAH BIKE SUMMIT

- FIRST SEASON OF COMPETITION
- EAST CANYON ROAD RACE
- CYCLING ON INDIAN RESERVATIONS
- BEAVER DAM GRAVEL GRINDER PREVIEW

ROAD • MOUNTAIN • TRIATHLON • TOURING • RACING • COMMUTING • ADVOCACY

BIKE MONTH

May is Bike Month!

By Dave Iltis

May is Bike Month! And it's time to get out, ride your bike, celebrate, and pedal to work, school, church, on the road, in the dirt, racing or just riding along! In Utah, Idaho, Arizona, Montana, Nevada, and surrounding states, there are a ton of events happening this month that are fun and encouraging for all cyclists.

Bike Month was established in 1956 and is a month long celebration of the bicycle! In Utah, the Governor declares May is Bike Month each year. Nationally, festivities are lead by the League of American Bicyclists

(bikeleague.org).

National Bike to Work Week is from May 16-20, 2016. This is a time to leave the car at home, leave the bus pass in your pocket, and ride your bike to work. The week culminates with National Bike to Work Day on Friday, May 20, 2016. Casual Friday is now Bike Friday! Look for Bike Week events in Bozeman, Boise, Reno, and Utah.

In Utah, there are a number of other planned Bike to Work Days throughout the month. See the calendar below for details. Join your fellow citizens and politicians to encourage more people to ride to work.

National Bike to School Day is May 4, 2016. Ride your bike to school, and arrive refreshed and ready to study.

The National Bike Challenge starts May 1 and runs through May 31. It's a great way to highlight your participation in riding this month. For details, see nationalbikechallenge.org.

The annual Cyclofemme Ride takes place worldwide on May 8, 2016, Mother's Day. This is a low key ride for women to ride together. Look for rides in Utah in Salt Lake City, Provo (on May 7), and many other locations (see cyclofemme.com for a full list). If you can't find a ride near you, the website has details on how to organize your own.

The Ride of Silence is a ride to remember fallen cyclists – those who have been killed or injured while riding their bikes. Rides are held in silence and the ride of silence poem is often read before hand. Look for rides in Salt Lake City and Provo, Utah; Prescott, Arizona; Las Vegas, Nevada; and Heyburn and Boise, Idaho. If you want to create your own ride, or find information on rides not listed in our calendar, see rideofsilence.org.

There are events including bike swaps to brewery tours to bike to work to bikes for kids. See the schedule below, or look for more in the calendar of events in this issue.

Happy Bike Month!

Bike Month Events

May 1-31, 2016, 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 Challenge. Aaron Skabelund, 385-207-6879, a.skabelund@gmail.com, provomayor.com/2015/04/28/provo-bike-challenge/

May 2, 2016, Bicycle Rodeo and Cruiser Ride, 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. Cruiser ride too!, Micheal Staten, 801-589-2686, mstaten@ensignutah.com, riverdalecity.com/departments/recreation/Bike/Bike_Week.html

May 2-30, 2016, Monday Night Night Ride, Utah Bike Month, Provo, UT, Joaquin Park, 400 E 400 N, 9 pm every Monday in May., Aaron Skabelund, 385-207-6879, a.skabelund@gmail.com, bikeprovo.org

May 4, 2016, 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-to-school-day

May 5, 2016, Ogden Bike Park Shindig 2016, Utah Bike Month, Ogden, UT, Fundraising event and party to benefit the Ogden Trails Network and The Ogden Bike Park May 5th 5:30-8:30 pm - The Front Climbing Club 225 20th St, Josh Jones, 801-629-8757, joshjones@ogden-city.com, ogden-city.com, [facebook.com/events/1071396846232542/](https://www.facebook.com/events/1071396846232542/)

May 7, 2016, Cyclofemme Ride, Utah Bike Month, Provo, UT, Join us for the Third Annual CycloFemme ride. We are teaming up with the Provo Bicycle Collective and Provo City to make this ride a great. This will be a casual ride for all ages. The ride will start at Center Street and University Ave. at 2 pm the City Buildings and will take a nice slow paced 5 mile ride around Downtown Provo ending at Joaquin Park., Heather Skabelund, 971-404-1557, bikeprovo@gmail.com, Jennifer Messenger, jennbobenn17@yahoo.com, cyclofemme.com

May 7, 2016, Ogden Bike Swap, Utah Bike Month, Ogden, UT, Ogden Bicycle Collective is hosting a Bike Swap 9 am - 5 pm, 936 28th St., Josh Jones, 801-629-8757, joshjones@ogden-city.com, Clint Watson, 801-997-0336, clint@ogden-bikecollective.org, bicyclecollective.org/locations-a-hours/ogden/item/474-ogden-bike-swap-may-7th-2016

May 7, 2016, Bikes and Trikes, Utah Bike Month, Provo, UT, Memorial Park, 800 East Center Street, time TBA, Aaron Skabelund, 385-207-6879, a.skabelund@gmail.com, bikeprovo.org

May 8, 2016, 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 2016. 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

Continued on page 3

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Cover Photo: Mindy McCutcheon (Canyon Bicycles Shimano) on the front in the Pro/1/2/3 women's category at the East Canyon Echo Road Race on April 16, 2016..

Photo by Dave Iltis. Find a complete photo gallery at gallery.cyclingutah.com

Bike Month! - Continued from page 2

Checks 9:30 AM, Safety Brief 9:45 AM (Must be present!), Ai Ride starts at 10:AM, Ai Helmets are required, Ai Those under 13 must be accompanied by an Adult, Ai Please bring a spare tube, if you don't have one we stock most tubes but please call first, Ai Have Fun!, Performance, 801-478-0836, pbs128mgr@performanceinc.com, cyclofemme.com

May 10, 2016, 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. Breakfast Stations hosted by employers, large and small, across the city., Stacey Adamson, 801-227-8958, sadamson@rideuta.com, Aaron Skabelund, 385-207-6879, a.skabelund@gmail.com, utariidshare.com, rideuta.com

May 11, 2016, Bikes vs. Cars Movie, Utah Bike Month, Park City, UT, 7 pm, part of Park City Film Series, Jim Santy Auditorium, 1255 Park Ave, Director, 435-615-8291, director@parkcityfilmseries.com

May 12-14, 2016, Weber Pathways Weed Days, Utah Bike Month, Eden, UT, Partnership with USFS, focused on eradicating invasive weeds including puncturevine, Dyer's Wood, Star Thistle. May 12 - Huntsville Guard Station 6620 E. 100 S. Huntsville, 9 am to 1 pm; May 13 29th St. Trailhead, Ogden, 9 am to 1 pm; May 14 Eden - Eden Bowery, 2150 N. 550 E. Eden, 9 am to 1 pm - with art and craft show, barbeque, and Dyer's Wood demonstration, Rod Kramer, 801-393-2304, outreach@weberpathways.org, weberpathways.org

May 13, 2016, Ghost Ride, Utah Bike Month, Provo, UT, Friday the 13th Ghost Ride, sponsored by Provo Cycling Ghost Tours, Joaquin Park, 400 E 400 N, Aaron Skabelund, 385-207-6879, a.skabelund@gmail.com, bikeprovo.org

May 14, 2016, SLUG Cat, Utah Bike Month, Salt Lake City, UT, Alleycat race. Registration from 4-5 at Saturday Cycles. Event from 5-7 pm., Angela Brown, 801-487-9221, angelat@slugmag.com, John Ford, 801-487-9221, johford@slugmag.com, slugmag.com

May 14, 2016, Get Into the River Festival, 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, Jen Parsons-Soran, 801-502-6794, getintotheriver@gmail.com, getintotheriver.org

May 14-20, 2016, Reno Bike to Work Week, Bike Month, Reno, NV, Bike to Work in Reno. Races, Events, Prizes, Perks. Log your miles., Bike Washoe, info@bikewashoe.org, bikewashoe.org


May 16-20, 2016, 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 Ittis, 801-328-2066, dave@cyclingatutah.com, cyclingatutah.com/event-calendars/bicycling-events-swaps-and-festivals/

May 16-21, 2016, Boise Bike Week, Bike Month, 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 20th. 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 21st in downtown Boise. Come ride with us!, Lisa Brady, 208-761-8507, lvca@biketreasurevalley.org, boisebikeweek.org, biketreasurevalley.org

May 16-20, 2016, 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., Aggie Blue Bikes, 435-797-8139, t.hall@usu.edu, Dayton Crites, 435-755-1646, dayton.crites@cacheounty.org, trails.cacheounty.org, aggiebluebikes.org

May 16-20, 2016, 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., Heidi Goedhart, 801-964-4564, hgoedhart@utah.gov, udot.utah.gov

May 16-20, 2016, Bozeman Bike Week, Bike Month, Bozeman, MT, Celebrate bike commuting with the Bozeman cycling community the week of May 16 - May 20. There will be morning stops each day and an end of week party on Friday!, Alex Lussier, lussiera@hotmail.com, Megan Lawson, 406-570-7475, meganmclaw.com



Gary Richard Herbert
Governor
Declaration

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

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

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

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

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

Kate H. Bertlett, I, Gary R. Herbert, governor of the state of Utah, do hereby declare May 2016 as

Utah Bicycling Month

Gary R. Herbert
Governor

son@gmail.com, Gallatin Valley Bicycle Club, gybcbike@gmail.com, gallatinvalleybicycleclub.org, gallatinvalleybicycleclub.org/community-events/bike-to-work-week/

May 18, 2016, 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, meet at 6:30 at the Gallatin Center in downtown Salt Lake City. Ride leaves at 7 pm. Bike ride at 10 to 12 mph, mostly flat or minimum grade, about 11 miles., Tegan Feudale, 717-503-4275, tegan@bikeutah.org, rideofsilence.org

May 18, 2016, Ride of Silence, Utah Bike Month, Provo, UT, Join cyclists worldwide in a silent slow-paced ride - in honor of those who have been injured or killed while cycling on public roadways. Dixon Middle School, 750 W 200 N., Lucy Ordaz, 801-787-4384, lucyo@provo.edu, rideofsilence.org, [facebook.com/event/850656535006205/851159871622538/](https://www.facebook.com/event/850656535006205/851159871622538/)

May 18, 2016, Ride of Silence, Bike Month, Prescott, AZ, Ride to honor dead and injured cyclists and to honor Amber Harrington who was killed by a drunk driver in 2015. Organized

by Greater Prescott Bicyclists Coalition, Eric Post., rideofsilence.org

May 18, 2016, Ride of Silence, Bike Month, Las Vegas, NV, Ride to honor dead and injured cyclists. Register 6:00 until 6:50 in the parking lot of the Regional Transportation Commission of Southern Nevada Building (RTCSN) at 600 South Grand Central Parkway south of the intersection of South Bonneville (Alta Drive) and South Grand Central Parkway. Ride starts at 7., James Little., rideofsilence.org

May 18, 2016, Ride of Silence, Bike Month, Boise, ID, Ride to honor dead and injured cyclists. Camels Back Park at 6pm, ride followed by a Road Safety Forum., Lisa Brady, 208-761-8507, lvca@biketreasurevalley.org, rideofsilence.org, biketreasurevalley.org

May 18, 2016, Ride of Silence, Bike Month, Heyburn, ID, Ride to honor dead and injured cyclists., Kim Walton, 208-678-3764., rideofsilence.org

May 19-21, 2016, 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



Heidi Goedhart, UDOT's new Bicycle and Pedestrian Coordinator, rides through Salt Lake City's trend setting protected intersection at 300 S. and 200 W. The Bike Month banners will be up throughout May to celebrate the bicycle!

Photo by Dave Ittis

between cars and bikes. Ride details with routes on the website provided. 5/19/16: Richfield, 5/20/16: Cedar City, 5/21/16: Enterprise, Keri Gibson, 801-243-7571, krgibson@utah.gov, Jack Lasley, 801-450-8232, lasley@utah.gov, roadrespectutah.org

May 19, 2016, Bicycle Pit Stops, Utah Bike Month, Salt Lake City, UT, 7 a.m.-9 a.m. Morning commuter pit stops throughout Salt Lake City on popular bicycle routes. Snacks, safety info, bike maps. See facebook the week before for locations., Phil Sarnoff, 801-440-3729, psarnoff@bikeutah.org, Salt Lake City Transportation, 801-535-6630, bikesic@slcgov.com, bikesic.com, [facebook.com/bikesic](https://www.facebook.com/bikesic)

May 20, 2016, 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@cyclingatutah.com, bikeleague.org

May 20, 2016, Ogden Mayor's Bike to Work Day, Utah Bike Month, Ogden, UT, Ride to Work with the Mayor - We will meet the Mayor at the South end of the Dee Events Center Parking lot 1300E 4600S on his ride into work at 8am, the group will ride with the mayor to the Ogden amphitheater (343 25th st) for a breakfast hosted by Ogden City, Threshold Gives, UTA, and WOBA. Can't make it up to ride with the mayor? Then just pedal on down for breakfast. See you there! Food served until 10am, Josh Jones, 801-629-8757, joshjones@ogden.city, ogden.city, [facebook.com/events/1080722501970185](https://www.facebook.com/events/1080722501970185)

May 21, 2016, Bike Day with the Mayor of Springville City, Utah Bike Month, Springville City, UT, 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 check-ups., Rod Oldroyd, 801-491-7684, roldroyd@springville.org, springville.org

May 21, 2016, Ogden Bike Park Spring Trail Jam, Utah Bike Month, Ogden, UT, 10am - Top of 9th street at the Ogden Bike Park, 3 new trails build

for the 2016 ride season will be showcased to the public along with free shuttles and food. Come enjoy one of the greatest places to ride in Utah., Josh Jones, 801-629-8757, joshjones@ogden.city, ogden.city

May 22-27, 2016, Flagstaff Bike to Work and School Week, Bike Month, Flagstaff, AZ, Bike to work, record your commute, win prizes!, Joe Shannon, 928-523-1740, joseph.shannon@ndu.edu, Anthony Quintile, 928-779-5969, flagstaff@absolutebikes.net, flagstaffbiking.org

May 24-29, 2016, Gear Up for Bike to Work Week, Utah Bike Month, Salt Lake City, UT, Come tune your bike at the Collective to get ready for bike to work day. 3-9 pm weekdays, 12-7 Saturdays, 12-5 Sunday., Davey Davis, 801-328-2453, davey@bicyclecollective.org, bicyclecollective.org

May 27, 2016, Bike To Work Day, Utah Bike Month, Park City, UT, Meet at Basin Field House and Doubletree Hotel at 7 am., Heinrich Defers, 435-649-8710, 435-659-1188, hdefers@parkcity.org, mountaintrails.org, basinrecreation.org

May 31, 2016, Salt Lake County and City Mayor's Bike to Work Day, Utah Bike Month, Salt Lake City, UT, A mellow ride with Salt Lake County Mayor Ben McAdams, Mayor Jackie Biskupski, South Salt Lake Mayor Cherie Wood, and other local municipalities under police escort. Breakfast, music, and more at 7:15 am, beginning at Sugar House Draw by 1300 E. In Sugarhouse Park. Bike ride begins at 8am and ends at the Salt Lake City and County Building., Alison Weyher, AWeyher@slcgov.com, Tara Olson, 801-535-6167, Tara.Olson@slcgov.com, slco.org/bicycle, slcgov.com/biketoworkday

June 11, 2016, 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: 6:00pm starting at Pioneer Park., David Davis, 801-328-2453, info@bicyclecollective.org, bicyclecollective.org, bikeprom.com



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COMMUTER COLUMN

Commuting With Dogs - Tips for Riding With A Canine

Jamie rides to work with Chorney each day. Chorney is on a short leash attached to the rear rack.
Photo by Stephen Morningstar

By Jamie Morningstar

Owen Hancock and I work for Qualtrics, an Internet software company based in Provo, Utah. In addition to the fast-growing startup perks like catered lunches, casual offices, and sweet equity, Qualtrics boasts a special benefit: dog-friendly campuses! As long as the dog is (reasonably) well-behaved and (reasonably) well-groomed, man's best friend is welcome at work.

I love working in a dog-friendly environment, even though I have to apologize for the occasional bark in the background when I'm on the phone with a customer. Dogs add an affectionate, casual, playful vibe to the office. I'm also grateful to be able to spend the day with my pup rather than leaving her home alone.

As cycle commuters, however, Owen and I faced a challenge - how could we maintain a regular schedule of biking to the office and also take advantage of the Qualtrics dog-friendly workplace? Where there's a will, there's a way.

About Jamie and Chornaya

I work in the Qualtrics Provo office. I live in nearby Orem and commute by bike year-round (see the March 2014 Cycling Utah Commuter Column). My daily commute is quick

and easy 2.5 miles each way through side streets and bike trails.

Chornaya, or Chorney for short, is a six-year-old black Labradoodle. She's a very affectionate, very energetic dog. Cycle commuting with Chorney was borne out of necessity for two reasons:

1. I get to work by bike and if Chorney was going to come to work, she had to get there by bike as well.

2. Chorney has a lot of energy. At six, she's only just getting over her puppy wiggles. And if she was going to survive hanging out at my desk for eight or ten hours a day, she needed to run off some energy in the morning.

Chorney is a medium-sized dog and a great runner, so I knew that with some training and practice she would do well running alongside my bike as I rode. There are several products created specifically for riding with a dog, such as the WalkyDog, but in the end I found that a short 24-inch leash clipped to my rear rack with a carabiner was the best equipment for us. The leash is long enough that Chorney can get out of the way of my pedals but short enough that she can't get around in front of the bike to trip me up.

The key to successfully riding with Chorney is a no-pull harness. Chorney is a pretty well-trained dog, but she's still susceptible to getting

distracted when a critter crosses the street or a dog barks from behind a fence. I know that for my safety and hers it is imperative that Chorney can't pull me off-course if she bolts. The no-pull harness ensures that Chorney has to stay with me even if she'd rather go check something else out.

About Owen and Albert

Owen moved from Utah to Seattle last February to help Qualtrics open up a new engineering office. During the first year, he commuted between Provo and Seattle every week while his wife was finishing up pharmacy school at the University of Utah.

About the same time, Albert joined Owen's family. Albert is a fourteen-month-old white Maltese. He is a small dog, weighing about 14 pounds.

Owen's apartment in West Seattle is about 5 miles from the office, which doesn't seem like much, but during rush hour the drive can take more than 30 minutes! There are alternate commuting options such as busses and a water taxi that can make the commute easier, but biking actually is the fastest way for Owen to get to and from work. Plus, when Owen rides his bike he doesn't have to worry about parking, toll roads, or road rage, he reaps the health benefits, has fun, and most importantly spends time with Albert!

Albert accompanies Owen to



Owen brings Albert to his job at Qualtrics in Seattle. His commute is 5 miles each way.
Photo by Chelsey Hancock



Chorney is on a short leash attached to the rear rack with a carabiner.
Photo by Stephen Morningstar

work in a cute little backpack. Before committing to a pack, Owen did a lot of research because he wanted something that was low-profile and stylish. He found the perfect pack online from Timbuk2 called "The Mutt Mover." It is different from other backpacks because the dog sits sideways in the pack rather than backwards. The only downside to the Mutt Mover that Owen has found is that the bag doesn't have a built-in laptop holder. However, Albert is small enough that he can slide his laptop case right next to Albert in the pack.

Starting Out - Owen's Training Process

Albert is a professional commuter, accompanying Owen to work and flying on planes since he was 8 weeks old. Starting training young has definitely made the process easier and now Albert is used to being schlepped around town in his pack.

Teaching Albert to love the back-

pack was natural. Dogs love sticking their heads out of car windows, and the backpack provides Albert with the same experience. Owen started using the backpack with Albert when he was a puppy, initially introducing him to it with lots of treats and praise. After the first ride, Albert was hooked.

Now, whenever Owen grabs his helmet Albert knows that it's time for a ride. Albert walks over to the pack and waits for Owen. And if Owen takes too long getting ready, Albert gets impatient and will paw at the backpack until it's time to go.

Owen's Mutt Mover has seen a lot of mileage. He uses the backpack when riding his bike and also when commuting by bus, train, and even by airplane! If Owen is going anywhere with Albert, he makes sure to take the backpack because he can put him in the pack to go into a store or restaurant. Thankfully, Owen and Albert have only been turned away once!

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Starting Out - Jamie's Training Process

I knew that cycling with Chorney had the potential to be dangerous, so many days before our first commute we started off with simple rides up and down our street and around the block.

At first, Chorney was understandably nervous around the bike, but once she started getting comfortable with staying on my right side and not straining too far ahead or falling behind we began training with vocal commands.

Before I slow, stop, or turn I tell Chorney what's going on. I tell her "slowing" or "turn right" and I'm not saying that she can actually discern her right from left (although, who knows, sheep dogs do far more!) but at least she knows that if I tell her we're stopping or turning she needs to pay attention.

Catastrophes Averted - Jamie

Chorney and I have ridden hundreds of miles together with only two incidents.

The first was completely my fault. We were riding to the park, not our usual commuting route, and I turned right a little abruptly and without giving Chorney the notice she was used to. I turned right into her and we tumbled to the ground. Bike, rider, and dog were all fine and I took it as a good lesson in preparing myself and my dog before turning, especially when on an unfamiliar route.

The second was this winter during a slushy, sloppy day. Chorney and I had navigated to the turn lane on a fairly quiet side street and were slowing to turn left. A car buzzed around us on the right and disturbed a pile of slushy snow, making a big sound that surprised both me and Chorney. She spooked and bolted. Thanks to the no-pull harness she wasn't able

to pull me over, but we both wobbled a bit to regain our composure, which was especially nerve wracking to me as we were in the center lane and exposed to traffic on both sides.

Catastrophes Averted - Owen

Owen and Albert have only had one major accident. They were descending a hill during heavy traffic and came to embedded light-rail tracks. Usually Owen slows down and crosses the tracks perpendicularly, but because of the heavy traffic he was trying to match speed with the cars and didn't cut over the tracks at a sharp enough angle. His front tire got wedged in the gap, and Owen fell over the handlebars, head-first, into oncoming traffic.

Fortunately, Owen reacted quickly and moved out of the way in time, but when he stood up he realized that Albert was no longer in the backpack. Albert had jumped out during crash, run across the street, and was waiting patiently for Owen on the sidewalk.

The backpack has a built-in collar hook to prevent the pooch from jumping out, but that day Owen hadn't restrained Albert before leaving on his commute. That day was the last time Owen left Albert unhooked, and there have been no further incidents.

Bad Weather Advice

Although Seattle is notorious for rain, it rarely pours. True Seattleites don't let a little rain stop them, so rain or shine Owen rides with Albert. Owen keeps a towel at work for Albert so he can dry off his face when they arrive, and Owen can always opt for the bus on days with truly bad weather.

Visibility in the rain can be a problem. In addition to Albert's white head sticking out (which actually does a pretty good job of drawing attention), Owen has a light that

he attaches his helmet in addition to front and rear lights on his bike.

As for Chorney and I, we cycle commute year-round and she needs very few weather-based pieces of equipment. I do have booties for Chorney to wear in the snow, but most of the time we go without unless it's icy and I'm afraid that her paws might get cut. Thanks to her furry coat she doesn't need any extra layers in the cold except for a reflective vest that I put on over her harness if we are riding in the dark or at dusk.

The biggest weather issue for Chorney is hot pavement. Wisdom says that if you can't comfortably hold your hand on the pavement for 10 seconds, it's not safe for a dog to walk on either. Sometimes Chorney and I will hang out at the office a little later on summer afternoons to give the worst of the heat time to dissipate and sometime my husband will pick Chorney up on his way home from work if the pavement is too hot for her to run. I can also put her winter booties on during the summer to protect her paws.

Well Worth the Trouble

When Owen's hunched over his bike, riding up and down the Seattle hills in the rain, he admits that there have been times that he wishes he didn't have Albert weighing him down. At those times, Owen simply has to look back at Albert's smug face, tongue out, and realize how much Albert loves every day's commute.

Owen's favorite part of the commute is waiting at stoplights. At least twice a week someone will pull up next to Owen and Albert on their bike or in their car and ask to take a picture. His cuteness is irresistible!

As for me, it's a little extra work to ride with Chorney. I don't get to zip in to work at top speed and have to take it even slower when she tires. I have to prepare her for turns and stops. I have to protect her and myself from unleashed dogs that come up to us when we're riding on bike trails. Commuting with a dog definitely does have its annoyances.

But when I pull her harness out in the morning and she sits up on her back legs so I can more easily get her harness on, when I see her running next to me with her big doggy smile, and when she's napping peacefully in her bed next to my desk at work, I know that riding with a dog truly makes commuting communal.

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

What's on your mind? Send your feedback and letters to the editor to: dave@cyclingutah.com

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EVENT PREVIEW

Bike MS to Celebrate 30 Years with Ride in June

By Dave Iltis

April 21, 2016 – Bike MS, a two day bike tour organized by the Multiple Sclerosis Society of Utah will hold their 30th anniversary ride on June 25-26, 2016 in Logan, Utah. The ride consists of two days of cycling through the beautiful roads of Cache County. The ride raises funds for research on multiple sclerosis, a disease that damages the myelin (nerve sheath) and can cause muscular impairment, extreme fatigue, blurred vision, and numbness.

We asked Melissa Mathews of the MS Society to tell us more about this year's event.

Cycling West: This year is the 30th Anniversary of Bike MS. What special festivities and themes will you have this year?

Bike MS: Our theme this year is "Throw Back Thirty" to celebrate our 30 years of Bike. We want to celebrate our heritage, our cyclists who have been riding with us for 30 years and really capitalize on the 80's decade.

We are encouraging our Rest Stops to also celebrate the 80's. Harmons, our presenting sponsor is hosting a Rest Stop at the 30-mile mark to celebrate our 30th Anniversary with an 80's band. We will have other bands and entertainment as well throughout the event.

Cycling West: Tell us about the courses for each day. What are the

highlights? What is the difficulty level? What are the length options each day?

Bike MS: This two-day event is based out of the Cache County Fairgrounds in Logan, Utah and offers route options for all levels of cyclists. Riders can choose to ride as little as 45 miles one day or as much as 150 miles over both days.

Day one's course heads north towards Idaho and is relatively flat with options of 45, 75, or 100 miles. On Sunday, cyclists can take a 20-mile option or a 50-mile option of the beautiful ride up Blacksmith Fork Canyon and still enjoy lunch with us back at the fairgrounds.

Cycling West: Tell us about the mission of the ride. How do you use the funds that are raised?

Bike MS: Harmons Best Dam Bike Ride is Utah's largest cycling fundraising event with 2,000 cyclists raising over 1.5 million annually. Our Bike MS helps to fund critical research and help provide programs and services to assist the 1 in 300 people in Utah impacted by the disease. There is no cure for MS and it is not known what causes it, but today there are 13 disease-modifying therapies that are helping to change the course of the disease and helping people with MS live more active lives. Prior to 1993, there were none.

Cycling West: What are the rest stops, lunch, and support like?

Bike MS: The seven Rest Stops



Bikes and riders of all types are welcome at the MS Bike Tour. Photo by Bike MS Utah

on Saturday and three Rest Stops on Sunday provide a place for riders to stop and relax with a beverage and snack. Lunch is provided for all cyclists and there will be entertainment at the lunch rest stop. We will also have great support from our local Bike Shops to assist our cyclists throughout the ride.

Cycling West: What is the best way to participate in the ride? Is there extra support if needed for riders with MS?

Bike MS: Cyclists and volunteers come from throughout Utah, and other states to ride throughout beautiful Cache Valley, up in

Logan. Cyclists ride for the personal challenge, the camaraderie of riding together and for the cause – a world free of MS. There is extra support for riders with MS. We encourage everyone to ride, no matter what level! This isn't a competition and we look forward to seeing all levels of participants.

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

Bike MS: We are looking forward to celebrating our 30th Anniversary with our participants and encourage everyone to register and start fundraising.

Event Details: June 25-26 — Bike MS: Harmons Best Dam Bike Ride, Bike MS, Logan, UT, Join thousands of cyclists from around the region and celebrate 30 years of Bike MS: the premier fundraising cycling series in the nation raising funds for a world free of MS. The Bike MS experience offers route options ranging from 45 to 150 miles over two days and is friendly to all abilities with rest stops every 8-12 miles. Camping, meals, and entertainment based out of Cache Valley Fairgrounds (400 S 500 W) in Logan, Melissa Mathews, 801-424-0112, melissa.mathews@mss.org, bikemsutah.org

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CYCLING AND THE LAW

Car Insurance for the Cyclist

By Russ Hymas and Ken Christensen

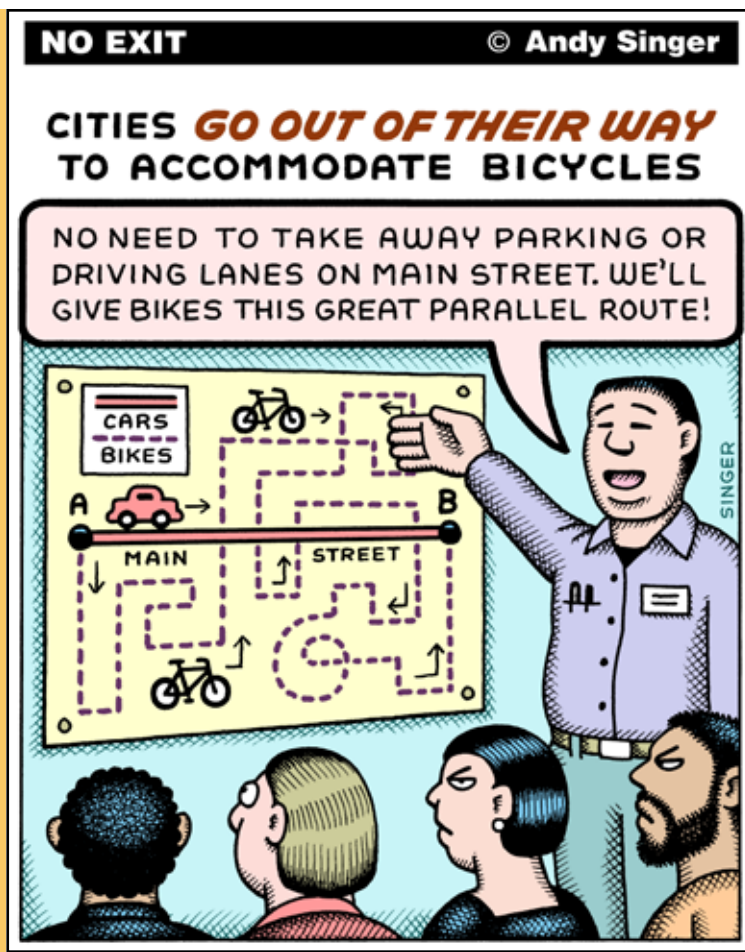
I've heard that my personal car insurance can pay for my damages if I'm hit by a car on my bike. Is that true? --Justin H., Ogden, Utah.

It is true. If you are hit by a car while riding your bike, there are certain insurance coverages available under your personal car insurance policy, as long as you haven't waived them. Two critical types of coverage that should *never* be waived are uninsured motorist coverage and underinsured motorist coverage. Both uninsured and underinsured motorist coverages are available only when the driver of the car carries a majority of responsibility for causing the collision (i.e., the cyclist must be less than 50% at fault). However, another important type of coverage, personal injury protection, is available to cyclists injured in any vehicle collision – regardless of who is at fault.

Uninsured motorist coverage (UM) applies in cases involving a "hit & run," as well as collisions where the at-fault driver has no insurance. Your own auto insurance carrier offers UM coverage, which will pay for your medical bills, lost time from work, and pain and suffering in these situations. Afterward, your insurance will likely seek reimbursement from the irresponsible driver.

Underinsured motorist coverage (UIM) is important in circumstances where the at-fault driver carries auto insurance, but the insurance limits aren't high enough to pay for all your damages. For example, a driver turns in front of you and you're catapulted onto the asphalt, tearing your rotator cuff. Your medical bills after surgery and physical therapy are \$45,000, while the driver only had \$25,000 insurance limits. In this case, your own UIM coverage can make up the difference.

Personal injury protection (PIP) applies in any bicycle vs. vehicle



accident. All vehicles in Utah are required to carry PIP – and that coverage applies to any cyclist hit by a car. PIP benefits include a minimum of \$3,000 to cover medical expenses, as well as up to \$250 per week for lost time from work due to injuries sustained in the collision. PIP can also cover payment for household services and funeral benefits. The insurance company for the driver in a car vs. bicycle accident will be responsible for the primary PIP benefits listed above. However, once that PIP coverage is exhausted, you can often make a secondary PIP claim under your personal car insurance policy for additional benefits if your PIP limits are higher than the other party's.

Most people only think about their car insurance when they're behind the wheel of their own car. As a result, many cyclists don't realize that if they're hit while on their bike, the availability of PIP benefits makes seeking immediate medical care much less daunting. And the cyclist's own UM/UIM coverage can

provide much-needed financial protection. Although UM/UIM coverages are optional, we believe all cyclists should consider them mandatory before getting out on the road.

We suggest cyclists carry \$5,000-\$10,000 in PIP benefits, and \$250,000 limits for both UM and UIM, but never less than \$100,000 for each. If your policy limits are less, call your insurance agent and make the change before your next ride!

Ken Christensen and Russ Hymas are avid cyclists and Utah attorneys at UtahBicycleLawyers.com. Their legal practice is devoted to helping cyclists injured in collisions with motor vehicles. They are authors of the Utah Bicycle Accident Handbook and are nationally recognized legal experts on cycling laws and safety.

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COACH'S CORNER

What to Expect in Your First Season of Competition

By Heather Nielson

In part 1 of "what to expect in your first season" of serious riding in the April 2016 issue of Cycling West / Cycling Utah, I went over the basic logistics of competing and participating in organized events. If you don't plan for contingencies, they can cost you that big win or an enjoyable day! In this second part, I go over some deeper, more mental, and physical aspects of competition.

Expect to 'lose'

Ok, I admit this is a negative headline, but I want to get across the reality of endurance sports competition. Whether you're a runner, triathlete, mountain biker, recreational/century/gran fondo cyclist or bike racer, the odds of winning are not 50/50 like in a football or basketball game. I would strongly encourage you before you participate in your event, to write down some very specific goals. It can be one or it can be several (though I suggest limiting your list to three or less).

There are so many things to learn every time you compete that if you

are only focused on winning and not on being present in every moment, you will miss out on so many opportunities to get better as an athlete and vastly improve your chances of success in your next competition, or even one you're in the process of competing in.

For example: let's say you're doing your first event, and you know that you need to work on your group awareness to better understand how to navigate among your competitors – who to pay attention to, when to respond to a move, when to use features on the course to your advantage, etc. Use that first race to practice moving smoothly around and up in the group, staying safe, communicating to those around you, adjusting your position smoothly instead of reacting when there's a crash or a sudden move around you, getting comfortable competing closely next to and behind other riders, and pacing yourself during long efforts. Honestly, these skills take years to master, so don't get discouraged if you're not the smoothest, most efficient and tactical athlete in your first event! I'm not saying don't try to win; of course you want to win!

Just remember, if you're doing all of those things right, you're setting yourself up for a better chance to succeed than if you only focused on winning in the end. 'Be' in every moment of the race.

Expect to adjust your goals

The previous subject leads perfectly into this one: adjusting your goals. Learn to adjust your goals all the time; not just after an event! If you are truly living in the moment, reading the other athletes around you, their strengths and weaknesses, dealing with changing weather conditions, accidents, and changes in terrain, you should be constantly adjusting your goal(s). You need to always be asking yourself: "Am I in the position I need to be in right now to reach my goal?" If you need to conserve energy, are you taking a break when you should be, or are you constantly reacting to everyone around you, thereby using more energy than necessary to get a 'result'? How do you want to be positioned before and in the middle of key moments on the course, given your strengths and weaknesses versus those of your competitors? Utilize your strengths



The Rocky Mountain Raceways Criterium in West Valley City, Utah is a great place to learn bike racing techniques and tactics. The C flite is shown here on 4-19-2016. In Idaho, try the SWICA Criterium Series. Photo by Dave Iltis, CyclingUtah.com

and use others' weaknesses to your advantage.

Following your event, I would still recommend a mental debriefing of some sort. Refer back to your written goals and assess honestly whether you reached them or not, what you would do differently, what you would change, and what you need to do for next time. Writing things down is a very powerful yet vastly underutilized tool in helping to 're-wire' neural pathways in learning, development and behavior. Do more than just visualize or talk about things, and do a written review after you've spoken to your coach, team director and/or team captain. Do it within a few days after your event, but not necessarily right away, in order to allow for perspective, and to allow inflamed emotions to subside. Then leave it...in the past. Onward.

Expect to be nervous

I remember my first season of bike racing; I would be nervous the entire week before an event. Now I'm only nervous the hour before, and I try to keep that nervousness at the optimum level of intensity (yes there is such a thing as optimal nervousness). You don't want to be too relaxed or overconfident, and you don't want to be so nervous that your whole body is shaking on the start line.

Looking back, I believe that the main reason athletes get nervous is because of all the unknowns. I would suggest spending some time the week(s) before your event preparing yourself for what to expect. The more you know about what to expect, the less nervous you'll be, the more realistic you'll be with your goals and

expectations, and the less reactive you'll be in the middle of the race. That way, you can make decisions clearly and at the right moments, and quite frankly the more you'll actually enjoy participating!

