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**2023 EVENT  
CALENDARS  
INSIDE!**

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BIKE  
MONTH!**



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Took a selfie at a Utah State park	Rode on a new trail	Decorated my bike/helmet for Bike Month	Checked my lights	Joined the <a href="#">Move Utah Bike Month Strava Challenge</a>
Wore or added reflectors to my bike	Rode to a neighborhood park	Free Space	Visited the <a href="#">Move Utah website</a>	Biked at least 1 mile today
Tried a new bike route	Read about <a href="#">bicycle advocacy in Utah</a>	Read about <a href="#">Utah's bike laws</a>	Used <a href="#">TravelWise</a> to plan my route	Biked to a State Park
Watched a <a href="#">bike repair video</a>	Donated/ volunteered to a biking <a href="#">advocacy group</a>	Stretched before biking	Rode to a place I'd never been before	Plan a safe route to school/work with <a href="#">Safe Routes Utah</a>





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**Cover Photo: Johnathan Clampa on the Zen Trail during the 2023 True Grit race.**

**Photo by Dave Amodt, Crawling Spider Photography**

**BICYCLE INDUSTRY**

**What I Learned at the Sea Otter Classic**

By Peter Abraham

I spent much of last week up at the venerable Sea Otter Classic bike event working with 4iiii Power Meters and other clients. Held at the Laguna Seca race track in Monterey, CA, it's one of the oldest and biggest bike festivals in the world, with dozens of mountain bike, gravel and road races happening simultaneously. And since the closure of the Interbike trade show in Las Vegas a few years ago, Sea Otter has become a huge industry showcase. There were over 700 brands in attendance to go along with tens of thousands of participants and cyclists. The event saw record breaking crowds, an encouraging sign for the bike industry. Given the mix of different disciplines and brands, Sea Otter has always had a "gathering of the tribes" feel, which is really fun.

Here are my takeaways from the event:

**The Community**

Every single person I met was enjoyed to be immersed in a live event. While Sea Otter, and many other events, were technically back last year, it now feels like live gatherings are "really back." You could feel the energy and excitement that only comes from being around other humans in real life. There is no virtual equivalent. And I saw just about every single person I've ever met in the bike world in the span of four days. I loved it.

The brands that did not show up were conspicuous in their absence. If you want to be a functioning member of any community (a church, an AA group, your family) you need to show up consistently even if you don't always benefit. You are there to support everyone else, and vice versa. This also goes for businesses in the bicycle ecosystem. It felt like some brands were calculating their participation on ROI: "Given that it will cost us \$50K to show up at Sea Otter, will we make that money back in sales?" Or "Hey, we've already



Sea Otter 2023. Walking the aisles feels like getting lost in a giant bike shopping mall. Photo by Peter Abraham

got that community on lock down, we don't need to be there." Those are the wrong ways to look at an event like this. Brands need to understand the value of simply being present and bringing value to the community. The ROI comes over time when customers, partners, retailers, and athletes see that you consistently show up to important events like this and support others. There should be less selling and more uplifting the community. I did attend some good events put on by Canyon (disclosure: they've been a client of mine), but there could be much more leadership put towards bringing all of us together.

**The Brands**

As I've written about before, there's a lot of sameness in the bike industry: the bikes (whether

MTB, road, or gravel) all look almost identical, and mostly all use either Shimano or SRAM components. Given that, the way for businesses to differentiate themselves is with distinct brand identities. And I didn't see much of that at Sea Otter. Just about every bike brand displays their bikes in the same ways and their booths looked similar. It all felt very safe and down the middle: tech focused, clean displays and coffee offered in most booths. The fastest growing segment of bikes is the eBike category; there are new brands popping up all the time, and the tech is changing rapidly. But the branding and event marketing in that

Continued on page 4

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**Sea Otter 2023 -  
Continued from page 3**



Every single person I met was overjoyed to be immersed in a live event. Above: SRAM CEO Ken Lousberg with photographer Kit Karzen. Photo by Peter Abraham

area felt very conventional as well. If Cake were here with their minimal Scandinavian design aesthetic, they would have made a splash. MTB could use some young and fun energy. In the late '90s I attended the now-defunct Action Sports Retailer trade show in San Diego. This was where every skate, snowboard and surf brand met with retailers from around the country. I

remember Volcom showing up there with every staff member, including CEO Richard Woolcott, dressed in a clown suit. It was unique, disruptive, and fun. The brand looked and felt completely different from every other business at the show. Ten years ago, I would attend the Outdoor Retailer show in Salt Lake City. At that time, Patagonia was the beating heart of the event. That booth, with their unique and authentic brand story, was where all the cool kids gathered. And that included many of the North Face sponsored athletes. I didn't see anything like this at Sea Otter. I never once heard, "Peter, you have to go check out the \_\_\_\_\_ booth." Given the number of young MTB riders (many from NICA high school MTB programs) and gravity-focused brands, I was surprised at the lack of fun, unique & youthful energy. This feels like a wide-open brand opportunity, particularly in the booming MTB category. I will admit that the dual slalom race at Sea Otter was one of the most fun bike events I've been to: a huge, rowdy crowd, epic wipeouts, and super competitive racing.

**The Bike Racing**

Gravel & MTB racing is getting more competitive by the minute. I spent most of Saturday with photographers Danny Awang and Grace Williams shooting the Fuego XL MTB race. That was a 110K race

that served as the first event in the Life Time Grand Prix series. What struck me was how high the level is in gravel and MTB races now. The top of the field was stacked with Olympians, foreign riders and those who are 100% fully committed to being professional athletes. The idea of gravel racing as a "retirement plan" for pro road cyclists looks increasingly unrealistic, at least if they want to be on the podium at large and competitive events. The competition is getting visibly better and faster each and every year. In addition, I'm not seeing many content creators & storytellers up front in races. The fastest athletes (in most sports, not just cycling) don't have time for a YouTube channel or curated Instagram stories; they're too busy training all day, every day. I believe we'll look back at the 2016-2022 era in gravel as a moment in time that helped define the spirit of the sport. But we're not going back there.

The lack of live streaming will limit the growth of professional gravel racing. While some races (Unbound) do have some streaming, gravel and long MTB events often take place where there is no cell service. So, producing a professional video feed is an expensive commitment that takes months of preparation. When I managed the live tv broadcast at the Los Angeles Marathon, we spent over \$300,000

for a single 2.5-hour show. I realize that most cycling events can't write a check of that size. At the same time, it's unrealistic to expect non-endemic sponsors to jump into bike racing without a competent video broadcast. Athletes will also be held back in doing bigger sponsorship deals because "they're not on tv." Gravel races could look to the high-quality production at Cape Epic (recommended to me by Jeremiah Bishop) as an example of how to do this the right way.

The pandemic bike boom is filtering through to competitive cycling. I was invited to attend an open house for the new Cynisca women's pro road team. The squad, named after the first women's Olympic champion (chariot racing!) in 396 BC, is committed to developing "young athletes as they progress through the elite ranks of pro cycling." First of all, I loved meeting their riders and staff. It's a very professional organi-

zation, with good salaries paid to riders, a service course in France and a full calendar of European races. But importantly, many of the athletes are brand new to bikes and have come from running, triathlon and cross-country skiing. In addition to the Cynisca athletes, there are a number of former rowers excelling on bikes for teams like Team Twenty 24, Fount Cycling, Red Truck Racing and CS Velo. This is an interesting trend, and I hope more talented athletes find cycling coming in the side door.

Peter started racing bikes in high school and has continued to ride his entire life. He also runs the Abraham Studio (ABRHM.com), which works with purpose-driven brands in sports, technology and health-care to find their voices and tell their stories. He lives in Los Angeles, California.



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## NUTRITION

# Intuitive Eating On and Off the Bike

By **Breanne Nalder Harward**

Reflecting on the numerous articles I have written over the years as a dietitian, I'd found myself drawing a blank on the next topic. Then, as the world seems to work, I had an appointment with a client that was asking all the right questions at a nutrition consultation. This person was already very healthy yet looking for ways to fine-tune their nutrition to improve performance. This is not an uncommon situation in my profession, however at this time I left the appointment pondering how nutrition is so influenced by intuition. What I mean is that we all know to eat our fruits and vegetables, but when it comes to sport performance, specifically cycling, there is so much more to what we choose to fuel our bodies. It's my job to help individuals put the food puzzle together using science and research, but right now I want to talk about the concept of intuitive eating.

The dictionary defines intuition as "the power or faculty of attaining to direct knowledge or cognition without evident rational thought and inference." How does this apply to nutrition? The first word that comes to mind is cravings. Our body tells us what it needs by sending messages to our brain to say, "I'm hungry" or "give me chocolate" and whether we are conscious of it or not, there is reason behind those cravings. For example, after a ride we may crave chips and guacamole and a soda or an adult beverage. That makes sense when you think about what you deplete during endurance exercise: calories from carbs and fat, water, and electrolytes. It's no wonder salty food dipped in fat with a carb-rich drink all taste amazing! Answering cravings is also where we should be to be mindful. Just because our body or brain says it wants candy doesn't mean it's the best choice to answer the sweet craving. This is where intuition kicks in and a natural source of sugar is the right choice.

So, grab a peach or a banana instead!