Research the details of an event: time, distance, location, number of participants, level of competition, course profile, when and where on the course lie the main 'features,' such as climbs, turns, descents, etc. Start thinking about how your strengths and weaknesses as an athlete match up to the course and the other competitors, as well as how you need to compete in order to give yourself the best chance at getting a 'result.' The 'result' you want is, again, up to you, and will be a goal you need to set beforehand.

I hope both these articles help you stay positive and focused during your first season. And remember, there is always something to learn, always someone faster, and always another goal to reach. Learn to enjoy the journey without getting obsessed with the 'end,' because competition in sports and life doesn't end after the finish line; it ends when you quit.

Heather Nielson is a USA Cycling Level 3 coach, has worked with all levels of cyclists across a wide age range and has been coaching since 2010. She is also a cat 1 bike racer racing at the elite/national level and is currently the operations manager at Cycle University in Seattle WA. You can find her on her website ridempowered.com on Twitter @ridempowered & on Instagram @ridempowered

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ENDURO RACING

Deer Valley Resort to Host Fourth Stop of the 2016 SCOTT Enduro Cup on August 28th



The SCOTT Enduro Cup will be held at Deer Valley Resort in 2016. Photo by Eric Schramm

Salt Lake City (April 15, 2016) The SCOTT Enduro Cup presented by Vittoria announced that the final stop of the 2016 race season. Deer Valley Resort will host the Park City, Utah race on Aug. 28, 2016. Registration will open for the Park City race stop on Friday, April 22. Registration for Moab, UT (May 7), Angel Fire, NM (June 11-12) and Sun Valley, ID (June 25-26) are currently open.

“We are excited to see Deer Valley added as the fourth and final

stop of the 2016 SCOTT Enduro Cup Season,” said SCOTT Bike Marketing Manager Zack Vestal. “SCOTT is very familiar with the quality of trails and terrain offered at the Resort as it is closely located to our North American headquarters in Salt Lake City, UT. Deer Valley will provide a great finish to the race season.”

Deer Valley Resort enlisted world-renowned bike park development company, Gravity Logic, to embark on the resort’s largest-ever investment to modernize and update

its existing mountain biking trail system. During the summer of 2015, they built the incredibly popular flow trail, Tidal Wave, and made improvements to many existing trails. Deer Valley is continuing their expansion this summer, 2016 with a new flow trail called Holy Roller. Fresh berms, rollers and jumps will leave no question as to why the International Mountain Bicycling Association (IMBA) dubbed Park City, as a Gold-Level Ride Center, an honor that was reconfirmed in 2015. See <https://www.imba.com/ride-centers/current/park-city>.

“With the extensive upgrades to our mountain bike trails, it’s a great time to expand our event offerings as well,” said Deer Valley Events and Promotions Manager, Carrie Westberg. “We are thrilled to be able to showcase our trail system and support the SCOTT Enduro Cup series.”

The SCOTT Enduro Cup presented by Vittoria will award \$12,000 cash to the podium place finishers in the open class at each race stop. Podium place amateur riders will be awarded with product provided by race sponsors. Vittoria is sponsoring a prime, the Vittoria Bolt, at each race location for the fastest downhill

time of a designated stage. One male and one female racer will win the prime awarding each a \$100 cash prize.

Sun Valley, ID, (June 25-26) and new this year, Angel Fire, NM, (June 11-12) races are now officially sanctioned by the North American Enduro Tour (NAET). This acknowledges both races as qualifiers for the Enduro World Series. Read the press release.

ROTOR, the Spanish bicycle component company with offices in Utah has signed on as a sponsor of the SCOTT Enduro Cup. ROTOR is known throughout the world of cycling for creating innovative, out-of-the-box products and is working to expand outreach in the U.S.

SCOTT Enduro Cup presented by Vittoria 2016 Race Schedule Moab, UT - May 7

Angel Fire, NM - June 11-12

Sun Valley, ID - June 23-26, in collaboration with the Ride Sun Valley Bike Festival

Deer Valley Resort, Park City, UT - Aug. 28

For registration information, visit endurocupmtb.com. Registration is open to men and women, professional and amateur adults and juniors ages 13-18. Riders can choose to participate in a single race or purchase a season pass. In addition to race entry, all registration fees include an event T-shirt, lunch and lift tickets (where applicable). In order to collect points to qualify for the Enduro World Series, racers will need to obtain an EMBA license through EWS.

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BIKE TOURING

Bike Touring Around Capitol Reef National Park



Desert slickrock, a fast road, and Boulder Mountain looming in the distance. Photo by Tom Diegel



There are many "gates" to ride through in the Waterpocket Fold. Photo by Tom Diegel

By Tom Diegel

It was Memorial Day weekend and we wanted to do a quick southern Utah bike tour, but 3 days is not much time to do a nice loop (and loops are always nice, in any kind of ride) and many of the great stretches of desert bike touring are a little long, so we had to do a little research on what might be both appealing and

viable. Sometimes those aspects are compatible, and sometimes they aren't.....

A few years ago we had the opportunity to ski 11,500 foot Mount Ellen, the highest point in the Henry Mountains, which loom impressively over Hanksville (apparently Henry wanted his formal name attached to the mountains, and his nickname attached to a hardscrabble little

to the east. It also offers a fine, 3000-foot ski line if you are lucky enough to catch the combo of the dirt road not being snowed in or a recently-melted grease fest and still have enough snow to ski its dramatic east face. While on that ski tour we noticed that our access road continued on up and over a high pass, and we thought "that would make a

ated a big west wind that blasted us through the park and along Highway 12 towards Hanksville, which enabled us to get some decent miles despite starting our weekend Saturday morning driving from Salt Lake. Not far from Hanksville we came across a funky little house/farmstand with a sign that said "homemade pesto!" on it; being a sucker for farmstands



Lonely roads and sublime views are the norm. Photo by Tom Diegel

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wayside that's best known for its milkshakes on the way home from Lake Powell). The Henries have the distinction of being the last mapped range in the US, which is indicative of their relative remoteness, and are a high island poking out of some of the most dramatic desert environments in the world, with the Waterpocket Fold to the west and Canyonlands

good bike tour sometime" and didn't give it much thought again until we were looking for a nice 3 day loop in the southland, remembered that road, and thought it would be a good conduit from one side to the other.

We started our loop – which was essentially a bulged-out loop around Capitol Reef National Park – in Torrey, and a storm in the north cre-

and good local food we pulled in, and after some amount of hollering finally found the proprietor; a classic aging hippie organic farmer who seemed a bit out of place near Hanksville. After spending way too

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Most everything is great about southern Utah bike touring.....but sand can be a challenge! It's not too bad on the Notom road, fortunately.
Photo by Tom Diegel

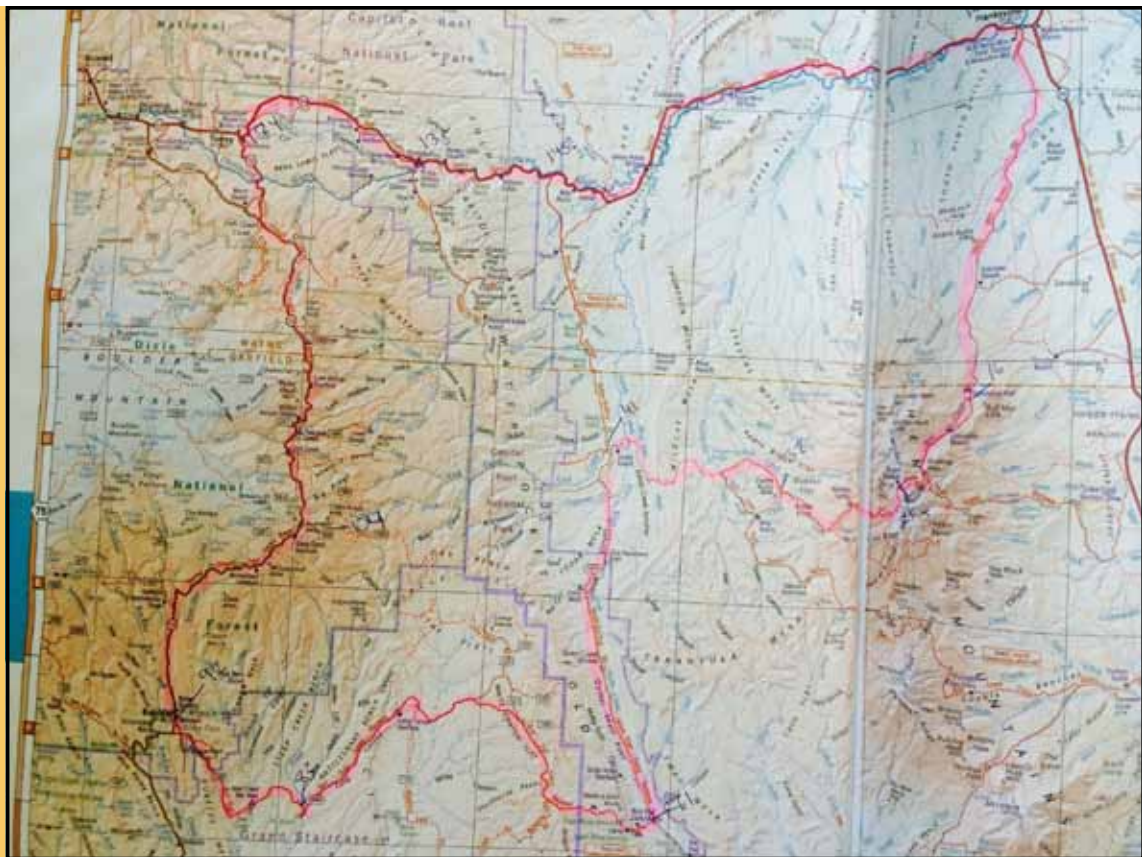
much money with him buying jars of pesto, organic kale and arugula, etc. I couldn't help but notice that he had some nice pastureland and adjacent outbuildings, and if you've ever driven through Hanksville during a windstorm you know that it also be pretty brutal sandstorm, and those buildings looked like pretty good windbreaks with no sand upwind. "Uh, it's late in the day and we are looking to camp soon; any chance we could camp here in your pasture in the lee of one your buildings?" fully anticipating that he'd say "Sure! No problem!", especially after we'd bought probably most of his week's worth of sales at his little shop. To our surprise, however, he said "No, can't do that." Huh? As touring cyclists we've become so accustomed to gracious people we meet along the routes that we were a bit stunned to be turned down. But so it goes, and we wobbled a couple of miles down the road and found shelter behind a cliff for a decent-enough campsite.

There aren't too many opportunities in these parts to do 6000 foot climbs, but starting in Hanksville and ending at Bull Creek Pass is all of a 6400 climb on a gravel road. Though it was a short trip and therefore we didn't have a ton of food, we were a little nervous about our opportunities to find water, so were toting a fair bit of weight as we ground slowly up into the Henries. It was a longggg haul, but at least it got a fair bit steeper towards the end! Finally we topped out at the pass and took in the sweeping desert views that we had seen a few years prior on our ski tour. Originally we had thought that we'd take the opportunity to hike up to the south peak of the Mount Ellen ridge-line, but after the long climb on the bike and our desire to find a decent camp we elected to bounce down the west side of the pass.

5000 feet of bumpy, rocky, and

dusty descending got us down to the Notom Road, which is a north-south connector between Highway 12 at the east entrance to the Park and Bullfrog Marina on Lake Powell. Though we knew it was not paved in that section (the northernmost 10 miles of it is paved) we assumed that it was well-traveled enough and it was spring so there wouldn't be much sand to slow us down. However, 'twas not the case that year. Periodic bits of hard clay were interspersed by hundreds-of-yard sections of quad-crushing, snail-slow sand, and it was tempting to turn about to go north on the Notom road and make our loop considerably smaller. However, the other main goal of our loop was to ride the famous Burr Trail that climbed up onto and traversed that magical Waterpocket Fold, the thought of going forward through maybe??? less sand that we didn't know sounded better than backtracking through the sand that we did know, and we wanted to make our tour longer rather than shorter, at least at that point. Plus there was a campground listed on the map, and we figured there'd be water there, because...hey, it's a campground!

We rolled into the campground late in the day, pretty whupped but happy to have made it through a big effort, and since the following day was our last and we felt really far from our starting spot we hoped to get some water and keep on "rolling" (pushing?) down the road towards the Burr Trail. However, a quick lap around the loop of sites did not yield any water spigots, and we realized that "primitive campground" was code for "no water for thirsty cyclists." We sat down for a snack to evaluate our options, and just then we heard the rumble of a truck rolling up towards us and soon enough a camper appeared that had a nice couple in it who were not only happy to share a couple of gallons of water



A 2.5 day tour around Capitol Reef National Park with a climb over Boulder Mountain and a stretch on the Burr Trail. Base Map courtesy of Benchmark Maps from the Utah Road & Recreation Atlas.

but also a coupla cold beers, so our decision got made for us.

With fresh morning legs and longer sections of hard clay we made short work of the rest of the Notom road, then turned up the famous "Muley Twists" section of the Burr Trail that ascended up to the mesa that was the Fold. On top it turned to pavement, and we rolled onward and upward toward Boulder, where we knew the famed Burr Trail Grill was awaiting us, since we were running out of food (in anticipation of the Burr Trail Grill). Hitting Boulder in mid-afternoon we were surprised to

find that the Grill hadn't yet opened for "the season" (isn't Memorial Day "the season?") and all we were able to find to fuel us up for the last grind up and over Boulder Mountain were a couple of muffins. But probably just as well; the burger, beer, and piece of banana cream pie that we likely would have mowed into probably would have hurt more than it would have helped.

We had driven over Boulder Mountain many times and never ridden it, despite saying every time: "We gotta ride this!" As always, you never really get a true sense of a road

until you ride it, and the realities of a 3000 foot climb and a "descent" that has some additional climbs in it can be a bit harsh with heavy bikes and tired legs. But we chugged along and soon enough we were on the final coast down into Torrey.

In hindsight it was a bit of an ambitious route for what was essentially a 2.5 day tour at 170 miles and over 11,000 feet of climbing, but it was clearly doable and there are ways to make it shorter or just take another day (and be strategic about water). And make sure the Burr Trail Grill is open!



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HEALTH

Determining Your Ideal Body Weight for Cycling: Weight Loss vs. Power Gain

By Breanne Nalder, MS, RDN

If you ride bikes regularly, especially up the unavoidable hills of our glorious state, you likely have experienced the simple physics that body weight can have on performance. The concept seems simple: the more or less you weigh, the more or less energy it will take to pedal your bike. But that doesn't mean it's easy to achieve, let alone to know what weight is best for your body, your gender, your riding style, etc. The purpose of this quick article is to help you determine your ideal power:weight (P:W) so you can feel strong without putting yourself at risk of being malnourished.

Is there one ideal body weight to strive for?

Rule of thumb equation for appropriate weight is to take 100 pounds for the first 5 feet of height (for women) and 106 pounds (for men). Then, add 4-6 pounds per inch of height above this base (women), and 5-7 pounds per inch (men). Now, this can be used as a baseline calculation, but there is a lot of variability. There is a fine line between what we want to be striving for and what is realistic. What I mean by this is that we must consider the fact that there is a point where losing too much weight can lead to loss of strength on the bike. Therefore, it is important to factor in your power:weight (ratio) when trying to determine your personal ideal body weight.

Everyone's always talking about power:weight

By definition, the P:W ratio is the formula used to determine your strength compared to your weight, and it's the great equalizer when comparing riders of different sizes. It is calculated by dividing your body weight in kilograms (1 kg = 2.2 lbs) into average watts for a given range. For example, if you can produce 300 watts for your functional threshold power (FTP), and you weight 74 kg (163 lbs), your power to weight ratio is 4.05 at your FTP range. This means you can generate 4.05 watts for every

| | MAXIMAL POWER OUTPUT (W/kg) | | | | | | | |
|---------------------------------------|-----------------------------|--------|--------|------|--------|--------|--------|------|
| | Men | | | | Women | | | |
| | 5 sec. | 1 min. | 5 min. | FTP | 5 sec. | 1 min. | 5 min. | FTP |
| World class (e.g., international pro) | 25.18 | 11.50 | 7.60 | 6.40 | 19.42 | 9.29 | 6.74 | 5.69 |
| | 24.88 | 11.39 | 7.50 | 6.31 | 19.20 | 9.20 | 6.64 | 5.61 |
| | 24.59 | 11.27 | 7.39 | 6.22 | 18.99 | 9.11 | 6.55 | 5.53 |
| | 24.29 | 11.16 | 7.29 | 6.13 | 18.77 | 9.02 | 6.45 | 5.44 |
| | 24.00 | 11.04 | 7.19 | 6.04 | 18.56 | 8.93 | 6.36 | 5.36 |
| Exceptional (e.g., domestic pro) | 23.70 | 10.93 | 7.08 | 5.96 | 18.34 | 8.84 | 6.26 | 5.28 |
| | 23.40 | 10.81 | 6.98 | 5.87 | 18.13 | 8.75 | 6.17 | 5.20 |
| | 23.11 | 10.70 | 6.88 | 5.78 | 17.91 | 8.66 | 6.07 | 5.12 |
| | 22.81 | 10.58 | 6.77 | 5.69 | 17.70 | 8.56 | 5.98 | 5.03 |
| | 22.51 | 10.47 | 6.67 | 5.60 | 17.48 | 8.47 | 5.88 | 4.95 |
| Excellent (e.g., Cat. I) | 22.22 | 10.35 | 6.57 | 5.51 | 17.26 | 8.38 | 5.79 | 4.87 |
| | 21.92 | 10.24 | 6.46 | 5.42 | 17.05 | 8.29 | 5.69 | 4.79 |
| | 21.63 | 10.12 | 6.36 | 5.33 | 16.83 | 8.20 | 5.60 | 4.70 |
| | 21.33 | 10.01 | 6.26 | 5.24 | 16.62 | 8.11 | 5.50 | 4.62 |
| | 21.03 | 9.89 | 6.15 | 5.15 | 16.40 | 8.02 | 5.41 | 4.54 |
| Very good (e.g., Cat. II) | 20.74 | 9.78 | 6.05 | 5.07 | 16.19 | 7.93 | 5.31 | 4.46 |
| | 20.44 | 9.66 | 5.95 | 4.98 | 15.97 | 7.84 | 5.21 | 4.38 |
| | 20.15 | 9.55 | 5.84 | 4.89 | 15.76 | 7.75 | 5.12 | 4.29 |
| | 19.85 | 9.43 | 5.74 | 4.80 | 15.54 | 7.66 | 5.02 | 4.21 |
| | 19.55 | 9.32 | 5.64 | 4.71 | 15.32 | 7.57 | 4.93 | 4.13 |
| Good (e.g., Cat. III) | 19.26 | 9.20 | 5.53 | 4.62 | 15.11 | 7.48 | 4.83 | 4.05 |
| | 18.96 | 9.09 | 5.43 | 4.53 | 14.89 | 7.39 | 4.74 | 3.97 |
| | 18.66 | 8.97 | 5.33 | 4.44 | 14.68 | 7.30 | 4.64 | 3.88 |
| | 18.37 | 8.86 | 5.22 | 4.35 | 14.46 | 7.21 | 4.55 | 3.80 |
| | 18.07 | 8.74 | 5.12 | 4.27 | 14.25 | 7.11 | 4.45 | 3.72 |
| Moderate (e.g., Cat. IV) | 17.78 | 8.63 | 5.01 | 4.18 | 14.03 | 7.02 | 4.36 | 3.64 |
| | 17.48 | 8.51 | 4.91 | 4.09 | 13.82 | 6.93 | 4.26 | 3.55 |
| | 17.18 | 8.40 | 4.81 | 4.00 | 13.60 | 6.84 | 4.17 | 3.47 |
| | 16.89 | 8.28 | 4.70 | 3.91 | 13.39 | 6.75 | 4.07 | 3.39 |
| | 16.59 | 8.17 | 4.60 | 3.82 | 13.17 | 6.66 | 3.98 | 3.31 |
| Fair (e.g., Cat. V) | 16.29 | 8.05 | 4.50 | 3.73 | 12.95 | 6.57 | 3.88 | 3.23 |
| | 16.00 | 7.94 | 4.39 | 3.64 | 12.74 | 6.48 | 3.79 | 3.14 |
| | 15.70 | 7.82 | 4.29 | 3.55 | 12.52 | 6.39 | 3.69 | 3.06 |
| | 15.41 | 7.71 | 4.19 | 3.47 | 12.31 | 6.30 | 3.59 | 2.98 |
| | 15.11 | 7.59 | 4.08 | 3.38 | 12.09 | 6.21 | 3.50 | 2.90 |
| Untrained (recreat) | 14.81 | 7.48 | 3.98 | 3.29 | 11.88 | 6.12 | 3.40 | 2.82 |
| | 14.52 | 7.36 | 3.88 | 3.20 | 11.66 | 6.03 | 3.31 | 2.73 |
| | 14.22 | 7.25 | 3.77 | 3.11 | 11.45 | 5.94 | 3.21 | 2.65 |
| | 13.93 | 7.13 | 3.67 | 3.02 | 11.23 | 5.85 | 3.12 | 2.57 |
| | 13.63 | 7.02 | 3.57 | 2.93 | 11.01 | 5.76 | 3.02 | 2.49 |
| | 13.33 | 6.90 | 3.46 | 2.84 | 10.80 | 5.66 | 2.93 | 2.40 |
| | 13.04 | 6.79 | 3.36 | 2.75 | 10.58 | 5.57 | 2.83 | 2.32 |
| | 12.74 | 6.67 | 3.26 | 2.66 | 10.37 | 5.48 | 2.74 | 2.24 |
| | 12.44 | 6.56 | 3.15 | 2.58 | 10.15 | 5.39 | 2.64 | 2.16 |
| | 12.15 | 6.44 | 3.05 | 2.49 | 9.94 | 5.30 | 2.55 | 2.08 |
| | 11.85 | 6.33 | 2.95 | 2.40 | 9.72 | 5.21 | 2.45 | 1.99 |
| | 11.56 | 6.21 | 2.84 | 2.31 | 9.51 | 5.12 | 2.36 | 1.91 |
| | 11.26 | 6.10 | 2.74 | 2.22 | 9.29 | 5.03 | 2.26 | 1.83 |
| | 10.96 | 5.99 | 2.64 | 2.13 | 9.07 | 4.94 | 2.16 | 1.75 |
| | 10.67 | 5.87 | 2.53 | 2.04 | 8.86 | 4.85 | 2.07 | 1.67 |
| | 10.37 | 5.76 | 2.43 | 1.95 | 8.64 | 4.76 | 1.97 | 1.58 |
| | 10.08 | 5.64 | 2.33 | 1.86 | 8.43 | 4.67 | 1.88 | 1.50 |

Power Profile Chart. Use this chart to determine typical power outputs (watts/kg) for different categories of cyclists. Republished with permission of VeloPress from Training and Racing with a Power Meter, 2nd Ed. by Hunter Allen and Andrew Coggan, PhD. Learn more at velopress.com/power.

kilogram of body weight. A power to weight ratio of 4 to 4.5 is equivalent to a competitive Category 2 racer. A power to weight ratio of 5-6 would put you in the range of a Category 1 elite professional (according to Andy Coggan's power profiling chart, displayed in this article).

Since P:W is determined by the simple formula power (watts) ÷ mass (kg), hopefully even the most non-mathematical readers can appreciate that there are three ways to increase your power-to-weight ratio:

- Increase your power output while

keeping your weight constant

- Keep your power output constant while decreasing your weight
- Increase your power output while also decreasing your weight.

Two important aspects of this equation are the loss of body fat while maintaining or increasing lean muscle mass and strength. However, there are limits to how much you can or should lose in body fat as well. The minimum body fat range for men is 6% and for women is 14%. Dropping below these ranges

can negatively affect your health and performance. But if you are nowhere near these body fat ranges and have a goal to lose weight, then losing a few pounds in body fat can lead to a big difference in your strength on the bike.

and even more to gain by simultaneously getting stronger, but achieving an ideal race weight happens with smart decisions and hard work.

Editor's Note: Look for a guide to reaching your ideal body weight in Cycling West this spring.

So, which is more important, losing weight or gaining power?

For novice cyclists and/or experienced racers who are carrying around more than 10 extra pounds, losing weight and gaining power are equally important and equally achievable. This also means that heavier cyclists can make bigger improvements in their P:W ratio because they have more room to attack both parts of the equation. It's a matter of being realistic as well as honest with yourself. Find the spot where you can maintain your desired weight without losing performance. In short, there is a lot to gain as a cyclist by reducing your weight, including climbing faster,

If you want to determine your FTP, ideal P:W ratio, and/or get a nutrition plan to achieve these numbers, give me a call!

Breanne Nalder, MS, RDN has a Master's degree in nutrition with an emphasis in sports dietetics at the University of Utah. She is a Registered Dietitian, the nutrition coach at PLAN7 Endurance Coaching, and races for Visit Dallas DNA Pro Cycling team. For individual custom nutrition coaching, you can reach Breanne at 801-550-0434 or breanne@plan7coaching.com.

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(801) 501-0850
rei.com/sandy

Revolution Bicycles

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

Salt Cycles

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

ThinAir Cycles

1223 E. 12300 S.
Draper UT 84020
801-553-BIKE
thinaircycles.com

UTAH COUNTY

Alpine/American Fork/Lehi/

Pleasant Grove/Lindon

Bike Peddler

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

Bicycle Motion

77 N. 200 E.
Alpine, UT 84004
385-444-6666
bicyclemotion.com

Fezzari Bicycles

850 W. 200 S.
Lindon, UT 84042
801-471-0440
fezzari.com

Infinite Cycles

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

ADVOCACY**Now is the Time for Bicycles**

By Phil Sarnoff

Many of you are probably aware of the population projections for Utah over the next 35 years. Here is a quick overview of the statistics from a study by the Utah Foundation (<http://www.utahfoundation.org/uploads/rr720.pdf>).

Approximately 85% of Utah's population currently lives along the Wasatch Front. From 2010 to 2050, the populations in the four Wasatch Front counties is expected to increase significantly:

- Weber County - up 72% (from 231,236 to 398,699)
- Davis County - up 52% (from 306,479 to 465,664)
- Salt Lake County - up 61% (from 1.03 million to 1.66 million)
- Utah County - up 136%. (from 516,564 to 1.22 million)

The projected increase for many other counties across the state is even more significant

- Washington County - up 242% (from 138,115 to 474,567)
- Wasatch County - up 225% (from 23,530 to 76,389)
- Tooele County - up 171% (from 58,218 to 157,821)
- Summit County - up 143% (from 36,324 to 88,334)

The reason I bring this up is because of a healthy level of concern for what Utah will look like in 35 years. These increases in population will mean more cars, traffic congestion, more air pollution, and greater deterioration of roadways. Hopefully, this is not a certain future.

If we hope to avoid this future, a significant change is needed in our infrastructure priorities and it needs to get kick started immediately. The bike lanes, multi-use pathways, and trails have to be on the ground and ready for use.

Consider this a teaser for our next major campaign, which we will be unveiling in the coming months. This initiative will lay the foundation for what will be a change in the landscape for bicycling.

Most importantly, we need you to be involved. Our campaign will require grassroots support from people interested in seeing a more positive future for all types of bicycling. Sign up for our email list at bikeutah.org

Phil Sarnoff is the executive director of Bike Utah, a statewide advocacy organization.

2016 Mike and the Bike Book For Kids is Released

SALT LAKE CITY (April 27, 2016) – The new Sprint to the Finish Activity Book for elementary-aged children has been produced just in time for the final month of school across Utah and National Bike Month. This 18-page, full-color booklet was created by Larry H. Miller Tour of Utah and University of Utah Health Care. Illustrations from the popular Mike and The Bike children's book series are used to share creative lessons on geography, nutrition and bicycle safety. Parents and teachers across the country are invited to download the Sprint to the Finish Activity Book and supporting educational documents from the Tour of Utah web site (Experience section). The booklet will be distributed this year at the Tour of Utah.

Throughout the activity book, young cyclists Mike and Lucille, from Mike and The Bike, offer children a guided tour of each stage of the professional bike race. Their story is complemented with interactive lesson plans. Three professional cyclists have contributed content this year to promote exercise and good nutrition -- 2015 Tour of Utah defending champion Joe Dombrowski (Cannondale Pro Cycling Team), two-time Under-23 U.S. national champion and Utah native Tanner Putt (UnitedHealthcare Pro Cycling Team), and Top 10 finisher in the 2015 Tour of Utah and Utah native Rob Squire (Holowesko-Citadel Racing Team presented by Hincapie Sportswear).

"The Tour of Utah and our local organizing committees are happy to give back to our local communities through the Sprint to the Finish program. With the activity booklet and the kids races during race week, we want to inspire children to not just ride bicycles safely, but become more active and healthy," said Jenn Andrs, executive director of the Tour of Utah. "The booklet is designed for elementary-aged children, but I think a lot of parents will enjoy the content as well."

A downloadable version (PDF format) of the Sprint to the Finish Activity Book is available in English at <https://www.tourofutah.com/about/mike-and-the-bike>.

-Jackie Tyson

Salt Lake County Bicycle Advisory Committee News for May 2016

In yet another progressive and groundbreaking move by the Salt Lake County Bicycle Advisory Committee, April's meeting hosted the yearly executive committee elections. Kate Sturgeon served as the board's first female chairperson through the 2015 year and she announced that she would step down from that position in May. The committee was asked to elect a successor and it wisely chose Betsy Byrne to serve as the 2016-17 chair. The committee now has elected women to lead it in consecutive years!

SLCBAC operates with a generous annual budget from the county and uses this funding to support improvements and outreach concerning bicycle development in the county. Measures to assist the County Mayor's objectives of increasing ridership, safety, education and providing better facilities are considered in use of these funds. By sending board members to events such as the National Bicycle Convention in Washington D.C. and the Utah Bike Summit, the committee develops valuable networking with other organizations as well as gains experience and perspectives on other cities' approaches to integrating bicycles as a part of their communities. Results of these conferences benefit County development of a master plan that includes biking and walking as integral parts of how the future of Salt Lake County will accommodate population growth and use of transportation networks.

The county is engaging in an ambitious and vital segment of its development which will determine how its cities will handle growth during the next 10-15 years. Several public meetings will be held to collect input and ideas that will guide neighborhoods to better commuting paths and safer roads and streets. By participation in these sessions, SLCO citizens can provide vital input on how they want their communities to develop for future generations. Please consider attending meetings by joining the SLCBAC and MBAC mailing lists and social media channels where announcements and locations will be made. Salt Lake County is already a great place for bicycles but that doesn't mean that it can't become better! Listed below are the remaining dates and times for our meetings in 2016:

Wed. May 11, 2016– 2nd Weds in May

Wed. Jun. 8, 2016– 2nd Weds in June

Wed. Jul. 13, 2016– 2nd Weds in July

Wed. Aug. 10, 2016– 2nd Weds in Aug

Wed. Sep. 14, 2016– 2nd Weds in Sept

Wed. Oct. 12, 2016– 2nd Weds in Oct

Wed. Nov. 9, 2016– 2nd Weds in Nov

Wed. Dec. 14, 2016– 2nd Weds in Dec

Location: County Government Complex at 2001 South State Street, North Building room N2-800, 5:30pm.

-Ian Scharine

Tour of Utah Seeks Volunteers for 2016 Race

Volunteer applications are being accepted by Local Organizing Committees (LOC) that are hosting stage starts and finishes for the 2016 Larry H. Miller Tour of Utah. As many as 1,200 volunteer positions will be needed for the annual, professional cycling event, Aug. 1-7. The volunteer application will be available on the Tour of Utah web site (under the Experience tab) the week of May 16.

Volunteers play a key role in the success of this world-class sporting event, providing their time and expertise throughout the seven days of racing across Utah. The Tour of Utah will begin in southern Utah for a third time on Monday, August

1, 2016. Volunteer for one day at a stage start or stage finish or multiple days. The local communities and the Tour of Utah appreciate your support.

Monday, Aug. 1 – Stage 1
Zion Canyon Village to Cedar City

Tuesday, Aug. 2 – Stage 2

Escalante to Torrey

Wednesday, Aug. 3 – Stage 3

Richfield to Payson

Thursday, Aug. 4 – Stage 4

Lehi to Kearns

Friday, Aug. 5 – Stage 5

Antelope Island State Park to Bountiful

Saturday, Aug. 6 – Stage 6

Snowbasin Resort to Snowbird

Ski and Summer Resort

Sunday, Aug. 7 – Stage 7

Park City to Park City

-Jackie Tyson

Writers, Reporters, and Photographers needed on occasion.

Please email dave@cyclingutah.com for details.

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9th & 9th

254 So. Main

SPEAKING OF SPOKES

Utah Bike Summit 2016 - A Success Story

By David Ward

I was able to attend the Utah Bike Summit held in Salt Lake City on April 5th. This was my second opportunity to attend, and I was impressed with the growth of this event, both in attendance and content. Phil Sarnoff, Bike Utah's executive director, is to be commended for his efforts in bringing this event together.

While I am advocate for cycling, I am not a shaker in the advocacy ranks. I don't have the drive, ambition or abilities of people such as Phil Sarnoff, Dave Iltis, Dan Fazzini, and many other leading advocates. They make things happen. I support their efforts, and do my small part to help them bring change about.

So this Bike Summit helped me better realize and understand how I can assist those leading the way. I suspect most people at the Summit are like me. We aren't going to lead the charge. But we can swell the ranks of supporters so badly needed by those leaders.

I came away from the Summit with a greater understanding of many factors currently at play in cycling advocacy, and some basic ideas that can help drive change. Let me review aspects of the Summit that stood out to me.

The keynote speaker, Mikael Colville-Andersen, was inspiring. A dynamic and enthusiastic speaker, he focused on what works and doesn't work in urban transportation, and specifically as that relates to incorporating cycling into urban design. I was impressed with his concept of focusing on human observation versus computer modeling: Specifically, observing what pedestrians and cyclists are doing and then designing accordingly. He used the example of looking down on a park after a snowstorm. You could see where the sidewalks were, and where people actually walked. They were not the same. Such hands on observation prior to design can help provide effective infrastructure.

The closing speaker was Andy Clarke, former president of the League of American Bicyclists, who is currently with Toole Design Group. His remarks focused on a concept also addressed by Colville-Andersen which he termed the "arrogance of cycling". The basic premise is that, as cyclists, we too often expect transportation designers to cater to us. In amplifying this, Clarke spoke about "why it isn't about the bike" and made several key points. First, bicycling is not an end in itself. It is a means to an end. Second, not everyone likes bikes. Third, it is about people and places. Fourth, bicycling, walking and transit are in this together. Don't just show up when bicycling is on the table, but when a transportation issue is on the table. And finally, everything is multi-modal, multi-disciplinary, connected.

With these ideas in mind, we should be involved not just when bicycling is being addressed, but

when transit issues are also being addressed so that bicycling is part of the discussion. But we need to remember it is only a part. And we shouldn't just be making demands for cycling. Rather, and more importantly, we need to show designers and planners how bicycling can help solve their transit issues.

UDOT's deputy director, Shane Marshall had spoken earlier in the afternoon, and Clarke made it a point to acknowledge how remarkable it was that UDOT would send its deputy director to this Summit. In his address, Marshall was up front about the fact that he does not bike. In fact, he was refreshingly honest in his comments about what all the factors that need to be considered by UDOT in its design process, and that in the end, planning needed to be and would be focused primarily on moving motor vehicle traffic around. To a certain extent, his remarks represented a continuing issue with UDOT's vision. But he also acknowledged the need for integrated transportation and collaboration, and that bicycling needs to be a part of the transporta-

tion discussion.

Marshall also made several other points. He discussed maintenance, and the idea that if you are going to build something, you need to plan how you are going to maintain it. He also spoke to specific issues such as wide shoulders, rumble strips, share the road signs, signs reminding drivers of the 3' law, and allowing space for bikes. I was also impressed to see that he stayed at the Summit all day, interacting with others.

There was much else that was good about the Summit. Ivan Marrero, Division Administrator for the Federal Highway Administration, Utah Division, spoke to transportation efforts and funding from the federal perspective. His address was well conceived and delivered, and very informative for me.

Also speaking was Jordan Mathis, a health officer with the TriCounty Health Department. He stated that of the factors that affect health, environmental (30%) and lifestyle change (50%) combine to make those factors 80% of what can lead to good health. With that in mind, the TriCounty



Michael Colville-Anderson gave a very engaging keynote address on bicycle urbanism at the 2016 Utah Bike Summit. Photo by Dave Iltis

Health Department seeks to develop ways that can economically help change the environment to bring about positive lifestyle changes.

Finally, the Summit had several breakout sessions to address and discuss specific local actions and ideas for those attending.

As a person who simply wants to do my small part to help promote and

advance cycling, I found attendance at the Utah Bike Summit to be a premium and worthwhile event to attend. My thanks go to Phil Sarnoff and the many others who helped make the Summit the overwhelming success that it was. Any person interested in trying to help advocate for bicycling should plan on attending next year's Summit.

CYCLING UTAH

RACE RESULTS



The Cactus Hugger, Intermountain Cup Series, St. George, Utah, April 2, 2016

Place, Name, Time

Elite Male
 1 Justin Lindine 1:55:30.59
 2 Mike Sampson 1:57:31.42
 3 Chris Holley 1:58:26.40
 4 Drew Free 1:58:59.77
 5 Justin Desilets 1:59:57.83

Elite Female
 1 Erica Tingey 1:48:16.97
 2 Sarah Kaufmann 1:49:21.38
 3 Debbie Mortensen 1:51:17.74
 4 Ruby Zitzer 1:51:46.50
 5 KC Holley 1:54:29.20

Expert Male 19-29
 1 Tanner Pulley 1:40:08.44
 2 Kaden Pulley 1:42:15.58
 3 Braden Hudspeth 1:43:36.79
 4 Tyler Mullins 1:43:52.68
 5 Caleb Norman 1:45:43.71

Expert Male 30-39
 1 Josh Onarheim 1:34:19.99
 2 Zac Hardy 1:39:24.50
 3 Josh Carter 1:41:51.61
 4 Richard Knutson 1:41:58.40
 5 Jake Carroll 1:43:31.91

Expert Male 40-49
 1 Christoph Heinrich 1:31:59.13
 2 Richard Abbott 1:35:54.80
 3 John Gill 1:37:09.50
 4 Bob Saffell 1:37:21.83
 5 Colt Albrecht 1:37:24.75

Expert Male 50-59
 1 Zan Treasure 1:39:27.66
 2 Reed Topham 1:43:03.72
 3 Greg Sironen 1:43:07.80
 4 Joseph Brubaker 1:44:16.70
 5 Paul LaStayo 1:45:56.81

Expert Male 60+
 1 John Lauck 1:53:34.02
 2 Graig Williams 2:04:14.22
 3 Joe Benson 2:19:34.96
 4 Tynan Denny 2:28:46.40

Expert Female
 1 Kelly Crawford 1:52:15.34
 2 Jeanette Peterson 1:53:02.94
 3 Ali Knutson 1:55:45.46
 4 Megan Hill 1:59:42.07
 5 Ami Stuart 1:59:49.23

Sport Male 19-29
 1 Greg Cooper 1:16:38.73
 2 Gaston Kirk 1:16:49.37
 3 Bremnon Peterson 1:17:35.47
 4 Oren Thomas 1:22:31.46
 5 Sam Pace 1:23:45.63

Sport Male 30-39
 1 Greg Cooper 1:16:38.73
 2 Gaston Kirk 1:16:49.37
 3 Bremnon Peterson 1:17:35.47
 4 Oren Thomas 1:22:31.46

5 Sam Pace 1:23:45.63
Sport Male 40-49
 1 Michael Gates 1:09:49.75
 2 Sam Stoddard 1:11:25.27
 3 Chris DeLangis 1:12:57.47
 4 Parker Christensen 1:18:54.33
 5 Corey Spencer 1:19:23.29

Sport Male 50+
 1 Gregg Bromka 1:15:55.10
 2 Paul Zimmerman 1:20:56.51
 3 Tim Wagstaff 1:24:46.62
 4 Dave Mendenhall 1:24:56.65
 5 Lynn Deppe 1:25:15.85

Sport Female
 1 Shirley Leysman 1:17:58.23
 2 Kelsey Buchanan 1:19:47.75
 3 Angie Branch 1:24:07.16
 4 Renee Galbraith 1:28:02.35
 5 Andee Bouwhuis 1:36:22.77

Novice Male
 1 Kyle Berryman 1:30:28.13
 2 Todd Theurer 1:32:05.46
 3 Chad Brendle 1:35:04.92
 4 Todd Cox 1:46:03.05
 5 Yi Fang 1:48:00.17

Novice Female
 1 Angela Johnson 52:17.31
 2 Abbi Clawson 53:50.71
 3 Michelle Kurtz 54:18.93
 4 Brittany Lewis 1:21:48.24

Clydesdale
 1 Nate Branch 1:37:07.23
 2 Aaron Mullins 1:45:05.70
 3 James Jeansson 2:02:22.14
 4 Aaron White 2:23:18.04

HS Varsity Boys
 1 Joe Draper 1:35:46.34
 2 Garrison Asper 1:36:22.66
 3 Dallin Williams 1:45:43.36
 4 Graham Northrop 1:47:45.02
 5 AJ Heaton 1:48:31.08

HS Varsity Girls
 1 Ali Jensen 52:19.43
 2 Grace Richards 1:37:11.85

HS JV Boys
 1 James Mott 1:08:49.45
 2 Jacob Draper 1:09:49.96
 3 Adam Seegmiller 1:10:55.40
 4 Josh Wilde 1:11:02.57
 5 Austin Ivie 1:11:32.14

HS JV Girls
 1 Megan Kitchens 1:27:56.69
 2 Anna Castro 1:49:40.24
 3 Maggie Ressa 2:01:44.47

JH V Girls
 1 Emily Pulley 56:43.57

JH JV Boys
 1 Andrew Draper 37:03.43
 2 Parker Christensen 37:25.27
 3 Luke Heinrich 37:30.07
 4 Brinsen Rackham 42:49.08
 5 Cade Galbraith 43:03.18

JH JV Girls
 1 Tess Theurer 1:09:58.44

Thaw Massacre at Bar M, Intermountain Cup Series, Moab, Utah, April 16, 2016

Elite Men
 1 Justin Lindine
 2 Eivind Roed, Grand Junction, CO
 3 Chris Holley, Spanish Fork, UT
 4 Sam Sweetser, Park City, UT
 5 Dan Sturm, Cottonwood Heights, UT

Elite Women
 1 KC Holley, Spanish Fork, UT
 2 Jen Hanks, Park City, UT
 3 Marlee Dixon, Fairplay, CO
 4 Jackie Kabel, Fort Collins, CO

Expert Men 19-29
 1 Parker DeGray, Salt Lake City, UT
Expert Men 30-39
 1 Robb Parson, Grand Junction, CO
 2 Matt Brown, Lehi, UT
 3 Jared Millington, West Jordan, UT
Expert Men 40-49
 1 John Gill
 2 Richard Abbott, Draper, UT
 3 Bob Saffell, Salt Lake City, UT
 4 Dennis Barrett, Riverton, UT
 5 Danny Larisch, Riverton, UT
Expert Men 50+
 1 Gary Gardiner, Centerville, UT
 2 Mike Driver, Fruita, CO
 3 Reed Topham, Salt Lake City, UT
 4 Tom Eatwell, Fruita, CO
Expert Men 60+
 1 John Lauck, Bountiful, UT
 2 Lawrence Woolson, Sandy, UT
 3 Craig Williams, Park City, UT

4 Dick Newson, Sandy, UT
 5 Joe Benson, Murray, UT
Expert Women
 1 Nancy Russell, Kamas, UT
 2 Jessica Robinson, Cottonwood Heights, UT
 3 Brindi Hansen
 4 Coy Barrett, Riverton, UT

Sport Men 40-49
 1 Jack Gage
 2 David Hadley, SLC, UT
 3 Jonathan Harman, Kaysville, UT
 4 Bart Schenck, North Ogden, UT
 5 Steve Brumbaugh

Jr. Men (Grades 12 and Under)
 1 Brinsen Rackham, Pleasant View, UT
 2 Eli Langeveld, Pleasant View, UT
 3 Ammon Horton, Pleasant View, UT
 4 Rexton Schenck
 5 Sam Gibby, Pleasant View, UT

Clydesdale (220+ lbs)
 1 Tate Jensen, Salt Lake City, UT

6 Hours of Frog Hollow, Frog Hollow Endurance Series, Hurricane, UT, April 16, 2016

Place, Team, Name(s), Time

3 Person Team
 1 Team Bad Friend Trevor Astropo Jim Jenkins Brent Astropo 5:03:24
 2 The Wylid Bunch Andrew Creeer Kerry Thurgood Charles Timothy Butler 5:34:36
 3 Doman Curt Doman Tyler Doman Ethan Doman 5:53:06
 4 3 Vegas Amigo's Sue Phillips Jeff Phillips Kevin Thompson 6:03:13
 5 Blazing Ducks Tom Clymore Bridger Clymore Logan Clymore 6:17:26
 6 Duo Team Co-Ed
 1 Twin Peaks Ski Rental and Repair Lily Dobias Brian Dobias 5:25:59
 2 Comfortably Numb Cynthia Pelletier Glenn McHatten 5:04:29
 3 Got Any Gum? Mark Crosby Sherie 5:13:29
 4 Team Tacoooooooo Miriam Gillow-Wiles Mark Mages 3:44:41
 5 Duo Team Female
 1 deb/kelly Debbie Mortensen Kelly Crawford 5:18:48
Duo Team Male
 1 Bountiful Bicycles/PB Mountain America Enoch Pitzer Chris Walton 5:32:11
 2 Lexas&Diesel sucks Jordan Bracken Jace Heger 5:35:12
 3 A lot of Carrol, a little of Wilson Jeff Wilson Jake Carroll 5:39:13
 4 Rapid Cycling Racing Steve Talbot Court Oswald 5:44:18
 5 Redrock Cycling Josh Wolfe Jensen Werner 5:54:54
Duo-Take a Kid Team
 1 Monkey Boyz Jeff Stenquist Ethan Stenquist 5:09:09
 2 Dom Da Bomb Brent Stanworth Dominic 5:18:16
 3 Team Havasu Joey Blanchard Logan Blanchard 5:24:56
Solo Female
 1 Team Fatty Melisa Rollins 5:33:28
 2 The Hub bikes Carri Wullner 5:38:36
 3 Amy Thorquist Amy Thorquist 5:49:08
 4 Red Rock Bicycle HFB Shirely Leysman 5:51:25
 5 Guthrie Bicycle Club Megan Hill 4:59:40

Solo Male
 1 The Hub Cary Smith 5:15:45
 2 Kuhl MTB Matt Woodruff 5:42:02
 3 POC/Zeal Optics/Swiftwick/ENVE Nathan Miller 5:56:26
 4 Diamond Peak Aaron Haggie 4:57:01
 5 IBB Cyclery and MultiSport Doru Guizar 5:02:29

Solo Male 40 to 49
 1 Ken Hall 5:41:27
 2 Live Well / Harristone Jody Harris 5:55:27
 3 Bountiful Bicycling Trent Wignall 6:03:31
 4 Team Red Rock Bicycle Colt Albrecht 6:03:45
 5 KUHL -Mark Mark Fisher 5:10:57

Solo Masters Female 50+
 1 Debora Adam 5:04:11
 2 Salina Sally Fairbairn 5:10:20
 3 Judy Rae Allen 5:16:48
 4 Lisa FitzGerald 6:18:49
 5 Amy Farnsworth 4:34:01 (3 laps)

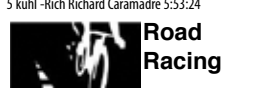
Solo Masters Male 50+
 1 KUHL -joe Joe Brubaker 5:58:42
 2 Bountiful Mazda Bicycle Team Zan Treasure 5:02:10
 3 Jeff Flick Jeffrey Flick 5:12:22
 4 Fatty Elden Nelson 5:12:26
 5 Shane Dunleavy Shane Dunleavy 5:21:21

Solo Masters Male 60+
 1 EUCLID -Kip Kip Apostol 6:12:24
 2 Swede I Danny Swenson 5:25:41 (4 laps)
 3 Cool-Win Daniel Craig McCool 6:18:15 (3 laps)

Solo Singlespeed Female

1 Team Helens Heidi Volpe 5:45:54
 2 The Hammer Lisa Nelson 5:45:56
 3 Lucy the Dog Sue Weis 4:46:05

Solo Singlespeed Male
 1 Faster Than Your Mom Daniel Nelson 5:57:09
 2 Alex Phipps Alex Phipps 5:19:50
 3 JFF Mario Correa 5:20:16
 4 Reynolds Cycling -T Thomas Gosselin 5:22:29
 5 kuhl -Rich Richard Caramadre 5:53:24



Ghost Town Omnium, UCA Series, Tooele, UT, April 8-10, 2016

Ghost Town Crit 1, Stage 1, UCA Series, Tooele, UT, April 8, 2016

Place, Name, Team, Time

Women 3-4
 1 Ali Plan 7 28:26:00
 2 Annette Bowman Team Endurance360 28:26:00
 3 Colleen Neider Endurance 360 29:23:00
 4 Maria Oblad POWER UP CANYON BICYCLES 29:49:00
 5 Shannon Tuddenham Plan7 DS 30:02:00

Women 35+
 1 Margaret Douglass Endurance 360 28:28:00
 2 Lorri Zenoni Project HERO Utah 29:24:00

Men 35+ B
 1 Billy Rappleye Zone Five Racing 31:14:00
 2 The Wylid Bunch Andrew Creeer Kerry Thurgood Charles Timothy Butler 5:34:36
 3 STEVEN PARRY Zone Five Racing 31:15:00
 4 Kevin Gibson ICE Advantage Business Communi 31:15:00
 5 Tom Pace Zone 5 31:15:00

Men 35+ A
 1 Andre Gonzalez Ski City 30:00:00
 2 Cameron Hoffman Team Endurance360 30:00:00
 3 Jared Kirby Bountiful Mazda Cycling Team 30:01:00
 4 Tyler Higley Bountiful Mazda Cycling 30:04:00

Men 45+
 1 Christoph Heinrich Cicada Racing Inc. 29:49:00
 2 Andrew Love Zone 5 Racing 30:00:00
 3 Kyle Brown Plan 7 DS 0:15:46
 4 Ian Skurnik 30:01:00
 5 Guy Roundy S2C/Primal 30:03:00

Men 1/2/3
 1 Bryce Olsen Intermountain Livwell 19:58:23
 2 joe waters Canyon Bicycles- Shimano 19:58:23
 3 Ryan Barrett Turbo Sports, LLC 19:58:24
 4 Cameron Hoffman Team Endurance360 19:58:25
 5 Michael Wilcox Canyon Bicycles- Shimano 19:59:11

Men 3/4
 1 Nathan Manwaring Total.CARE 33:31:00
 2 Jedd Cox Cicada Racing Inc. P/B Mark Mil 33:32:00
 3 Shawn Hall Total.CARE 33:41:00
 4 Preston Weeks SBR Cycles 33:42:00
 5 Gary Hurst Cicada Racing Inc. P/B Mark Mil 33:42:00

Men 4/5
 1 Christian Moreno SBR Cycles 32:04:00
 2 Chris Epply 32:04:00
 3 TJ Stone A Bloc Cycling 32:04:00
 4 Benjamin Dent SBR 32:04:00
 5 Ryan Mauser Zone Five Racing 32:04:00

Men 55+
 1 Norman Frye Ski City Cycling 31:09:00
 2 Jerald Hunsaker Bountiful Mazda Cycling Team 31:09:00
 3 Rick Black Plan 7 31:10:00
 4 Terry Stone A Bloc Cycling 31:11:00
 5 Charles Palmer FFKR - Velosport Racing 31:11:00

Junior Men
 1 Ian Frederick FFKR Velosport racing 33:09:00

Women 1/2/3
 1 Mary Emerson 19:59:27
 2 Alison (Ali) Knutson Plan7 DS 19:59:27
 3 Unknown 19:59:28
 4 Kelly Hunsaker PLAN7 DS 19:59:28
 5 Marci Kimball Team TOSH 19:59:28

Ophir Road Race, Stage 2, UCA Series, Ophir, UT, April 9, 2016

Men 35+ B
 1 Gentry Yost Idaho Cycling Enthusiasts 2:29:12
 2 Shane Dangerfield Bountiful Mazda 2:29:17
 3 Paul Hughes Elko Velo 2:31:13
 4 Steven Parry Zone Five Racing 2:32:26
 5 Tom Pace Zone 5 2:33:03

Men 1/2/3
 1 Mitchell Peterson Canyon Bicycles- Shimano 3:06:22
 2 Joseph Stewart SBR Cycles 3:07:22
 3 Jared Gilyard Canyon Bicycles- Shimano 3:08:13
 4 Will Hanson Ski City 3:08:30
 5 Jason Castor Conterder 3:10:09

Men 3/4
 1 Nathan Manwaring Total.CARE 3:26:39
 2 Charlie Macfarlane FFKR Velosport racing 3:27:27
 3 Jedd Cox Cicada Racing Inc. P/B Mark Mil 3:33:33
 4 Gary Hurst Cicada Racing Inc. P/B Mark Mil 3:34:04
 5 Darrin Tuckett Total.CARE 3:34:36

Men 4/5
 1 Garrison Asper FFKR Velosport Racing 2:19:08
 2 Nick Watson 2:19:21
 3 James Derrick Intermountain Livwell 2:19:45
 4 Jacob Kapp Intermountain Live Well p/b Bou 2:20:05
 5 Benjamin Dent SBR 2:20:19

Men 35+ A
 1 Isaac Kunz PLAN7 DS 3:48:54
 2 Jared Kirby Bountiful Mazda Cycling Team 3:49:22
 3 Andre Gonzalez Ski City 3:50:41

Men 45+
 1 Christoph Heinrich Cicada Racing Inc. 3:36:49
 2 Michael Fogarty First Endurance 3:38:16
 3 Bruce billadeau Canyon Bicycles 3:38:32
 4 Eric Dupuis Diamond Peak / Calton/Harrison

3:40:14
 5 John McKone Cole Sport 3:40:40
Men 55+
 1 Donald Armstrong MADD0G Racing p/b / Gq6 2:25:22
 2 Jerald Hunsaker Bountiful Mazda Cycling Team 2:25:26
 3 Rick Black Plan 7 2:25:32
 4 dirk cowlie FFKR-Contender Racing 2:26:17
 5 Norman Frye Ski City Cycling 2:26:50

Women 1/2/3
 1 Brook Mickelson 4:17:36
 2 Marci Kimball Team TOSH 4:18:20
 3 Allison Frye 4:24:07
 4 Mary Emerson 4:37:37
 5 Alison (Ali) Knutson Plan7 DS 4:44:01

Women 3/4
 1 Whitney Mentaberry Ski City 2:52:38
 2 Colleen Neider Endurance 360 3:00:21
 3 Annette Bowman Team Endurance360 3:03:17
 4 Maria Oblad Power Up Canyon Bicycles 3:28:25

Women 35+
 1 Roblynn Master Ski City 2:52:38
 2 Margaret Douglass Endurance 360 3:11:22
 3 Lorri Zenoni Project HERO Utah 3:17:31

Ophir Time Trial, Stage 3, UCA Series, Ophir, UT, April 9, 2016

Pro 1/2/3
 1 Mitchell Peterson Canyon Bicycles- Shimano 0:13:57
 2 Nathan Steele 0:14:13
 3 Jared Gilyard 0:14:48
 4 Trevor Jackson Canyon Bicycles- Shimano 0:14:50

Men 3/4
 1 Abraham Torres FFKR Velosport racing 0:14:24
 2 Gary Hurst Cicada Racing Inc. P/B Mark Mil 0:14:25
 3 Nathan Manwaring Total.CARE 0:14:52
 4 Samuel Dearden Plan 7 DS 0:15:46
 5 Darrin Tuckett Total.CARE 0:15:47

Men 4/5
 1 Garrison Asper FFKR Velosport Racing 0:15:49
 2 Ryan Mauser Zone Five Racing 0:15:58
 3 Grant Eoff 0:17:11
 4 Kjarsten Christensen Saltcycle-INTELLITECHS 0:18:07
 5 Benjamin Derieg FFKR Velosport racing 0:18:53

Men 35+ A
 1 Jared Kirby Bountiful Mazda Cycling Team 0:42:32
Men 35+ B
 1 Gentry Yost 0:15:03
 2 Dragan Filipovic 0:15:27
 3 Tom Pace 0:16:11
 4 Steven Parry Zone Five Racing 0:16:15
 5 Andrew Judkins Total.CARE 0:17:34

Men 45+
 1 Christoph Heinrich Cicada Racing Inc. 0:14:43
 2 Dan Kadmas 0:51:05
 3 Ian Skurnik 0:53:05
 4 Eric Dupuis Diamond Peak / Calton/Harrison 0:16:55
 5 Billy Tenhagen 0:56:31

Men 55+
 1 Donald Armstrong MADD0G Racing p/b / Gq6 0:15:29
 2 Jerald Hunsaker Bountiful Mazda Cycling Team 0:15:48
 3 Rick Black Plan 7 0:15:57
 4 Norman Frye Ski City Cycling 0:16:23
 5 dirk cowlie FFKR-Contender Racing 0:16:47

Women 1/2/3/4
 1 Marci Kimball 0:16:23
 2 Brooke Mickelson 0:16:54
 3 Mary Emerson 0:19:16
 4 Alison (Ali) Knutson Plan7 DS 0:21:22

Women 35+
 1 Marg Douglas 0:21:41
 2 Lorri Zenoni Project HERO Utah 0:24:45

Women 3/4
 1 Annette Bowman Team Endurance360 0:19:54
 2 Colleen Neider 0:20:13
 3 Maria Oblad POWER UP CANYON BICYCLES 0:23:21

Ghost Town Crit 2, Stage 4, UCA Series, Ophir, UT, April 10, 2016

Master 55+
 1 dirk cowlie FFKR-Contender Racing 48:27:00
 2 Bob Downs Planet Bike 48:28:00
 3 Jerald Hunsaker Bountiful Mazda Cycling Team 48:29:00
 4 Norman Frye Ski City Cycling 48:30:00
 5 Donald Armstrong MADD0G Racing p/b / Gq6 48:31:00

Men 1/2/3
 1 Max Polin 59:31:30
 2 Ryan Barrett Turbo Sports, LLC 59:33:00
 3 Trevor Jackson Canyon Bicycles- Shimano 59:33:00
 4 Aaron Olsen Ski City 59:33:00
 5 Kyle Brown Plan 7 59:36:00

Men 4/5
 1 Heriberto Frutos CT Velo 46:38:00
 2 Benjamin Dent SBR 51:31:00
 3 Chris Epply 51:31:00
 4 Ryan Mauser Zone Five Racing 51:31:00
 5 Kjarsten Christensen Saltcycle-INTELLITECHS 51:31:00

Men 35+ B
 1 Stephen Rogers Zone 5 40:06:00
 2 Kevin Gibson ICE Advantage Business Communi 43:01:00
 3 Scott

Johnston Zone Five Racing 43:03:00
 4 Andrew Judkins Total.CARE 43:03:00
 5 Steven Parry Zone Five Racing 43:03:00

Men 35+ A
 1 Weston Woodward 37:53:00
 2 Andre Gonzalez Ski City 39:20:00
 3 Jared Kirby Bountiful Mazda Cycling Team 40:13:00

Men 45+
 1 Christoph Heinrich Cicada Racing Inc. 38:34:00
 2 Andrew Love Zone 5 Racing 39:15:00
 3 Jason Dunlap 39:15:00
 4 Eric Dupuis Diamond Peak / Calton/Harrison 40:06:00
 5 Bob Downs 40:08:00

Women 1/2/3
 1 Mary Emerson 43:17:00
 2 Kat Carr Ski City 43:18:00
 3 Lindsay Polin Sprintin Kitten 43:18:00
 4 Alison (Ali) Knutson Plan7 DS 43:18:00
 5 Kelly Hunsaker PLAN7 DS 43:20:00

Women 3/4
 1 Annette Bowman Team Endurance360 8:38:15
 2 Colleen Neider Endurance 360 8:38:23
 3 Maria Oblad POWER UP CANYON BICYCLES 8:38:51

Women 35+
 1 Margaret Douglass Endurance 360 8:38:16
 2 Roblynn Masters 8:38:18
 3 Lorri Zenoni Project HERO Utah 8:38:19

Men 3/4
 2 Nathan Woodward LivWell 45:38:00
 2 Preston Weeks 49:02:00
 3 Ernesto Jimenez Plan7 DS 49:02:00
 4 Shawn Hall Total.CARE 49:02:00
 5 Gary Hurst Cicada Racing Inc. P/B Mark Mil 49:03:00

Women 1/2/3

ADVOCACY

Indian Reservations Face Many Roadblocks to Safe Cycling

By Charles Pekow

If you build infrastructure, will they come? Will residents of Indian reservations be more inclined to ride bicycles-- and advocate for bicycling -- if their communities built a more friendly bicycle infrastructure? Or will reservations become more bike-friendly only if residents want it and work for it? And do tribes, state and federal governments and bicycle advocates need to work more closely together to improve cycling conditions for the Native American community? If ever an underserved community could use a hand to promote bike riding, it consists of the Native American one.

A major problem: roads on reservations tend to be in terrible shape and not equipped for bicycling. Congress has made some efforts to help. The Fixing America's Surface Transportation (FAST) Act signed into law late last year is supposed to make it easier for tribes to get federal transportation money without the added burden of dealing with state transportation departments. Also, FAST created a new \$100 million Nationally Significant Federal Lands and Tribal Projects program of grants to build and rehab transportation facilities on federal or tribal land. The Federal Highway Administration (FHWA) hasn't awarded any grants yet and applicants must follow a set of rules and preferences, but tribes with innovative ideas that include bicycle lanes could get some money. The criteria include improving "critical transportation facilities, including multimodal transportation facilities." See <https://www.fhwa.dot.gov/fastact/factsheets/nsflltpfs.cfm>.

The law also calls for a multi-agency study of traffic safety on Indian reservations to be completed within a year. While the report would have to deal with matters such as drunk driving and pedestrian safety, it does not mention bicycling. (The law doesn't rule out exploring it as part of the study, though.)

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Furthermore, the Senate Committee on Indian Affairs approved a bill to relieve road conditions for Indians. The Tribal Infrastructure & Roads Enhancement & Safety (TIRES) Act (S. 1776) contains a variety of administrative measures to speed approval of traffic projects in Indian country and calls for studies on safety. But it says very little about bicycling, as if it's not important.

The bill does allow for expedited permitting and approval of Tribal Public Safety Projects (federal agencies would have to decide within 75 days maximum on go-aheads). Such projects can include "installation and maintenance of signs, including fluorescent, yellow-green signs, at pedestrian-bicycle crossings and in school zones (and) construction and yellow-green signs at pedestrian-bicycle crossings and in school zones."

In other words, the bill may allow for quicker approval of bicycle safety markings around schools and at crossings in Indian country. Nothing in the bill would deal with the paucity of bicycle facilities. Its only other consideration of cyclists states that if rural public safety projects include rumble strips or other warning devices, such devices could not interfere with bicycle safety.

The committee approved the bill and it was placed on the Senate calendar for a vote Feb. 29. The full Senate had not acted as of late April, though, and no similar legislation is pending in the House.

The committee did not even conduct a hearing on the bill. A year ago, however, it did hear testimony on the decrepit state of roadways on reservations. The only specific mention of biking came when J. Michael Chavarria, governor of the Pueblo of Santa Clara in New Mexico, stated that a "crucial part of road safety in our area focuses not only our drivers, but on pedestrians and bikers as well." Chavarria was referring to a two-lane highway where autos zip through his village of about 1,000, putting bike riders at risk.

Chavarria did not elaborate in his testimony but said in an interview that about 14,000 vehicles zip through town daily because Santa Clara lies on the commuter route to Los Alamos National Laboratory.

He has been trying, thus far unsuccessfully, to get the State of New Mexico to put in a sidewalk and bike-path. "We have a school crosswalk but folks don't respect the signage," Chavarria complains. "We've had accidents....People are in a rush to get to work or to get home from work" so drivers will take the shoulder to pass vehicles in front of them.

But overall, the 2015 Senate testimony indicated that tribal roads are hardly the best places for a bike ride. Rick Kirn, a tribal executive board member on the Fort Peck Reservation in Montana, testified that "Of our 211 miles of Bureau of Indian Affairs (BIA)-owned roads, over half are gravel and dirt routes. Thus, the majority of our transportation infrastructure is outdated and in need of upgrade (paving) while the rest of the infrastructure is owned and maintained by the state and county governments which often do not maintain and reconstruct their roads on the reservation with the same diligence as they do elsewhere in the state. When overstressed and under-maintained, our infrastructure gives way, creating safety hazards...." As Kirn alluded to, the mix of responsibility over the roads leads to disorganization, as everyone from BIA to FHWA to state, county, city, tribe and even private operators can own any given stretch.

Big John Smith wears several transportation hats (wish we could say they include a bicycle helmet). He serves as transportation director for the Eastern Shoshone and Northern Arapaho tribes' Joint Business Council on the Wind River Indian Reservation in central Wyoming as well as Rocky Mountain regional representative on the Tribal Transportation Committee and executive director of the Intertribal Transportation Association. He echoed Kirn's concern, telling the committee "if your roads are icy and full of dangerous curves and gigantic potholes because you don't have the money to maintain them and if you don't have proper signage and wide shoulders, you can educate people until the cows come home. You won't have safe roads...."

To worsen the situation, not only are many tribal roads not built to

accommodate bicycles, thorns from plants along the road easily pop tires and livestock and wildlife get in the way. Towns tend to be spread out and activities concentrated on main roads, which are not the most conducive ones to ride on.

The unique problems of tribes have sometimes fallen beneath the radar of bicycle advocacy groups who have taken up promoting bicycling among other under-represented groups, from those living in high poverty zones to women and even specifically black women. Representatives of the League of American Bicyclists (LAB) expressed sympathy for the idea of helping Indian communities though they said they hadn't specifically targeted them. Think of LAB's Women Bike program for instance. Black Girls Do Bike, Inc., has set up dozens of chapters around the country. This correspondent attended LAB's 2016 Bike Summit and Women's Forum in Washington, DC as well as ones in most recent years and does not recall seeing an Indian representative.

"I travel the country helping communities become more bicycle friendly," normally to places trying to achieve or upgrade Bicycle Friendly Community (BFC) status, says Steve Clark, LAB BFC program specialist. "I've never gone to a reservation and maybe that's something I should consider doing."

Actually, last year, the Jamestown S'Klallam Tribe in Washington state became the first Indian tribe to win Bicycle Friendly Community status. It won Bronze. LAB quoted Annette Nesse, S'Klallam's chief operations officer, saying that the tribe works with other local communities on matters such as a bikepath that runs through them all.

Many smaller tribes lack the staff resources to pursue available funding and administer programs if they could get a grant, notes Michelle Lieberman, technical assistance project manager for the Safe Routes to School (SRS) National Partnership. They can get overwhelmed dealing with multiple state and federal transportation agencies. "In some cases, they are covering large geographic areas," she says. She suggests tribes partner with other tribes or neigh-

boring communities, which some have successfully done to get and implement a grant. (In the interview, Chavarria, for instance, indicated he was unaware of funding possibilities such as SRS.)

"I think it is up to all of us to do a little more in terms of understanding that there is a great need for tribal communities in terms of infrastructure and programs to support active transportation," Lieberman says. It could mean providing technical help to walk them through the grant process.

The partnership has produced a pamphlet outlining the unique challenges to implementing SRS on tribal lands: <http://saferoutespartnership.org/resources/fact-sheet/tribal-brief>. It suggests incorporating SRS into tribal transportation plans and school health and wellness programs.

A BIA spokesperson in Washington, DC said the national office hasn't established a policy or program to promote cycling for Native American tribes.

The Bicycle Collective, which refurbishes bicycles and donates them to needy people in Utah, has given 80-90 bicycles to Indian communities, says Executive Director Davey Davis. "Whenever a reservation-based group has contacted us for free bikes, we sent them out. It really depends on if someone is available to transport them," he says. Demand also has to come from within. "What I'd like to see is a group of people interested in starting a Bicycle Collective branch in a reservation. We'd support that wholeheartedly. We can't send in employees because we don't have time." The collective maintains branches in Salt Lake City, Ogden, Provo and Westminster. "We can't do it without a group of local people who really want to see it happen," Davis notes.

It's happening in a few places. The Navajo Nation's Division of Natural Resources is trying to set up some bike trails and races, says division Executive Director Bidtah Becker. "We're still in the beginning stages," she says. "We're still working on who, what, where, when." The nation encompasses more than 27,000 square rural miles in Arizona, Utah and New Mexico.

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MOUNTAIN BIKE RACING

Tingey and Lindine Win Cactus Hugger Intermountain Cup



Erica Tingey (Jamis) returned to racing after a long break with a win at the Cactus Hugger Intermountain Cup race in St. George, Utah, April 2, 2016. Photo by Angie Harker, Find your photo at selective-vision.com



Justin Lindine (Hyperthreads) is shown here on his way to winning the Cactus Hugger Intermountain Cup race in St. George, Utah, April 2, 2016. Photo by Angie Harker, Find your photo at selective-vision.com



Kaden Pulley catches air at the Cactus Hugger Intermountain Cup race in St. George, Utah, April 2, 2016. Photo by Angie Harker, Find your photo at selective-vision.com

A Photo Gallery by Selective Vision.

The Cactus Hugger Intermountain Cup was held on April 2, 2016 in St. George, Utah. It was race number 2 in the series. See results on page 16.



Big air in the cross country race at the Cactus Hugger Intermountain Cup race in St. George, Utah, April 2, 2016. Photo by Angie Harker, Find your photo at selective-vision.com

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ROAD RACING

McCutcheon and Slack Take Wins in 2016 East Canyon Echo Road Race

Eric Slack (left) won the sprint for first over Cormac McGeough at the 2016 East Canyon Echo Road Race on April 16, 2016.
Photo by Dave Iltis, CyclingUtah.com

By Dave Iltis

On a sunny but chilly spring day, the East Canyon Echo Road Race, one of Utah's classic road events, took place in Henefer, Utah on April 16, 2016. The race starts with a 5 mile climb from Henefer to the top of Hogsback, with a descent to East Canyon Resorts, back up the stair-step climb to Hogsback and out to the Echo Canyon and back to Hogsback for the finish. Close to 200 racers including Colorado's Fort Lewis College Skyhawks lined up for the 60-mile road race (14 for Juniors, and 40 for Women 3/4 and Women Masters).

In the women's race, Mindy McCutcheon (Canyon Bicycles – Shimano) showed her strength by leading up the return climb from East Canyon Resorts. The women's field was largely intact at the top of Hogsback. From the turnaround and through Henefer again for the third ascent to the Summit-Morgan County Line, the field was down to Breanne Nalder (Visit Dallas/DNA Cycling), Mary Emerson (TOSH Hyperthreads), McCutcheon, Jenna McPherson (Fort Lewis) and a bridging Anne Perry (Canyon Bicycles Shimano). Nalder pulled for most of the climb with McCutcheon in tow. With McCutcheon's teammate Anne Perry not far off the pace, she had the luxury of sitting on. When it came to the final kilometer, it was all McCutcheon for the win. Nalder came in second with Perry a bit back in third. Emerson was fourth, and Fort Lewis College's Jenna McPherson in fifth. "I kind of made her work then managed to just drop her in the last 1k. She's probably not too happy I sat on her wheel for the last four miles. But hey, that's bike racing," said a happy McCutcheon. McCutcheon and Nalder are both off to New Mexico's Tour of the Gila in early May.

In the Men's pro race, Canyon Bicycles Shimano controlled the race throughout. Impressive, given the presence of one of Utah's best pro road racers, Robbie Squire (Holowesko Citadel Racing Team pb Hincapie Racing), as well as the super strong Fort Lewis College Skyhawks Team. Canyon sent a Michael Wilcox off early, and continued to launch

attacks throughout. With Canyon rider Joe Waters in the break at the Echo turnaround, it was up to Fort Lewis to chase, which they did admirably, bringing young gun Cormac McGeough up to the break. "There was brutal headwind up along the Interstate until the turnaround. The team got to it, started rotating just doing excellent work. Like textbook from Team Sky kind of business. I was just hanging out, watching them, shedding tears, it was just beautiful," said McGeough. The Fort Lewis rider held his own on the finishing climb despite being outnumbered 3-1 by the

local powerhouse Canyon Bicycles Shimano squad. At the finish, Cortlan Brown led out Erik Slack with McGeough just behind. The two battled in the big ring for the eternity of 250 meters, with Slack winning by a few inches over McGeough as both riders threw their bikes at the line. Brown rallied in for third, with Mitchell Peterson and Kaler

Marshall (both Canyon riders) taking 4th and 5th. McGeough continued, "I am happy with second. It was a lot of passion, a lot of energy. The team did fantastic. This is a stepping stone on the way to Collegiate Nationals. The team's working great, and I'm looking forward to that." Slack was all smiles with his win, "The team went first, third, fourth, and fifth. So we're pretty happy with that."

In the Master's 45+ Cicada Racing's Christophe Heinrich and Duane Allgier rode together for an hour and half, but were caught by a group of 3. On the final climb, Heinrich again attacked half way up the climb to solo in for the win.

In the Men's Cat 4 race, James Lavelle of Cicada Racing took the win. "The group was pretty competitive for most of the race. It stuck together but the last climb kind of blew everybody up." Lavelle was with three others at the base of the climb, "I ended dropping them when I took off at the bottom of the climb and just tried to ride hard to the finish."

See results on page 16, and a full photo gallery at gallery.cyclingutah.com



A Fort Lewis rider punches it on the second climb in the category 3-4 field at the 2016 East Canyon Echo Road Race on April 16, 2016.

Photo by Dave Iltis, CyclingUtah.com



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MOUNTAIN BIKE RACING

Rollins and Smith Win Windy 6 Hours in Frog Hollow

By Cimarron Chacon



Melisa Rollins of Team Fatty won the women's solo category at the 2016 6 Hours in Frog Hollow.
Photo by Crawlingspider.com, Find more photos of the race at their website.



Cary Smith (The Hub) won the men's solo category and set the record for the fastest 6 laps.
Photo by Crawlingspider.com, Find more photos of the race at their website.