Another example of listening to your body manifests in food intolerances. When we get stomach upset, GI distress or simply don't like the taste of something it's natural to not want that food. The trick is identifying the cause. What I mean by that is being able to decipher the reason for a negative reaction to something. For example, I get asked a lot about sport foods and how certain products cause "gut rot" or cramping or fill in the blank. The intuitive answer is if something doesn't make you feel great, don't eat it. But it's not that simple. You must ask yourself, what all did I consume (or not) that could lead to this problem? Maybe it's that you didn't drink enough electrolyte mix so your dehydrated, or perhaps too much dairy in your breakfast didn't sit well as your body tried to digest the inflammatory food while pedaling. There are so many scenarios possible with various solutions that it can seem daunting. So, let's bring it back to listening to your body while also applying knowledge of nutrition in the to feel good and perform.

I talk a lot about eating in moderation and fueling your body for what you're doing. I want to reiterate that we want balance in each day in order to make sure we get all our essential nutrients and the best way to do that is eat in color. Incorporate a fruit or veggie into every meal or snack to get those recommended servings. Also, we want to be sure to time our nutrients around exercise. You don't need me to tell you that a colorful fibrous salad isn't the best choice pre-ride, right?! Use your intuition to know that easily digestible carbohydrates are best before a workout and save the higher fat, protein, and fiber foods for recovery time (or as I like to say your "off the bike" food). When you're thirsty, drink water. And when you're riding, drink electrolyte mix: it just makes sense when you use that power of rational thought.

Listening to your body is not always as easy as it seems. I'll be the first to acknowledge that. It takes practice, discipline, trial, and error.



**Breezy's Granola for Anybody.** Food styling and photo by Dave Iltis

The take-away from this article that I hope for you is that you step back and assess your food choices and how they affect your everyday mood, energy levels, and of course sport performance. And if you can't figure it out, contact me! In the meantime, I wanted to provide a recipe that can help you practice intuitive eating.

### Breezy's Granola for Anybody

No bake, nut free, dairy free, gluten free

#### Ingredients

- 1/2 cup sunflower butter (or any nut butter if preferred)
- 2 tablespoons honey
- 1/2 teaspoon vanilla extract
- 1/8 teaspoon salt
- 1 cup oats
- 1/4 cup Rice Krispies cereal
- 3/4 cup mix-ins of choice (I like pumpkin seeds and raisins. You could also add chocolate chips).

#### Instructions

1. In a microwave-safe bowl combine the peanut butter and honey. Heat then stir until smooth.
2. Add in all the other ingredients except for the mix-ins. Mix until combined. It's thick and messy at first, but just keep stirring until a good consistency is formed. You may need to lightly knead the mix-

ture with your hands.

3. Add in any mix-ins of choice, stir through more and then use your hands again to form granola crumbles.

A food like granola is easy to mindlessly eat. It has healthy ingredients, yet too much of anything can lead to the issues discussed above. Make a batch but divide it up into appropriate serving sizes. Maybe even put each serving into a separate container to practice portion control. Also think of ways you could make it more balanced like having a smaller serving and adding color with mixed berries and pour on some unsweetened nut milk. Follow that intuition and enjoy with pride that you're making the best choices for your body.

Breanne Nalder Harward, MS, RDN, earned a BS in Biology and Sociology from Westminster College and went on to receive a Master of Science degree in Nutrition and Sports Dietetics from the University of Utah. She is licensed as a Registered Dietitian Nutritionist (RDN) and is the nutrition coach at PLAN7 Endurance Coaching. You can find more info on her at [plan7coaching.com](http://plan7coaching.com) or follow her on Instagram @breezysaycheezy.

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**CYCLING TRIVIA**

**Giro d'Italia Bicycle Trivia**

**By Dave Campbell**

Second only to the Tour de France in terms of prestige, the Tour of Italy was first contested in 1909. Its spring date, this year running from May 6-28, means it annually faces the most diverse and challenging weather of any of the Grand Tours. The 2023 route will cover just under 3500 kilometers, beginning in Ortona and finishing in Roma while climbing over 51,000 meters. On the women's side, the Giro Donna (initially called The Giro Femminile and also the Giro Rosa) was begun in 1988. Widely considered the most prestigious stage race in the world for women (Unlike the women's Tour de France it has happened annually since inception barring one interruption in 1991-92) and is scheduled for June 30 to July 9 this year. Complete details are not yet available, but it is safe to assume the total distance over ten days will be around 1,000 kilometers. The titanic clash between Giro favorites Primoz Roglic and Remco Evenepoel in Spain's Volta Catalunya gives every indication that this year's Men's edition will be spectacular! Now test your knowledge on the Men's and Women's Italian Grand Tour...

Q1. Belgian Remco Evenepoel enters the Giro as a favorite and happens to wear the rainbow bands of reigning World Champion. When was the last Giro victory by a reigning World Champion?

Q2. Staying with Evenepoel, who was the last Belgian to win the Giro? HINT: It is not who you probably think it is!

Q3. The history of the Men's Giro d'Italia is largely one of Italian riders with 69 wins for the home country from 44 different riders. Belgium is a very distant second with 7 wins from 3 riders. However, Italian cycling has been in a slump recently. When was the last time the Giro had a home winner?

Q4. The women's Giro has not been a largely Italian affair with the host nation second with 8 wins. Which country has found the most success in The Giro Donna? BONUS: How does the US rank?

Q5. Who is the all-time winningest rider at the Giro Donna? Hint: She is not Dutch!

Q6. American fans are quite familiar with the stories of Andy Hampsten's epic win in 1988. It

remains the only Giro victory by an American. Excepting that result, however, Americans have been on the podium three additional times in the Pink Race. Can you name those three riders?

Q7. The two main favorite for this year's Giro, Evenepoel and Slovenian Primoz Roglic are both fast finishers and likely to win sever-

al stages each, making them threats for the points competition as well as the GC. Who was the last rider to win both the points (Cyclamen jersey) and the Maglia Rosa?

**ANSWERS ON PAGE 21**

Dave Campbell was born and raised in Lander, Wyoming and

now resides in Bend, Oregon. A retired High School Science and Health teacher, Dave won four Wyoming state cycling championships before moving to Oregon to attend the U of O in Eugene. While there, Dave was a collegiate All American and went on to win six Oregon State Cycling Championships as

well as a Masters National Road Title on the Tandem. He started writing Trivia in 1992 for Oregon Cycling News and continued the column with the Northwest Bicycle Paper. Dave also writes cycling history at "Clips\_and\_Straps" on Instagram and announces at cycling events throughout Oregon



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## SPORTS PSYCHOLOGY

## The Psychology of Aging and Cycling: Part 2

By Eric Yelsa

In the previous article (Part 1 is in our Spring 2023 issue online) we discussed the process of aging, psychological and physical changes associated with aging, and explored how aging impacts sport participation and in particular cycling participation. Of the factors identified as having influence on how we proceed through the aging and sports participation process, intrinsic and extrinsic motivation, social identification and neurotic drive (also known as motivational drive), and the grief process were viewed as various models that offer some explanation as to interaction between age and sports. From this perspective it was concluded that it was not so much age itself that was alarming, but the potential existential threat aging presented that might raise risk of separation from sport participation or separation from one's identified peer group.

In this article we will continue our exploration of the process of age and sports by examining strategies to set appropriate competitive expectations, maintain motivational drive, and how to recover from setbacks related either due to injury or age-related factors.

In a brief review of my previous article on aging and cycling, whereas the intrinsic factor of neuroticism was considered the initial prompt to engage in a sport (motivational drive), the extrinsic factor of social affiliation was considered the factor that continued to provide positive reinforcement for participation in that sport over time (social identity). Or, stated differently, one initially participated in a sport because of the positive effects on mood, but continued to participate in that sport over time because it gave one a sense of social identity and perceived safety. Further, the actual process of adjusting to those age-related changes was compared to Elizabeth Kubler-Ross's stages of death and dying that includes the stages, denial, bargaining, anger, depression, and acceptance.

Here I attempt to address how to implement strategies for coping with inevitable age-related changes into pragmatic daily interventions.

It's early Summer, the sun is up, and cycling events are more fre-

quent. You're out on your bike, and in a group paceline. The pace starts out reasonable, but soon you find your breathing labored, your legs heavy and slow, and you feel muscles tensing throughout your body. You quickly come to recognize this as the moment just before bonking and getting dropped off the back of the group. Maybe you have some private words with yourself. Maybe you haven't been riding and you're able to reason with yourself about being more consistent in your training. Maybe you've been ill and now recovering. But maybe you've been consistent in your riding. Maybe your health is just fine. Maybe your only explanation for lower performance is age. Now what?

If you're like the general population the next few minutes to hours may be dominated by self-examination and assessing your understanding of why you may not be performing to the level you think you should. Based on your level of optimism you may conclude that you will continue to cycle, that you may need to modify your training, and that perhaps there are some changes in your performance expectations that may be in order due to age changes. But this type of calm and clear logic is unlikely. What is more likely is a tendency to look for external explanations of why your fitness is not where it should be. You might conclude that others in your cycling group might be resorting to performance enhancing supplements. You might conclude that maybe you're not trying hard enough. You might even conclude that those in your pace group were working together to make your time in the group that much more difficult. But it is initially unlikely that you will identify age-related factors as being responsible for a decline in performance.