For the 7th annual 6 Hours in Frog Hollow, held on April 16, 2016 in St. George, Utah, an almost sold out crowd lined up at the starting line with 20 mph sustained winds to their back. Despite the weather the crowd was full of smiling faces and a few costumes. Everyone was up for a day of competitive mountain biking. The first 2 laps were the toughest, with up to 50 mph gusts on the ridges, racers had to really work hard to stay upright. Although the gusts subsided a little as the day went on, the sustained winds grew to 30+ mph. It was a tough day for all battling the wind.

For some one lap was enough, but for those who were in for the long haul, the day seemed to get more and more fun. Lap times were different than in previous years. No speed records were broken, but with an uphill tail wind, and a head wind on the decent, racers found themselves pedaling more, which led to very consistent lap times.

Two-time Solo Male champion Cary Smith (The HUB), not only beat his 2015 time by 6 minutes, but also set the course record for the fastest 6

laps during the race since the course was changed in 2012. His final time was 6 laps in 5:15:41. Smith's first two laps were about 50 minutes each. If he could have held that pace the entire race, he may have been the first racer to achieve a 7th lap. The wind was likely the cause of the slow down.

Melisa Rollins (Team Fatty) took the win for the Female Solo category. Melisa is a relatively new face on the racing scene, but with Lisa –the hammer – Nelson as a mom, it is no wonder that Melisa is shining. Melisa completed 5 laps in 5:33:28. Meanwhile Mom (Lisa Nelson, Team Fatty) took second in the Solo Singlespeed Female category to Heidi Volpe, Team Helens, in what was a near tie race. The difference between these two ladies was 00:00:02 seconds after 5 laps of racing neck and neck. Heidi took the win with 5 laps in 5:45:54.

For results, see page 16.

For complete results and racer stats visit

6hoursinfrog hollow.com/results/

GRAVEL GRINDERS

Beaver Dam Gravel Grinder Comes to South East Nevada in June

Riders in the 2015 Beaver Dam Gravel Grinder near Beaver Dam State Park, Nevada.
Photo by Dawn Andone

By Dave Iltis

April 25, 2016 – The Beaver Dam 49er Gravel Grinder is slated for June 18, 2016 at Beaver Dam State Park in South East Nevada. The ride will have 10, 35, and 45 mile options through the rugged and gorgeous terrain of Lincoln County, Nevada. A gravel grinder is a ride that takes place on gravel roads that are generally less technical than singletrack mountain biking.

We asked organizer Dawn Andone to tell us about the ride.

Cycling West: What are the courses like for the Beaver Dam Gravel Grinder? What type of bike do you need to use? Is the ride timed?

Beaver Dam Gravel Grinder: The course is mostly over dirt and gravel

backcountry and jeep roads. There are some rocky patches that can be considered technical, but we have tried to keep those to a minimum. However, rain events can change the terrain—sometimes this results in having to change the route.

Fat tire bikes are the most appropriate. Some areas can be rocky and others sandy.

The ride is not timed. We want you to enjoy the scenery and take in what Lincoln County and Beaver Dam State Park have to offer.

CW: What is the scenery like? What are the highlights along the course?

BDGG: The scenery is spectacular! The road taking you out of the park winds up a dirt/gravel road, through pines and junipers. The wildflowers will be in bloom so whites, reds, yellows, purples, and oranges will dot the landscape and stand out against the evergreens.

You ride along the rim of the park so you can see all the geologic formations created during periods of volcanic activity millions of years ago.

The route takes you past old dams, and through ranching communities, with a lunch stop at the old one-room schoolhouse in Barclay.

CW: Where can people stay that come to do the ride? What other attractions are there if people want to make a weekend of the trip?

BDGG: Stay at the Park! Come camp in one of two campgrounds at the park. The ride starts at 7:30 am and the closest town is 35 miles down a gravel road. Camping is your best option. Stay Friday and Saturday night.

If you prefer to stay in a motel, Caliente has the closest accommoda-

tions.

Hike, bike, fish. You can do it all right in the park. There are number of trails, historic sites, and beautiful streams and ponds. It's a great way to spend the weekend.

There are also four other state parks in the area. Pioche is an old mining town you might like to check-out. And if you are willing to drive a bit there are some ghost towns and a site where you can dig for trilobites.

Visit www.lincolncountynevada.com for more information on sites and activities in Lincoln County.

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

BDGG: This is a fun time! Nevada State Parks strives to make your trip and the event one you will remember for a lifetime. We have a number of riders who return every year. We want you to come back, not just to the ride, but throughout the year to recreate and enjoy all Lincoln County has to offer!

CW: Where is Beaver Dam State Park?

BDGG: Situated in rugged canyon country, this breathtaking, 2,393-acre park is located approximately three hours north of Las Vegas, Nevada on the Utah border.

•3-1/2 hours Northeast of Las Vegas: I-15 N to US-93 N to Beaver Dam Road East.

Head north on I-15 out of Las Vegas. Turn onto US-93 north at Apex following the Caliente/Pioche/Ely sign. Continue north on US-93 to the town of Caliente, Nevada. Continue north from town on US-93 about five miles, watch for the Beaver Dam State Park sign on the highway. Turn east (right) on the Beaver Dam Road. Drive 30 miles on the gravel road following the signs to



Riders in the 2015 Beaver Dam Gravel Grinder near Beaver Dam State Park, Nevada.
Photo by Dawn Andone

Beaver Dam State Park.

•2-1/2 hours Southeast of Ely: US-93 S to Beaver Dam Road East.

Head south on US-93 toward Pioche, Nevada. Continue south on US-93 past the town of Pioche about 20 miles toward the town of Caliente, Nevada. About five miles north of Caliente watch for the Beaver Dam State Park sign on the highway. Turn east (left) on the Beaver Dam Road. Drive 30 miles on the gravel road following the signs to Beaver Dam State Park.

•2 hours West of Cedar City, Utah: UT-56 W to UT-18 S to UT-219 W to Beaver Dam Road.

Follow UT-56 west to Beryl Junction, UT. Turn south (left) on UT-18 to Enterprise, UT. Drive through the town of Enterprise to UT-219 going toward Enterprise Reservoir. UT-219 turns to gravel, continue on the gravel road following the signs to Beaver Dam State Park, Nevada.

•2 hours Northwest of St. George, Utah: UT-18 N to UT-219 W to Beaver Dam Road.

Follow UT-18 north out of St. George to Enterprise, UT. Turn west (left) and drive through the town of Enterprise to UT-219 toward Enterprise Reservoir. UT-219 turns to gravel, continue on the gravel road following the signs to Beaver Dam State Park, Nevada.

Event Details: June 18 — Beaver Dam 49er Gravel Grinder, Beaver Dam State Park, NV, Ride the Rim and see the park from a different perspective. Pedal down an old chaining road that runs along the Park's rim and winds you through Pinyon and juniper trees. Ride through an old ranching town with a one-room schoolhouse; then back to the main park road and down into Campground B where we end the ride with a BBQ. The course is subject to change based on weather conditions. 10, 35 and 45 mile options. Dawn Andone, 775-728-4460, cathe-dralgorge_vc@lcturbonet.com, beaverdamgravelgrinder.com

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BLM Showcases 20 Top Mountain Biking Destinations

If you want to ride a mountain bike – you should feel glad if you live in the Mountain West area. The Bureau of Land Management (BLM) recently developed a website showcasing the nation's top 20 mountain bike areas. Nineteen lie in or west of the Rockies. (The 20th can be found in Northern Virginia.)

BLM developed the map (<http://www.blm.gov/mountain-bike/>) in conjunction with the International Mounting Bicycling Association and the MTB Project. It doesn't list the sites in any particular order of quality.

In Utah, the list includes Moab, Red Fleet & McCoy Flats, and Gooseberry Mesa & Hurricane Cliffs. "The possibilities are nearly endless in Moab with over 120 miles of single track trails mountain bike trails (sic)," the site reads. Idaho includes Croy Creek and Discovery Hill. "Discovery Hill has some exceptional single-track riding opportunities only two miles north of downtown Salmon, ID and provides riders with smooth riding opportunities through rolling sage hills set against the equally stunning backdrops of the Continental Divide and Salmon River Valley," says the site.

Five sites in Colorado make the list as does Johnny Behind the Rocks in Wyoming, Cottonwood Valley in Nevada and Black Canyon in Arizona. Each featured page includes maps, descriptions and other info you need to know when planning a trip.

BLM doesn't pretend to list all the best sites, saying in a release that it has featured "20 of the nation's most popular trails on public lands."

-Charles Pekow

Nevada's New Basin and Range National Monument Looks to Develop Mountain Biking

A new national monument in Nevada is not only open for bicyclists to ride: it is open for them to suggest how to improve the cycling experience within it. Last July, President Barack Obama signed an order establishing the Basin & Range National Monument in southeastern Nevada, calling the area "an iconic landmark."

His order protects 704,000 acres of what Obama called "cultural, prehistoric, and historic legacy," placing them under control of the Bureau of Land Management (BLM). The proclamation gave BLM three years to develop a long-range land use plan, including recreational uses such as bicycling.

BLM's Ely District Office is inviting the public to complete an envisioning questionnaire available at http://www.blm.gov/style/medialib/blm/nv/nlcs_new/barnm.

[Par.12274.File.dat/Envisioning%20Questions%20BARNM_1_19_16_FINAL_Fillable%20PDF.pdf](#). BLM is inviting comments on everything from the extent of logging and gravel extraction to resource protection to recreational opportunities and signage.

The questionnaire specifically asks if BLM should identify certain areas as suitable for biking. Currently, people can bike on all existing roads and trails in the monument except in the Worthington Mountains Wilderness Area, though they're not labeled as bike trails. BLM notes that interested parties need not answer every question – only the ones they want to. You're free to suggest bicycling areas and not comment on wild horses or electronic transmission lines. You can file electronically, by fax or mail.

BLM is also forming a Friends Group of the Basin & Range National Monument. If you're interested, contact Jocelyn Torres at jocelyn@conservationlands.org.
-Charles Pekow

Weber Pathways Has Fresh Push to Modernize Area Trails

Our actual "on-the-ground" project work here at Weber Pathways tends to happen in cycles. Some years we are more focused on planning, permitting and fundraising in anticipation of new trail construction, than moving dirt. In 2015 we completed some significant trail sections, and now in 2016 we will switch back to that planning mode. We will also shift our volunteer workforce into maintenance mode to keep the existing trails in good shape.

Much of our historic trail system was built without the benefit of modern trail design technique, and additionally has seen significant wear over the years. Many of

the trails, particularly those heavily used trails on the front side of the mountains, have become "cupped", which creates a path for water to speed up the erosion process. This spring, in partnership with Wasatch Civil Engineering, we are undertaking an effort to modernize key sections of these cupped and worn trails. A group of experienced trail builders with knowledge of the latest trail design techniques will lead volunteers on eight Saturday work sessions into June. We feel this is an important project that will lay the groundwork for on-going modernization effort, a key factor in keeping the network viable and useful. If you have questions or would like to provide input, please contact the Weber Pathways office or email outreach@weberpathways.org.

-Rod Kramer

Tour of Utah Women's Edition Cancelled for 2016

April 28, 2016 - The Tour of Utah today announced that the Tour of Utah Women's edition will be 'suspended' for 2016. They cite lack of courses and finances as the primary reasons for the cancellation. The statement is below:

Statement on Tour of Utah Women's Edition for 2016 from the Tour of Utah: *SALT LAKE CITY (April 28, 2016) – The Tour of Utah is suspending its women's cycling event for 2016 and will focus on its internationally-sanctioned men's stage race from Aug. 1-7. The decision by the organizers is due to a lack of suitable race course options and financial constraints preventing a first-class event. The Tour of Utah conducted circuit races in 2014 and 2015 in support of women's cycling, and will evaluate future opportunities.*

With the cancellation of Colorado's USA Pro Challenge for 2016, and hence the women's races that were part of it, and the cancellation of the Tour of Utah Women's edition, women's racing has lost two major events in the last few months.

-Dave Iltis

Caliente, Nevada to Develop New Mountain Bike Trail System

A new mountain biking system in Lincoln County, NV is slated to open in the next year or two. A consortium in the area has released a plan for a 40-mile system on public land outside Caliente. The Bureau of Land Management (BLM) conducted a public comment period on an environmental assessment in March. It hopes to begin construction this fall and open at least part of the network in the fall of 2017 or spring 2018. The timeline depends on weather and a few ongoing studies to make sure the trails do not interfere with migratory bird patterns and native plants.

The proposed trail system would be open to bikers and hikers – not motorized vehicles or equestrians, since trails for them require more stringent standards. The plan calls for 40 miles of trails and two trailheads, one in Barnes Canyon about five miles east of downtown Caliente and the other about two miles south of town on Ella Mountain Lookout Road. Trailheads would include parking, restrooms, kiosks, shade and picnic/grilling facilities.

A public comment period on the plan ended in March. The project is designed not only for local biking and hiking enthusiasts – but to bring tourism into the area. Only about 27 miles of the planned routes would fall on BLM land. The rest would go in Kershaw-Ryan State Park and the Nevada Division of State Parks (NDSP) would bear responsibility for construction and maintenance of those 13 miles.

BLM, the City of Caliente, NDSP, Lincoln County and the Southern Nevada Mountain Bike Association (a chapter of the International Mountain Bicycling Association) have been working on the plan for four years. Last year, BLM modified the proposed routes to protect cultural resources. The plan calls for a series of loops with a connector trail, with parts designated for different skill levels of mountain bikers and part for hiking only.

Use of BLM trails would be free; trail users in the state park would be subject to the normal entrance fee. Preliminary information is available here: <http://tinyurl.com/calientetrailspreliminary>

A final environmental assessment will be published soon at eplanning.blm.gov

-Charles Pekow

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WESTERN STATES

CALENDAR OF EVENTS

Utah BMX

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

Legacy BMX — Farmington, UT, Indoor bmx racing at the Legacy Events center 151 South 1100 West, Farmington, UT., Practice Wednesday 6:00- 9:00, Race Saturday, May through September, Kevin J., 801-698-1490, kevin@klikphoto.net, lrbmx.com, radcanyonbmx.com, RADCanyonLegacyOutdoor_Schedule_2014.pdf

June 17-19, 2016 — USA BMX Great Salt Lake Nationals, USA BMX National Series, South Jordan, UT, Location: 5200 W, 9800 South. Weekly practices on Tuesdays from May 1 through the end of September. Weekly racing on Thursdays, Dallas Edwards, 801-803-1900, radcanyonbmx@radcanyonbmx.com, facebook.com/radcanyonbmx

Advocacy

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

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

Bike Walk Montana — Helena, MT, Statewide bicycle advocacy organization, Taylor Lonsdale, 406-449-2787, bnbybike@gmail.com, bikewalkmontana.org

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

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

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

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

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

Salt Lake County Bicycle Advisory Committee — Salt Lake City, UT, The SLCBAC committee works to improve cycling conditions in Salt Lake County and is an official committee. Meetings are the second Wednesday of each month from 5:30-7:30 pm and are held in Suite N-2800 of the Salt Lake County Government Center, 2001 S. State St., Salt Lake City, UT., Megan Hillyard, 801-468-3351, MHillyard@slco.org, bicycle.slco.org

Weber Pathways — Ogden, UT, Weber County's trails group. We are committed to the idea that a non-motorized network of public pathways significantly contribute to our community's economic vitality and quality of life., Mark Bedel, 801-393-2304, wp@weberpathways.org, Rod Kramer, 801-393-2304, rod@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 bikes and enjoy doing it. Most of us love riding our bikes in all types of weather and in multiple disciplines. The Alliance is located in Southern Utah and has group rides to help people get out, meet new friends, and most importantly, have fun riding their bikes., Lukas Brinkerhoff, 435-632-8215, lukas@mooseknuckleralliance.org, mooseknuckleralliance.org

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

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

Parley's Rails, Trails and Tunnels (PRATT) — Salt Lake City, UT, PRATT is a 501(c)(3) nonprofit organization, run by volunteers. The mission of the Parley's Rails, Trails and Tunnels (PRATT) Coalition is to assist city, county, state and federal agencies and other public and private partners in completing a multi-use trail along I-80 via Parley's Creek Corridor and the Sugar House Rail Spur to connect the Bonneville Shoreline Trail with the Provo/Jordan River Parkway., Juan Arce-Larreta, 801-694-8925, parleystrail@gmail.com, parleystrail.org

Provo Bike Committee — Provo, UT, Come join us every first Thursday of the month at 5:00 pm at 48 N. 300 W. We promote bike safety, culture, and better relations between bikes and cars., Zac Whitmore, 801-356-1378, zwhitmore@gmail.com, Heather Skabelund, 971-404-1557, bikeprovo@gmail.com, Aaron Skabelund, 385-207-6879, askabelund@gmail.com, bikeprovo.org

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

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

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

Regional Events, Swaps, Lectures

Salt Lake Critical Mass — Salt Lake City, UT, Last Friday of every month, 6:30 pm, meet at the Gallivan Center, 200 S. between State and Main in SLC., None., noemail@cyclingatoh.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/, beehivebikepolo.wordpress.com

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

Moab Bike Party — Moab, Utah, 4th Wednesday of every month, 6:30 or 7:30 pm., Jeff Gutierrez, facebook.com/moabbikeparty

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

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

May 4, 2016 — 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-to-school-day

May 5, 2016 — Ogden Bike Park Shindig 2016, Utah Bike Month, Ogden, UT, Fundraising event and party to benefit the Ogden Trails Network and The Ogden Bike Park May 5th 5:30-8:30 pm - The Front Climbing Club 225 20th St, Josh Jones, 801-629-8757, joshjones@ogden.city, ogden.city, facebook.com/events/1071396846232542/

May 7, 2016 — 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, contact@wildrose-sports.com, wildrosesports.com

May 7-8, 2016 — Young Riders Bike Swap, Park City, UT, Benefits Young Riders Youth Mountain Biking Program. Located at The Yard, 1255 Kearns Blvd Park City, UT. Saturday May 7th

Calendar Guidelines:
Listings are free on a space available basis and at our discretion.
Submit your event to: calendar@cyclingatoh.com with date, name of event, website, phone number and contact person and other appropriate information.
Let us know about any corrections to existing listings!

8am-5pm and Sunday May 8th 11am-3pm. Buy or sell gear., Julie Minahan, 435-640-8642, julie.minahan@gmail.com, youngriders.com

May 7, 2016 — Ogden Bike Swap, Utah Bike Month, Ogden, UT, Ogden Bicycle Collective is hosting a Bike Swap 9 am - 5 pm, 936 28th St., Josh Jones, 801-629-8757, joshjones@ogden.city, Clint Watson, 801-997-0336, clint@ogdenbikecollective.org, ogdenbikecollective.org/locations-a-hours/ogden/item/474-ogden-bike-swap-may-7th-2016

May 7, 2016 — Bikes and Trikes, Utah Bike Month, Provo, UT, Memorial Park, 800 East Center Street, time TBA, Aaron Skabelund, 385-207-6879, askabelund@gmail.com, bikeprovo.org

May 10, 2016 — 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. Breakfast Stations hosted by employers, large and small, across the city., Stacey Adamson, 801-227-8958, sadamson@rideutah.com, Aaron Skabelund, 385-207-6879, askabelund@gmail.com, utarideshare.com, rideuta.com

May 11, 2016 — Bikes vs. Cars Movie, Utah Bike Month, Park City, UT, 7 pm, part of Park City Film Series, Jim Santy Auditorium, 1255 Park Ave. Director , 435-615-8291, director@parkcityfilmseries.com, parkcityfilmseries.com

May 12-14, 2016 — Weber Pathways Weed Days, Utah Bike Month, Eden, UT, Partnership with USFS, focused on eradicating invasive weeds including puncturevine, Dyer's Wood, Star Thistle. May 12 - Huntsville Guard Station 6620 E. 100 S. Huntsville, 9 am to 1 pm; May 13 29th St. Trailhead, Ogden, 9 am to 1 pm; May 14 Eden - Eden Bowery, 2150 N. 550 E. Eden, 9 am to 1 pm - with art and craft show, barbeque, and Dyer's Wood demonstration, Rod Kramer, 801-393-2304, outreach@weberpathways.org, weberpathways.org

May 13, 2016 — Ghost Ride, Utah Bike Month, Provo, UT, Friday the 13th Ghost Ride, sponsored by Provo Cycling Ghost Tours, Joaquin Park, 400 E 400 N, Aaron Skabelund, 385-207-6879, askabelund@gmail.com, bikeprovo.org

May 14, 2016 — SLUG Cat, Utah Bike Month, Salt Lake City, UT, Alleycat race. Registration from 4-5 at Saturday Cycles. Event from 5-7 pm., Angela Brown, 801-487-9221, angela@slug-mag.com, John Ford, 801-487-9221, johnford@slugmag.com, slugmag.com

May 14, 2016 — Get Into the River Festival, 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, Jen Parsons-Soran, 801-502-6794, getintotheiver@gmail.com, getintotheiver.org

May 16-20, 2016 — 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, cyclingatoh.com/event-calendars/bicycling-events-swaps-and-festivals/

May 16-21, 2016 — Boise Bike Week, Bike Month, 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 20th. 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 21st in downtown Boise. Come ride with us!, Lisa Brady, 208-761-8507, tvcab@biketreasurevalley.org, boisebikeweek.org, biketreasurevalley.org

May 16-20, 2016 — 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., Aggie Blue Bikes, 435-797-8139, ij.hall@usu.edu, Dayton Crites, 435-755-1646, dayton.crites@cachecounty.org, trails.cachecounty.org, aggiebluebikes.org

May 16-20, 2016 — 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., Heidi Goedhart, 801-964-4564, hgoedhart@utah.gov, udot.utah.gov

May 16-20, 2016 — Bozeman Bike Week, Bozeman, MT, Celebrate bike commuting with the Bozeman cycling community the week of May 16 - 20. There will be morning stops each day and an end of week party on Friday!, Alex Lussier, lussiera@hotmail.com, Megan Lawson, 406-570-7475, meganmclawson@gmail.com, Gallatin Valley Bicycle Club , gvbcbike@gmail.com, gallatinvalleybicycleclub.org, gallatinvalleybicycleclub.org/community-events/bike-to-work-week/

May 16-20, 2016 — 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, meet at 6:30 at the Gallivan Center in downtown Salt Lake City. Ride leaves at 7 pm. Bike ride at 10 to 12 mph, mostly flat or minimum grade, about 11 miles., Tegan Feudale, 717-503-4275, tegan@bikeutah.org, rideofsilence.org

May 18, 2016 — Ride of Silence, Utah Bike Month, Provo, UT, Join cyclists worldwide in a silent slow-paced ride in honor of those who have been injured or killed while cycling on public roadways. Dixon Middle School, 750 W 200 N., Lucy Ordaz, 801-787-4384, lucyo@provo.edu, rideofsilence.org, facebook.com/evenfs/850656535006205/851159871622538/

May 19, 2016 — Bicycle Pit Stops, Utah Bike Month, Salt Lake City, UT, 7 a.m.-9 a.m. Morning commuter pit stops throughout Salt Lake City on popular bicycle routes. Snacks, safety info, bike maps. See facebook the week before for locations., Phil Sarnoff, 801-440-3729, psarnoff@bikeutah.org, Salt Lake City Transportation , 801-535-6630, bikeslc@slcgov.com, bikeslc.com, facebook.com/bikeslc

May 20, 2016 — 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 20, 2016 — Ogden Mayor's Bike to Work Day, Utah Bike Month, Ogden, UT, Ride to Work with the Mayor - We will meet the Mayor at the South end of the Dee Events Center Parking lot 1300E 4600S on his ride into work at 8am, the group will ride with the mayor to the Ogden amphitheater (343 25th st) for a breakfast hosted by Ogden City, Threshold Gives, USA, and WOBAC. Can't make it up to ride with the mayor? Then just pedal on down for breakfast. See you there! Food served until 10am, Josh Jones, 801-629-8757, joshjones@ogden.city, ogden.city, facebook.com/events/11080722501970185

May 20, 2016 — Logan Bike to Work Day, Road Respect, Logan, Logan, UT, Celebrate Bike to Work Day by riding your bike to work or school. We'll even give your old bike a tune-up...for free! Begins at 8 am from your home to 10 am at Cache County Plaza, 199 North Main Street., Gary Saxton, 435-752-2161, 435-374-8076, logandowntown@gmail.com, logan-downtown.org

May 21-22, 2016 — 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 5/20. Pick up is by 3 pm on 5/22., Scott Dudevior, 435-649-4806, scottdudevior@colesport.com, mountaintrails.org, colesport.com

May 21, 2016 — 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. Starts at 10 am (pre-event helmet checks at 9), Butterfield Park, Kami Greenhagen, 801-913-3251, kgreenhagen@gmail.com, pp.infinitecycles.com

May 21, 2016 — Bike Day with the Mayor of Springville City, Utah Bike Month, Springville City, UT, 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 check-ups., Rod Oldroyd, 801-491-7684, roldroyd@springville.org, springville.org

May 24-29, 2016 — Gear Up for Bike to Work Week, Utah Bike Month, Salt Lake City, UT, Come tune your bike at the Collective to get ready for bike to work day. 3-9 pm weekdays. 12-7 Saturdays, 12-5 Sunday., Davey Davis, 801-328-2453, davey@bicyclecollective.org, bicyclecollective.org

May 27, 2016 — Bike to Work Day, Utah Bike Month, Park City, UT, Meet at Basin Field House and Doubletree Hotel at 7 am., Heinrich Deters, 435-649-8710, 435-659-1188, hdeters@parkcity.org, mountaintrails.org, basincreation.org

May 31, 2016 — Salt Lake County and City Mayor's Bike to Work Day, Utah Bike Month, Salt Lake City, UT, A mellow ride with Salt Lake County Mayor Ben McAdams, Mayor Jackie Biskupski, South Salt Lake Mayor Cherie Wood, and other local municipalities under police escort. Breakfast, music, and more at 7:15 am, beginning at Sugar House Draw by 1300 E. in Sugarhouse Park. Bike ride begins at 8am and ends at the Salt Lake City and County Building., Alison Weyher, AWeyher@slco.org, Tara Olson, 801-535-6167, Tara.Olson@slcgov



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com, slco.org/bicycle, slcgov.com/biketo-workday

June 4, 2016 — National Trails Day, Park City, UT, Location & Project TBA, Charlie Sturgis, 435-649-6839, charlie@mountaintrails.org, mountaintrails.org

June 4, 2016 — National Trails Day, Salt Lake City, UT, Volunteer on Trail Projects., Kristen Kenley, (801) 501-0850, kkenley@rei.com, rei.com/saltlakecity

June 4, 2016 — National Trails Day, Weber County, UT, Weber Pathways Trail Day. Come out on a build trails! Check website for details., Rod Kramer, 801-393-2304, outreach@weber-pathways.org, weberpathways.org

June 4, 2016 — Road Safety Half Century, Logan, UT, Celebrate Logan earning Road Respect Community Level 2, Ascend, by joining us for a fully supported 50 mile ride. Free Beehive Grill Burgers for lunch! Event start latitude: 41°43'52.59" N, Event start longitude: 111°49'38.24" W, Event Finish: Merlin Olsen Center Park. Begin at 8 am, end at 11 am., Gary Saxton, 435-752-2161, 435-374-8076, logandowntown@gmail.com, logandowntown.org

June 11, 2016 — 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: 6:00pm starting at Pioneer Park., David Davis, 801-328-2453, info@bicyclecollective.org, bicyclecollective.org, bikeprom.com

July 16, 2016 — Gothead 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 trail., Laura Hanson, 801-536-4158, lahanson@utah.gov, Jen Parsons-Soran, 801-502-6794, getintothefiver@gmail.com, jordanrivercommission.org

August 13, 2016 — 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, nb@newbelgium.com, newbelgium.com/tour-de-fat

September 22, 2016 — World Car Free Day, UT, Ride your bike and leave the car at home!, None, noemail@cyclinguatah.com, worldcar-free.net

November 12, 2016 — Henderson Stroll 'n Roll, tentative date, Henderson, NV, Our spin on the Ciclovía phenomenon that is sweeping the globe. Founded in Bogota, Columbia, it's where roads are closed to motorized traffic, allowing the community to come together and enjoy the streets on bicycles, skates, skateboards 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@cityofhenderson.com, bikehenderson.org

Regional

Mountain Bike

Tours and Festivals

May 6-8, 2016 — P.A.S.S. Bookcliffs Trailfest, tentative, Price, UT, Trail Rides (New Trails Debuted), Free Camping (Bring your acoustic 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, 435-637-2453, fuzzythebikeguy@msn.com, PASStrails.com

May 12-15, 2016 — Tour de Bloom, Loma, CO, Benefits COPMOBA, 4 day tour of the Kokopelli Trail from Loma, CO to Moab, UT., Bryce Palo, 970-241-3728, vicolant@frontier.net, Whit Smith, 303-475-2255, whitsmith1@mac.com,

May 13-15, 2016 — MECCA Spring MTB Festival, Green River, UT, Registration begins Friday at 1pm followed by a "warm up ride" at 3pm. Evening meal is provided as is a prize drawing. Saturday begins with a provided breakfast and then all-day, guided rides, ranging from beginner to advanced. Finish up on Sunday morning with a provided breakfast and a guided (or on-your-own) scenic ride. Family-friendly (meal tickets only available)., Kim Player, 435-653-2440, meccabikeclub@etv.net, biketheswell.org

May 14, 2016 — Amazing Earthfest, Fredonia, AZ, 10th 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 Staircase.

Fredonia Welcome Center, US 89-A, Fredonia, AZ, 8 am Arizona time., Rich Csege, 435-644-3735, iiv@gwi.net, amazingearthfest.org

May 14-14, 2016 — VIDA MTB Series: Valmont Bike Park, VIDA MTB Series, Boulder, CO, Women's mountain bike skills clinic, Sarah Rawley, 503-805-0043, info@vidamtb.com, vidamtb.com

May 21, 2016 — Ogden Bike Park Spring Trail Jam, Utah Bike Month, Ogden, UT, 10am - Top of 9th street at the Ogden Bike Park, 3 new trails build for the 2016 ride season will be showcased to the public along with free shuttles and food. Come enjoy one of the greatest places to ride in Utah., Josh Jones, 801-629-8757, joshjones@ogdencity.com, ogdencity.com

May 21, 2016 — Gooseberry Mesa Mountain Bike Poker Ride, VIDA MTB Series, Boulder, CO, 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, moderate to difficult, and should take about 1.5-2 hours to complete. Registration at 4pm, ride at 5. Meet at Gooseberry Mesa Parking Area., Daisy Hobbs, 435-772-7771, 435-669-5758, dhobbs@xanterra.com, springdaletown.com/rotary-club/2016-mtn-bike-poker-ride/

May 29-October 2, 2016 — Bryce and Zion National Parks (MTB), St. George, UT, 6-day, 140-mile guided Mtn Biking Tour thru Brian Head, Red Canyon, Navajo Lake Trail, Virgin River Rim and Hiking the Zion Narrows. Tour includes 5-night camping and 1 inn or 5-night all inns, transportation and food. May 29-June 3, June 12-17, June 19-24, June 26-July 1, July 3-8, July 10-15, July 17-22, July 24-29, July 31-Aug 5, Aug 7-12, Aug 14-19, Aug 21-26, Aug 28-Sep 2, Sep 4-9, Sep 11-16, Sep 18-23, Sep 25-30, Oct 2-7., Kevin Ford, 800-596-2953 x1, 702-596-2953, info@escapeadventures.com, escapeadventures.com

June 4-5, 2016 — Eagle Outside Festival, Eagle, CO, Massive free bike and product demo. Firebird 40 MTB Race, Clinics, The Mother of a Half 1/2 Marathon, 10K trail run, 5K road event, 1K kids race., Mike McCormack, 970-485-5847, mikemac@eagleoutsidefestival.com, eagle-outsidefestival.com

June 9-16, 2016 — Granite Ridge Girls and Stone Temple Coed Mountain Bike Camps, Cheyenne, WY, Curt Gowdy State Park. 2 1/2 day girls camp June 9-11, 4 1/2 day coed camp June 12-16, ages 12-18. Riding skills and education sessions., Richard Vincent, 307-760-1917, 307-777-6478, enduro.rv@gmail.com, laramieenduro.org

June 17-19, 2016 — Black Hills Fat Tire Festival, Rapid City, SD, Celebration of single track mountain biking in the Black Hills of South Dakota, Kristy Lintz, 605-394-4168, 605-484-1724, kristy.lintz@rcgov.org, bhfatirefestival.com, rcparksandrec.org

June 18-19, 2016 — VIDA MTB Series: Phillip S Miller Park, VIDA MTB Series, Castle Rock, CO, Women's mountain bike skills clinics, Sarah Rawley, 503-805-0043, info@vidamtb.com, vidamtb.com

June 18, 2016 — Beaver Dam 49er Gravel Grinder, Beaver Dam State Park, NV, Ride the Rim and see the park from a different perspective. Pedal down an old chaining road that runs along the Park's rim and winds you through Pinyon and juniper trees. The course then swings around back to the main park road and down into Campground B where we end the ride with a BBQ. The course is subject to change based on weather conditions. 35 and 45 mile options., Dawn Andone, 775-728-4460, cathedrarlgorge_vc@cturbonet.com, beaverdamgravelgrinder.com

June 18-19, 2016 — Knobby Tire Bike Tour, ID, Cynthia Gibson, 208-345-1105, cynthia@idahowalkbike.org, idahowalkbike.org

June 19-September 25, 2016 — Grand Staircase Escalante Singletrack (MTB), Panguitch, UT, 6-days, The Grand Staircase Lower Canyons provide exploring, camping, and backcountry mountain biking. Secluded Trails, private vistas, high mountain lakes & an abundance of wildlife. June 19-24, July 3-8, July 31-Aug 5, Aug 28-Sep 2, Sep 25-30., Kevin Ford, 800-596-2953 x1, 702-596-2953, info@escapeadventures.com, escapeadventures.com

June 23-26, 2016 — Ride Sun Valley Mountain Bike Festival, SCOTT Enduro Cup presented by Vittoria, 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 23: Sheeptown Drag Races (Downtown Hailey, ID)June 24: Opening Party & Prologue Time Trial, Opening Night Concert & RafflesJune 25: Day 1 Enduro, Expo & Bike Demos, Kid's MTB RaceJune 26: Day 2 Enduro, Boulder Mountain Footrot XC race, Awards Ceremony, Expo & Bike Demos, Pumptrack

State Championships, Jessica Kunzer, 801-349-4612, jkunzer@mtsports.com, Sara Valerious, 847-946-4182, svalerious@mtsports.com, Ray Gadd, ray@visitsunvalley.com, ridesunvalley.com, visitsunvalley.com

June 23-26, 2016 — Crested Butte Bike Week, Crested Butte, CO, World's Oldest Mountain Bike Festival celebrates 36 years with an Amateur Film Festival, Chainless World Championships, Fat Tire 40 mountain bike race, Bridges of the Butte townie tour, Gravity Slave downhill race at Crested Butte Mountain Resort and guided mountain bike rides to premiere trails!, Crested Butte Chamber, 970-349-6438, cbinfo@chamber.com, Eliza Cress, 970-349-6438, events@cbchamber.com, cbbikeweek.com

June 25-26, 2016 — VIDA MTB Series: Keystone Bike Park, VIDA MTB Series Flagship Clinics, Keystone, CO, Women's mountain bike skills clinic, Sarah Rawley, 503-805-0043, info@vidamtb.com, vidamtb.com

July 3-August 19, 2016 — Crested Butte Singletrack MTB Tour, Crested Butte, CO, July 3-8, July 17-22, July 31-Aug. 5, Aug. 14-19. 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@lizardheadcyclingguides.com, lizardheadcyclingguides.com

July 8-9, 2016 — Wildflower Trailfest, Snowbasin, UT, Mountain Bike and Trail Running event just for women. Beautiful courses for all abilities. Ride, or run, or both. Age group cash prizes and Finish Line celebration. Stacie Palmer, 801-644-9940, 801-336-6198, wildflowerpedalfest@gmail.com, wildflowertrailfest.com

July 9-10, 2016 — 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., Penny Deck, 604-484-6238 (Canada), register@dirtseries.com, emilyneuman, 604-484-6238, info@dirtseries.com, dirtseries.com

July 11-August 26, 2016 — Colorado Trail MTB Tour, Monroe, CO, July 11-15, July 17-22, July 24-29, Aug. 14-19, Aug. 21-26. You'll explore unspoiled landscapes, rush through cool mountain air, drink in 360 degree mountain views and pedal past carpeted fields of wildflowers (which can be handle-bar high). High altitude campsites offer a canopy of bright stars and deep sleep at night. Your experienced guide takes care of all the route finding, planning and logistics., John Humphries, 970-728-5891, info@lizardheadcyclingguides.com, lizardheadcyclingguides.com

July 21-August 14, 2016 — Glacier National Park Bike Tour, Whitefish, MT, July 21-26, July 31-Aug. 5, Aug. 9-14. Options for cyclists of all abilities. Ride as much as or as little as desired. There are BIG climbs and bonus 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@lizardheadcyclingguides.com, lizardheadcyclingguides.com

August 6-7, 2016 — VIDA MTB Series: Snowmass Bike Park, VIDA MTB Series Flagship Clinics, Snowmass Village, CO, Women's mountain bike skills clinic, Sarah Rawley, 503-805-0043, info@vidamtb.com, vidamtb.com