The above type of phenomenon where one tends to search for explanations of sub-par performance that do not indicate personal failure is referred to as fundamental attribution error. Fundamental attribution error can be considered nature's strategy for us to maintain a sense of competence, even if our sense of competence is inaccurate. It asserts that in situations where we view ourselves as falling short of our expectations, that we will look to find explanations that identify factors outside

our control as being instrumental in our poor performance.

An example of fundamental attribution error might be illustrated by walking down the sidewalk and tripping. Based on fundamental attribution error, the individual who trips on the sidewalk may find an explanation for tripping related to something about the condition of the sidewalk itself. Think "I tripped on the sidewalk because it had a crack in it." On the flipside of this phenomenon, is the tendency for individuals to identify personal characteristics of others as explanations for their poor performance. Think "That person tripped on the sidewalk because that person is clumsy."

What is interesting with this phenomenon is that our explained attributions flip when we experience positive outcomes. Think "I got this new job because I'm the best suited for the position" as opposed to "that person got the job because they were lucky." We like to think bad things happen to us due to outside factors and good things happen to us because we work hard and deserve it; while bad things happen to other people because they deserve it while good things happen to other people just due to luck.

From a performance and coping perspective fundamental attribution error represents a variation on Elizabeth Kubler-Ross's stage of denial from her stages of death and dying. In the process of attempting to preserve one's self image, one is at much higher risk of misidentifying the factors contributing to lower performance. The result is that effort to improve the situation is misdirected, and therefore an appropriate course of correction is compromised.

So how do you correct for denial? The first step is to allow yourself to discuss the specific details of the loss with a peer. When did you become aware of changes in your fitness? What were the series of events that lead you to being aware of less physical strength? What do these physical changes signal to you? Do you have initial thoughts about your future in cycling? Are there performance goals that you believe are no longer obtainable and are there goals that you can still achieve? This process can be difficult, and individuals may find themselves debating various facts in their mind over the course of months before coming to

full awareness regarding changes in their ability to ride a bike or any life altering event.

**The following are questions you might ask yourself if you are aging and notice a change in your cycling:**

1. What is it that you enjoy most about cycling?
2. What aspects of cycling have been negatively impacted due to a decline in physical ability?
3. To what extent do you think performance decline might be age-related?
4. Is there anything in cycling that you don't miss that has been impacted by your age?
5. How does cycling help you cope with other aspects of your life?
6. What implications do you see related to decreased cycling performance within the
  - a. next year,
  - b. in 2 years,
  - c. in 5 years, etc...
7. What does getting old mean to you?
8. Who are the older individuals in your life who you consider role models for aging? Why?
9. Who are the older individuals in your life who you consider poor role models for aging? Why?
10. Were you raised with any stereotypes about older individuals? How do you think these stereotypes might have influenced your current opinions regarding age and getting older?

These questions are specifically designed to assist in better clarifying the role cycling plays in one's life, and therefore allows one to find adjustments to meet needs that

Continued on page 23

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**NUTRITION****Can Beetroot Really Improve Athletic Performance?**

Beetroot Pro is one of many beet root based sports drinks. Photo by Cameron Hoffman

By **Evangeline Mantzioris**

Beetroot is gaining popularity as a performance-enhancer for athletes and those wanting to gain a competitive advantage in running and cycling.

Some people juice beetroot, some eat it, others mix up a drink from the powdered form. But will it make a noticeable difference on how quickly we run a race or cycle up a hill?

**Small benefits for some**

A large systematic review in 2020 included 80 clinical trials, in which the included studies had participants randomly assigned to consume beetroot juice or not. It found consuming beetroot juice provided performance benefits for athletes.

In sports where every second or centimetre counts, this can be a significant improvement. In a 16.1 kilometre cycling time trial the gains linked to beetroot consumption were equivalent to 48 seconds.

But when the authors analysed subgroups within these studies they found beetroot juice wasn't effective for women or elite athletes – though this could be because there were too few study participants in these groups to draw conclusions.

Another large systematic review in 2021 of 73 studies that looked at endurance athletes (who run, swim or cycle long distances) found similar results. Supplementation with beetroot (and other vegetables rich in nitrate) improved their time to exhaustion by an average of 25.3 seconds and the distance travelled

by 163 metres.

This improvement was seen in recreational athletes, but not in elite athletes or sedentary people. This analysis didn't look specifically at women.

**What is it about beetroot?**

Beetroots are rich in nitrate and anthocyanins. Both provide health benefits but it's primarily the nitrates that give the performance benefits.

Once ingested, the nitrate is converted in the mouth by the local bacteria into nitrite. In the acidic conditions of the stomach, the nitrite is then converted to nitric oxide, which is absorbed into the bloodstream.

Nitric oxide dilates blood vessels, which delivers oxygen more quickly to the muscles, so energy can be burned to fuel the exercising muscles.

The result is that less energy is used for performance, which means it takes longer to tire.

**How can I use beetroot juice?**

The Australian Institute of Sport (AIS) has assessed beetroot and classified it as a Group A supplement. This means there is strong scientific evidence for use in specific situations in sport.

The AIS advises beetroot supplementation can be beneficial for exercise, training and competitive events that lasts 4–30 minutes and in team sports with intermittent exercise.

For performance benefits, the AIS advises the beetroot product (be it juice, powder or food) should have between 350–600mg of inorganic nitrate in it. Check the label. There are several concentrated juices avail-

able on the market.

Beetroot contains about 250mg per 100g of nitrate, so you need to consume at least 200g of baked beetroot to get the same effect.

To give the nitrates time to be converted to nitric oxide and absorbed into your bloodstream, you need to consume the product 2–3 hours before training or competition. You may get added benefits drinking beetroot juice for several days leading up to training or competition.

However, don't use antibacterial products like mouthwashes, chewing gums or lollies. These will kill the bacteria in your mouth needed to convert the nitrate to nitrite.

**Are there any downsides?**

Your urine will turn red, and this will make it difficult to determine if you are dehydrated. Your poo may also turn red.

Some people may experience an upset stomach when consuming beetroot juice. So try drinking it while training to determine if you have any problems. You don't want to find this out on competition day.

**What about nitrate from the rest of your diet?**

While it's difficult to consume enough nitrate to boost your athletic performance directly from vegetables before an event, consuming five serves of vegetables a day will help keep the nitric oxide levels elevated in your blood.

Vegetables higher in nitrate include celery, rocket, spinach, endive, leek, parsley, kohlrabi, Chinese cabbage and celeriac. There isn't clear evidence about the effect of cooking and storage on nitrate levels, so it's probably best to eat them in the way you enjoy the most.

However, it's best to avoid cured meats with added nitrate. The additive is used to stop the growth of bacteria and adds flavour and colour, but the resulting sodium nitrite can increase the risk of cancer.

While beetroot may give you a small performance boost, don't forget to tailor the rest of your training as well. Ensure you have enough carbohydrates and protein, and that you drink enough water. You may need to consult an exercise scientist and an accredited practising sports dietitian to get the best outcome.

Evangeline Mantzioris (<https://theconversation.com/profiles/evangeline-mantzioris-153250>), Program Director of Nutrition and Food Sciences, Accredited Practising Dietitian, at the University of South Australia (<https://theconversation.com/institutions/university-of-south-australia-1180>)

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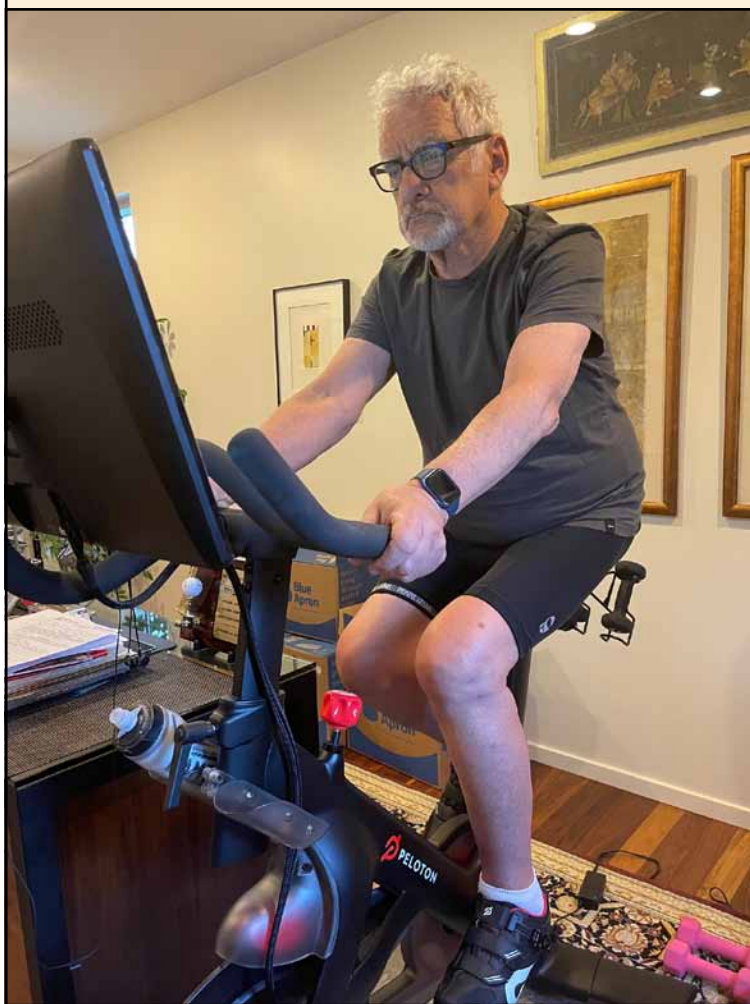
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**ESSAY**

**Giving Up the Bike**



Lou Borgenicht on his Peloton. He is not planning on giving it up. Photo by Jody Plant

By Louis Borgenicht

I turned 80 on December 29th. It was a definite marker in my life and looking back as opposed to looking ahead I realized that one of the realities of aging is giving up things I had done with abandon up to that point.

I stopped skiing years ago. The possibility of hyper-flexing a bad knee in a fall was daunting.

First was driving. I had three

similar accidents, which necessitated giving up the privilege of driving. Three months in a row I hit the driver's side tire and wheel on a curb. \$900 was the cost of each repair. I managed to sell the Nissan Leaf back to the dealer.

Tennis was next. I had played a totally enjoyable doubles game for several years until suddenly I was unable to serve. I took three serving lessons from FD at the Eccles Tennis Center to no avail. So, I stopped playing tennis.

Finally, cycling bit the dust. I had a road bike for several years and relished riding in the bucolic environs of Francis, Utah. Then a couple of years ago we purchased two ER-bikes. One day my wife decided that we should ride from our home (9th and 9th) to the Cotton Bottom. The road was rutted and bothered me. On the way home, three blocks from my house my shoelace got caught in the bike chain and I crashed onto my left side. The only injury was road rash on my arm. We called my brother who loaded both me and my bike into his car.

Two weeks later after my rash had scabbed, I took the bike out for a ride. For one reason or another I had a sense of disconsolate anxiety about traffic, and I sold the bike.

So now I walk, take the bus, rely on the kindness of friends, Lyft, and cajole my wife to give me a lift. But it is not without longing for my past when I see cyclists cruising through my Sugarhouse neighborhood. Visiting friends in Emigration Canyon and watching riders adhere to the right side of the road is also daunting. I rode it only once and am now relieved that I don't have to.

Having mild Parkinson's, I bought a Peloton bike which I ride every other day. It is safe and the myriad Peloton trainers with musical background are captivating. One of my favorite offerings is the video rides. I have ridden 5 kilometers through London, Puerto Rico, and the Scottish Highlands. All this from the comfort of my house and without the angst of dealing with traffic.

It is not something I plan to give up.

**Making eBikes More Ecologically Sound**

An ongoing issue with ebikes is how to make them as ecological as possible. A few new studies shed some light on how to do that in different ways.

One report says that solar-powered ebikes can become practical and economical eventually but only in climates with plenty of sunshine. The Middle East and Mid-Asia, yes, but not in most of the United States. Solar Bicycle Project, published in the Journal of Student Research ([https://www.researchgate.net/publication/369295170\\_Solar\\_Bicycle\\_Project](https://www.researchgate.net/publication/369295170_Solar_Bicycle_Project)). The project created such a bike, which takes about 5.5 hours to charge by sun (or about three hours by plug-in), which will allow it to run about 25 miles at a top speed of about 25 mph. The solar panel is rather large and limits the ability to carry much on the bike. If the sun doesn't shine or the battery wears out, riders can always pedal!

The researchers built a motor and attached it to a bike they bought and placed the battery in a box at the back. This prototype can be built for about \$467.

Meanwhile, a German report says you can recycle or refurbish ebike motors when they wear out. The highly technical paper discusses how to take the engine apart. It looked at five makes sold in Germany. The report acknowledges that the success researchers had may not work on untested motors, but the same tools worked on all the ones tried; only the screws differed.

The paper didn't consider the economics, such as the cost of labor in taking motors apart and rebuilding them. The manufacturers hadn't provided information about doing these things.

See Assessment of the Disassemblability of Electric Bicycle Motors for Remanufacturing at <https://www.researchgate.net/publication/369200078>.

-Charles Pekow

**Cyclist Deaths On the Rise**

Crashes are alarmingly on the rise, according to the latest federal figures. The number of cyclist injuries went up seven percent in 2021 from the year before, according to Overview of Motor Vehicle Traffic Crashes in 2021, recently released from the National Highway Traffic Safety Administration (NHTSA). The number of people killed while cycling jumped 1.9 percent over 2020, or 19 more people. (Note: NHTSA uses the term "pedalcyclist," which includes people riding unicycles, tricycles, etc.; presumably a very small percentage of the total).

The number of non-lethal cyclist injuries increased by increased by 2,729, or 7 percent, from 38,886 to 41,615.

The rise can't be blamed entirely on changing habits during the pandemic, as injuries have been rising for the decade before: "Pedalcyclist fatalities in urban areas increased by 62 percent since 2012; they decreased by 38 percent in rural areas," NHTSA reports. "Pedalcyclist fatalities in urban areas increased by 8.2 percent since 2020; they decreased by 24 percent in rural areas."

The statistics show, "of the 966 pedalcyclist fatalities, 220 (22 percent) were involved in hit-and-run crashes in 2021."

Details: <https://crashstats.nhtsa.dot.gov/Api/Public/ViewPublication/813435>.

-Charles Pekow

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**ROAD RIDE OF THE MONTH**

**Los Angeles: Beach to Beverly to Blanchard**



In tune: A cyclist uses his jacket as a brake, descending La Tuna Canyon Road in Los Angeles. Photo by Wayne Cottrell

By Wayne Cottrell

The goal of going from a city's lowest to its highest elevation, whether on foot or by bike, offers a challenge to those looking for some exercise, or even some serious training. Los Angeles is notable for having the greatest differential between its lowest (sea level) and highest (5,075 feet) points of any of the 50 largest cities in the U.S. The high point is at the peak of Mount Lukens, which is accessible only by truck trail. For a road cyclist, the city's highest point is in the northeast corner of the Tujunga community, at a tamer elevation of 2,403 feet. Still, cycling from the beach to Beverly Hills to Blanchard Canyon, in Tujunga, is long and challenging enough to suit any fit rider. The cyclist should be warned that the route is quite urban, and they should be equipped with the skills needed to navigate city roads that can be heavy with traffic and controls, and occasionally narrow shoulders. The L.A. Metro Bike Network does not, unfortunately, provide for a seamless connection between the points along this route. There are also a couple of climbs and descents along the way, so the net climbing is much greater than 2,403 feet, totaling over 4,500 feet. In fact, the returning "descent" direction has 1,080 feet of climbing!

The total out-and-back distance of the ride is 67.0 miles. Start at L.A.'s famous Venice Beach. Parking fees in lots near the beach can be notoriously high — \$15 on weekends, as I write this — but free neighborhood parking can be scarce. Wherever you park, be sure to start and finish at the beach on the Venice Boardwalk (bike and footpath). Head east on Venice Boulevard, which is part of the Metro Bike Network, and has a bike lane. The ride begins with an odd effect, with a short climb and then a descent to the ride's lowest elevation of three feet below sea level, at Dell Avenue (at 0.25 miles). On Venice, there are plenty of traffic signals, and some segments along which the bike lane is sandwiched between street parking, bollards, and the sidewalk — watch for pedestrians and turning traffic. Also, be cautious through the I-405 freeway underpass, which was dark and littered (adjacent homeless encampments) when I rode this. Turn left

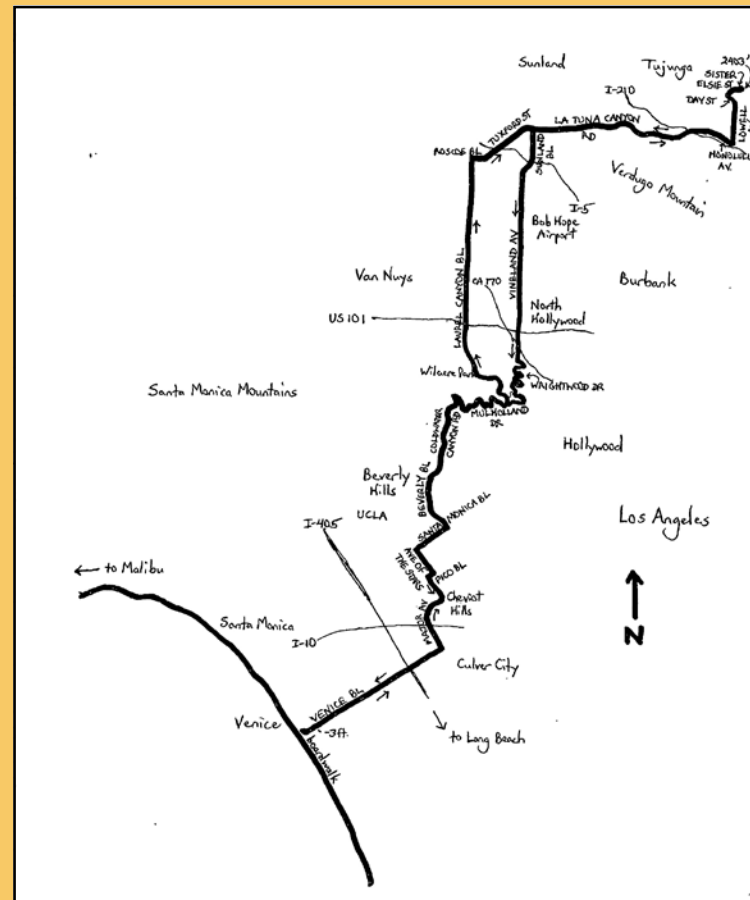
on Motor Avenue (mile 4.6) and head north — Motor has a bike lane or sharrows and is also on the bike network. After passing through the Palms neighborhood, the scene changes drastically as you enter the posh Cheviot Hills community. The road rolls through here, giving you your first taste of some climbing. Turn right onto Pico Boulevard, which has multiple lanes but no shoulder (definitely not on the bike network) — we stay on this road for just one block, before carefully moving left for a left turn onto Avenue of the Stars (mile 7.25).