August 11-14, 2016 — BlomFest, Salmon, ID, The Most Unorganized Mountain Bike Gathering in Idaho is back for its 6th year. This year's Gathering is only 4 days, but has an added bonus: an unofficial, self supported bike packing race on the Continental Divide Trail (CDT). So you have a choice: participate in group rides throughout the Salmon area, or participate in the bike packing race, Max Lohmeyer, 208-756-7613, blom@ridesalmon.com, Marc Landblom, 435 260 0991, marclandblom@gmail.com, ridesalmon.com

August 13-14, 2016 — VIDA MTB Series: Trailside Bike Park, VIDA MTB Series Flagship Clinics, Park City, UT, Women's mountain bike skills clinic, Sarah Rawley, 503-805-0043, info@vidamtb.com, vidamtb.com

September 2-5, 2016 — Teton Mountain Bike Festival, Alfa, WY, 7th Annual, held at Grand Targhee Resort. Come enjoy endless miles of cross-country, singletrack, dirt road, lift-served downhill, jump park, freeride, and an IMBA Epic Trail. Demo next year's 2017 in an ideal alpine riding climate with unmatched scenery. Clinics, hosted rides, shenanigans, TVTAP., info@tetonbikfest.org, Celeste Young, 208-709-8564, celeste@tetonbikfest.org, teton-bikfest.org, grandtarghee.com

September 17-18, 2016 — Trek Dirt Series Mountain Bike Camp, Fruita, CO, Learn new skills, increase confidence on the bike, or simply enjoy the sport like never before. World class women's only instructional weekend camp for beginner, intermediate, and advanced riders., Penny Deck, 604-484-6238 (Canada), register@dirtseries.com, dirtseries.com

September 23-25, 2016 — 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)., Kim Player, 435-653-2440, meccabikeclub@etv.net, biketheswell.org

September 30-October 2, 2016 — 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. 4-6 pm at the Moab Bike Park, 500 W. and Williams Way., Mark Sevenoff, 800-845-2453, 435-259-8732, outerbike@westernspirit.com, outerbike.com

October 27-30, 2016 — Moab Ho-Down Mountain Bike Festival & Film Fest, Moab, UT,

11th Annual - Mountain bike festival with dual stage enduro race, group shuttle rides, bike films, townie tour with poker run, dirt jump comp and costume party! The festival is a fundraiser for local trails and the bike park!, Tracy Reed, 435-259-4688, info@chilebikes.com, moabdown.com, chilebikes.com

Utah Weekly MTB

Race Series

April 1-August 31, 2016 — Mid-Week Mountain Bike Race Series, Park City, Heber, Deer Valley, Snowbird, Solitude, UT, Races are on Tuesday evenings. Registration begins at 5:00, kids races at 6:00 and main event at 6:30. April to August. Please check website for dates and venues., Brooke Howard, 385-227-5741, brooke@midweekmtb.com, midweekmtb.com

May 4-August 3, 2016 — Weekly Race Series, WRS, Sundance, Wasatch County, UT, Wednesday nights, May -Aug. Venue alternates between Wasatch County sites and Sundance, 6:30 pm. Pros/Experts 1hr race time, Sports 50mins, Beginners 30-40mins. 2016 Dates:Wasatch County: May 4, 18; June 8, 22; July 6, 20; Aug 3; Sundance: May 11, 25; June 1, 15, 29; July 13, 27, Tyson Apostol, 435-200-3239, 801-223-4849, races@ucelidoutdoors.com, John Woodruff, 801-223-4044, 801-223-4849, johnw@sundance-utah.com, weeklyraceseries.com

Regional Weekly

MTB Race Series

May 25-June 15, 2016 — Wednesday Night Race League, Western Montana Trail Series, Missoula, MT, Various courses. First race for beginners will be on Wednesday May 25th. First race for intermediate and advanced riders will be on Thursday May 26th. All remaining races will be every Wednesday for all categories., Ben Horan, 312-502-5997, ben@wmttrail.org, wmttrail.org

June 21-August 16, 2016 — Laramie Mountain Bike Series, Laramie, WY, Tuesdays. Local mountain bike series, great for riders of any age and ability. Starts at Happy Jack Trailhead., Evan O'Toole, info@aramiemtbseries.com, laramiemtbseries.com, laramiebikeneer.org

Utah Mountain

Bike Racing

May 7, 2016 — Scott Enduro Cup at Moab, Scott Enduro Cup Series, Moab, UT, The first stop of the 2016 Scott Enduro Cup presented by Vittoria will take place on the world famous red rock trails of Moab. This is a great place to kick off your racing season., Jessica Kunzer, 801-349-4612, jkunzer@mtsports.com, Sara Valerious, 847-946-4182, svalerious@mtsports.com, endurocupmtb.com

May 7, 2016 — Soldier Hollow, Intermountain Cup, Midway, UT, XC race #3, short course style XC racing-fun, fast course., Darren Goff, 801-475-5463, darren@intermountaincup.com, intermountaincup.com

May 14, 2016 — Wild Horse Dirt Fondo, Delle, UT, Rescheduled! 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 at 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 Magerl, 801-595-8293, day-mag@hotmail.com, RideWildHorse.com

May 14, 2016 — MTB Tech Dev #1 at Soldier Hollow, Mountain Bike Technical Development Series, Midway, UT, Juniors only event with multiple mountain bike events: Cross Country, Technical Course, and MTB Crit. Event number one in a series of three., Michael John Turner, 801-664-6351, mjt@summitbikeclub.org, Karl Redel, karl@webecycling.com, mtbtechdev.com

May 28-30, 2016 — Sundance Showdown Downhill and Super-D, Go-Ride Gravity Series, Sundance Resort, UT, USAC sanctioned Super-D Saturday and Downhill Monday, Ron Lindley, 801-375-3231, info@utahdh.org, go-ride.com, utahdh.org

May 28, 2016 — Wasatch 360 6 Hour Race, Utah Offroad Series, Utah Cup, Heber, UT, 6 hr MTB race with Solo, Duo, or Triple categories for men, women, & coed plus a Junior's category. Held in Heber City above the UVU Wasatch Campus. Race start on south end of trail sys-

tem off Coyote Lane. Proceed support Summit Bike Club and junior cyclists., Michael John Turner, 801-664-6351, mjt@summitbikeclub.org, Karl Redel, karl@webecycling.com, summit-bikeclub.org/wasatch360

May 28, 2016 — 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., Colton Frederick, coltonjh@hotmail.com, Beverly Thomas, 435-340-1052, scandanavianfestival@gmail.com, scandanavianfestival.org/bike.html

May 30, 2016 — Stan Crane Memorial Draper Dueller, Intermountain Cup, Draper Trail 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 Dueller, this race will proceed 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., Darren Goff, 801-475-5463, darren@intermountaincup.com, intermountaincup.com

June 11, 2016 — The Chris Allaire Solitude Cup, Intermountain Cup, Solitude Resort, UT, XC race #5 in the 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. Utah State Championships., Darren Goff, 801-475-5463, darren@intermountaincup.com, intermountaincup.com

June 18, 2016 — 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@gmail.com, 2-epic.com/events/dixie200.html

June 25, 2016 — Fire Road Cedar City, Cedar City, UT, 25k, 60k, 100k distances, starts at Main Street/Park at 8am, 7000 ft. total elevation gained for 100km: 4000ft total for 60km. Equal prize \$ for overall men & women in the 100km., Paul Huddle, 760-635-1795, 760-936-7459, huddle@multisports.com, Jordan Bracken, 435-229-5397, 435-703-9880, jordan@rapidityclimbing.com, Cameron Christensen, 435-586-2770, 801-884-2332, cameron@cedarcity.org, fireoadcycling.com

June 25, 2016 — Wasatch Back, Intermountain Cup, Heber, UT, EXC #3. Beginning at Utah Valley University Wasatch, the course consists of usually two laps and approximately 35-50 miles. Half distance available, Darren Goff, 801-475-5463, darren@intermountaincup.com, intermountaincup.com

July 4, 2016 — The Rage at Snowbird, Intermountain Cup, Snowbird, UT, XC race #6. 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., Darren Goff, 801-475-5463, darren@intermountaincup.com, intermountaincup.com

July 8, 2016 — 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, 801-336-6198, wildflowerpedalfest@gmail.com, wildflowertrailfest.com

July 9, 2016 — The Crusher in the Tushar, Beaver, UT, 70 miles of mixed-surface bike racing exploring Southern Utah's Tushar Mountain range on dirt 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 Swindalehurst, road-it@msn.com, tusharcrusher.com

July 30, 2016 — Brianhead, Intermountain Cup, Brianhead, UT, EXC #3. Beginning at Brian Head Resort in Southern Utah, the course consists of usually two laps and approximately 35-50 miles. Half distance available., Darren Goff, 801-475-5463, darren@intermountaincup.com, intermountaincup.com

August 6, 2016 — MTB Tech Dev #3 at Soldier Hollow, Mountain Bike Technical Development Series, Midway, UT, Juniors only event with multiple mountain bike events: Cross Country, Technical Course, and Single Stage Enduro. Final event in the 2016 series., Michael John Turner, 801-664-6351, mjt@summitbikeclub.org, Karl Redel, karl@webecycling.com, mtbtechdev.com

Event Organizers! Give your race, ride or tour a professional look with our colorful banners, magnetics and signs. COMPLETE DESIGN AND FABRICATION SERVICES Proud printer of Cycling Utah Since 1993 TRANSCRIPT BULLETIN Publishing SINCE 1894 58 North Main • Tooele, Utah 435-882-0050 www.tbpublishing.com

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August 13-14, 2016 — Flyin' Brian Downhill and Dark Hollow Super D. Go-Ride Gravity Series, Brian Head, UT. Practice opens on Friday, August 12 at noon. The downhill is on Saturday, August 13. Dark Hollow Super D is on Sunday, August 14. Ron Lindley, 801-375-3231, info@utahdh.org, go-ride.com, utahdh.org

August 13, 2016 — Sundance Spin. Intermountain Cup, Sundance Resort, UT. The Sundance venue is back again this year with some of the best single track Utah has to offer. Darren Goff, 801-475-5463, darren@intermountaincup.com, intermountaincup.com

August 27, 2016 — Draper City Classic Endurance XC. Intermountain Cup, Draper, UT, EXC race #4. Beginning at Andy Balaard Equestrian Center in Draper, the course consists of usually two laps and approximately 35-50 miles. Half distance available. Darren Goff, 801-475-5463, darren@intermountaincup.com, intermountaincup.com

August 28, 2016 — Scott Enduro Cup presented by Vittoria at Deer Valley Resort. Scott Enduro Cup Series, Park City, UT. Last year's race featured a stacked pro field and enthusiastic crowd. 2016 course information coming soon!, Jessica Kunzer, 801-349-4612, junkunzer@mtsports.com, Sara Valerious, 847-946-4182, svalerious@mtsports.com, endurocupmtb.com

September 3, 2016 — 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, jay@thecpp.com, thecpp.com

September 3, 2016 — Utah High School Cycling League South Region Race #1. Utah High School Cycling League Race Series, Powder Mountain, UT, Lori Harward, 801-502-8516, 801-885-6884, lori@utahmtb.org, utahmtb.org

September 10, 2016 — 8 Hours of Sundance. Sundance Resort, UT. The 8 Hours of Sundance is going on its 9th year. This has turned into a great local endurance mtb bike event where riders of all ages and skill levels can come test their skills on some of the best single track around. Come join us for a great day of racing and scenery right in your backyard. Czar Johnson, 801-223-4121, 801-223-4849, czarj@utahmtb.org, utahmtb.org, John Woodruff, 801-223-4044, 801-223-4849, john@utahmtb.org, utahmtb.org, sundanceresort.com/summer

September 17, 2016 — Widemaker Hill Climb. 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@am.com, sports-am.com

September 17, 2016 — Utah High School Cycling League North Region Race #1. Utah High School Cycling League Race Series, TBD, UT, Lori Harward, 801-502-8516, 801-885-6884, lori@utahmtb.org, utahmtb.org

September 18, 2016 — Tour de Suds. Park City, UT. 7-mile mountain bike climb from City Park, to the top of Guardsman Pass with a 2,700ft elevation gain. Ginger Ries, 435-649-6839, ginger@mountaintrails.org, mountaintrails.org

September 24, 2016 — Utah High School Cycling League South Region Race #2. Utah High School Cycling League Race Series, TBD, UT, Lori Harward, 801-502-8516, 801-885-6884, lori@utahmtb.org, utahmtb.org

September 24, 2016 — Snowbird Ultra Hill Climb. Snowbird, UT. 8 am start on 9400 S. near 20th East, climb to Snowbird's entry lift. 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/

September 25, 2016 — Mt. Ogden 50/100K MTB Race. Snowbasin, UT, 3 race divisions: 25K, 50K and 100K. Held on the trails of Snowbasin Resort. Steve Andrus, 801-620-1014, sandrus@snowbasin.com, Tim Eastly, 801-620-1000, 801-620-1045, teastley@snowbasin.com, mfo-deni100k.com

October 1, 2016 — Utah High School Cycling League North Region Race #2. Utah High School Cycling League Race Series, Powder Mountain, UT, Lori Harward, 801-502-8516, 801-885-6884, lori@utahmtb.org, utahmtb.org

October 8, 2016 — Utah High School Cycling League South Region Race #3. Utah High School Cycling League Race Series, TBD, UT, Lori Harward, 801-502-8516, 801-885-6884, lori@utahmtb.org, utahmtb.org

October 10-11, 2016 — 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, hws@ginfoest.com, Merrill Barney, seniorgames.net

October 15, 2016 — Moab Epic. AXS Series, Moab, UT. An MTB Adventure Race - a 20+ or 50+ mile cross country mountain bike adventure. Riders will race on Moab's best single track and jeep roads, in a true MTB adventure. Will Newcomer, 970-403-5320, 2016@gravityplay.com, gravityplay.com, moabepic.com

October 15, 2016 — Utah High School Cycling League North Region Race #3. Utah High School Cycling League Race Series, TBD, UT, Lori Harward, 801-502-8516, 801-885-6884, lori@utahmtb.org, utahmtb.org

School Cycling League Race Series, Snowbasin, UT, Lori Harward, 801-502-8516, 801-885-6884, lori@utahmtb.org, utahmtb.org

October 22, 2016 — Utah High School Cycling League South Region Race #4. Utah High School Cycling League Race Series, Soldier Hollow, UT, Lori Harward, 801-502-8516, 801-885-6884, lori@utahmtb.org, utahmtb.org

October 29, 2016 — Utah High School Cycling League North Region Race #4. Utah High School Cycling League Race Series, TBD, UT, Lori Harward, 801-502-8516, 801-885-6884, lori@utahmtb.org, utahmtb.org

November 4-5, 2016 — Utah High School Cycling League State Championships. Utah High School Cycling League Race Series, Saint George, UT. This race will combine both North and South regions for the State Championships and is open to all students. Lori Harward, 801-502-8516, 801-885-6884, lori@utahmtb.org, utahmtb.org

November 5-6, 2016 — 25 Hours of Frog Hollow. Frog Hollow Endurance Series, Hurricane, UT. Held Sat 10 am to Sun 10 am with the bonus double midnight lap due to the fallback time change. 13 mile long course in the UT desert combines sweet single track, with some technical sections, and great climbs. Cimarron Chacon, 970-759-3048, info@goraces.com, GROpromotions.com, 25hoursinfofrog Hollow.com

March 25-27, 2017 — Moab Rocks. Moab, UT. Incorporates Moab's best classic and new routes and combines them into a 3-day masterpiece of cross-country and timed descents in a fully supported format. Kevin McDonald, 866-373-3376, info@transrockies.com, Kevin McDonald, 866-373-3376, info@transrockies.com, TransRockies.com

March 25-27, 2017 — Moab Rocks. Moab, UT. Incorporates Moab's best classic and new routes and combines them into a 3-day masterpiece of cross-country and timed descents in a fully supported format. Kevin McDonald, 866-373-3376, info@transrockies.com, Kevin McDonald, 866-373-3376, info@transrockies.com, TransRockies.com

Regional Mountain

Bike Racing

May 6-7, 2016 — US Bank 18 Hours of Fruita. Fruita, CO. 12th Annual event at Highline Lake State Park, an oasis in the desert with the famous midnight start. Limited to 100 teams. Mike Heaston, 303-282-9015, 303-635-2815, emgmh@emgcolorado.com, George Gause, 970-858-7220, emgmh@emgcolorado.com, 18hrsofruita.com

May 7, 2016 — 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, idahoenduro-series.com

May 7, 2016 — Desert Rats Classic. Fruita, CO. 100K or 50K on the world famous Kokopelli Trail. 5 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. 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. Reid Delman, 303-249-1112, reid.delman@geminiadventures.com, Kyla Claudell, 303-249-1112, kyla@geminiadventures.com, geminiadventures.com

May 8, 2016 — Unravel the Scratchgravel. Helena, MT. The course is approximately a 5.8 mile loop, comprised of 70% double-track and 30% single-track. Demo bikes after the race. Joe Hamilton, j.hamilton@bresnan.net, Jason Steichen, jason.steichen@gmail.com, bigskybikes.com/events/unravel-the-scratchgravel/, montanacycling.net

May 14, 2016 — Avimor Coyote Classic. Knobby Tire Series, Boise, ID. 12th annual - This is real mountain bike racing; not for the weak. High speed rolling double and single track with a ton of climbing. Tight, technical sagebrush single track, water crossings, quick steep drops, nasty little granny gear climbs. Hal Miller, 208-869-4055, 208-720-3019, info@brokenspokecycling.org, knobbytireseries.com, brokenspokecycling.org

May 14, 2016 — 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 15-18 20 miles, Jr 13-14 10 miles, Jr 11-12 5 miles, Thane Wright, 970-401-1422, thanew@rockymountainendurance.com, rockymountainendurance.com

May 20-22, 2016 — 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 3 full days of mountain bike culture accented by free live music in the gorgeous Grand Valley on Colorado's Western slope. Jes Olson, 520-623-1584, info@epicrides.com, epicrides.com

May 21, 2016 — 12 Hours of Disco. Salmon, ID. 8 mile laps, mostly singletrack, at the foot of the mighty Beaverhead Mountains. Race Solo, or teams of 2 and 4. Max Lohmeyer, 208-756-

7613, blom@ridsalmon.com, David Lingle, chukt_allstar@hotmail.com, ridsalmon.com

May 21-22, 2016 — Big Mountain Enduro #1. Big Mountain Enduro Series, Santa Fe, NM. Course will be designed to give riders a unique riding experience to include high altitude trails and big descents. Ties backcountry terrain with lift-accessed stages throughout the series. Courses will feature predominantly timed downhill (special) stages linked together by non-timed climbing (liaison) stages. Sarah Rawley, 720-407-6142, sarah@bigmountainenduro.com, Brandon Ontiveros, 303-551-4813, info@bigmountainenduro.com, bigmountainenduro.com

May 21, 2016 — The Pony Xpress Gravel 160. Colorado Gravel Grinder Championships, Trinidad, CO. 160 km and 70 km options. Held on gravel roads northwest of Trinidad, CO. Working head and tail light and helmet are required. Maps will be adequate for 70 km but GPS is preferred for 160 km option. Phil Schweizer, 877-743-3566, phil@koobi.com, coloradogravelgrinderchampionship.com/pony-xpress/the-race

May 21, 2016 — Snowbowl Hot Laps. Western Montana Trail Series, Missoula, MT. Cross country race. Ben Horan, 312-502-5997, ben@wmtrail.org, wmtrail.org

May 22, 2016 — Gowdy Grinder. Laramie, WY. Cross country mountain bike race that takes place on the trails of Curt Gowdy State Park in southeastern Wyoming. The beginner races are on a course with a handful of short technical sections, but mostly smooth riding. The more advanced categories will find plenty of the challenging riding typical of Curt Gowdy. Evan O'Toole, info@aramiamtbseries.com, Dewey Gallegos, 307-742-5533, pedalhouse@gmail.com, pedalhouse.com/pedal/

May 22, 2016 — Helena Enduro. Montana Enduro Series, Helena, MT. Montana Enduro Series. contact@montanaenduro.com, Christine Wike, christine@montanabicycleguild.org, montanaenduro.com

May 28-29, 2016 — 24 Hour 'Round the Clock Mountain Bike Race. Spokane, WA. 24 hour MTB Race with a Fat Bike Class, starts noon May 28, Riverside State Park, 15 mile loop, Gino Lisecki, 509-953-9831, gino@roundandround.com, Wendy Zupan, 509-953-9831, wendy@roundandround.com, roundandround.com

June 1, 2016 — Wood River Cup Race #1. Wood River Cup, Hailey, ID. Hailey Community Bike Park, short track cross country. Billy Olson, 208-788-9184, billy@powerhouseidaho.com, powerhouseidaho.com

June 4, 2016 — USA Cycling Marathon MTB National Championships. Columbia County, GA. Micah Rice, 719-434-4200, mice@usacycling.org, Greg Randolph, usacycling.org

June 4-5, 2016 — Big Mountain Enduro #2. Big Mountain Enduro Series, TBD, CO. Course will be designed to give riders a unique riding experience to include high altitude trails and big descents. Ties backcountry terrain with lift-accessed stages throughout the series. Courses will feature predominantly timed downhill (special) stages linked together by non-timed climbing (liaison) stages. Sarah Rawley, 720-407-6142, sarah@bigmountainenduro.com, Brandon Ontiveros, 303-551-4813, info@bigmountainenduro.com, bigmountainenduro.com

June 4-5, 2016 — Flagstaff Frenzy. Flagstaff, AZ. Cross Country on Saturday and Super D on Sunday, MBAA, 480-442-4229, racing@mbaa.net, mbaa.net

June 4, 2016 — EROCK Sunrise to Sunset. Castle Rock, CO. 2nd Annual at the freshly cut trails of the Philip S. Miller Park in Castle Rock, Colorado. The 6.5 mile course wanders through the hills and drainages surrounding the park and offers ample viewing from the staging area for team members and spectators. For teams and solos. Mike Heaston, 303-282-9015, 303-635-2815, emgmh@emgcolorado.com, Rocky Mountain Events, Inc., 303-282-9015, info@elephantrockride.com, erocrace.com

June 4, 2016 — Herron Hammer. MBRA Series, KailsPELL, MT. Shell Thomas, thomasshell@gmail.com, montanacycling.net

June 8, 2016 — Wood River Cup Race #2. Wood River Cup, Hailey, ID. Hailey Community Bike Park, short track cross country. Billy Olson, 208-788-9184, billy@powerhouseidaho.com, powerhouseidaho.com

June 11-12, 2016 — City Creek Pedalfest. Pocatello, ID. Mountain Bike Race. Kids Race and Spaghettini Dinner Friday night. Saturday, Race Day! Beginner, Sport and Expert Classes (12, 17, 27 miles) Awards, Prizes, Raffle, music, food & fun. LINDI Smedley, 208-251-5915, lindi@mac.com, pocatellopedalfest.com

June 11, 2016 — Fear, Tears and Beers Enduro. Ely, NV. Enduro mountain bike event. Timed sections mostly downhill, combined time wins. Men's and women's events for all classes. Fun run, beginner, sport, and expert classes. Kent Robertson, 775-289-6042, 775-296-2162, krobeg@rmpower.net, greatbasinrally.org

June 11, 2016 — 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 11, 2016 — Lolo 12 Hour. MBRA Series, Western Montana Trail Series, Lolo, MT. Jesse Doll, wjdoll@gmail.com, Chris Larson, missoulabikesource@gmail.com, northernpeaksalliance.com, missoulabikesource.com

June 11, 2016 — PV Cycle Derby. RME, Elbert, CO. Age groups distances for all abilities, free junior and kids races. XC mtb race. Held at Peaceful Valley Scout Ranch, Thane Wright, 970-401-1422, thanew@rockymountainendurance.com, rockymountainendurance.com

June 11-12, 2016 — Scott Enduro Cup at Angel Fire. Scott Enduro Cup Series, Angel Fire, NM. Jessica Kunzer, 801-349-4612, junkunzer@mtsports.com, Sara Valerious, 847-946-4182, svalerious@mtsports.com, endurocupmtb.com

June 11-12, 2016 — Silver Mountain Enduro - North American Enduro Cup. Montana Enduro Series, Idaho Enduro Series, Kellogg, ID. Held at Silver Mountain Ski Resort, James Lang, 208-571-1853, 208-344-9182, jlang83702@yahoo.com, Montana Enduro Series, contact@montanaenduro.com, Christine Wike, christine@montanabicycleguild.org, montanaenduro.com, idahoenduroseries.com

June 14, 2016 — 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, madracingcolorado@gmail.com, madracingcolorado.com

June 15, 2016 — Wood River Cup Race #3. Wood River Cup, Hailey, ID. Hailey Community Bike Park, short track cross country. Billy Olson, 208-788-9184, billy@powerhouseidaho.com, powerhouseidaho.com

June 17-19, 2016 — Carson City Off-Road. Epic Rides Off-Road Series, Carson City, NV. At the Carson City Off-Road, riders of all skill levels will enjoy big climbs, long singletrack descents and expansive views of Lake Tahoe, the Eastern Sierra Nevada, and the historic Washoe Valley while being immersed in 3-days of mountain bike culture accented by free live music. Jes Olson, 520-623-1584, info@epicrides.com, epicrides.com

June 18, 2016 — Black Hills Fat Tire Festival MTB Races. Rapid City, SD. This "All Mountain" race will test your strength with a Hill Climb, technical ability with a Super D, all while competing in a 20 mile sprint cross country race. Kristy Lintz, 605-394-4168, 605-484-1724, kristy.lintz@rcgov.org, bhfatirefestival.com, rcparksandrec.org

June 18-19, 2016 — Missoula XC at Marshall Mountain. US Pro XCT, Western Montana Trail Series, 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, 312-502-5997, ben@wmtrail.org, missoulaxc.org, usacycling.org

June 18, 2016 — Lake Tahoe Mountain Bike Race. Tahoe City, CA. Race in the cross country race, 4 hour or 8 hour race as a solo or on a team of 2, 3 or 4 (teams of 3 and 4 apply to the 8hr race only). The course is approximately 12.6 miles. Fast lap times are around 50 minutes. Cross country race is two laps. Todd Jackson, 530-546-1019, todd@bigblueadventure.com, Kiley McIntroy, kiley@bigblueadventure.com, bigblueadventure.com

June 19-19, 2016 — Beti Bike Bash Colorado. Beti Bike Bash, Castle Rock, CO. Women's only mountain bike race and festival including: Little Bellas Girls Camp and VIDA MTB Series Clinic. All ages and abilities welcome. Amy Thomas, 802-878-7363, betibikebash@gmail.com, Sarah Rawley, 503-805-0043, info@vidamtb.com, betibikebash.com

June 22, 2016 — Wood River Cup Race #4. Wood River Cup, Hailey, ID. Hailey Community Bike Park, Short Track Cross Country. Billy Olson, 208-788-9184, billy@powerhouseidaho.com, powerhouseidaho.com

June 23-26, 2016 — Crested Butte Bike Week. Crested Butte, CO. World's Oldest Mountain Bike Festival celebrates 36 years with an Amateur Film Festival, Chainless World Championships, Fat Tire 40 mountain bike race, Bridges of the Butte townie tour, Gravity Slave downhill race at Crested Butte Mountain Resort and guided mountain bike rides to premiere trails. Crested Butte Chamber, 970-349-6438, cbinfo@chamber.com, Eliza Cress, 970-349-6438, events@cbchamber.com, cbbikeweek.com

June 23-26, 2016 — Ride Sun Valley Mountain Bike Festival. SCOTT Enduro Cup presented by Vittoria, 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 23: Sheeppoint Drag Races (Downtown Hailey, ID) June 24: Opening Party

& Prologue Time Trial, Opening Night Concert & Raffles June 25: Day 1 Enduro, Expo & Bike Demos, Kid's MTB Race June 26: Day 2 Enduro, Boulder Mountain Fox Trot XC race, Awards Ceremony, Expo & Bike Demos, Pump Track State Championships, Jessica Kunzer, 801-349-4612, junkunzer@mtsports.com, Sara Valerious, 847-946-4182, svalerious@mtsports.com, Ray Gadd, ray@visitsunvalley.com, ridsunvalley.com, visitsunvalley.com

June 24-26, 2016 — NW Cup #4. Northwest Cup Downhill Series, Kellogg, ID. Downhill race. Held at Silver Mountain Bike Park. Friday will be open practice. Saturday will be split practice by category. Pro/JuniorX seeding Saturday evening, Sunday racing all categories. Scott Tucker, 360-797-4288, scott@nwcup.com, www.nwcup.com

June 25-26, 2016 — Scott Enduro Cup at Sun Valley. Scott Enduro Cup Series, Sun Valley, ID. Two days of full throttle enduro racing on the best of Sun Valley backcountry and resort single track. Jessica Kunzer, 801-349-4612, junkunzer@mtsports.com, Sara Valerious, 847-946-4182, svalerious@mtsports.com, ridsunvalley.com,

July 17, 2016 — Whitefish Enduro, Montana Enduro Series, Whitefish, MT, Montana Enduro Series. contact@montanaenduro.com, Christine Wike, christine@montanabicycleguild.org, montanaenduro.com

July 23, 2016 — Whit Henry Memorial Galena Grinder, Knobby Tire Series, Galena Lodge, ID, XC/Marathon, 22.5 mile loop with 50% single track, start/finish at 7,000 feet with total gain of 3200 in one loop, open category (for racers who choose not to purchase a license) held for the marathon, which is 22.5 mile loops., Hal Miller, 208-869-4055, 208-720-3019, info@brokenspokecycling.org, knobbytireseries.com

July 23, 2016 — 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, lang83702@yahoo.com, idahoenduroseries.com, jugmountainranch.com

July 23-24, 2016 — Boomtown Gravel Grinder, Butte, MT, Fully supported event that will start and finish in historic Uptown Butte and will cover the beautiful gravel, dirt (and a few paved roads) south and east of town. Crossing the scenic Continental divide twice, riders can challenge themselves in either the Mother Load 100 mile or the Nugget 50 mile routes while soaking in the breathtaking vistas offered only in Big Sky Country., Kurt Stockton, 406-381-7962, 530-264-6364, info@touromontana.org, touromontana.org

July 29-31, 2016 — Leadville Stage Race, Leadville Race Series, Leadville, CO, 100M (100 miles over three days), Team Option. Experience the legendary Leadville Trail 100 course over three days. Push the pace to see what you're made of, or use the stages to prepare or qualify for the Leadville Trail 100 in August. This is one amazing party, with daily stage prizes, raffles, unmatched swag, food, beer and live music., Josh Colley, 719-219-9357, jcolley@lifetimelfitness.com, leadville-raceseries.com

July 30, 2016 — Butte 100, Butte, MT, Continental Divide Trail, Single Track, Big Sky Country, 100 and 50 mile options, and back again, a 25 mile option., Gina Evans, 406-498-9653, eatdirtpigpen@gmail.com, butte100.com

July 30-31, 2016 — Pomerelle Pounder DH, Go-Ride Gravity Series, Albion, ID, Two USAC sanctioned downhill races in two days., Ron Lindley, 801-375-3231, info@utahdh.org, Darren Lightfield, 208-608-6444, wildrockiesmail@yahoo.com, go-ride.com, utahdh.org

July 30-31, 2016 — Big Mountain Enduro/Enduro World Series Aspen Snowmass, Big Mountain Enduro Series, Aspen Snowmass, CO. Course will be designed to give riders a unique riding experience to include high altitude trails and big descents. Ties backcountry terrain with lift-accessed stages throughout the series. Courses will feature predominantly timed downhill (special) stages linked together by non-timed climbing (liaison) stages., Sarah Rowley, 720-407-6142, sarah@bigmountainenduro.com, Brandon Ontiveros, 303-551-4813, info@bigmountainenduro.com, bigmountainenduro.com

August 6, 2016 — Laramie Enduro, Laramie, WY, Cross Country Mountain Bike Race, 111K (70+/- miles). No repeat course, 8,600ft elevation gain. 7am start at Happy Jack Recreation Area-Hidden Valley Picnic Area, Aaron Lozano, 307-399-4387, racedirector@laramieenduro.org, laramieenduro.org

August 6, 2016 — Pierre's Hole MTB Race, National Ultra Endurance Series, Alta, WY. 7th Annual! Staging begins at the Grand Targhee Resort, ample lodging and amenities available. 100 consists of 33-mile loop, each lap features approx. 4,000 ft climbing on single and double-track trails. The race course is on an IMBA Epic trail at Grand Targhee. Total elevation for the 100 mile race is approx. 13,000 ft. 100 mile (3 laps), 100km (2 laps), 50km (1 lap) events. The 100 mile race is part of the NUE Series and the 100 k is a new NUE marathon series race., Andy Williams, 800-TARGHEE ext. 1309, awilliams@grandtarghee.com, grandtarghee.com/the-resort/news-events/1863/2014PierresHole50100.php, ph100.org

August 7, 2016 — Big Sky Enduro, Montana Enduro Series, Big Sky, MT, Montana Enduro Series. contact@montanaenduro.com, Christine Wike, christine@montanabicycleguild.org, montanaenduro.com

August 13, 2016 — Leadville Trail 100, Leadville Race Series, Leadville, CO, Leadville Trail 100 is one of the most notorious and challenging bike races in the world. 100 mile out-and-back., Josh Colley, 719-219-9357, jcolley@lifetimelfitness.com, leadvilleraceseries.com

August 13, 2016 — Steamboat Stinger, Mountain Town Challenge Series, 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, steamboatstinger@honeystinger.com, honeystinger.com/steamboatstinger.html

August 13, 2016 — Nine Mile Ridge Trail Grand Fondo, Plains, MT, Dirt fondo, gravel grinder, Ben Horan, 312-502-5997, ben@wmtrail.org, wmtrail.org

August 20-21, 2016 — Big Mountain Enduro-X, Big Mountain Enduro Series, Steamboat Springs, CO, Course will be designed to give riders a unique riding experience to include high altitude trails and big descents. Ties backcountry terrain with lift-accessed stages throughout the series. Courses will feature predominantly timed downhill (special) stages linked together by non-timed climbing (liaison) stages., Brandon Ontiveros, 303-551-4813, info@bigmountainenduro.com, bigmountainenduro.com

August 20-21, 2016 — 12 and 24 Hours of Flathead, Kallispell, MT, A non-profit race to provide awareness and adaptive equipment to individuals living with paralysis and other life altering disabilities. Tia Celentano, 406-261-1769, info@24hoursofflathead.org, montanacycling.net/schedule?discipline=all&year=2014, www.24hoursofflathead.org

August 27-28, 2016 — 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-TARGHEE ext. 1309, awilliams@grandtarghee.com, Montana Enduro Series, contact@montanaenduro.com, Christine Wike, christine@montanabicycleguild.org, grandtarghee.com, montanaenduro.com

August 27, 2016 — Idaho High School Cycling League Race #1, ID, Dylan Gradhandt, 208-340-5200, dylan@idahomb.com, idahomb.com

August 27, 2016 — Copper Mountain MTB Race, RME, Copper Mountain, CO, RME Series Finals. Distances for all levels, free junior and kids races. Distances: Endurance-50 miles, XC-30 miles, Appetizer-20 miles, Jr 15-18 20 miles, Jr 13-14 10 miles, Jr 11-12 5 miles., Thane Wright, 970-401-1422, thane@rockymountainendurance.com, rockymountainendurance.com

September 2-5, 2016 — Teton Mountain Bike Festival, Teton Valley, ID, 7th Annual held at Grand Targhee Resort. Come enjoy endless miles of cross-country, singletrack, dirt road, lift-served downhill, jump park, freeride, and an IMBA Epic Trail. Demo next year's 2017 in an ideal alpine riding climate with unmatched scenery. Clinics, hosted rides, and shenanigans. TVTAP, info@tetonbikedefest.org, Celeste Young, 208-709-8564, celestey@tetonbikedefest.org, tetonbikedefest.org, grandtarghee.com

September 2-4, 2016 — Big Mountain Enduro Finals, Big Mountain Enduro Series, Crested Butte, CO, Course will be designed to give riders a unique riding experience to include high altitude trails and big descents. Ties backcountry terrain with lift-accessed stages throughout the series. Courses will feature predominantly timed downhill (special) stages linked together by non-timed climbing (liaison) stages., Sarah Rowley, 720-407-6142, sarah@bigmountainenduro.com, Brandon Ontiveros, 303-551-4813, info@bigmountainenduro.com, bigmountainenduro.com

September 4, 2016 — 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, rebeccasprivateidaho.com

September 9-18, 2016 — Todd and Ned's Durango Dirt Fondo, Durango, CO, Mountain Bike Fondo on Saturday, Gravel Grinder on Sunday. Various lengths. Ride with Todd Wells and Ned Overend, Gaige Sippy, 970-259-4621, director@ironhorsebicycleclassic.com, ToddandNedFondo.com

September 10, 2016 — Stone Temple 8, Curt Gowdy State Park, WY, Tentative start 9AM. This race will be run on the IMBA designed single track trails at Wyoming's Curt Gowdy State Park. Racers will compete for eight hours on an approximately 15.1 mile loop, in teams and as individuals. The start/finish is will be located at the Aspen Grove Trailhead parking area, unless conditions require that we relocate the timer's station to a different location., Richard Vincent, 307-760-1917, 307-777-6478, enduro.rv@gmail.com, Dewey Gallegos, 307-742-5533, pedalhouse@gmail.com, laramieenduro.org