Welcome to Century City! The 20th Century Fox Studio is on the left; the ABC Entertainment Center will be on the right. Continue to Santa Monica Boulevard. Turn right onto "Little" Santa Monica, which is akin to a frontage road, to avoid the heavy flow on the main road. I rode this toward the tail end of the Los Angeles Marathon, when the road was closed to traffic, but that occurs just once a year(!). Enter the city of Beverly Hills at mile 8.5. One block beyond the city's Rodeo Drive (no, you can't afford to shop here), turn left onto Beverly Drive. In all of its richness, Beverly Hills is predominantly residential, with stately mansions on very large, manicured lots. A tour of the "houses of the stars" can be fascinating — you may see several Hollywood tourist shuttles while riding. Note that from Pico to Van Nuys, where the ride is headed, only the roads in the flatter areas of Beverly Hills are on the Metro Bike Network. Exercise caution at all intersections, particularly at the wide stop sign-controlled one adjacent Will Rogers Memorial Park.

Enjoy pedaling through swanky Beverly Hills. Bear left on Coldwater Canyon Road (mile 10.55) to begin the first serious climbing of the ride. The average grade is 4.7%, which remains steady. The shoulder was damaged in places when I rode this. Make a sharp right onto Mulholland (mile 13.6; elevation 1,179 feet). You are bound to see other cyclists on this road. Mulholland continues to climb at a 3.7% grade, to 1,295 feet, and then mostly descends (winding) to Laurel Canyon Boulevard (mile 15.95; elevation 1,073 feet). The lands bordering Mulholland are part of the Santa Monica Mountains National Recreation Area, and there are fabulous overlooks. Turn left

onto Laurel Canyon to descend rapidly from the ridge. Wilacre Park, great for a short mountain bike ride, is on the left at mile 17.3. Enter the vast Van Nuys valley at mile 18.0, with Studio City to the right, and the Silver Triangle to the left. Continue heading north on Laurel Canyon. Anticipate heavier traffic volumes in the valley than on the ridge roads. Laurel Canyon is part of the Metro Bike Network north of Riverside Drive (mile 19.0; elevation 625 feet). Turn right onto Roscoe Boulevard (mile 23.4; elevation 819 feet) and head east. You are still on the Metro Bike Network, although the bike lanes fade where the road is damaged under the I-5 freeway. Continuing to head east, Roscoe becomes Tuxford Street at mile 23.9, and La Tuna Canyon Road at mile 25.15. Riding onto La Tuna marks the beginning of a long climb up the canyon (average grade 3.6%, with steeper segments). Verdugo Mountain is to the right, with a few primitive trailheads. La Tuna Canyon passes under the I-210 freeway at mile 29.95 — there is a popular trailhead here. The road continues to climb on the other side of the freeway to a crest at 1,766 feet (mile 30.8), followed by a fun descent. Turn right onto Honolulu Avenue, and then move left for a turn onto Lowell Avenue.

This marks the start of the final phase of climbing. The average grade is a stiff 7.5% for the next 1.25 miles, including a steeper but short kickup to Foothill Boulevard. There may be a queue of cars at the burger joint on the corner. Lowell straddles the boundary between the cities of Los Angeles and Glendale



north of Foothill. At the top, turn left onto Day Street (mile 32.7), for a fast descent into the Tujunga community. The rest is over quickly, though, with a right turn onto Sister Elsie Street. I admittedly had to walk the bike up this road, as the average grade of 15.9% was a bit steep after the climb to get here. Whether you walk or ride up, the street is narrow, so watch for motor vehicles. There is some relief after 0.4 miles, as Sister Elsie levels. The final stretch to the

peak is a narrow, paved road in poor condition that leads to a water tank — you may prefer to turn around early and avoid this stretch (elevation, 2,370 feet).

The return route is slightly different from the outbound route. Exercise caution on the descent of Sister Elsie, as it is very steep. There is no stop sign at the bottom, but

Continued on Page 15



## BICYCLE TOURING

**Bike Touring Iceland's Ring Road**

A beautiful view on the southern coast of Iceland. Photo by Mike Pribesh

By Mike Pribesh

Iceland has long been called the land of fire and ice, and appropriately so. But that moniker leaves out a lot. Iceland can also be called the land of wind and rain and waterfalls and sheep. All of those only very slightly begin to describe what this tiny country in the North Atlantic is about. Travel here, by whichever mode you choose, is equal parts challenging and rewarding, with a definite nod to the latter. Biking here can be brutal, and it can be joyous, but at either extreme it is amazing.

Bicycling around the Ring Road has long been very high on my bucket list, and when Iceland opened to tourism after Covid I jumped at the chance. I headed there with my trusty Fuji Cross bike and a lot of warm and waterproof clothes with a well thought out plan of how to tackle the eight hundred plus miles of what is essentially the only road to circle the country. I say essentially. It is the only road to actually go around the whole of Iceland, with offshoots along the way either to the empty center or to the coast on the rare occasions the road moves inland. Many of those offshoots inland rapidly turn to dirt, and then rougher dirt, and then crushed lava dirt and rocks, and then... well, you get the gist. The vast majority of Icelandic civilization is concentrated on or very near the coast, so it is wise not to venture too far into the hinterlands unless you are very self-sufficient.

After probably too much research on weather and wind patterns, I chose

to tackle the trip counter-clockwise. Not that this provided an advantage though. Icelandic winds are equal opportunity and blow wherever and whenever they choose, forecasts or patterns be damned. From my exhaustive research, I determined the probability of favorable winds on any given day was about fifty percent, which meant the probability of unfavorable winds was about, well, fifty percent. I chose my direction based on there is more to see on the southern coast than the northern stretch, and I wanted to be fresher for side jaunts and sightseeing.

Keflavik Airport is an outstanding starting point, and it even has a dedicated bike assembly spot in a converted Conex trailer with a windowed front and several repair stands and tool setups. This is the only airport I have ever seen this, and it definitely beats tucking into an out of the way corner of a terminal to assemble your bike and belongings after a long flight. Leaving is simple and safe, unlike so many airports around the world that clearly didn't think of bicycles even as an afterthought, and not even once did I think I was about to die.

Long trans-Atlantic flights do nothing positive for your body, and a dip in a hot spring would do wonders for recovery. As luck and geography would have it, the famous Blue Lagoon is only about fifteen miles from Keflavik, and I made a beeline there as fast as my tired legs would take me, reservation already in hand. My reservation, made months before, wasn't really necessary after all, as there were maybe two dozen people in the lagoon, which is huge. If



An incredible view of Skaftafell Glacier. Photo by Mike Pribesh

you want to avoid crowds, I highly recommend travelling immediately at the end of a pandemic. The Blue Lagoon is normally very crowded, and rightfully so. It's incredible. The warm, opaque, milky blue water surrounded by ancient lava flows, silica mud mask, and a swim up bar make for a very enjoyable and relaxing experience. It's a highly unmotivating experience because I didn't want to leave, but I forced myself after a couple of hours because I still had forty-ish miles to ride to my planned destination for the night.

My route along the southern coast took me through stunning scenery, so much so that I had a hard time keeping an eye on the roadway. To the right were usually pastures and beyond those the ocean, and to the left were amazingly green hills with waterfalls galore. In the pastures, and on the side of the road, and in the road, and in the hills, were sheep. So many sheep. And they are

very loud sheep, bleating as I passed them by and at night as I camped. They came to be rather soothing in the evenings while I was in my tent.

Iceland is known for its waterfalls with some of the most famous of them right along my route. And they are epic. I've always had an affinity for waterfalls and tend to plan hikes and rides just to see them, so I was happy as a freshwater clam as I rode past them. There are numerous unnamed (as far as I know) cascades tumbling from the cliffsides to provide a short-term waterfall fix between the major ones.

My second night camping was at the base of Gjúfrabúi and a couple of hundred yards from Seljalandsfoss. Yes, the big ones are all named, and good luck pronouncing them. Seljalandsfoss even has a hollow in the rock so you can walk behind the waterfall. Bring rain gear.

As I mentioned, I wanted to ride the southern coast while I was fresh so I could make side trips off the main road, and my plan worked well. A five-mile detour down a very steep hill to Reynisfjara Beach was well worth it even though it meant riding back up that same very steep hill.

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Approaching Egilstaddir. Photo by Mike Pribesh

The black sand beach with striking rock formations is not to be missed, just watch out for the sneaker waves that might try to sweep you out to sea. The mile or so off shoot to the Selfoss waterfall was also a must do, and the restaurant near the parking area had a frosty cold beer for me too. Sometimes I get a little lazy on these trips and don't want to do the extra miles off my main route, but I am happy I did. Every single side jaunt I took was worth it.

At the beginning I said Iceland could also be known as the land of wind and rain, and I say this from experience. In the first week of the ride, I had tailwinds, headwinds, crosswinds, and even no winds. I also had torrential rain, gentle rain, drizzle, clouds, and even brilliant sunshine. The no wind and brilliant sunshine were rare, but their occasional appearances were most welcome. Traveling in a country this far north and in the middle of a very cold ocean creates some challenges, but it wasn't as tough as some of the horror stories I'd heard.

Continuing eastward, I passed through vast barren flats of glacial runoff between Kirkjubaejarklaustur and Svinafell and to the glacial lagoon of Jokulsarlon and Diamond Beach, where the broken bits of glacier ice wash up on the black lava sands and glitter like jewels on sunny days. The fjords of the southeast and beautiful coastal fishing villages like Djupivigor and Faskrudsfjordur were both stunningly beautiful and frustratingly challenging. (Town names included mainly for the entertainment of you trying to pronounce them correctly. You will fail.) One particular stretch involved riding up and down four fjords in one day with a thirty mile per hour headwind on the inland sides with a roller coaster of fifteen percent grades, all with a backdrop of tall snow-capped mountains on one side and blue ocean on the other. At one point I stood at an intersection of the Ring Road and side dirt road I had been told about, contemplating the option of shortening this section of the ride by a full day. Two hard days of following the coast up and down numerous more fjords, or one brutal day over a mountain pass on a dirt road in the rain and with a seemingly hurricane force headwind. I elected the former and it made the right choice, because that's the day I saw my first wild reindeer.

I had some decisions to make upon reaching Egilstadattir, which was the far eastern point of my route. The weather forecast was looking

bleak for the next few days, and I would be riding into some heavy winds across some of the most barren areas of the entire country. I decided to fast forward a little and hopped a bus to Lake Myvatn and saved myself two or three days of soul sucking headwinds. It was a wise choice. Camping at Myvatn, I had to pitch my tent close to two others in the shelter of an outbuilding to avoid being blown away by the seventy plus mile per hour gusts. On the plus side, Myvatn means mosquito, and those little buggers didn't stand a chance in those winds.

I felt a little down on myself for taking the bus as I pride myself on trying to ride every inch of whatever trip I'm on, and I did some serious reflection lying in my tent that night, partly wishing I had ridden instead of bused, partly rationalizing that it was the wiser choice, and partly wishing I was at home in my cozy bed. The rationalization won out, and to make up for my self-perceived cheating, I rode north to the town of Husavik, which turned out to be the highlight of the entire trip.

Picture in your mind the iconic fishing village, with boats at the docks in the harbor and quaint houses and buildings on the shore. Now add to that snow covered mountains on the other side of the water with the evening sun glistening on both. Add to that a community fair on the waterfront with live music and beer and probably the best fish and chips I've ever had. And top that off with the best weather of the entire trip. Bliss. Any down thoughts I had been having floated away and all was right with the world.

I found the people of Iceland to be very friendly once you broke the ice. Mostly they would not start a conversation, but were happy to talk once I asked questions, and were very helpful and kind. A perfect example of this was the couple I met at the entrance to the Vadhlaheidargong tunnel. There are

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Husavik Harbor. Photo by Mike Pribesh

two tunnels in Iceland in which bicycles are prohibited. This was one of them. I was faced with yet another dilemma, find a way through to Akureyri, my destination for the night, or ride an additional twenty miles over a three-thousand-foot pass on a dirt road. As I pondered my situation, a car towing a trailer with two mountain bikes turned toward the tunnel and I flagged them down. Long story short, they gave a stinky stranger and his bike a ride through the tunnel and saved me several hours of climbing and cursing.

Mechanical issues with the bike (three broken rear spokes) changed the trip from there. Bike shops are very few and far between, and being the idiot that I sometimes am I didn't have any spare spokes, so I was back on a bus to Reykjavik. Once there, I scrambled to find a bike shop before they all closed for the evening. Reykjavik has an amazing path system with one for bikes paralleling one for runners and walkers. It was a very enjoyable ride until a bunch of jerk runners started yelling at me and giving me dirty looks. What happened to the friendly helpful Icelanders? Then I realized that I had wandered on to the runner's path, and I was the jerk. Oops. I quickly scooted off into a neighborhood and proceeded to get very lost. I wandered to and fro for a while, trying to keep mainly in the same direction I had been heading, wondering how I was going to figure this one out. My maps didn't work on my phone, and I naturally didn't have a paper map (again, idiot), so I was going by sheer instinct, and lo and behold, I popped out right at the shop I had been seeking, the Bike Cave. Genius or sheer luck? Probably the latter.

The Bike Cave turned out to be so much more than a shop. It was also a café, and the owner is a

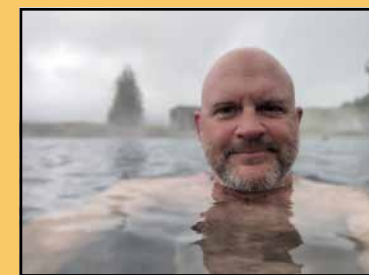
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Mike Pribesh at the Gullfoss Waterfall. Photo by Mike Pribesh



Mike Pribesh in his happy place at a secret lagoon. Photo by Mike Pribesh

ing on two continents at once. I even hiked to the actively erupting volcano, although it was not very actively erupting on that day. I guess even volcanoes need a day off from time to time.

Returning to the airport and realizing my trip was complete was bittersweet. I was ready to go home, but also didn't want to. I spent a fair amount of time on the flight home thinking about the trip as a whole and thinking about how to do it again. There's still the Westfjords area in the Northwest, the whole interior of the country which is lightly crisscrossed with barely rideable roads, trails, and rivers. And puffins. If nothing else, I'll return to see the puffins that eluded me this time.

**Ride Details:**

Start and end location: Keflavik Airport- Southeast of Reykjavik  
Total ride miles: 608  
Total ride days: 12

**If you go:**

• Navigation is easy. The Ring Road is the only main road. If you stay on it, you can't get lost, and it will

Continued on Page 15

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## MOUNTAIN BIKE RACING

### True Grit Epic 2023



Danny Van Wagoner on the Zen Trail during the True Grit. Photo by Dave Amodt, Crawling Spider Photography

By Shannon Boffeli

Even the reliably dry desert terrain of southern Utah has not been immune to the relentless weather systems that have pummeled the western US this winter. The night before the True Grit Epic rains fell for most of the night and riders awoke to some last-minute changes to the course. The most critical of which being that the race start through Cove Wash was too muddy for riders to pass leading to a “neutral start” through town and onto the trails in Green Valley.

The course changes were a last-minute decision by race director Cimarron Chacon and an overwhelming success. The changes did not affect the distance for the 50-mile riders but would impact the 100-mile racers making it impossible to complete their second lap and forcing them to simply repeat three full laps around the 6-mile Barrel Roll trail.

All categories and distances started at 8AM and the pack started hot with a mad dash through the streets of Santa Clara to the singletrack in Green Valley. After missing the

trail turn off most the riders jumped off their bikes to run and tumble down a muddy bank to the trail. After the race 100 miler Gordon Wadsworth had this to say about the start, “That start was so manky. Our whole group was like a herd of buffalo diving off a cliff.”

But once on course things settled down and trail conditions proved to be tacky despite patches of rainfall that continued to fall throughout the day.

Defending 50-mile champion Danny Van Wagoner (Johnson Elite Orthodontics) had gotten off to a good start and took an early lead into the infamously steep technical descent of the Waterfall. Van Wagoner saying later that, “Surprisingly, that didn’t seem all that sketchy despite the wet rock.”

Van Wagoner continued his solo lead until teammate Roger Arnell and Truman Glasgow (Imaginary Collective) caught him on the climb to Zen trail. The trio navigated the maze of slickrock that is the Zen trail together.

Meanwhile the women’s 50-mile leader Caroline Dezendorf (Easton/Cervelo), who was riding the demanding course of the True Grit

Epic blind and on a hardtail, had told herself to, ‘expect the unexpected.’

A strong effort on the road start was paying dividends as she held the lead into the singletrack with seconds in hand over her hard-charging competitors. “The trails were so fun,” Dezendorf would say after the finish, “I was kind of amazed how much of the slick rock I could ride blind.”

The Reno, Nevada, racer was indeed having an impressive day taking a lead through the unforgiving Zen trail. A couple of small mistakes including a crash opened the door for Mya Graham (Waite Endurance) to close up on the leader making contact at the second feed zone just before climbing toward the Bearpaw Poppy trail.

Not far behind the lead duo, a group of women rode wheel-to-wheel at the halfway point including KC Holley (Kuhl), Lauren Zimmer (Carborocket Pro MTB), and Holly Haguewood.