September 10, 2016 — Jurassic Classic, Lander, WY, Mountain bike race at Johnny Behind the Rocks. Start time - 8:00 am, route lengths from 4-22 miles. All skill levels welcome. Food truck, games, and raffle., Tony Ferlisi, lander-cycling@gmail.com, lander-cycling.org

September 10, 2016 — Idaho High School Cycling League Race #2, Galena Lodge, ID, Dylan Gradhandt, 208-340-5200, dylan@idahomb.com, idahomb.com

September 10, 2016 — Bohart Bash, tentative date, MBRA series, Bozeman, MT, This cross-country mountain bike race is on a mostly singletrack loop in the beautiful Bridger Mountains near Bozeman, Alex Lussier, luseria@hotmail.com, Megan Lawson, 406-570-7475, meganmclawson@gmail.com, gallatin-valleybicycleclub.org, gascyclingteam.com

September 10-11, 2016 — Vapor Trail 125, Salida, CO, 125 miles, 20,000 feet of climbing, 10 pm start, singletrack, Earl Walker, 719-539-9295, earl@absolutebikes.com, Tom, 719-539-9295, tom@absolutebikes.com, vaportrail125.com

September 17, 2016 — Fire on the Rim Mountain Bike Race, Pine, AZ, 15, 30, and 45 mile mtb races near Payson, AZ, Janet Brandt, info@fireontherim.com, fireontherim.com

September 17, 2016 — Idaho High School Cycling League Race #3, Magic Mountain, ID, Dylan Gradhandt, 208-340-5200, dylan@idahomb.com, idahomb.com

September 24, 2016 — JayP's Backyard Gravel Pursuit, JayP's Backyard Series, Island Park/West Yellowstone, ID, 60 or 120 miles near Yellowstone National Park on Forest Service roads. It's an incredible time of year to be in this area and visit YNPI, Scott Fitzgerald, 208-787-2453, scott@fitzgeraldsbicycles.com, Jay Petervary, 307-413-2248, jaypetervary@gmail.com, gravelpursuit.com

September 24, 2016 — Bogus Basin Enduro, Idaho Enduro Series, Boise, ID, James Lang, 208-571-1853, 208-344-9182, lang83702@yahoo.com, idahoenduroseries.com

September 30-October 2, 2016 — Monarch Crest Enduro, Salida, CO, 5 stage epic backcountry enduro in the San Isabel and Gunnison National Forests., Keith Darner, 719-221-1251, keith@chocolatebunnp.com, chocolatebunnp.com

October 1, 2016 — 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., Jes Olson, 520-623-1584, info@epicrides.com, epicrides.com

October 1, 2016 — Idaho High School Cycling League Race #4, Avimor or Targhee, ID, Dylan Gradhandt, 208-340-5200, dylan@idahomb.com, idahomb.com

October 8, 2016 — Tamarack Enduro, Knobby Tire Series, Tamarack, ID, Hal Miller, 208-869-4055, 208-720-3019, info@brokenspokecycling.org, knobbytireseries.com

October 15, 2016 — Idaho High School Cycling League Race #5, Avimor or Targhee, ID, Dylan Gradhandt, 208-340-5200, dylan@idahomb.com, idahomb.com

October 21-23, 2016 — USA Cycling Collegiate Mountain Bike National Championships, Snowshoe Mountain, WV, Micah Rice, 719-434-4200, mrice@usacycling.org, Chad Sperry, chad@gorge.net, usacycling.org

October 21-23, 2016 — USA Cycling Collegiate Mountain Bike National Championships, Snowshoe Mountain, WV, Micah Rice, 719-434-4200, mrice@usacycling.org, Chad Sperry, chad@gorge.net, usacycling.org

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October 21-23, 2016 — USA Cycling Collegiate Mountain Bike National Championships, Snowshoe Mountain, WV, Micah Rice, 719-434-4200, mrice@usacycling.org, Chad Sperry, chad@gorge.net, usacycling.org

October 21-23, 2016 — USA Cycling Collegiate Mountain Bike National Championships, Snowshoe Mountain, WV, Micah Rice, 719-434-4200, mrice@usacycling.org, Chad Sperry, chad@gorge.net, usacycling.org

Shon, 801-209-2479, utcritseries@gmail.com, utahcritseries.com

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

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

Uphill Cycling Series — Utah County, UT, Utah County, UT, Every second Saturday year round, Jan & Dec 1:00 pm, Feb & Nov 12:00 pm, Mar & Oct 11:00 am, Apr & Sep 10:00 am, May & Aug 9:00 am, Jun & Jul 8:00 am. Location rotates between 4 canyons: South Fork Provo, Hobbie Creek Springville, Payson Nebo, & Santaquin, Mary Ann Nielsen, 801-231-2000, utahbicycleclub@gmail.com, uphillcyclingseries.blogspot.com

April 28-August 18, 2016 — Logan Race Club Thursday Night Time Trial Series, Logan, UT, Thursdays. 11 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, sw@mdsc.com, Ben Kofeod, benhof@hotmail.com, Travis Dunn, travis.dunn@usu.edu, loganraceclub.org

Utah Road Racing

May 7, 2016 — 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, bmbsbc.com

May 7, 2016 — Grand 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 13, 2016 — Bear Lake Classic Individual Hill Climb, UCA Series, Garden City, UT, 5 mile uphill climb from Garden City Office to the Summit of Bear Lake. Racers will start on 60-second intervals and will climb right hand side of road, single file. Portion of the same route as 2015 Tour of Utah, Stage 1., Troy Oldham, 435-764-2979, oldhamtroy@gmail.com, bearlakeclassic.com

May 14, 2016 — Bear Lake Classic Road Race, UCA Series, Garden City, UT, 51 mile flat loop (or 102 double lap) with some rolling hills on east shore, followed by a flat and fast finish - a beautiful race around Bear Lake., Troy Oldham, 435-764-2979, oldhamtroy@gmail.com, bearlakeclassic.com

May 20-21, 2016 — Bikes for Kids Stage Race, UCA Series, Daybreak, UT, Criterium, Road Race and Time Trial. USAC license required-one-day licenses available. Proceeds from the race go to benefit Bikes for Kids Utah., Marek Shon, 801-209-2479, utcritseries@gmail.com, bikesforkidsutah.com, bikes-for-kids-stage-race

May 28, 2016 — 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 masters and juniors criterium championships., Marek Shon, 801-209-2479, utcritseries@gmail.com, utahbikeracing.com

June 4, 2016 — Porcupine Hill Climb, UCA Series, Salt Lake City, UT, 15th Annual. Start: Porcupine Pub & Grille finishing at the Brighton Ski Resort, Big Cottonwood Canyon. Citizen's and licensed rider categories. State Championship Hill Climb for licensed categories. 14.7 miles, 3800' of climbing! Mike Meldrum, 801-424-9216, mikeside@gmail.com, Dirk Cowley, 801-699-5126, dcowley@comcast.net, porcupinecyclingteam.com, racedayeventmanagement.com

June 4, 2016 — SunCrest Bicycle Hill Climb and Draper Trail Days, Draper Trail Days, Draper, UT, 15 mi, 2500 ft elev. Trails Day festival, Start - Draper Equestrian Center 1600 E. Highland Drive (13500 South), End - Sun Crest, Brad Gilson, 801-694-7770, 801-694-8859, brad@gilsonengineering.com, draperut.us/recreation

June 11, 2016 — 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, mattjensens@gmail.com, threekingsnslcity.org

June 16-18, 2016 — Utah Summer Games, Utah Summer Games Cycling, Cedar City, UT, Time Trial (10 miles out and back course), Hill Climb (4 miles with average grade of 7%, Criterium (.95 mile closed course, counter clockwise), Road Race (20, 40 and 60 mile course) with overall Omnium., Casey McClellan, 435-865-8421, 435-865-8422, mcclellan@suu.edu, Steve Ahlgreen, 435-865-8421, 435-865-8423, ahlgreen@suu.edu,

ers., Mike Meldrum, 801-424-9216, mikeside@gmail.com, Dirk Cowley, 801-699-5126, dcowley@comcast.net, Jared Eborn, 801-599-9268, jared@extramileracing.com, extramileracing.com, racedayeventmanagement.com

August 13, 2016 — Wildflower Hill Climb. Mountain Green, UT. Timed 5.5 mile climb during the 75 mile course option in this women-only cycling event. Age-group cash prizes. Gift for all who complete the climb., Stacie Palmer, 801-644-9940, 801-336-6198, wildflowerpedalfest@gmail.com, wildflowerpedalfest.com

August 20, 2016 — Tour de Park City. UCA Series, Park City, UT, 157 Classic Road Race returns for 2016! 7,500 feet of climbing, 10,750 foot summit. Fully Supported. Start and finish in the same spot., Jared Eborn, 801-599-9268, jared@extramileracing.com, toudeparkcity.com, extramileracing.com

August 26-29, 2016 — 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 10, 2016 — LOTOJA Classic Road Race. Logan, UT, 34th Annual, 1 day, 3 stages, 200-plus mile road race from Logan, UT to Jackson Hole, WY., Brent Chambers, 801-546-0090, brent@lotojaclassic.com, lotojaclassic.com

September 10, 2016 — Utah Tour de Donut. American Fork, UT, 9th Annual event - Most fun you'll have on a bike. Three 7-mile laps, eat donuts to reduce your time. Starts at 8:00 am., Rodney Martin, 801-427-6400, rotaryrod@live.com, Ronald Tolley, 480-285-6281, rtolley@clearvisionreserve.com, Utah Tour de Donut, info@utahfourdonut.com, utahfourdonut.org

September 17, 2016 — Harvest Moon Critérium. UCA Series, Ogden, UT, 4 corner crit in Downtown Ogden around the Municipal Park between 25th & 26th Streets. State Critérium Championships for category riders , Tyler Servoss, 801-888-3233, tyler@rockwellrelay.com, teamaccelerator.com

September 23-24, 2016 — Salt to Saint Relay. Salt Lake City, UT, 420 mile relay race from Salt Lake City to St. George following Hwy 89. Broken into 24 legs. Ride Solo, or as 4 or 8 person relay teams. Men, Women, and Mixed categories., Clay Christensen, 801-234-0399, info@salttosaint.com, salttosaint.com

September 24, 2016 — Snowbird Hill Climb. Snowbird, UT, 38th Annual, 9 am start on 9400 S. near 20th East. Climb to Snowbird's entry ll. 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 4-7, 2016 — 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 III., Kyle Case, 800-562-1268, hws@ginfwest.com, seniorgames.net

October 8, 2016 — 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-am.com, sports-am.com

October 8, 2016 — The BURN Bicycle Hill Climb. Copperton, UT, Climb Butterfield Canyon. Also 10 K and half-marathon run., Jared Eborn, 801-599-9268, jared@extramileracing.com, burn-race.com, extramileracing.com

October 11-15, 2016 — USA Cycling Professional Road and TT National Championships. Winston-Salem, NC, Micah Rice, 719-434-4200, mrice@usacycling.org, usacycling.org

October 11-15, 2016 — Iron Horse Bicycle Classic. Durango, CO, 45th 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., Gaige Sippy, 970-259-4621, director@ironhorsebicycleclassic.com, ironhorsebicycleclassic.com

October 11-15, 2016 — Lyle Pearson 200-mile Team Challenge. Boise, ID, 9th Annual - Team relay road race from Boise to Sun Valley, Mike Cooley, 208-343-3782, mcooley@georgescycles.com, georgescycles.com, gorsaevents.com

October 11, 2016 — 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, cchopman@syringahospital.org, syringahospital.org

October 11, 2016 — Mike Mercy Memorial - Idaho State Time Trial Championships. Nampa, ID, Poen/Swan Falls Rd, Howard Roose, 208-484-8342, hkroose@gmail.com, idahobikeracing.org

October 11, 2016 — Guanella Pass Hill Climb. Georgetown, CO, 3,050ft in just over 11 miles, Lance Panigutti, lance@withoutlimits.com, withoutlimits.com

October 15, 2016 — Little Park Road Hillclimb. Grand Junction, CO, Hillclimb #2 up Little Park Road - 1st half., John Klsh, 970-744-4450, madracingcolorado@gmail.com, madracingcolorado.com

October 24-26, 2016 — Baker City Cycling Classic. Oregon Women's Prestige Series, Baker City, OR, Three days and five stages in beautiful eastern Oregon, with great support and unparalleled scenery. Over 8,000 ft of climbing over the three days in one of the country's most beautiful cycling regions. Pros and amateurs race the same courses and the women's and men's prize purses are matched by sponsor BELLA Main St. Market., Brian Vegter, 541-325-1689, dogbr@ac.com, bakercitycycling.org

October 24-26, 2016 — Boulder Stage Race. Boulder, CO, TT, circuit race, road race, Lance Panigutti, lance@withoutlimits.com, withoutlimits.com

October 25, 2016 — 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 Hill Climb , sbroadbent@bankfirstfed.com, sick-riders.com

June 30-July 3, 2016 — USA Cycling Amateur Road National Championships. Louisville, KY, Elite, U23 and Junior Road National Championships., Micah Rice, 719-434-4200, mrice@usacycling.org, usacycling.org

July 9, 2016 — Sunshine Pass Hill Climb. Boulder, CO, 3000 feet in 9.8 miles including 3 miles of hard pack dirt., Lance Panigutti, lance@withoutlimits.com, withoutlimits.com

July 12-17, 2016 — USA Cycling Mountain Bike National Championships. Mammoth Mountain, CA, Micah Rice, 719-434-4200, mrice@usacycling.org, usacycling.org

July 13-16, 2016 — Southeast Idaho Senior Games. Pocatello, ID, Hill Climb, 5k and 10K Time Trials, 20 K and 40 K Road Races, Critérium, Dana Olson, 208-233-2034, 208-317-3918, southeastidahoseniorgames@gmail.com, seidahoseniorgames.org

July 15-17, 2016 — Salida Cycling Classic. Salida, CO, TT, circuit race, road race. Part of the Rocky Mountain State Games. Colorado Masters Road Championships, Lance Panigutti, lance@withoutlimits.com, withoutlimits.com

July 16, 2016 — Andersen Banducci Twilight Critérium. National Critérium Calendar, Boise, ID, 28th Annual, NCC race., Mike Cooley, 208-343-3782, mcooley@georgescycles.com, Dirk Cowley, 801-699-5126, dcowley@comcast.net, boisewilghtcritierium.com, gorsaevents.com

July 17, 2016 — Idaho State Critérium Championship. Hidden Springs, ID, Start/Finish at Hidden Springs Community-Village Green at 9 am., Kurt Holzer, 208-890-3118, kurtHolzer@hotmail.com, lostivercycling.org

July 23, 2016 — Bob Cook Memorial Mount Evans Hill Climb . Evergreen, CO. This is an

Regional Weekly
Road Race Series

Las Vegas Tuesday Night World's — Henderson, NV, Tuesday Night Critérium 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@veg-askbikeracing.com, vegaskbikeracing.com

May 11-August 3, 2016 — 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 11 at 6:30 pm7:00 pm, June 1, June 29 and July 27Hill Climbs:Park at Cherry Springs. Crystal start at Cherry Springs and Scout start at bottom of Scout Mtn Rd. Scoring is best Crystal plus best Scout time. Approximately 5 mile climbs. mass start., May 25 -Crystal Summit, 6:30 pm.7:00 pm: June 15-Scout, July 13-Crystal Summit, August 3-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 TT bike, Eddie Merckx style), Single Speed, and Clydesdale (210 lbs+) and Athena (150 lbs+)., Peter Joyce, 208-282-3912, joycpete@isu.edu, Tony Chesrow, 435-671-2506, hebermtsports@yahoo.com, idahocycling.com

May 17-July 12, 2016 — Expo Idaho SWICA Critérium Series. SWICA Critérium Series, Boise, ID, Local training crit series at Expo Idaho West lot (Glenwood Street south of Hawks Stadium). Tuesdays, May 17-July 5, 2016, and July 13, 2016, Kurt Holzer, 208-890-3118, idahobikeracing@yahoo.com, idahobikeracing.org

June 9-September 16, 2016 — Billings Critérium Series at South Park. MBRA Series, Billings, MT, Critérium races at South Park, Coul Hill, 406-690-6629, coulhill@gmail.com, montanacycling.net, montanaspoke.com

July 19-August 16, 2016 — Half-Bogus Training Ride. Hammer Series, Boise, ID, Weekly Training Ride starts at 6:20pm., Mike Cooley, 208-343-3782, mcooley@georgescycles.com, gorsaevents.com

Regional Road Racing

May 4-8, 2016 — Tour of the Gila. Silver City, NM, 5 stages, UCI mens, UCI womens, amateur categories. Great spring racing!, Jack Brennan, 575-590-2612, brennan5231@comcast.net, thourofthegila.com

May 7, 2016 — Chino Grinder . Chino Valley, AZ, Endurance Cycling Event- 106 mile gravel grinder from Chino to Williams and back with 9700 feet of climbing with 53 and 42 mile options., Epic , 480-442-7694, EpicGravelRides@gmail.com, azgravelrides.com, chinogrinder.org, azgravelrides.com

May 7, 2016 — OZ Road Race. Watkins, CO, A long road race in Colorado. Start at the Front Range Airport., Lance Panigutti, lance@withoutlimits.com, withoutlimits.com

May 13-15, 2016 — USA Cycling Collegiate Road National Championships. Marshall & Weaverville, NC, Micah Rice, 719-434-4200, mrice@usacycling.org, usacycling.org

May 20-22, 2016 — Tour of Ontario Stage Race. Ontario, OR, The Tour of Ontario is a two day, three stage race on the border of Oregon and Idaho., John Rogers, 208-284-9671, obcc-webdesign@yahoo.com, Robert Hoene, 208-921-5203, rhoene@gmail.com, bobsbicycles.com, taoufontario.com

May 20-22, 2016 — Superior Morgul Omnium. Broomfield, CO, Time trial, circuit race, road race on the famed Morgul Bismark Course., Lance Panigutti, lance@withoutlimits.com, withoutlimits.com

May 21, 2016 — Ride for the Pass. Aspen, CO, Benefits the Independence Pass Foundation. 22nd 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 24-28, 2016 — USA Cycling Masters & Para-Cycling Road National Championships. Winston-Salem, NC, Micah Rice, 719-434-4200, mrice@usacycling.org, usacycling.org

July 30, 2016 — Targhee Hill Climb. Driggs, ID, Time trial starts at 10 am with 30 second intervals. Starts at Peaked Sports in Driggs, climbs Ski Hill Road and ends half a mile from the Grand Targhee Resort. The course covers 12 miles and 2,200 vertical feet. Awards, Raffle and results 1 pm at Peaked Sports. Net proceeds benefit Teton Valley Trails and Pathways., Dick Weinbrandt, 208-354-2354, peaked@silverstar.com, peakedsports.com

July 31, 2016 — Teton Pass Hill Climb. Wilson, WY, 8:30 AM road race (4.7 miles, 2284 ft. vertical), 10:30 AM MTB race (5.6 miles, 2870 ft. vertical), cash prizes for top 3 men and women combined racers, Raffle and party following., Dick Weinbrandt, 208-354-2354, peaked@silverstar.com, Forest Dramis, jacksonholecycling@gmail.com, jhcycling.org

August 13, 2016 — Lamolle Canyon Hill Climb. Lamolle, NV, 11th annual. Road Race hill climb, 12 miles, 3000ft hill climb in Ruby Mountains. Race starts at 9am. Post event picnic and awards in Lamolle Grove, 11:30am., Annette White, 775-842-9125, annette.white42@gmail.com, aikovelo.com

August 20, 2016 — Bogus Basin Hill Climb. Boise, ID, 42nd Annual, Mike Cooley, 208-343-3782, mcooley@georgescycles.com, georgescycles.com, gorsaevents.com

September 10, 2016 — Race to the Angel. Wells, NV, Hill climb. 31st Annual. The race is open to riders on mountain and road bikes, runners, walkers and triathletes: individual or team (Sprint Triathlon - 750m swim, 5K 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 pavement., Wells Chamber, 775-752-3540, wellschamber@wellsnevada.com, Robert Johnson, 775-340-5943, rubymountainrelay@gmail.com, racetothelangel.org, rubymountainrelay.com

September 12-18, 2016 — World Human Powered Speed Challenge. Battle Mountain, NV, Cyclists from around the world will gather on SR305, perhaps the fastest stretch of road in the world to see who is the fastest cyclist in the world. The 2013 record was 83.13 mph, Al Krause, 707-443-8261, a.krause@sbcglobal.net, hpva.org, whpsc.org

September 16-17, 2016 — Billings Omnium Weekend. MBRA Series, Billings, MT, State Championship Time trial Friday, Hogback Road Race Saturday, Critérium Saturday Night, Phipps Park., Coul Hill, 406-690-6629, coulhill@gmail.com, montanacycling.net, montanaspoke.com

September 17, 2016 — Hogback Classic. MBRA Series, MT, The Third Annual Hogback Classic is STAGE 2 of the 2016 Billings Omnium Weekend (TT on Friday night, Crit on Saturday night), Coul Hill, 406-690-6629, coulhill@gmail.com, montanacycling.net, montanaspoke.com

September 24, 2016 — 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. Mass start., David McDonough, 702-823-1680, brokenspokebikeslv@gmail.com, Carol Vails, 702-823-1680, brokenspokebikeslv@gmail.com, brokenspokebikeslv.com

September 24, 2016 — Telluride 200 Gran Fondo. Telluride, CO, 13th 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., Heidi Lauterbach, 970-729-1372, m2dbikeride@gmail.com, Victoria Lovely, 773-590-6499, vblovely@yahoo.com, m2dbikeride.com

September 24, 2016 — Man vs Machine. Williams, AZ, The Grand Canyon Railway, in partnership with Grand Canyon Racing, will fire up its steam engine 4960 - a 310-ton behemoth built in 1923 - to take on hundreds of intrepid bicyclists on a 53-mile course that will climb 2,023 feet starting at the South Rim of the Grand Canyon to iconic Williams, AZ, finishing on historic route 66., PJ Borman, 602-296-8313, info@grandcanyonracing.com, grandcanyonracing.com

September 24, 2016 — Bear Lake Omnium. UCA Series, Montpelier, UT/ID, Jared Eborn, 801-599-9268, jared@extramileracing.com, bearlakeendurance.com, extramileracing.com

September 24, 2016 — Man vs Machine. Williams, AZ, The Grand Canyon Railway, in partnership with Grand Canyon Racing, will fire up its steam engine 4960 - a 310-ton behemoth built in 1923 - to take on hundreds of intrepid bicyclists on a 53-mile course that will climb 2,023 feet starting at the South Rim of the Grand Canyon to iconic Williams, AZ, finishing on historic route 66., PJ Borman, 602-296-8313, info@grandcanyonracing.com, grandcanyonracing.com

September 24, 2016 — Bear Lake Omnium. UCA Series, Montpelier, UT/ID, Jared Eborn, 801-599-9268, jared@extramileracing.com, bearlakeendurance.com, extramileracing.com

Utah Road Touring

May 7, 2016 — 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 7, 2016 — Cyclofemme Ride. Utah Bike Month, Provo, UT, Join us for the Third Annual CycloFemme ride. We are teaming up with the Provo Bicycle Collective and Provo City to make this ride a great. This will be a casual ride for all ages. The ride will start at Center Street and University Ave. at 2 pm the City Buildings and will take a nice slow paced 5 mile ride around Downtown Provo ending at Joaquin Park., Heather Skabelund, 971-404-1557, bikeprovo@gmail.com, Jennifer Messinger, jennbobenn17@yahoo.com, cyclofemme.com

May 7, 2016 — 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 7, 2016 — Hobbie Creek. Springville, UT, 62 or 125 mile self-supported loop ride up Hobbie Creek Canyon and on the rural roads south of Utah Lake. A brevet is a timed ultra distance event., Richard Stum, 435-462-2266, richard@eogear.com, salltakerandos.org

May 7, 2016 — Canyons of Cache. BCC SuperSeries, Mendon, UT, Meet at Mendon Church for a route that climbs Blacksmith, and Sardine, loops to Brigham City and back over the north slope into Cache Valley., Don Williams, 801-641-4020, roadcaptain@bccutah.org, bccutah.org

May 8, 2016 — Amazing Earthfest. Kanab, UT, 10th Grand Staircase Escalante Road Ride: Highly Scenic 35 mile out and back route, Start 7:45 am, 420 East 300 South (US 89), Kanab, Utah, Pre-ride refreshments., Rich Csegar, 435-644-3735, jw@gwi.net, amaz-ingearthfest.org

May 8, 2016 — 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 2016. 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 Brief 9:45 AM (Must be present!)– Ride starts at 10:AM– Helmets are required– Those under 13 must be accompanied by an Adult– Please bring a spare tube, if you don't have one we stock most tubes but please call first. – Have Fun!, Performance , 801-478-0836, pbs128mgr@performanceinc.com, cyclofemme.com

May 14, 2016 — Springville to Nephi 100. BCC SuperSeries, Springville, UT, Start Springville Cracker Barrel frontage road to Nephi and back thru orchards, flat to rolling. Self



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May 14, 2016 — 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, extramileracing.com

May 14, 2016 — Bear Lake Classic Century and 1/2 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. 1/2 and full Century options. Portion of the same route as 2015 Tour of Utah, Stage 1., Troy Oldham, 435-764-2979, oldhamtroy@gmail.com, bearlakeclassicc.com, bearlake.com

May 15-September 18, 2016 — 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, Panguitch Lake, Red Canyon and Kanab. Tour includes 6 nights camping with last night at Inn or 6 nights innstay, transportation and food. May 15-21, May 29-June 4, June 12-18, June 26-July 2, July 10-16, July 31- Aug 6, Aug 14-20, Aug 28-Sep 3, Sep 4-10, Sep 18-24., Kevin Ford, 800-596-2953 x1, 702-596-2953, info@escapeadventures.com, escapeadventures.com

May 19-21, 2016 — 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. 5/19/16: Richfield, 5/20/16: Cedar City, 5/21/16: Enterprise, Keri Gibson, 801-243-7571, kigibson@utah.gov, Jack Lasley, 801-450-8232, lasley@utah.gov, roadrespectutah.org

May 21, 2016 — Ride for the Angels, Copperton, UT, 7th 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, stevenmcintyre44@yahoo.com, angelshands.org

May 21, 2016 — Nebo Gallivant, Salt Lake Randonneurs Brevet Series, Nephi, UT, 300k brevet (190 miles). Self-supported loop ride from Nephi up through scenic Sanpete County and then out west through Eureka, near shores of Utah Lake and back. A brevet is a time ultra distance event., Richard Stum, 435-462-2266, richard@eogear.com, saltlake-randos.org

May 21, 2016 — Randy Wirth Half Century Ride, Logan, UT. A 50 mile tour showcasing favorite Cache Valley Rides of long-time Logan businessman, roastermaster and conservationist Randy Wirth. Proceeds will go toward bird habitat in Logan and downtown covered bike shelter. This year's forecast: warm, sunny, tailwinds and 100% chance of good times in Cache Valley., Greg Parry, 435-750-0193, 435-753-4777, gpdiglit@gmail.com, Debbie Simpson, 435-750-0193, 435-753-4777, deb@caffelbbs.com, randywirthhcr.org, randywirth50miles.org

May 28, 2016 — 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 event., Don Williams, 801-641-4020, roadcaptain@bccutah.org, Jen Green, 435-563-1212, pecan314@xmission.com, bccutah.org

May 30, 2016 — Antelope Island 100, BCC SuperSeries, Salt Lake City, UT, Memorial Day - 100 mile Meet at Westpoint Park SLC 1100 N 1800 W. 60 mile option starts at Farmington

Station UTA station Ride to Antelope Island Ranch and back. Free event - Causeway entry fee required BCC members free admission to Causeway., Don Williams, 801-641-4020, roadcaptain@bccutah.org, bccutah.org

June 3, 2016 — Little Red Riding Hood, Lewiston, UT, Women only century ride, 15, 35, 62, 80 and 100 mile distances in Cache Valley, fundraiser for Women's Cancer Research at the Huntsman Cancer Institute. Reg. opens in February. This event sells out quickly., Penny Perkins, penperk@centurylink.net, Curt Griffin, lrrh@bbtc.net, bccutah.org

June 4, 2016 — Ride the Gap Century, Parowan, UT, Enjoy cooler weather in the high country of beautiful Southern Utah. Fun and fast with a mileage option for every rider. Nothing like a small town with big fun! Enjoy open roads and very little traffic., Ryan Gurr, 435-674-3185, info@spingees.com, Margaret Gibson, 435-229-6251, margaret@spingees.com, ride-southernutah.com

June 4-5, 2016 — Utah Bicycle Touring Society's Overnight Bike Tour, Salt Lake City, UT, 10th annual overnighter. This event is for new and experienced bicycle travelers. We will bicycle in a self-sufficient manner to Rock Cliff Recreation Area to camp overnight, and then return Sunday., Lou Melini, 801-487-6318, lymelini@comcast.net, Cheryl Soshnik, 435-649-9008, csoshnik@yahoo.com

June 9-11, 2016 — Road Respect Northern Utah Tour, Road Respect Bike Tour, Wasatch/Summit/Davis Counties, 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. 6/9/16: Wasatch County, 6/10/16: Summit County, 6/11/16: Davis County, Keri Gibson, 801-243-7571, kigibson@utah.gov, Jack Lasley, 801-450-8232, lasley@utah.gov, roadrespectutah.org

June 11, 2016 — 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 1000 riders, 250 volunteers, 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 1 mile Family Fun Loop, 12, 33, 55, 75, and 100 miles., Drew DeHaan, 801-363-3024 x7071, DDeHaan@diabetes.org, diabetes.org/utahtour

June 11, 2016 — 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. Possible Sunday option., Don Williams, 801-641-4020, roadcaptain@bccutah.org, bccutah.org

June 11, 2016 — Wasatch Front Series, 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 Hobbie 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

June 16-24, 2016 — Rocky Mountain Tour, Cross Country Challenge, Salt Lake City, UT, The Rocky Mountain Tour travels 593 miles in 8 cycling days (9 total). Ride through the Wasatch Range and over the Rocky Mountains from Salt Lake City UT to Pueblo CO., Bill Lannon, 888-797-7057, abbike@aol.com, abbike.com

June 18, 2016 — 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, mattjensens@gmail.com, threekingsnscity.org

June 18, 2016 — 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-Tucker, 801-584-5815, jmurano@huntsmanfoundation.org, huntsman140.com

June 25-26, 2016 — Bike MS: Harmons Best Dam Bike Ride, Bike MS, Logan, UT, Join thousands of cyclists from around the region and celebrate 30 years of Bike MS: the premier fundraising cycling series in the nation raising funds for a world free of MS. The Bike MS experience offers route options ranging from 45 to 150 miles over two days and is friendly to all abilities with rest stops every 8-12 miles. Camping, meals, and entertainment based out of Cache Valley Fairgrounds (400 S 500 W) in Logan., Melissa Mathews, 801-424-0112, melissa.mathews@nmss.org, bikemsutah.org

July 2, 2016 — Tour de Riverton, Riverton, UT, 16th Annual, Part of Riverton Town Days. Fun family ride. 25 mile loop through Riverton and Herriman., Brad Rowberry, 801-523-8268, tdr@infiniticycles.com, tourderiverton.com, infiniticycles.com

July 9, 2016 — Mt. Nebo Climb, BCC SuperSeries, Nephi, UT, Memorial Day - Meet at Nephi City Park. Ride to Santaquin and climb Mt Nebo north to south 70 mile loop. Self-supported free event - bring extra water; short supply on the mountain., Don Williams, 801-641-4020, roadcaptain@bccutah.org, Doug Jensen, 801-815-3858, slccycler@gmail.com, bccutah.org

July 9, 2016 — 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 HeadsUp Events. Grand Prize: FreeMotion Tour de France bike + \$1000s dollars in prize prizes., Troy Oldham, 435-764-2979, oldhamtroy@gmail.com, cachegrantfondo.com, loganhospitalfoundation.org

July 15, 2016 — Antelope by Moonlight Bike Ride, Antelope Island, UT, 23rd Annual, 10pm. Open to participants of all ages and starts at the Antelope Island's White Rock Bay. The half way point is the historic Fielding Garr Ranch where refreshments are served. The entire route is 24 miles on an asphalt road., Neka Roundy, 801-451-3286, neka@co.davis.ut.us, daviscountyutah.gov, antelopebymoonlight.com

July 16, 2016 — Desperado Duel, Panguitch, UT, Come and experience the flattest and best 100 mile course and 50 mile option, we have also added a grueling 150 mile option for those training for the big 209 in September. Enjoy the scenery and virtually no traffic. Desperado Duel is one of the best Gran Fondos in Utah., Ryan Gurr, 435-674-3185, info@spingees.com, Margaret Gibson, 435-229-6251, margaret@spingees.com, ride-southernutah.com

July 16, 2016 — 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

Porter Sproul, 702-624-7484, glmrinfo@gmail.com, theglmr.com

July 16, 2016 — Good News Jail and Prison Ministry Fundraiser Bicycle Ride, Park City, UT, Join us for coffee at 9:00 am at the Shepherd of the Mountains Church. Self-paced ride starts at 10:00. Funds donated go to keep Chaplains in the Salt Lake County Jail. Park City venue includes a ride on paved parkway trails, around a farm, meadows, woods, over bridges, under a tunnel and circling a park. Everyone is invited, all skill levels are welcome. Lunch and T-shirt provided with \$35 entry donation., Mary Challier, 385-468-8409, 801-518-2840, mary.challier@goodnewsjail.org, goodnewsjail.org

July 16, 2016 — Golden Spike, Salt Lake Randonneurs Brevet Series, Harrisville, UT, Self Supported 125 mile (200km) ride out to Golden Spike National Monument and back. A brevet is a timed ultra distance event., Richard Stum, 435-462-2266, richard@eogear.com, saltlakerandos.org

July 16, 2016 — Giro Donna, North Salt Lake City, UT, A women only ride, 100 km course commencing and ending at Legacy Park. A few miles on city streets, enter Legacy Parkway Trail and Denver & Rio Grand Trail systems prior to circling through west Davis and Weber Counties. 50 km option. Flat with a few rollers, supplied aid stations, and SAG vehicles., Jared Eborn, 801-599-9268, jared@extramileracing.com, girodonna.com, extramileracing.com

July 23, 2016 — North South Century - Freedom Ride, BCC SuperSeries, Salt Lake City, UT, Location: Tanner Park. Start the holiday weekend with 100 miles all in SL county. Stops for water and food. Free event., Don Williams, 801-641-4020, roadcaptain@bccutah.org, Tom Coffey, 801-737-3241, lech2zurs@msn.com, bccutah.org

July 23, 2016 — South Sevier Ram Ride, Monroe, UT, 15 miles, 25 miles & New this year is a 50 mile. Start time is 6:00 a.m. 1 block west of Monroe City Park., Heather Newby, 435-201-0138, Heather.N@jonesanddemille.com

July 23-30, 2016 — 109 West, Moab, UT, 7 day tour with single and multi day options, Trisha Moran, 970-626-9913, trisha@cycliewithalpine.com, 109west.com

July 23, 2016 — Iron Lung Ride, Salt Lake City, UT, 32, 80, or 120 mile options out and back starting at This Is The Place Heritage Park and turning around near Snowbasin Resort. Challenging climbing, with plenty of rollers and flats to recover. Bring the family and make this part of your Pioneer Day celebration. Utah Triple Crank qualifier, along with Rockwell Relay and LOTOJA., Michelle Lyman, 801-941-5526, info@ironlungride.com, ironlungride.com

July 29-30, 2016 — Saints to Sinners Bike Relay, Salt Lake City, UT, Fundraiser relay road race

from Salt Lake to Las Vegas. Over 500 miles with elevations from 1500 to 10500 feet. Race in teams through the night, fundraiser event for ALS/Lou Gehrig's Disease., Steven Tew, 801-822-4870, Steven@SaintsToSinners.com, SaintsToSinners.com

July 29-30, 2016 — 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, saltlake-randos.org

July 30, 2016 — Park City Chalk Creek 100 SuperSeries, BCC SuperSeries, Park City, UT, Free self-supported event. Start Treasure Mtn Middle School, Legs to Kamas, Coalville, Chalk Creek and back. Sunday option., Don Williams, 801-641-4020, roadcaptain@bccutah.org, bccutah.org

August 6, 2016 — Hotter than Heck - Utah Valley Century, Orem, UT, 31st year of a Century Tour around Utah Lake, 100, 62.5, and 30 mile options, starting and ending in Orem at Lakeside Park, Allan Sumnall, (801) 225-0076, allan@srubutah.com, Spencer Erickson, 801-513-8848, spencerickson@gmail.com, hotterthanheck.com

August 6, 2016 — The Ultimate Challenge Presented by University of Utah Health Care, Salt Lake City, UT, Ride like the pros! Challenge yourself to ride the Tour of Utah's Queen Stage, finishing at Snowbird Ski and Summer Resort. 109 miles, Larry H. Miller Tour of Utah., 801-325-2500, info@tourofutah.com, tourofutah.com, rideultimatechallenge.com