At this time, the lead men were still riding in formation with Van Wagoner, Arnell, and Glasgow out front. As the leaders began the climb up the Rim Reaper trail Van Wagoner could see the threatening figure of Zach Calton (Calton Coaching) and Carter Anderson (Kuhl) charging behind.

Van Wagoner pushed the pace



A rider in the True Grit Gravel Race. Photo by Dave Amodt, Crawling Spider Photography

up front splitting Roger Arnell before his final acceleration on the Barrel Roll climb unseated Truman Glasgow from his wheel opening a gap he would hold until the finish successfully defending his title as True Grit Epic champion.

Truman Glasgow dropped another spot to third by the finish losing in a sprint finish to Roger Arnell. Carter Anderson would cross the line two minutes later in fourth just one second in front of Zach Calton.

On the women’s side Caroline Dezendorf was doing her best to hold off a challenge from Graham. As the course dried up so did the mud that had collected in Dezendorf’s shoes and pedals at time making it impossible to clip in. “My cleats and pedals became cement,” She shared after the finish. “It made it so a lot of features that I should have been able to ride I had to run because I wasn’t clipped in.”

But Dezendorf kept her cool and focused on staying calm and pedaling forward. She again opened the gap to second place and kept stretching her lead until the finish. Undeterred by a less than perfect day she indeed stayed calm and took the True Grit win by a margin of over 10 minutes.

18-year-old Mya Graham came home in second.

The final steps of the podium came down to a back-and-forth battle with Lauren Zimmer eventually taking third just seconds in front of Holly Haguewood in fourth and KC Holley in fifth.

Riders in the rain-shortened 100-mile event completed one full lap

and two additional 6-mile laps of the Barrel Roll trail for a full distance of 62 miles.

It was hometown teenager Gwendolyn Sepp (Artemisia Cycling) taking top honors. She was followed by Suzanne Jensen (Roaring Mouse) and Bigfoot Endurance racer Julia Thumel in third.

The men’s race went to Samuel Brehm (Cyclery Bike Shop) in a time of 4:15:41. Gordon Wadsworth (Blue Ridge Cyclery p/b Revel Bikes) took runner up honors almost 10 minutes in front of Ryan Bennett (No Ride Around) in third.

#### True Grit Gravel

In past years, the True Grit Epic has featured a multi-day stage race competition that includes the Epic mountain bike race followed by an 84-mile gravel race the following day. For the first time in 2023 the gravel race would happen one week after the mountain bike stage.

Weather conditions proved to be much drier for the gravel event, but a winter of heavy precipitation left the gravel roads in rough condition with ruts and washboard bumps challenging riders and their equipment.

St. George’s own Allyson Sepp (Artemisia Cycling) won the race of attrition in this year’s True Grit Gravel taking first place and taking the stage race title after her 6th place finish in the Epic mountain bike race.

The men’s gravel event win went to Zach Calton who separated from Bjorn Larson (TNE & Associates LLP) and Carter Anderson (Kuhl) to take the top step of the podium and the stage race title. Calton will also be participating in this year’s Life Time Grand Prix.

Shannon Boffeli is the managing editor for mtbracenews.com

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**Iceland Bike Touring - Continued from page 13**

eventually bring you back to where you started. It is a big ring after all.

- Prepare for the weather. It is windy. It is rainy. It is windy and rainy. Invest in quality rain gear and warm but breathable cycling clothes. I found I was almost always one layer away from just right. The raincoat I brought was sub-par so

was the extent of my cash use. Even at campgrounds the attendant would come around with a card reader. Don't be shocked when she tells you it's 15,000 Krona. That's about twelve bucks.

- Don't worry about a language barrier. Everyone speaks English. It is taught in schools starting at age five. Some of the older people I met were less versed, but many of the younger ones speak English with



**A great camping spot near Seljalandsfoss Waterfall. Photo by Mike Pribesh**

in Vik I bought a new one that was overkill but completely waterproof for an ungodly amount of money. Which brings me to the next point-

- Iceland is expensive. Food and drink in a restaurant ran about \$30 for just me no matter where I was. Restocking supplies for on the road was cheaper, but not by a lot.

- Wild camping is technically illegal, but there are tons of reasonably priced campgrounds. In fact, camping in small, converted minivans seems to be the national pastime. I never had trouble finding a campground, and they are all basically big fields so you can pitch a tent pretty much anywhere.

- Cash is a waste of time. I used coins for a shower once, and that

virtually no discernable accent. If you try to speak Icelandic to a native based on words you are reading, you will sound like an idiot. Don't ask me how I know this.

- If you go to Iceland in the summer, it does not get dark. Ever. If you are camping, bring a sleep mask. It's seriously bright even at two a.m. And if you hope to see the Northern Lights, go in the winter. You will not see them in the summer.

- I've made a two-part video of this adventure. You can view them at

Part 1: <https://www.youtube.com/watch?v=uSQjCdpTFnE&t=34s>

Part 2: <https://www.youtube.com/watch?v=VgtP71ANwOo&t=1248s>

**LA Beach Ride - Continued from page 11**

stop anyway, as the cross street (Day Street) has no stop sign either! Continue to reverse the outbound route to the intersection of La Tuna Canyon Road and Sunland Boulevard (mile 42.2). Turn left on Sunland, which flies over the I-5 freeway, and then bears left to become Vineland Avenue. Vineland heads south, gradually descending, with the Bob Hope (Burbank) Airport to your left. Vineland is on the L.A. Metro Bike Network as far south as Vanowen Street. Continue on Vineland through the vibrant North Hollywood community.

Exercise caution at the six-legged intersection with Camarillo Street and Lankershim Boulevard. Vineland narrows after crossing Ventura Boulevard (mile 48.95; elevation 570 feet), as you begin the climb to Mulholland. (Based on experience, the climb up Laurel Canyon is too narrow and busy for comfortable cycling). Turn right onto Wrightwood Drive, which is a steeper but safer alternative to Laurel Canyon. The road kicks up at an 8.6% grade, increasing to 14.0% after 0.4 miles, and then easing to 6.4% after another 0.2 miles. Watch the street signs, as Wrightwood makes a series of turns during the climb. After the road curves left (mile 49.15), turn right, then left, then left again to stay on Wrightwood. After another climb at 8.2%, Wrightwood reaches Mulholland Drive (elevation 1,175 feet). Turn right — Mulholland climbs slightly, then descends to Laurel Canyon. Continue on the reverse route to Venice Beach from here.

Note that the Coldwater Canyon Road descent can be fast, but the shoulder was uneven and bumpy when I rode this — the pavement is smoother in the middle of the lane, but one must ride at motor vehicle speed to fit into a platoon. (The speed limit is 30 mi/h). This route will be discussed in greater detail in my forthcoming *The Best Bike Rides in Los Angeles, Volume 2*, which is a continuation of my book *Best Bike Rides Los Angeles*.

Starting & ending point coordinates: 33.98371oN 118.470953oW

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

**Bus Corridors Ignore Cyclist Safety**

The transportation planning profession needs to produce standards for bike/ped safety in bus rapid transit corridors. So concludes a new study from the Transit Cooperative Research Program, *Pedestrian and Bicycle Safety in Bus Rapid Transit and High-Priority Bus Corridors*.

The study examined existing worldwide research and design guides to see what they said about cyclist safety in the corridors. It looked at practices in seven bicycle-friendly US cities, including Fort Collins, CO. Researchers found that most safety studies of bus corridors didn't look closely at the issue for cyclists. Existing guides on safety, however, often include sections on bike/ped safety.

The program found that cookie-cutter approaches won't suffice, as no two situations are identical. As a rule of thumb, cyclists are less likely to get in conflicts with buses when the bus lanes lie in the middle of the road.

It says further research is needed on matters such as how curb extensions used to load/unload passengers affect bicycles, and lanes only for buses and bikes. These cause conflicts when buses swerve to pass a cyclist or have to get close to a curb to pick up/drop off passengers.

See <https://nap.nationalacademies.org/download/27007>.

-Charles Pekow

**BLM Considers Limits on Mountain Biking in Canyons of the Ancients National Monuments**

Mountain biking would be restricted to "designated travel routes" within the Sand Canyon-Rock Creek Special Recreation Management Area under a proposed rule. The Bureau of Land Management (BLM) issued a Proposed Supplementary Rule for Canyons of the Ancients National Monument in Dolores and Montezuma Counties in southwestern Colorado "to regulate conduct on public lands within Canyons of the Ancients National Monument."

The proposal is designed to protect natural and cultural resources. Currently, BLM requests users to stay on trails designated for biking, hiking, or horseback riding.

BLM is taking public comments till June 5.

See <https://www.govinfo.gov/content/pkg/FR-2023-04-06/html/2023-06806.htm>

-Charles Pekow

**Surprisingly, People Prefer Their Own Bikes to Shared Ones**

Despite the popularity of micromobility sharing as a first/last mile way to get around, more people still prefer to use their own bikes rather than shared ones, according to a study done in the San Francisco area by the National Center for Sustainable Transportation at the University of California, Davis.