August 6, 2016 — 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 6, 2016 — RAW (Ride Around the Wellsvilles), Logan, UT, The Logan Rotary Club's Ride Around the Wellsvilles will begin at the Rotary Pavilion at Willow Park, with a choice of a 23, 66 or 96 mile ride. Benefits local youth with new bikes and helmets, and internationally, provides clean drinking water., Ben Jarvis, 435-757-0376, LoganRotaryRAW@gmail.com, rotaryraw.com

August 13, 2016 — Wildflower Pedalfest, Morgan, UT, Fully-supported, women-only cycling event. 4 course options (20, 30, 50, 70 miles). Finish line celebration, catered lunch, live band, raffle, massages, expo and more., Stacie Palmer, 801-644-9940, 801-336-6198,

wildflowerpedalfest@gmail.com, wildflowerpedalfest.com

August 13, 2016 — 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. Saturday route this year., Don Williams, 801-641-4020, roadcaptain@bccutah.org, bccutah.org

August 13, 2016 — Heber Valley Series, Salt Lake Randonneurs Brevet Series, Heber City, UT, Self Supported loop ride in Heber Valley and to Evanston, 125 or 190 mile (200 or 300km) options. A brevet is a timed ultra distance event., Richard Stum, 435-462-2266, richard@eogear.com, sallakelandos.org

August 16-20, 2016 — The U5 Challenge, Logan, UT, Fully-supported Gran Fondo that takes cyclists from Logan to St. George, Utah in 5 days. Weaving along the Wasatch range, riders tackle some of the most picturesque and challenging landscapes the state has to offer. Individuals or relay team options. Or register to ride just one of the five days, Jordan Arey, 801-644-0546, jordan@spin-utah.com, theu5challenge.com

August 20, 2016 — Tour de Park City, Park City, UT, Fully supported Gran Fondo that takes cyclists from Park City to St. George, Utah in 5 days. Weaving along the Wasatch range, riders tackle some of the most picturesque and challenging landscapes the state has to offer. Individuals or relay team options. Or register to ride just one of the five days, Jordan Arey, 801-644-0546, jordan@spin-utah.com, theu5challenge.com

August 20, 2016 — 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, syracuseatg@gmail.com, Brent Jones, 801-774-2801, 801-645-0247, brent.jones@rcwilley.com, rcwilley.com/dp/2015-Ride-for-the-Kids-isp

August 21, 2016 — 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 event., Don Williams, 801-641-4020, roadcaptain@bccutah.org, bccutah.org

August 27, 2016 — Cache Valley Century Tour, Richmond, UT, 35, 60, or 100 mile options. Proceeds benefit Common Ground, a Logan, Utah non-profit. Funds support their adaptive cycling program. Richmond to Preston, Idaho and back through scenic terrain., Bob Jardine, 435-713-0288, 435-757-2889, info@CacheValleyCentury.com, Sammie Macfarlane, 435-713-0288, Sammie@cgadventures.org, CacheValleyCentury.com

August 27, 2016 — Summit Challenge, Park City, UT, Riders of all ages and abilities will hit the pavement for a 100, 52, or 16-mile road ride event in support of the National Ability Center's mission. All three fully-supported routes of this event follow paved roads in and around the beautiful Park City mountainside. This exciting event promises to serve up a challenge for a wide range of cycling levels and abilities. And don't forget - all Summit Challenge riders who have a disability can register and ride for free!, Julia Rametta, 435-649-3991, events@discovernac.org, Whitney Thompson, 435-649-3991, whitneyt@discovernac.org

nac.org, summitchallenge100.org, discovernac.org

August 27, 2016 — 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 27, 2016 — 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, junskye@gmail.com, ManofSTIHL.org

August 27, 2016 — Castle Country Century, Scofield, UT, Train for LoToJa or just have fun with this fully supported 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 ascent and 7,200ft of descent on this ride. Ride departs at 8 am., Cory Jensen, 801-824-8455, coryvagnjensen@gmail.com, carbonrec.com

September 3, 2016 — 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. Last one before LOTOJA., Don Williams, 801-641-4020, roadcaptain@bccutah.org, Greg Allen, 801-450-1861, greg.allen@mhtn.com, bccutah.org

September 4-10, 2016 — 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 10-16, 2016 — Ride with Jan Ullrich, St. George, UT, 7-Days of Cycling through Aspen, Crested Butte, Ouray, and Telluride with cycling legend Jan Ullrich. Tour includes road biking, mountain biking, and superb lodging., John Humphries, 970-728-5891, info@lizardheadcyclingguides.com, lizardheadcyclingguides.com

September 10, 2016 — To the Moon and Back Century Ride, Tabiona, UT, Come and enjoy the High Uintahs. There are four ride options: Century, 75, 50, and 25 mile. All 4 rides will cover the back roads of Duchesne County that has very minimal traffic. Overnight camping is available. The ride will be based out of Tabiona, Utah. Elevations from 6,522 to 8,150. This ride is fully supported. All proceeds will go to the Rapha House, a non-profit organization that helps rescue children from trafficking and sexual exploitation., Karen Redden, 435-828-0467, karen.redden@uintah.net, active.com/tabiona-ut/cycling/races/to-the-moon-and-back-2015

September 17, 2016 — Wonder Woman Century, Payson, UT, Join us in our fully supported all women's ride, choose between the 15, 30, 70 or 100 mile options. Remember that every woman is a wonder woman!, Mahogani Thurston, 801-318-1420, wonderwomanride@gmail.com, Carolina Herrin, herrin.carolina@gmail.com, wonderwomanride.com

September 17, 2016 — Actavis + Allergan CF Cycle For Life, Coalville/Morgan, UT, Fully supported, beautiful autumn ride with five route options - 20,40, 60, 80 and 100 miles. All funds raised go to the Cystic Fibrosis Foundation., Laura Hadley, 801-532-2335, 801-558-8310, lhadley@cff.org, Amanda Livnat, 801-532-2335, alivnat@cff.org, Jessica Rose, 801-532-2335, rose@cff.org, cycle.cff.org

September 17, 2016 — Coldwell Banker Parkway Pedal, tentative date, West Valley City, UT, A casual ride along the Legacy and Jordan River Parkway to benefit The Autism Council of Utah. Utah Cultural Celebration Center in WVC. 1355 West 3100 South West Valley City, UT, 70, 55, 40, 30, 25, and 10 mile options., Chris Jensen, 801-563-7670, 801-940-1447, chris.jensen@utahhomes.com, parkwaypedal.com

September 23-24, 2016 — Bike the Bear Century, Garden City, UT, 100 and 50 miles. Begins at Parking Lot behind church in Garden City, UT. Support the Trapper Trails Council, BSA with a ride around the scenic Bear Lake on the Utah/Idaho border., Nelson Palmer, nrpalmer@comcast.net, Tom Jensen, 801-475-7488, tom.jensen@scouting.org, trappertrails.org/bike

September 24, 2016 — Goldilocks Utah, Goldilocks Bike Ride, Provo, UT, Goldilocks is a women only bike ride, with a gorgeous new route and beautiful fall weather! With 100, 80, 60, 40, and 20 mile route options, Goldilocks has a route that is 'just right' for everyone!, Dani Lassiter, 801-635-9422, info@goldilocks-ride.com, goldilocksride.com/gsi

September 24, 2016 — USEA Ride 4 Respect, Kaysville, UT, A comfortable metric century ride through scenic countryside through Weber and Davis County. Enjoy an exciting mixture of plains and hills throughout Northern Utah. Fully supported, lunch provided with all paid registration., Tim Bell, 385-347-7589, tbell@useautah.org, useautah.org

October 1, 2016 — 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@skinnylifeevents.com, skinnylifeevents.com

October 1, 2016 — Legacy Fall Flat 100 SuperSeries, BCC SuperSeries, Centerville, UT, Free self-supported event. Start Foxboro Park NSL, flattest 100 ever by Legacy Parkway bike path to Ogden area and loop back. Shorter leg options of 25 and 30 miles., Don Williams, 801-641-4020, roadcaptain@bccutah.org, Greg Allen, 801-450-1861, greg.allen@mhtn.com, bccutah.org

October 15, 2016 — SoJo Bike Tour, SoJo Race Series, South Jordan, UT, SoJo isn't just for runners! Our non-competitive Bike Tour offers a beautiful ride that begins in Daybreak and continues along the Quairh Mountains before winding through Herriman and South Jordan., W Thomas, 801-253-5236, wthomas@sjc.utah.gov, Matt Dodge, 801-253-5236, mdodge@sjc.utah.gov, SoJoMarathon.com

October 22, 2016 — Fall Tour de St. George, St. George, UT, Tour around southern Utah and see some of the most scenic views as you climb to Veyo and go through Gunlock State Park as well as all the beautiful colors throughout this 35, 75, or 100 mile ride. This event is one of our best Gran Fondos in southern Utah., Ryan Gurr, 435-674-3185, info@spingeeks.com, Margaret Gibson, 435-229-6251, margaret@spingeeks.com, ridesouthernutah.com

Regional Road Touring

May 8-21, 2016 — Trans Utah Spring Tour, Travis Tucker, 970-728-5891, travis@lizardheadcyclingguides.com, lizardheadcyclingguides.com

May 14, 2016 — Nampa 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, mgentry@bgclubnampa.org, bgclubnampa.org

May 15, 2016 — George's Community Training Ride #4, Boise, ID, Mike Cooley, 208-343-3782, mcooley@georgescycles.com, georgescycles.com, gcorsaevents.com

May 19-22, 2016 — Outside Bike & Brew Festival, Santa Fe, NM, There are mountain and road rides, clinics, a Bike Expo, beer-dinners, concerts, movies and more., Michael McCalla, 406-381-2690, mikelikehikebike@hotmail.com, outsidesantafe.com

May 21, 2016 — 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, tvclubnidao.org

May 21, 2016 — Ride for the Pass, Aspen, CO, The 22nd annual Ride for the Pass is a 10-mile race up scenic Independence Pass just east of Aspen, climbing from 8,500-10,700 feet, that benefits the Independence Pass Foundation., Mark Fuller, 970-963-4959, 970-618-5086, fulcon@comcast.net, Karin Teague, 970-274-9690, 970-379-1222, director@independencepass.org, aspenindependencepass.org

May 21, 2016 — Ride 2 Recovery Honor Ride Sacramento, Honor Ride, Sacramento, CA, Ride parts of the Argen Tour of California routes at Honor Ride Sacramento, starting from Capitol Mall. Ride offers fully-supported routes and a festival-like atmosphere following your ride., Linda Glassel, 609-792-0709, 818-888-7091, lindag@ride2recovery.com, Jack Shepard, 818-888-7091 Ext. 106, honorrideinfo@ride2recovery.com, ride2recovery.com

May 22, 2016 — Santa Fe Century and Gran Fondo, Santa Fe, NM, 31st 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 limits, and a Michael McCalla, 406-381-2690, mikelikehikebike@hotmail.com, Charlie Loeach, chloesch@comcast.net, santafecentury.com, granfondosantafe.wordpress.com

May 22-27, 2016 — Redrock Canyons Tour, Grand Junction, CO, Featured in NY Times. Ride Redrock Country, see Monument Valley and the Dolores River Canyon. Average mileage 72 and two centuries. Total ascent 22,159ft descent 24,187ft. Strong-Intermediate to Advanced., John Humphries, 970-728-5891, info@lizardheadcyclingguides.com, lizardheadcyclingguides.com

June 4, 2016 — Buena Vista Bicycle Festival, Buena Vista, CO, Scenic and easy to challenging routes 35, 50, 62 and 97 mile ride options in Beautiful Arkansas River Valley at the Feet of 14,000 Ft Mounts Princeton, Harvard and Yale. Exceptionally well supported with afternoon party and band., Tim Lopez, 719-594-5655, 719-622-0439, bikefest-info@bvbf.org, Aaron Rosenthal, 719-594-5655, bikefest-info@bvbf.org, Chris Quoyeser, 719-398-9257, chris@emakerssoc.com, bvbf.org

June 4, 2016 — Palisade Gran Fondo, Palisade, CO, Fully supported Gran Fondo through the famous orchards and vineyards of western Colorado and the rugged Reeder and Purdy Mesas. 40 and 68 mile options., Jennifer Sliney, 970-819-1101, 510-910-1608, palisadeveio@gmail.com, palisadegranfondo.com, paliadecoc.com/co/palisadegranfondo

June 5, 2016 — America's Most Beautiful Bike Ride - Lake Tahoe, Stateline, NV, 25th 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, tafi@bikethestwest.com, bikethestwest.com, bikeandskitahoe.com

June 5, 2016 — 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 29th annual pilgrimage to Castle Rock for the Rocky Mountain region's premier cycling festival. Whether you are 6 or 60, prefer to ride on the road or dirt, there is a course for cyclists of all abilities. All of the rides start and finish at the Douglas County Fair Grounds. Stick around for the party at the Rock post-ride picnic and cycling expo., Mike Heaston, 303-282-9015, 303-635-2815, emgmh@emg-colorado.com, Rocky Mountain Events, Inc., 303-282-9015, info@elephantrockride.com, elephantrockride.com, emgcolorado.com/wordpress/?page_id=10

June 11, 2016 — Bike for Kids Idaho Falls, Idaho Falls, ID, Kids Cit Series and 5K run., Kristy Mickelsen, 208-522-1205, 208-680-9397, kristy@bikeforkidsidaho.com, bikeforkidsidaho.com

June 11, 2016 — Fremont Area Road Tour (FART), Lander, WY, 13 to 100 mile options, includes breakfast, bbq, t-shirt and bottle, in conjunction with Brew Fest, Nyssa, fart@landercycling.org, Tony Ferlisi, landercycling@gmail.com, landercycling.org

June 11, 2016 — Lemhi Valley Century Ride, Salmon, ID, 100 miles or 100 kms through the picturesque Lemhi River Valley., Maria Huntman, 208-303-0106, mhuntman@hotmail.com, lemhivalleycenturyride.weebly.com/

June 11, 2016 — Bingham County Idaho Relay for Life, Kellogg, ID, 50 and 100 mile options. Limited Sag, rest/food stations at 25, 50, and 75 miles. Starting in Kellogg to Plummer and **Back We** will ride 50 or 25 miles west and return. 3rd annual. Benefits the American Cancer Society., Sharon and Steve O'Brien, 208-317-8375, 208-681-3602, sharonelizabetho'brien@hotmail.com, friendsofcaatrails.org

June 11, 2016 — Aspen Gran Fondo, Aspen, CO, Aspen Silver Cycling will be staging the 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., Sandra Doebler, 970-429-2093, sandra.doebler@cityofaspen.com, Toni Case, 970-429-2098, toni.case@cityofaspen.com, aspencreation.com, granfondoaspen.com

June 12-July 6, 2016 — 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 motel nights., Pedalers Pub & Grille, 352-353-8712, tours@pedalerspubandgrille.com, [pedalerspubandgrille.com/bike-tours/alaska/Great Alaska Highway Ride.htm](http://pedalerspubandgrille.com/bike-tours/alaska/Great%20Alaska%20Highway%20Ride.htm)

June 18, 2016 — Spinderella, Pocatello, ID, Ladies-only ride featuring five scenic routes, from 10 to 100 miles. Roll-out begins at 6:00 am at Ross Park in Pocatello, ID., DaNae Young, 208-221-9300, spinderella33@gmail.com, spinderellaride.com

June 18, 2016 — The Great Owyhee Ride Against Hunger, Ontario, OR, 50 mile, 62.5 miles, or 100 miles, experience all that Scenic Rural Oregon has to offer! Start:Historic Train Depot in Downtown Ontario, tour through the rustic country side, experience the majesty of the High Desert landscape, and make your way towards the stately Owyhee Dam before circling back towards town., Kurt Holzer, 208-890-3118, kurtholzer@hotmail.com, Kevin Goade, 208-739-1545, tarmaccdog@gmail.com, greatowyheeride.com

June 18, 2016 — George's Community Training Ride #5, Boise, ID, Mike Cooley, 208-343-3782, mcooley@georgescycles.com, georgescycles.com, gcorsaevents.com

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June 11, 2016
Aspen Gran Fondo
www.GranFondoAspen.com

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Sunday June 5, 2016
Lake Tahoe, NV

Tour De Tahoe
Sunday Sept 11, 2016
Lake Tahoe, NV

O.A.T.B.R.A.N
Sept 25 - Oct 1, 2016
US Hwy 50
America's Lonliest Road

FOR MORE INFO & REGISTRATION VISIT BIKETHWEST.COM

June 24-25, 2016 — Jackson / Yellowstone, Salt Lake Randonneurs Brevet Series, Ashton, ID. Self-supported with overnight gear drops. 375 mile (600km) ride through Yellowstone and Jackson Wyoming.

June 25, 2016 — RATPOD (Ride Around the Pioneers in One Day), Dillon, MT. RATPOD is a 130-mile one-day charity ride for Camp Make-A-Dream.

June 25, 2016 — 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.

June 25, 2016 — Ride for Hope, Kuna, ID. Ride through the scenic Snake River Valley and West Heritage Byway to help give poverty-stricken kids in India the hope for a better life.

June 26, 2016 — Ronde Van Ketchum, Ketchum, ID. A fun ride/tour around almost every hill within Ketchum, North of Ketchum, Sun Valley, and Elkhorn.

July 1-3, 2016 — Femme Velo, Whitefish, MT. Join us for femme/VELO women's cycling weekend in Whitefish, MT featuring a dinner round-table, expo with free workshops and clinics.

July 2-3, 2016 — Gran Fondo Kootenai, Libby, MT. A two-day, point-to-point, "stage" fondo featuring fully supported riding through the spectacular landscapes of Montana's remote northwest corner.

July 9, 2016 — Goldlocks Boise, Goldlocks Bike Ride, Meridian, ID. Fully supported, non-competitive, women only bike ride. Beautiful route, yummy food, pretty t-shirt, good lookin' Papa Bears.

July 9-10, 2016 — The Triple Bypass, Evergreen, CO. This challenging ride is over 120 miles with 10,000' of climbing and travels over 3 beautiful mountain passes from Evergreen to Avon, CO.

July 10-22, 2016 — B.E.A.R.S. - Bicycling the Extraordinary Alaskan Roads, Anchorage, AK. Explore a variety of Alaskan landscapes, from Denali to Prince William Sound.

July 16, 2016 — Absolute Bikes Taylor House Benefit Century Ride, Flagstaff, AZ. Benefit ride in the high-altitude cool pines of Northern Arizona.

July 16, 2016 — Gran Fondo Taos-Mora-Angel Fire, Taos, NM. 7:00 am start. 105 , 84, or 46 miles. Five aid stations. Beautiful scenery.

July 16-August 23, 2016 — Washington Bicycle Ride, Goldenale, WA. Crosses high plains before descending into Yakima River Valley.

July 17-22, 2016 — Tour de Wyoming, Sheridan, WY. 20th Annual. Start and end in Sheridan, Wyoming with overnight stays in Buffalo, Ten Sleep, Meeteetse, Basin, and at the Bear Lodge near Burgess Junction.

July 27-August 7, 2016 — Klondike Gold, Fairbanks, AK. Travel from Fairbanks back in time to cycle the route of the Klondike Gold Rush.

July 30-August 6, 2016 — Oregon Bicycle Ride, Astoria, OR. Tour of northwest Oregon. Crosses the mouth of the Columbia River, visits sites fomed by Lewis and Clark.

July 30-August 4, 2016 — Cascade 4-Summit Challenge, Cascade, ID. Options include 75, 60, 50, 30 or 8.2 Mile Options. Course covers two mountain passes along Warm Lake Road.

August 6-13, 2016 — Ride Idaho, Ketchum, Sun Valley, ID. 7-Day fully supported, non-competitive roadbike tour with SAG support, mechanics, showers, beer garden, entertainment.

August 6, 2016 — Sawtooth Century Tour, Sun Valley, ID. Benefit for the Wood River Bicycle Coalition. Road bike tour from Ketchum to Alturas Lake and back.

August 6, 2016 — Copper Triangle Alpine Classic, Copper Mountain, CO. 11th Annual. The Copper Triangle has long been considered one of Colorado's classic alpine road rides.

August 13, 2016 — The Tour de Kooocanusa, Libby, MT. Fully supported 83 mile bike ride which tours the breathtaking shoreline of Lake Kooocanusa.

August 13-14, 2016 — Bike MS - Wyoming's Bighorn Country Classic, Bike MS, Sheridan, WY. Alexis Johnson, 303-698-5403, alexis.brady@nmss.org, Molly Palmer, 307-433-8664, wyomingbikems@nmss.org, bikemswyoming.org

August 13, 2016 — 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.

August 13, 2016 — George's Community Training Ride #3, Boise, ID. Mike Cooley, 208-343-3782, mcooley@georgescycles.com, georgescycles.com, gcoorsaevents.com

August 20, 2016 — 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.

August 20, 2016 — 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.

August 20, 2016 — Cycle 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.

August 20, 2016 — Four Peaks Gran Fondo, Pocatello, ID. One Day: 82 miles, Four Peaks: 7800ft total elevation gain. Climb the 4 peaks of the Portneuf Valley; Crystal, Scout Mountain, Pebble Creek, Buckskin.

August 21-September 2, 2016 — Yellowstone National Park Bike Tour, Belgrade, MT. August 21-26 & August 28-September 02, 2016. Tour includes 5 nights of lodging, 6 days of meals.

September 18-October 1, 2016 — Trans Utah Spring Tour, Travis Tucker, 970-728-5891, travis@lizardheadcyclingguides.com, lizardheadcyclingguides.com

September 24, 2016 — Gran Fondo Bear Lake, Montpellier, UT/ID, 100, 75, 50 or 25 mile fully supported ride from Montpellier, ID.

September 24, 2016 — Mountains to the Desert Bike Ride, Telluride, CO. 13th Annual Mountains to the Desert Bike Ride.

August 28, 2016 — MS Wine Ride & Vintage Bike Showcase, 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.

September 3-5, 2016 — 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 hard-packed gravel in the Oregon Coast Range.

September 10, 2016 — Idaho Poker Ride Pedal for Paws and Claws, Boise, ID. A Benefit Ride for: West Valley Humane Society, Starts and ends at MWI Veterinary Supply 3041 W. Pasadena Dr.

September 11, 2016 — Tour de Tahoe - Bike Big Blue, Lake Tahoe, NV. 14th Annual ride around Lake Tahoe's 72 mile Shoreline with the Juvenile Diabetes Research Foundation International.

September 11-30, 2016 — Santa Fe Trail Bicycle Trek, Santa Fe, NM, 21st Year. Camping Trip. Ride all or part of the Santa Fe Trail (approx. 1100 miles) on paved public roads only.

September 11, 2016 — Jordan's Ride, Eagle, ID. Jordan's Ride is a charity bicycle ride benefiting SIDS/SUDC research and support for the families affected by the tragic loss of their child.

September 16-17, 2016 — Grind de Galena, Pocatello, ID. 110 miles, 2 day group ride. Kaylee Pooley, 208-232-8996, barriesskiandsports@gmail.com, barriessports.com/2016-grind-de-galena.html

September 17, 2016 — 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 Summit.

September 17, 2016 — Tour de Vineyards, Palisade, CO. Come join this 25-mile ride through Colorado's Wine Country just prior to the Colorado Mountain Winefest.

September 18, 2016 — Edible Pedal 100, Carson City, NV. 10 mile, 50 mile and Nevada 150K ride options. Start: Bowers Mansion Regional Park, Washoe Valley, NV.

September 24, 2016 — Mountains to the Desert Bike Ride, Telluride, CO. 13th Annual Mountains to the Desert Bike Ride.

September 24, 2016 — Royal Gorge Century, Canon City, CO. 100 mile, 62.5 mile, and 50 K bike rides and community beer festival.

September 25, October 1, 2016 — OATBRAN, Lake Tahoe, NV. 25th Annual One Awesome Tour Bike Ride Across Nevada!

October 1, 2016 — No Hill Hundred Century Bike Tour, Fallon, NV. 30 mile, 60 mile, and 100 mile tour, fully supported. Event swag, gift bags, lunch (for metric and century riders).

October 1, 2016 — Santa Fe Gourmet Classic, Santa Fe, NM. Fun, challenging 60 mile bike tour with delicious, creative Southwest style foods at 5 gourmet refueling stops.

3286, 408-499-0775, lavimz@gmail.com, san-tafegourmetclassic.com

October 1, 2016 — ICON Tour of the Moon, Grand Junction, CO. 5th Anniversary Metric Century or Classic 41 mile loop over the beautiful canyons of the Colorado National Monument made famous by the Coors Classic and American Flyer movie.

October 8, 2016 — 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.

October 8, 2016 — Goldlocks Vegas, Goldlocks Bike Ride, Las Vegas, NV. The only women exclusive ride event in Nevada. Cyclists can choose from a 20, 40, 60, 80, and 100 mile ride all featuring downhill, flat, and rolling terrain.

October 8, 2016 — Park to Park Pedal Extreme Nevada 100, Kershaw-Ryan State Park, NV. Road bike starting at Kershaw-Ryan and takes peddlers through the towns of Caliente and Pioche.

October 29, 2016 — 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!

October 29, 2016 — Death Valley Century, Death Valley, CA. Entry includes chip timing with overall and age category results posted to the web; fully stocked checkpoints along the route with water and a great selection of food and snacks; roving SAG support; entry into Death Valley National Park.

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November 12, 2016 — Ride 2 Recovery Honor Ride Las Vegas, Honor Ride, Las Vegas, NV. Starts and rides down Las Vegas Boulevard with a full escort over the strip! 2 routes will be available with the longer heading out towards Henderson.

October 29, 2016 — Death Valley Century, Death Valley, CA. Entry includes chip timing with overall and age category results posted to the web; fully stocked checkpoints along the route with water and a great selection of food and snacks; roving SAG support; entry into Death Valley National Park.

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Regional

Multisport Races

May 7, 2016 — Ironman St. George 70.3 North American Pro Championship, St. George, UT. 1.2 mile swim, 56 mile bike, 13.1 mile

San Rafael Classic Triathlon. July 15-16, 2016. HUNTINGTON STATE PARK, HUNTINGTON, UTAH. CLOSED COURSE COMPETITION SPRINT, OLYMPIC, DUATHLON, AQUATHON, JUNIOR, KIDS RACE. EMERY COUNTY SEARCH AND RESCUE. 435-609-3126. WWW.SANRAFAELCLASSIC.COM

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run. Start: Sand Hollow reservoir. Bike through Snow Canyon State Park, Finish Downtown St. George, Ironman, 303-444-4316, stgeorge@ironman.com, Kevin Lewis, 435-986-6615, kevin@visitsstgeorge.com, ironmanstgeorge.com

May 7, 2016 — 50 Cent, Roy, UT, The 50 Cent Relay is a 50 mile bike/run, 1-4 person relay following the Rio Grande, Legacy and Jordan River trail systems., Joe Coles, 801-335-4940, joecoles@onhillevents.com, powell3.com, onhillevents.com

May 14, 2016 — Woman of Steel Triathlon & 5K, Syracuse, UT, This year's race is being held in conjunction with the Ghost Town Triathlon. Every Woman of Steel and Ghost Town participant receive a sweet Ghost Town Cowgirl hat! Don't miss this one of a kind spirit pool triathlon at the RUSH Funplex Pool and Rec Center as we party with a great race venue, catered post event food, boutique vendors, random prizes and more!, Dan Aamodt, 385-228-3454, info@triutah.com, triutah.com

May 14, 2016 — South Davis Splash n Sprint Triathlon, South Davis Racing Series, Bountiful, UT, Swim 350 yds; Bike 12 mi; Run 3.35 mi, relay: 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@southdavisrecreation.com, Cindy Hunt, 801-298-6220, cindy@southdavisrecreation.com, southdavisrecreation.com

May 14, 2016 — Ghost Town Triathlon and 5K, TriUtah Points Series, Syracuse, UT, Sprint distance consists of a 300 yard swim, 15 mile bike, and 3 mile run. This event is a 2016 TriUtah qualifying race for the Utah State Triathlon Championship., Dan Aamodt, 385-228-3454, info@triutah.com, triutah.com

May 21, 2016 — Sand Hollow Triathlon, BBSC Twin Tri Series, Hurricane, UT, The first race of the Twin Tri series at Sand Hollow State Park, with Sprint, Olympic, and Kids' distances. Bike along scenic sand dunes, and run around a gorgeous, reflective lake., Craig Towler, 318-518-7303, info@bbsctri.com, Michelle Lund, michelle@bbsctri.com, bbsctri.com

May 21, 2016 — 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.com

May 21-22, 2016 — HITS Triathlon, Grand Junction, CO, Race site - Highline Lake State Park. Pictures don't do this venue justice. Experience firsthand the extraordinary beauty of HITS Grand Junction., Sarah Hanaburgh, 845-247-7275, info@hitsuandance.com, hitsuandance.com

June 4, 2016 — 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 killer bike course near the Ogkairh Mountains and a run around the lake that is unparalleled., Cody Ford, 801-558-2503, cody@ustrisports.com, ustrisports.com

June 4, 2016 — Adventure Xstream Buena Vista, AXS Series, Buena Vista, CO, Solo, and 2 person teams will kayak, trek, rappel, and mountain bike., Will Newcomer, 970-403-5320, 2016@gravityplay.com, gravityplay.com, axs-racing.com

June 4, 2016 — Tri the Heights Sprint Triathlon, Cottonwood Heights, UT, 400m swim, 10.9 mile bike, 5K run. Awards will be given 1st-3rd in all male/female overall, age divisions, and weight divisions. Relay teams too., Warren Hallmark, 801-943-3190, warr@cottontwood-heights.com, cottontwoodheights.com

June 4-5, 2016 — XTERRA Deuces Wild, XTERRA America Tour, Show Low, AZ, Off road triathlon, 800m open water lake in Fool Hollow Lake, 24km mountain bike leg, 8km trail run. Begins at 7:45 a.m. Depending on water level, athletes will begin the race in the water or on the boat ramp., Raena Cassidy, 877-751-8880, info@xterraplant.com, TriSports Racing, 520-884-8745, info@trisporsracing.com, deuceswildtriathlon.com/events/xterra-deuces-wild

June 4, 2016 — Queen City Triathlon, East Helena, MT, 1000 yard pool swim, a flat 12 mile bike course, and a 3 mile run on a packed dirt path, Joe Hamilton, jhamilton@bresnan.net, www.mountainmantriathlon.org

Jason Steichen, jason.steichen@gmail.com, bigskybikes.com/events/queen-city-triathlon/

June 11, 2016 — Rock Cliff Tri at Jordanelle, RACE TRI, Heber, UT, Held at Jordanelle Reservoir. Race shirts and finisher medals. Olympic and sprint distances., Aaron Shamy, 801-518-4541, 801-358-1411, info@racetri.com, racetri.com

June 11, 2016 — East Canyon Triathlon, TriUtah Points Series, Morgan City, UT, Welcome to the 4th annual East Canyon Triathlon! This race boasts stunning scenery with a fast, technical bike course, and hometown hospitality like no other, with both sprint and intermediate/Olympic distance races to choose from. This event is a two transition point to point race beginning at beautiful East Canyon Reservoir. The sprint bike is downhill and fast. The Olympic bike course has two short challenging hills followed by a downhill fast descent to Morgan City. Both distances offer a scenic run along the Weber River and local neighborhoods., Dan Aamodt, 385-228-3454, info@triutah.com, triutah.com

June 11, 2016 — 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., Holly Erickson, 001-612-703-3320, hollerickson12@gmail.com, parkcityrecreation.org

June 13-16, 2016 — Great Basin Tri Clinic, tentative for 2016, Murray, UT, Beginner/novice Youth Tri Clinic, ages 7-12. Clinic will cover all three triathlon disciplines of swim, bike, run plus transition, nutrition, and hydration. Primary focus is skill in each area. Clinic will run four mornings from 9:00am-noon. USA Triathlon sanction pending. USAI certified head coach., Jo Garuccio, 801-566-9727, 801-557-6844, jo@agegroupsports.com, greatbasincoaching.com

June 17, 2016 — The Lunatic Triathlon, Price, UT, Held under the Full Moon! Choose between a Kids Triathlon, 5k run, Run-Bike Duathlon, Mini-Sprint Triathlon, Sprint Triathlon, Unicycle Triathlon or an off road Singletrack Triathlon, Scott Merrell, 3colt@lunatictriathlon.com, lunatictriathlon.com

June 18, 2016 — XTERRA Lory, XTERRA America Tour, Bellvue, CO, 1/2 mile swim in the clear waters of Horseshoe Reservoir (Elituk 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@withoullimits.com, withoullimits.com/#!_xterra-lory

June 25, 2016 — DinoTri, Vernal, UT, Sprint and Olympic Distance Triathlon. Race starts with an open swim at Red Fleet state park. The bike starts with a crazy hill climb out of the park and heads into town for a run and finish at Utah State Extension., Emilee Johnson, 801-520-0921, vernal@dinotri.com, dinotri.com

June 25, 2016 — XTERRA Tahoe City, XTERRA America, Tahoe City, CA, Qualifying race for the XTERRA USA Championship. Triathlon and Duathlon and sprint triathlon., Todd Jackson, 530-546-1019, todd@bigblueadventure.com, Kiley McInroy, kiley@bigblueadventure.com, bigblueadventure.com/event/xterra-lake-tahoe/, xterraplant.com

June 25, 2016 — Mountain Man Triathlon, Alpine, WY, 600 m swim across the Snake River!, 17km Gravel/Road bike leg through the East Alpine Foothills, and 7km trail run along the Greys River. Benefits Alpine Fire & EMS, Star Valley Medical Search & Rescue and Star Valley Medical Center Charitable Foundation, Pam Wolfley, 307-885-5956, pwolfley@svmcwy.org, mountainmantriathlon.org

June 26, 2016 — Boulder Sunrise Triathlon, Boulder, CO, Scenic course, sweet swag and all for a good cause! Includes olympic, sprint, duathlon, and 5k., Craig Towler, 318-518-7303, info@bbsctri.com, Michelle Lund, michelle@bbsctri.com, bbsctri.com

June 26, 2016 — Bozeman Tritons Triathlon, XTERRA America Tour, Bozeman, MT, Race Director., racedirector@bozemantrifitns.org, bozemantrifitns.org/trifitnstri/

June 26, 2016 — Ironman 70.3 Coeur D'Alene, Coeur D'Alene, ID, 303-444-4316, cda70.3@ironman.com, ironman.com/triathlon/events/americas/ironman70.3/coeur-d-alene.aspx#axzz3qCvV0c4p

July 2, 2016 — Cache Valley Super Sprint Triathlon, Logan, UT, Come out and compete on an established and fast course in either the Sprint or Olympic distance categories., Joe Coles, 801-335-4940, joecoles@onhillevents.com, cvst.com, onhillevents.com

July 2, 2016 — Big Hole Challenge MTB Race and Duathlon, Driggs, ID, Mountain bike mass start first, at 10 am, 9.73 miles with 1,160 verticle feet, then either bike a second lap or run 6.13 miles with 938 verticle feet. Awards, Raffle and results at 1 pm held at the South Horseshoe Trail Head. Kids Duathlon at Noon, .5 mi run followed by 1 mi bike, Free entry, Awards to all., Dick Weinbrandt, 208-354-2354, peaked@silverstar.com, peakedsports.com

July 9, 2016 — Echo Triathlon, TriUtah Points Series, Coalville, UT, Join us for one of Utah's most popular triathlons! Combine the competition with warm July temperatures, a scenic ride in Utah's unique Echo Canyon, and a run on the Historic Rail Trail and you have the perfect event for both seasoned athletes and beginners. Following the event enjoy hometown cooking and hospitality as the annual antique car cruise-in takes place in downtown Coalville, Ut., Dan Aamodt, 385-228-3454, info@triutah.com, triutah.com

July 9, 2016 — 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 Wellness Building., Stephen Olsen, 801-243-3559, 208-258-3145, stephensolsen@gmail.com, hillmantriathlon.info

July 9, 2016 — West Yellowstone Mountain Bike Biatlon, West Yellowstone, MT, Match class division for experienced biathletes and a Sport class for novices that includes a safety clinic and loaner rifles. All racers must provide their own mountain bike and wear a helmet., Moira Dow, 406-646-7701, info@skirunbiketm.com, skirunbiketm.com, rendezvouskitrails.com/events

July 9, 2016 — Rigby Triathlon, Rigby Lake, ID, Sprint and Olympic Triathlon, and Duathlon, Michael Hayes, 208-521-2243, events@pb-performance.com, pb-performance.com

July 10, 2016 — Valley Girl Triathlon, Liberty Lake, WA, Sprint distance., Marla Emde, 509-953-9924, 509-939-0552, marla@emdesports.com, emdesports.com

July 15-16, 2016 — San Rafael Classic Triathlon, Huntington, UT, Huntington State Park, Olympic distance tri, Olympic team relay, Sprint tri, Sprint team relay, spring swim/bike duathlon, sprint bike/run duathlon, youth tri. Friday night activities offer live music during the pasta dinner. Body marking and packet pickup available Friday night. Camping available. Reservations necessary to ensure campsite. Held on a closed course, Wade Allinson, 435-609-3126, allinson2@gmail.com, sanrafaelclassic.com

July 16, 2016 — XTERRA Mountain Championship, XTERRA America Tour, Avon, CO, The last of four regionals in the XTERRA America Tour, featuring sprint and championship distance off-road triathlon options., Raena Cassidy, 877-751-8880, info@xterraplant.com, xterrabeavercreek.com

July 16, 2016 — The Toughman Utah Half Long Course Triathlon 70.3, RACE TRI, Herriman, UT, Long course tri - 1.2 mile swim, 56 mile bike, and 13.1 mile run. Part of the Toughman Series., Aaron Shamy, 801-518-4541, 801-358-1411, info@racetri.com, racetri.com, toughmantri.com

July 23-24, 2016 — Donner Lake Triathlon, Truckee, CA, Kids Tri, Sprint Tri, Half Tri, AquaBike, Olympic Tri, Todd Jackson, 530-546-1019, todd@bigblueadventure.com, Kiley McInroy, kiley@bigblueadventure.com, bigblueadventure.com, donnetaketri.com

July 24, 2016 — 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

July 29-30, 2016 — Doxa by Iron Cowboy, Duchesne, UT, The only overnight team triathlon relay put on by the Iron Cowboy. Teams of 1-12 travel 285 miles in a non-stop triathlon relay., Alan Sheffer, 801-669-7504, 801-836-9610, info@doxaraces.com, doxaraces.com, racetri.com

July 30, 2016 — Burley Idaho Lions Spudman Triathlon, Burley, ID, The race starts at 7 am with the world's fastest 1.5K swim (current-aided) then a 40K Bike and 10K run., Cade Richman, info@spudman.org, spudman.org

July 30, 2016 — Layton Tri, Layton, UT, Rinse Ride Run Repeat is the theme to this event. This course is a mini sprint but for the full sprint repeat the course. It also has a youth triathlon and full course relay triathlon., Joe Coles, 801-335-4940, joecoles@onhillevents.com, laytontriathlon.com, onhillevents.com

July 30, 2016 — Adventure Xstream Summit County, AXS Series, Frisco, CO, Solo's or teams of 2 will mountain bike, kayak, trail run, and orienteer in either a 3-6hr "sprint", or 6-12hr "sport" course., Will Newcomer, 970-403-5320, 2016@gravityplay.com, gravityplay.com, axs-racing.com

July 30, 2016 — XTERRA Aspen Valley, XTERRA America, Kadiak Ski Lake, WY, 1200m swim, 2-Lap 12 mile mountain bike, and finishes with a 5K run., Lance Panigutti, lance@withoullimits.com, withoullimits.com

August 6, 2016 — XTERRA Winter Park, XTERRA America Tour, Columbine, CO, A cold and grassy adventure swim of 1000m, followed by a classic 13.5 mile mountain bike, and finally a challenging 4 mile run that follows the first 4 miles of the bike course. The finish is arguably the most scenic in all of XTERRA at the beautiful Columbine Point. Bike and run courses will be on the single track, double track and no track trails of the southwest side of Snow Mountain Ranch. A big ole' party at the finish with food, drinks, and great prizes., Paul Karlsson, 303-960-8129, info@digdeepports.com, digdeepports.com

August 6, 2016 — XTERRA Santa Fe, XTERRA America Tour, Santa Fe, NM, XTERRA West Championship, 1.5k swim / 30k mountain bike / 10k trail run, XTERRA Sport, 750m swim / 15k mountain bike / 5k trail run, Raena Cassidy, 877-751-8880, info@xterraplant.com, xterraplant.com

August 7, 2016 — XTERRA Flathead Off Road, XTERRA America Tour, Kalispell, MT, Takes place at Foy's Lake and Herron Park. Includes a 1.5 km (.93 mile) swim, 40 km (24.8 mile) bike race, and 10 km (6.2 mile) run., Raena Cassidy, 877-751-8880, info@xterraplant.com, K Schaefer, 406-751-4100, kschaefer@krmc.org, kalispellregional.org/submit/recreation-events/events/xterra-flathead

August 7, 2016 — Wunder Woman Triathlon, Medical Lake, WA, Sprint and Olympic distances., Marla Emde, 509-953-9924, 509-939-0552, marla@emdesports.com, emdesports.com

August 12-13, 2016 — Emmett's Most Excellent Triathlon, Emmett, ID, Kid's Tri on Friday, Olympic/Aquabike, Sprint on Saturday., Kristen Seitz, (208) 365-5748, cqr@gemcountrycreeation.com, Lora Lovell, 208-867-6763, emmettri@live.com, emmettri.com

August 13, 2016 — Jordanelle Triathlon, TriUtah Points Series, Park City, UT, Enjoy everything from the wildlife and boardwalks on the river bottoms in Rock Cliff Recreation Area at Jordanelle to the local country backdrop of the towns of Francis and Woodland., Dan Aamodt, 385-228-3454, info@triutah.com, triutah.com

August 13, 2016 — TriathaMom, Riverton, UT, Women only triathlon at the Riverton Country Pool. 300 yard swim, 12 mile bike ride, and 5k run. Carnival style cheering section provided for families of participants., Cody Ford, 801-558-2503, cody@ustrisports.com, Dani Lassiter, 801-635-9422, info@goldilocksride.com, gotriathamom.com

August 13, 2016 — Tiger Trout Tri, Price, UT, USAI Sanctioned triathlon at Scofield Reservoir with Olympic and Sprint distances. Incredible Venue., Joe Coles, 801-335-4940, joecoles@onhillevents.com, info@gettrouttri.com, onhillevents.com

August 13, 2016 — Herriman Black Ridge Triathlon, RACE TRI, Herriman, UT, Sprint Triathlon: there are two transition areas, with T1 at the reservoir and T2 at nearby Butterfield Park. Athletes will swim 500 yards in the reservoir then ride a 14 mile clockwise loop down around Herriman City and into Butterfield Park to begin their 5K run loop along the footpaths and return to Butterfield Park for the finish. The race is capped at 400 athletes., Aaron Shamy, 801-518-4541, 801-358-1411, info@racetri.com, racetri.com

August 20, 2016 — XTERRA Lake Tahoe, XTERRA America, Incline Village, NV, XTERRA, Sprint, and Duathlon. Course Distance: Full Course: 2X 750 meter swim laps with a 50 meter beach run, 22 mile bike, 6 mile run. Bike Tunnel Creek,

and then onto the Flume Trail, which overlooks Lake Tahoe to the Tahoe Rim Trail. Both the Short and Long course complete the 22 mile bike, approximately 4000 feet of climbing. The trail running course is relatively flat, fast and scenic., Todd Jackson, 530-546-1019, todd@bigblueadventure.com, Kiley McInroy, kiley@bigblueadventure.com, bigblueadventure.com/event/xterra-lake-tahoe/, xterraplant.com

August 20, 2016 — Polson Triathlon, Polson, MT, Olympic Distance Triathlon. 1.5 km, two-lap triangular swim in Flathead Lake. 40km bike, loop course through the valley southwest of Polson. 10km run single loop course through scenic Polson., Matt Seeley, 406-871-0216, 406-883-9264, seeleyspeedwagon@gmail.com, polsontriathlon.com

August 20, 2016 — Varsity Tri, Ogden, UT, Great First Triathlon! Super Sprint Triathlon at Weber State University. Aimed at Varsity Boy Scouts to finish their triathlon pin, but open to anyone., Jon Hansen, 801-657-1845, info@varsitytri.com, varsitytri.com

August 21, 2016 — XTERRA Wild Ride Mountain Triathlon (American Tour Points), XTERRA America / Wild Rockies Series, McCall, ID, Ponderosa State Park at Payette Lake, 3/4-mile swim, a 18.5-mile mountain bike and a 6.2-mile trail run, mass start at 9 am in the Park and the finish line festivities begin at noon with the racer feed and music. Kids triathlon to follow--2 different lengths, 13 and under., Darren Lightfield, 208-608-6444, wildrockiesemali@yahoo.com, wildrockiesracing.com, xterraplant.com

August 21, 2016 — Ironman Coeur D'Alene, Coeur D'Alene, ID, 303-444-4316, cda@ironman.com, ironman.com/triathlon/events/americas/ironman/coeur-d-alene.aspx#axzz3qCvV0c4p

August 27, 2016 — Vikingman, Heyburn, ID, Downstream Snake River Swim, Loop Bike Course, flat and fast run - lots of opportunities for your fans to cheer you on! half, Olympic, and Sprint distance triathlons, Duathlon, Aquabike and a Half Marathon., Alan Flugicker, 208-431-2232, info@vikingman.org, Rodney Hansen, 208-346-0736, rodney@vikingman.org, vikingman.org

August 27, 2016 — XTERRA Buffalo Creek, XTERRA America Tour, Bailey, CO, The XTERRA Buffalo Creek triathlon features a 1500m Swim, 22 mile mountain bike, and 5m run, Lance Panigutti, lance@withoullimits.com, withoullimits.com

August 27, 2016 — Helaman DCC Sprint Triathlon, Sandy, UT, Draper Coordinating Council Sprint Triathlon, Jennifer Koplin, 801-556-2350, jeniferkopl@2013@gmail.com, drapersports.com

August 27, 2016 — Boulder Sunset Triathlon, Boulder, CO, Scenic course, sweet swag and all for a good cause! Includes olympic, sprint, duathlon, and 5k., Craig Towler, 318-518-7303, info@bbsctri.com, Michelle Lund, michelle@bbsctri.com, yourcausesports.org

August 27, 2016 — Race on the Rock, Rock Springs, WY, Race along the base of White Mountain and through portions of this mining town. Super Sprint, Sprint, and Olympic Distance options., Traei Ciepiela, 307-922-1840, fciepiela723@yahoo.com, raceontherock.weebly.com

August 27, 2016 — Shark Attack Super Sprint and Kids Triathlon, TriUtah Points Series, Springville, UT, This super sprint open water triathlon consists of a time-trial start with a 250 yard swim, 5 mile bike, 1.5 mile run, repeated up to 4 times! You get to choose your distance! Plus, the amazing kids tri is for those little guppies 10 and younger!, Dan Aamodt, 385-228-3454, info@triutah.com, triutah.com

August 27-28, 2016 — Lake Tahoe Triathlon, Tahoe, CA, Kids Tri, Sprint Tri, Half Tri, AquaBike, Olympic Tri, Duathlon. Held at Ed Z'berg Sugar Pine Point State Park, Todd Jackson, 530-546-1019, todd@bigblueadventure.com, Kiley McInroy, kiley@bigblueadventure.com, bigblueadventure.com

September 5, 2016 — Youth and Family Triathlon, Murray, UT, A family triathlon! Ages 5-80+. Distances and actual course vary depending on age group. Please see website and race page for more info., Jo Garuccio, 801-566-9727, 801-557-6844, jo@agegroupsports.com, greatbasincoaching.com

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ALPINE, WY - JUNE 25, 2016

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| <p>600M Swim in the mighty Snake River</p> | <p>17K Gravel/Road Bike Ride through the East Alpine Foothills</p> | |
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SLCBAC News for April 2016

With a rare normal winter season gradually losing its grip, the Salt Lake County Bicycle Advisory Committee is engaged in a busy year of projects and support for the community. The group has already sent a member to the annual Washington D.C. Bicycle Conference where representatives from each state interact and share ideas and strategies that have helped their communities support bicycle transportation. Additionally the beginning of April will see the Utah Bicycle Summit host an impressive panel of speakers and sessions designed to improve the outlook for bicycles in our great state and connect us with the global efforts to spread the bicycle phenomenon in all communities.

The committee is working closely with Salt Lake County to provide input on a number of studies that will determine the transportation future of the county for years to come. Interested citizens should pay close attention to mailing lists such as MBAC and the SLCBAC list for links to surveys, public meeting announcements and calls to action. Finally, on April 30th the committee will hold its annual spring ride which the public is encouraged to join. Details will be sent out via mailing lists and posted on the committee's Facebook page. If you would like to be added to our mailing list, please email bicycle@slco.com.

Just a reminder that all of our monthly meetings have moved to the SECOND Wednesday of each month. Below is a listing of this year's remaining meetings. The meetings are still held in room N2-800 of the north County Government Building at 2001 South State Street.

Wed, Apr 13, 2016– 2nd Weds in Apr

Wed, May 11, 2016– 2nd Weds in May

Wed, Jun. 8, 2016– 2nd Weds in June

Wed, Jul. 13, 2016– 2nd Weds in July

Wed, Aug. 10, 2016– 2nd Weds in Aug

Wed, Sep. 14, 2016– 2nd Weds in Sept

Wed, Oct. 12, 2016– 2nd Weds in Oct

Wed, Nov. 9, 2016– 2nd Weds in Nov

Wed, Dec. 14, 2016– 2nd Weds in Dec

-Ian Scharine

BIKE FIT

Power to the Pedal

By John Higgins

Power. Cyclists generate it, measure it, train by it, and usually want more of it. Cyclists use it to sprint to finish lines and get up and over climbs. Some even use it to make smoothies for Downtown Farmers' Market patrons, or convert cellular energy to stored electrical energy.

There are many factors that affect the ability to generate power on a bike and turn that into forward momentum. One of them is position, specifically saddle position. Muscle contractions (back, glutes and quads) activate the levers (leg and foot bones) that push on the pedals. If the levers aren't suitably arranged, then it's harder to effectively generate power, and there is risk of injury.

If a saddle is too low, then the pedal stroke is over before the muscles have been able to fully do their thing (contract or extend). Increasing saddle height increases power output, up to a point. And at that point, power output then starts to decrease.

With a saddle that is too high, the muscles run out of action to fling the pedals past the dead spots of bottom dead center and top dead center, which is important for maintaining momentum to set up for the next downward power phase.

There are other downsides to a saddle that is too high or too low. A saddle too low usually means the hip angle between the torso and the thigh at the top of the stroke is restricted, which further diminishes the ability to generate force. And when force is generated, some of it is transferred into the knee instead of down to the foot, and this is a common cause of anterior knee pain.

Your body doesn't like a saddle too high either, and starts to compensate to protect the joints (hip, knee, ankle) from being pulled apart. The hamstrings get overstrained leading to pain behind the knee or up into the pelvis; the pelvis can start tilting down from side to side to provide extra reach to the pedals. That fires up the lower back muscles to help stabilize the pelvis, and further kinetic chain connections flare up, using energy and generating fatigue, not power.

So where is the sweet spot? For position-sensitive riders it is a spot, and a few mm can make a big difference. For many riders there is a range for saddle height that could vary as much a centimeter or two and still be suitable. The sweet spot of saddle height can be

determined through a combination of measurement, observation and feedback. Measurement of leg and foot length can provide a starting point for a suitable height range. Measuring knee angles at different phases of the pedal stroke helps qualify safe and sound cycling bio-mechanics. Observing a riders pelvic stability, pedaling style, knee action and leg extension provides further input, and rider feedback about what feels good is also important. A cyclist gets used to a saddle at a certain height, and if that height is not ideal, the body adapts, up to a point. However long term joint health and power output are compromised. Moving a saddle to a "better" position can require some re-adaptation over a period of weeks to create a new normal.

Ask other riders to observe you riding, and offer their thoughts on your saddle height; try out some adjustments for yourself; or see a bike fitter for more in-depth assessment and adjustment. Gym workouts and protein shakes won't help if you can't get the power to the pedal!

John Higgins offers bike fitting services at BikeFitr in Salt

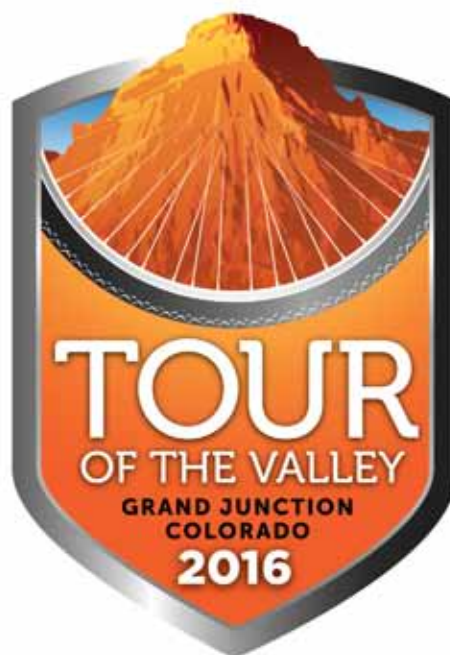


John Higgins assesses leg extension and saddle height during a fit. Photo by Angie L. Harker

Lake City. Contact john@bikefitr.com



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BIKEPACKING

Toroweap – A Ride 10 Years in the Making

Kathleen Berglund pedals the last few miles into Grand Canyon National Park.
Photo by Lukas Brinkerhoff

By Lukas Brinkerhoff

Day 3. Mile 116. My fly is down. I just noticed. Not sure why it's down or when it got left down. It's entirely possible that it has been down since we left camp 24 miles ago. I have no idea.

Over the next few miles of pedaling, I formulate a plan to eventually remedy this situation. Said plan has a lot to do with not doing anything until a later point in time. Every 12.2 miles or so, I remember that my fly

is down and I remember that I was going to do something about it and then do nothing about it. Normally, a fly down would be something that would need remedying as quickly as possible. In this particular situation, pedaling just shy of 200 miles in 3 days to see a big ditch, it was the least of my worries.

Toroweap, or Tuweap depending on who you are or what sign within the park you are looking at, is a small chunk of the Grand Canyon National Park that sits at the end of a long, bumpy, dirt road. It's one of the few

locations that you can stand on the edge of the canyon and look directly down to the Colorado River which is a stunning thing to witness. It's also, by my estimation and experimentation, the least visited part of the park. It's busy when all 12 campsites fill up. I've never been there when even half the sites are full.

Not only is Toroweap beautiful and a worthy destination in and of itself, it sits at the edge of the Arizona Strip. The Strip is a large expanse of land north of the Grand Canyon that logically should be part of Utah, but for some reason it got lost in time and isn't. It's a no man's land where some men have gone to get lost and others have been hiding for years. There is literally a place called Bundyville, where there are a bunch of families that kind of live off the grid and raise cattle and stuff. I think you get it, this place is remote.

The plan was originally hatched in 2006 as every employee of Red Rock Bicycle, three of us, huddled around a computer screen as we tried to figure out water sources and a way to ride our bikes from town to Toroweap, camp and then ride back. Some of the crew had driven the road a few weeks prior and now the idea of pedaling was fresh, keen and we were all in.

But as these types of plans go, nothing ever happened.

Day 1. Mile 25.3. We are at the top of the Dugway. The Dugway is one of two significant climbs in the 90+ miles one must pedal to get to the big ditch. We're all happy to be done with a rather taxing climb but also a bit concerned that we also made it to the top just over three



From the top of the Dugway looking north.
Photo by Lukas Brinkerhoff

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You just head south. It's a dirt road that seems like it will never end.
Photo by Lukas Brinkerhoff



Kenny Jones looks straight down on the Colorado river at Toroweap.
Photo by Lukas Brinkerhoff

hours in to our ride. We were hoping for a 10-hour day. At this pace, it will be 12 and I'm already not happy about my chamois choice.

The Dugway is kind of the gateway to the Strip. Everything below it feels like it's still St. George in every way except actual title. The weather is the same. The geography is the same and there are people. Top out on the Dugway and you just entered a western film where tumble weeds are getting blown across a plain covered in sage and a guy hunched over on a horse is riding in to town.

There's no one there. That tumble weed looks to be your only friend and you have a strange sensation that if you say the wrong thing to the right person, you will end up face down in a cow pond.

We continue pedaling as that is the only way we will reach our campsite. Luckily, the climb up the Dugway puts us on a relatively flat place and we have a tailwind. The miles that were lost in our first three hours begin to click by faster, and faster. Until it's time for lunch and then we all feel like we are standing still again. We had hoped to make

it to the Schoolhouse which would mark the halfway point, give us a table to eat at and is the one landmark we need for navigation. Every knoll feels like it is hiding the school, but then isn't. As bonking as becomes a serious concern, we finally break down and eat on the side of the road. It's still another 6 or so miles before we hit the Schoolhouse. At that point, we turn left and climb Mount Trumbull.

Day 2. Mile 92. Rest day. We pedaled from our front door to the Grand Canyon and then spent a day doing nothing more than enjoying the quiet and the scenery. Luckily, Toroweap provides a lot of both. A jaunt or two to the edge to witness the drop to the river or just to see the amazing colors as the sun begins to set are our only big plans for the day. That and spending the evening gazing at the stars that are bright thanks to the lack of any light pollution.

It may have taken me a decade to ride here, but it was certainly worth the wait.

Day 3. Mile 153. Kenny and Heather haven't been seen for about an hour and we assume they have left

us to battle the wind. There's a fence at an intersection. We stop to grab a snack and take a whiz. I finally remedy the open barn door that I have been meaning to do something about all day. The ProBar tastes amazing. We continue to pedal.

Just as we are rounding the last turn that will put us at the top of the Dugway and signify a big downhill, we see Kenny and Heather waiting. We roll up and Kenny hands us a beer.



We made it.
Photo by Lukas Brinkerhoff

It's part celebration and part cheers. Celebration that we are almost done and cheers to what was a great plan, even if it did take a ten years to complete.

Toroweap

To access this small piece of the Grand Canyon, head south on River Road in St. George. Continue south until you come to the Schoolhouse. You'll recognize it when you get there. Turn left. Climb Mount

Trumbull and then cruise into the park. It's about 90 miles of dirt to the edge.

Water is a big concern; the only publicly available water is on Mount Trumbull. Either carry enough or have water dropped as there is none in the park.

Lukas Brinkerhoff blogs about mountain biking and life at mooseknuckleralliance.org.

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GEAR PICKS

RakAttach Makes Any Hitch-Mount Bike Rack Better

The RakAttach is a swing-arm that allows easy access to the tailgate when used with rear mount bike racks.
Photo by Chris Magerl



The RakAttach makes hitch mount racks better.
Photo by Walter Anyan

By Chris Magerl

Heft a 30 pound 27+ dual suspension mountain bike on to the roof rack? No thanks. Hitch racks make life so much easier. And there are so many feature-packed brands, from Kuat to Inno, Yakima to Thule. Hitch racks are great!

Until you try to open your rear hatch. Or the tailgate of your truck. Or the back doors of your minivan. You've made a deal with inconve-

nience.

Walter Anyan said no deal. He wanted a simple, reliable way to make any hitch mount rack better.

"We were so tired of climbing over our bike racks when trying to get into the back of our cars and trucks," said Anyan. "We like our bike racks. They have taken a beating and work like champs but they are always in the way! We figured there had to be a way to make our racks work better."

Six prototypes later, Anyan was

How many miles to the gallon does your bike get?

TRAILS ADVOCACY

9th Annual Ogden, Ogden Valley Weeds Days, National Trails Day - Ogden Ranger District and Weber Pathways

The Ogden Ranger District of Utah's Uinta-Wasatch-Cache National Forest, Weber Pathways, and the Ogden Valley invites the public to join us for the 9th annual Ogden, Ogden Valley Weeds Days, and National Trails Day. The public is invited to participate in the community wide event in celebration of National Trails Day. The ongoing efforts offer fun, exercise, a chance to meet new people as well as give back to the local community!

The goal of this project is to help reduce and eradicate invasive weeds threatening the native plant community of the local area. The project areas encompasses lands bounded by the Forest Service, Weber County on the Mt. Ogden front, and Ogden Valley area. Invasive weed species threaten the ecological integrity and

biological diversity of plant communities within the project area and have caused adverse impacts to recreation, wildlife and other important social and resource values.

Target weeds include, dyers woad, puncture vine, dalmatian toadflax, myrtle spurge, leafy spurge, yellow starthistle, whitetop, burdock, and hounds tongue.

Control methods will include hand pulling and possible bagging. Forest Service crews will be using herbicides on-site.

Participants should wear protective clothing, including gloves and bring lots of drinking water. Some tools will be provided but it is recommended to bring your own shovels.

Please join the Ogden Ranger District, Weber Pathways, and Ogden Valley as we work to protect

our land by preventing the spread of noxious weeds in Weber County.

When: Thursday, May 12, 2016, 9:00 a.m. – 1:00 p.m. Huntsville Guard Station, 6620 East 100 South, Huntsville, UT

Friday, May 13, 2016, 9:00 a.m. – 1:00 p.m. 29th Street Trailhead, Ogden, UT

Saturday, May 14, 2016, 9:00 a.m. – 1:00 p.m. Eden Park, 2150 North 5500 East, Eden, UT.

For more information, contact Lisa Thompson, Volunteer and Partnership Coordinator, Ogden Ranger District, (801) 458-1704, lisathompson@fs.fed.us or Rod Kramer, Outreach Coordinator, rod@weberpathways.org, Weber Pathways (801) 393-2304.

confident he had a version that was solid and reliable enough to offer to consumers.

The RakAttach is a swing-arm that allows any 2-inch receiver hitch to pivot to the side, allowing full access to rear hatches, truck tailgates or rear doors.

The RakAttach was born and bred in Utah. Design started in Summit Park. All of the welding and fabricating is done by MetaDesignsSLC in, yup, Salt Lake City. The steel used in the RakAttach is rolled and formed in the US.

"We know that if a product can be designed here, it can be built here," said Anyan. "We believe in supporting local craftsmen and local businesses."

The RakAttach comes in three sizes. Small is suitable for your Subaru, Medium works well on the Explorer and Large is at home on any full-size truck, SUV or Sprinter. I am using a Large on my minivan.

The operation is very simple. There is a pin that holds the rack in the unswiveled position, and a simple throw-lever that locks everything in place. Yes, you need to do both. But if you were to space one or the other, catastrophic results would not be likely. The pin can also be used to secure the rack in the opened position, which is helpful if you are on an incline.

Have your Kuat 4-mount filled up with gravity bikes? No problem. The RakAttach has a 300 lb weight limit, well beyond the weight of four bikes. Even most 250cc motos, with an average curb weight of about 250 lbs, wouldn't topple this swing arm.

As expected, something so sturdy is also heavy. The Large unit weighs about 55 lbs, including lock and hardware. Roughly 35 lbs for Small, 45 lbs for Medium. It is a bit awkward to install solo, and you won't want to put it on and off each week.

But you won't need to, either. The rack is so quick to swing to the side. After a few days of using the RakAttach, I started feeling sorry for all those people I saw with a hitch-mount rack that aren't using the RakAttach.

RakAttach is not the only swing-away rack in the game. Yakima and Thule both make a rack that swings out of the way. But both those models carry bikes by the top tube. I find tray-mount better for a many reasons. They are easier to load. They work with large bikes, small bikes, bikes with sloping geometry, and dual-suspension bikes that might have an awkward shock mount. Bikes do not bang and sway. Want a tray mount that swings away? RakAttach plus your existing tray mount seems the best option.

Just simple tasks that are a part of everyday ride prep are so much easier when the rack swings aside. It is great to be able to reach into the back of the van to grab a pump without needing a contortionist's skills.

Going on a camping trip to the desert with bikes? Such a treat to be able to load and unload without having to remove all the bikes.

RakAttach can swing to the driver side or passenger side, but that choice has to be made before you purchase. It is not possible for consumers to switch the sides.

The unit comes with a locking hitch pin and an anti-rattle clamp, to securely snug the RakAttach to your vehicle. It is a good idea to recheck the clamp after the first week of use. Each unit comes with a one year warranty.

RakAttach

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RIDE OF THE MONTH

Utah Lake: South Shore Cruise

By Wayne Cottrell

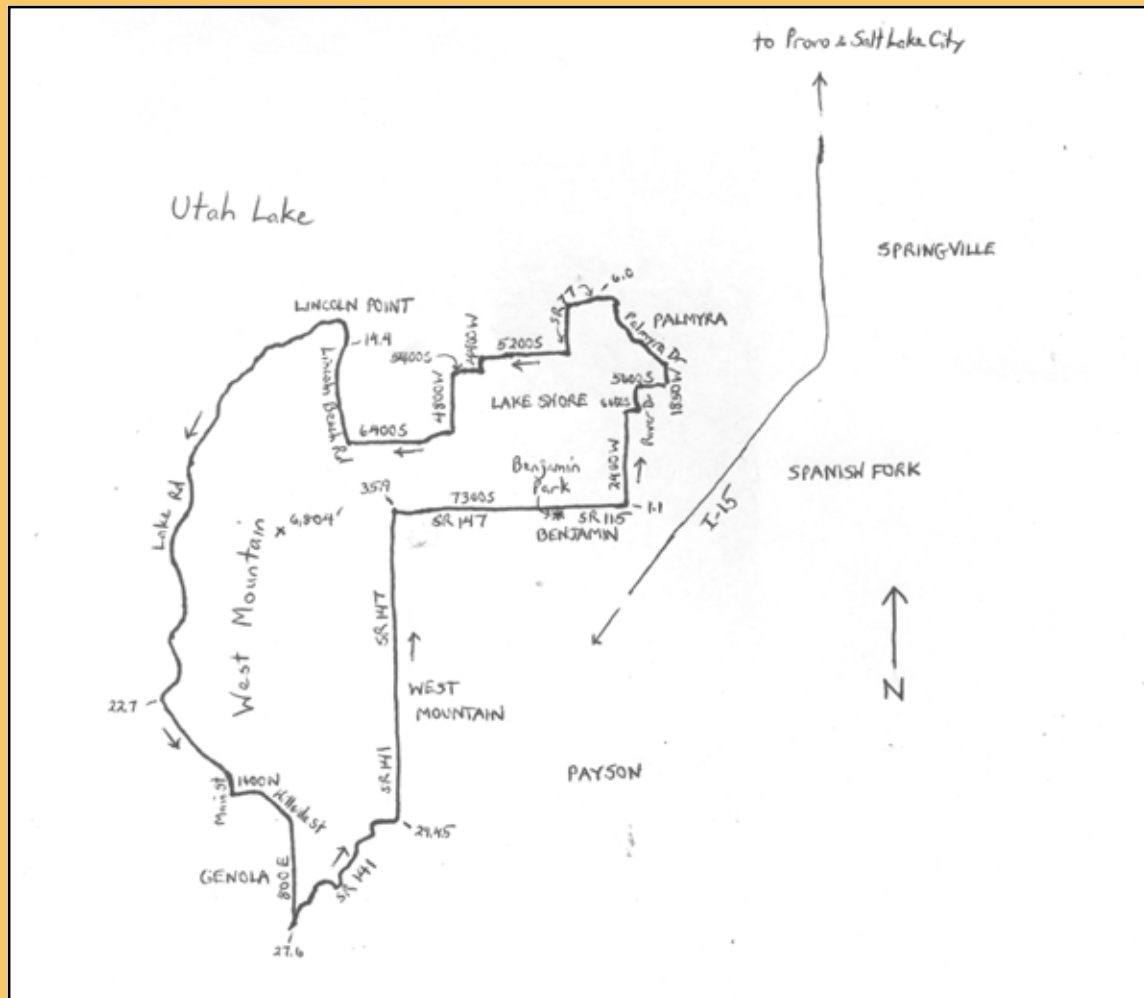
Riding around Utah Lake is popular, in that it is much smaller than the Great Salt Lake, and is encircled with roads, none of which are mountainous. It is nonetheless a long ride to make it around the entire lake. This shorter ride covers just the southeastern area near and along the lake, west of Springville, Spanish Fork and Payson. The ride visits the communities of Benjamin, Palmyra, Lake Shore, Genola, and West Mountain. The largest of these is Genola, which had a population of 1,397 in 2013. The region's total population of about 5,100, and a setting away from the through traffic of the I-15 freeway, assures that the roads of the route are lightly-traveled. The landscape is predominantly farmland, growing varieties of fruit.

The Utah Lake: South Shore Cruise is a 38.75-mile counterclockwise loop. Counterclockwise is the preferred direction, to keep Utah Lake's water on your right. The net elevation difference is small, at just 318 feet, although there are plenty of undulations along the way, making the ride not entirely flat. Start at Benjamin Park, located at 7300 South 3200 West in Benjamin. Benjamin is an unincorporated community, located west-southwest of Spanish Fork. Benjamin is 58 miles south of Salt Lake City; there is a "Benjamin" exit from I-15. Benjamin was not named for the Biblical character; rather, it was named for Benjamin Franklin Stewart, one of the community's founders. Start by heading east on 7300 South, which is State Route (SR) 147 until 3200 West, and then SR 115 beyond 3200 West. This part of the route is nearly pancake flat, as you are essentially riding in a basin formed by several waterways that drain from nearby Mount Nebo into Utah Lake. These include Spanish Fork River, Beer Creek, Benjamin Slough, and Spring Creek. Turn left onto 2400 West, 1.1 miles into the

ride, and head north. The riding out here can be peaceful and pastoral, as you pass by farms and country homes. Turn right onto 6000 South at mile 2.75 and head east, followed by a left onto River Drive. This road is parallel to the Spanish Fork River. Turn right onto 5600 South and head east, followed by a left onto 1850 West. Next turn left onto Palmyra Drive, which runs diagonally toward the northwest, with the Spanish Fork River now off to your left.

Palmyra Drive enters the unincorporated community of Palmyra (population 491 in 2010). The original Palmyra was absorbed into the city of Spanish Fork years ago; later, this settlement, a "new" Palmyra, was established. Bear left at 5000 South, and then bear right, just up the road, to continue on Palmyra Drive. At the end of Palmyra Drive, keep straight onto SR 77 (mile 6.0). The highway curves to the left and heads south. Turn right onto 5200 South (mile 7.45) and head west, now on the fringes of the Lake Shore community (population 817 in 2010). Turn left onto 4400 West, followed by a right onto 5400 South, followed by a left onto 4800 West. Plenty of turns, but these all come at the ends of the respective roads. After heading south on 4800 West, turn right onto 6300 South (mile 10.8) and head west, toward West Mountain. West Mountain rises to 6,804 feet, and is considered to be part of the Wasatch Mountains, even though it is entirely detached from the rest of the range. 6300 South becomes 6400 South as it descends, gradually, to cross Benjamin Slough. After climbing away from the slough (6.2% grade), the road curves to the right, becoming Lincoln Beach Road. The road hugs the east side of West Mountain. A dirt access road, on the left, leads to the top, where there are radio towers and an observatory. Lincoln Beach Road approaches Utah Lake, at Lincoln Point, with Lincoln Beach Park on the right. The park features camping, boating and fishing, and was formerly an active beach.

Follow Lincoln Beach Road as it curves around Lincoln Point, with



The South Shore Utah Lake Ride is a 38.75 mile ride on lightly traveled roads. Map by Wayne Cottrell.

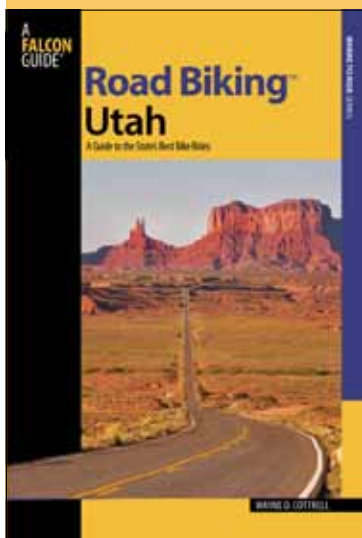
Utah Lake immediately to your right. You are now on Lake Road. This is the ride's lowest elevation (4,490 feet), although it is not much lower than the starting elevation (4,531 feet). Off in the distance is Bird Island, Utah Lake's only island. The island is not large enough for habitation, but is a popular fishing spot. Beyond Lincoln Point, you are on the west side of West Mountain, with unobstructed views of the lake to your right. The next eight miles are along this undeveloped stretch – not a park, but certainly having a park "feel." The southern end of Utah Lake, which is Goshen Bay, can be seen from the road. Utah Lake's shallow depth (14 feet maximum), dominant carp population (some 90% of all fish), and sewage dumping that continued until 1967, all contribute to a damaged lake ecosystem. At the 21.2-mile mark, after some mild undulations, the road climbs at a 2.5% grade to 4,630 feet. Leave the lake's side at mile 22.7, as

the road curves left to enter Genola. Although Genola is the largest town along the route, you won't witness much hustle and bustle. Lake Road curves to the right at mile 24.55, becoming Main Street. Turn left onto 1600 North; the road curves to the right, becoming Hillside Drive, and then curves to the right again, becoming 800 East. You are now heading south, through Genola. At mile 27.6, make a hard left onto SR 141 and head northeast. The highway climbs gradually to the highest elevation of the ride (4,808 feet), before beginning a gradual descent into the community of West Mountain. After winding its way off the flanks of West Mountain, the highway curves to the left and heads north (mile 30.45). SR 141 becomes SR 147 at 10400 South – keep straight, heading north. It is long, straight stretch to 7300 South (mile 35.9), where SR 147 curves right to head east, returning you to Benjamin. The ride ends at Benjamin Park, on the right, at mile 38.75.

Start/finish coordinates:
40.098014oN 117.732661oW

For more rides, see Road Biking Utah (Falcon Guides), written by avid cyclist Wayne Cottrell. Road Biking Utah features descriptions of 40 road bike rides in Utah. The ride lengths range from 14 to 106 miles, and the book's coverage is statewide: from Wendover to Vernal, and from Bear Lake to St. George to Bluff. Each ride description features information about the suggested start-finish location, length, mileposts, terrain, traffic conditions and, most importantly, sights. The text is rich in detail about each route, including history, folklore, flora, fauna and, of course, scenery.

Wayne Cottrell is a former Utah resident who conducted extensive research while living here – and even after moving – to develop the content for the book.



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