About 90 percent of people using a bike or scooter to get to and from public transit are using their own vehicles. The report suggests ways localities can better encourage both types through improved design of stations, bike parking, wayfinding signage, etc. Many users took their vehicles with them on public transit rather than parking them. Users cited needs for better bike lanes to stations and lighting and also expressed concerns about crime.

Many people also complained about a lack of shared vehicles — too often the stations were out of bikes or scooters when they needed one to get home.

Find *Integrating Micromobility with Public Transit: A Case Study of the California Bay Area* at <https://escholarship.org/uc/item/4fm8z1ct>.

-Charles Pekow

**Forest Service Considers New Trails, Limits on Mountain Biking in Ashley National Forest**

The range of allowable mountain biking in Ashley National Forest may get some adjustments. The U.S. Forest Service (USFS) released a revised land management plan for the forest in northeastern Utah and southwestern Wyoming. The plan would add some mountain bike routes but forbid riding in other areas where it currently is allowed.

The plan allows building 10 miles of new mountain biking trails and improving 10 miles of existing ones "if local user groups or partnerships are identified to conduct annual trail maintenance." But bikes may be forbidden in areas designated as wilderness.

USFS foresees increased mountain biking demand in the forest, especially in the north near Vernal, as popular areas like Moab become overcrowded. It also acknowledges people may want to ride ebikes there in the future.

Anyone opposing the plan can file an objection until mid-June. See <https://www.fs.usda.gov/main/ashley/landmanagement/planning>.

-Charles Pekow



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(801) 364-0344  
contenderbicycles.com

### Cranky's Bike Shop

142 E. 800 S.  
Salt Lake City, UT 84102  
(801) 582-9870  
crankysutah.com

### evo Salt Lake

660 S 400 W Suite 300  
Salt Lake City, UT 84101  
385-379-3172  
campus.evo.com

### Gear Rush - Online Consignment

53 W Truman Ave.  
South Salt Lake, UT 84115  
385-202-7196  
gearrush.com

### Go-Ride.com Mountain Bikes

2066 S 2100 E  
Salt Lake City, UT 84108  
(801) 474-0081  
go-ride.com

### Guthrie Bicycle

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

### Highlander Bike

3333 S. Highland Drive  
Salt Lake City, UT 84106  
(801) 487-3508  
highlanderbikeshop.com

### Hyland Cyclery

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

### Jerks Bike Shop

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

### Level Nine Sports

660 S 400 W  
Salt Lake City, UT 84101  
801-973-7350  
levelninesports.com

### REI (Recreational Equipment Inc.)

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

### Trek Bicycle

247 S. 500 E.  
Salt Lake City, UT 84102  
(801) 746-8366  
slcbike.com

### Salt Lake Ebikes

1035 S. 700 E.  
Salt Lake City, UT 84105  
(801) 997-0002  
saltlakeebikes.com

### Saturday Cycles

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

### SLC Bicycle Collective

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

### Level Nine Sports

2927 E 3300 South  
Salt Lake City, UT 84109  
801-466-9880  
levelninesports.com

### Sports Den

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

### The Bike Lady

1555 So. 900 E.  
Salt Lake City, UT 84105  
(801) 638-0956  
bikeguyslc.com

### Wasatch Touring

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

### South and West Valley

#### Bingham Cyclery

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

### Electrify Bike Co.

3961 W 9000 S, Suite H  
West Jordan, UT 84088  
801-997-0550  
www.electrifybike.com

### Go-Ride.com Mountain Bikes

12288 S. 900 E.  
Draper, UT 84020  
(801) 474-0082  
go-ride.com

### Hangar 15 Bicycles

762 E. 12300 South  
Draper, UT 84020  
(801) 576-8844  
hangar15bicycles.com

### Pedego South Jordan

651 W South Jordan PKWY  
South Jordan, UT 84095  
801-206-9202  
pedegoelectricbikes.com/dealers/south-jordan

### Hangar 15 Bicycles

11445 S. Redwood Rd  
S. Jordan, UT 84095  
(801) 790-9999  
hangar15bicycles.com

### Lake Town Bicycles

1403 W. 9000 S.  
West Jordan, UT 84088  
(801) 432-2995  
laketownbicycles.net

### REI (Recreational Equipment Inc.)

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

### Salt Cycles

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

## UTAH COUNTY



**Ride 'N Bikes**

36 W. Utah Ave  
Payson, UT 84651  
(801) 465-8881  
<https://ridenbikes.business.site>

**Taylor's Bike Shop**

1520 N. 200 W.  
Provo, UT 84604  
(801) 377-8044  
[taylorbikes.com](http://taylorbikes.com)

**ARIZONA**

**Cave Creek**

**Flat Tire Bike Shop**

6032 E Cave Creek Rd  
Cave Creek, AZ 85331  
480-488-5261  
[flattirebikes.com](http://flattirebikes.com)

**Flagstaff**

**Absolute Bikes**

202 East Route 66  
Flagstaff, AZ 86001  
928-779-5969

[absolutebikes.net](http://absolutebikes.net)

**Sedona**

**Absolute Bikes**

6101 Highway 179 Suite D  
Village of Oak Creek  
Sedona, AZ 86351  
928-284-1242  
[absolutebikes.net](http://absolutebikes.net)

**Thunder Mountain Bikes**

1695 W. Hwy 89A  
Sedona, AZ 86336  
928-282-1106  
[thundermountainbikes.com](http://thundermountainbikes.com)

**CALIFORNIA**

**Box Dog Bikes**

494 14th Street  
San Francisco, CA 94103  
415-431-9627  
[boxdogbikes.com](http://boxdogbikes.com)

**Tour of Nevada City Bicycle Shop**

457 Sacramento St.  
Nevada City, CA 95959  
530-265-2187  
[tourofnvadacity.com](http://tourofnvadacity.com)

**Dr. J's Bicycle Shop**

1693 Mission Dr.  
Solvang, CA 93463  
805-688-6263  
[www.djsbikes.com](http://www.djsbikes.com)

**COLORADO**

**Fruita**

**Colorado Backcountry Biker**

150 S Park Square  
Fruita, CO 81521  
970-858-3917  
[backcountrybiker.com](http://backcountrybiker.com)

**Over the Edge Sports**

202 E Aspen Ave  
Fruita, CO 81521  
970-858-7220  
[otesports.com](http://otesports.com)

**IDAHO**

**Boise**

**Bob's Bicycles**

6681 West Fairview Avenue  
Boise, ID. 83704  
208-322-8042  
[www.bobs-bicycles.com](http://www.bobs-bicycles.com)

**Boise Bicycle Project**

1027 S Lusk St.  
Boise, ID 83796  
208-429-6520  
[www.boisebicycleproject.org](http://www.boisebicycleproject.org)

**Custom Cycles**

2515. N. Lander St.  
Boise, ID 83703  
208-559-6917  
[harloebikes@icloud.com](mailto:harloebikes@icloud.com)  
[facebook.com/Custom-Cycles-1071105139568418](https://facebook.com/Custom-Cycles-1071105139568418)

**Eastside Cycles**

3123 South Brown Way  
Boise, ID 83706  
208.344.3005  
[www.rideeastside.com](http://www.rideeastside.com)

**George's Cycles**

312 S. 3rd Street  
Boise, ID 83702  
208-343-3782  
[georgescycles.com](http://georgescycles.com)

**George's Cycles**

515 West State Street  
Boise, ID 83702  
208-853-1964  
[georgescycles.com](http://georgescycles.com)

**Idaho Mountain Touring**

1310 West Main Street  
Boise, ID 83702  
208-336-3854  
[www.idahomountaintouring.com](http://www.idahomountaintouring.com)

**McU Sports**

822 W. Jefferson St  
Boise, ID 83702  
208-342-7734  
[mcusports.com](http://mcusports.com)

**Ridgeline Bike & Ski**

10470 W. Overland Rd.  
Boise, ID 83709  
208-376-9240  
[ridgelinebikenski.com](http://ridgelinebikenski.com)

**Spokey Joe's Bikes & Gear**

2337 S. Apple St.  
Boise, ID 83706  
208-202-2920  
[spokeyjoe.com](http://spokeyjoe.com)

**TriTown**

1517 North 13th Street  
Boise, ID 83702  
208-297-7943  
[www.tritownboise.com](http://www.tritownboise.com)

**Rolling H Cycles**

115 13th Ave South  
Nampa, ID 83651  
208-466-7655  
[www.rollinghcycles.com](http://www.rollinghcycles.com)

**Victor/Driggs**

**Fitzgeralds Bicycles**

20 Cedron Rd  
Victor, ID 83455  
208-787-2453  
[fitzgeraldsbicycles.com](http://fitzgeraldsbicycles.com)

**Habitat**

18 N Main St,  
Driggs, ID 83422  
208-354-7669  
[ridethetetons.com](http://ridethetetons.com)

**Peaked Sports**

70 E Little Ave,  
Driggs, ID 83422  
208-354-2354  
[peakedsports.com](http://peakedsports.com)

**Idaho Falls**

**Bill's Bike and Run**

930 Pier View Dr  
Idaho Falls, ID  
208-522-3341  
[billsbikeandrun.com](http://billsbikeandrun.com)

**Dave's Bike Shop**

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

**Idaho Mountain Trading**

474 Shoup Ave  
Idaho Falls, ID 83402  
208-523-6679  
[idahomountaintrading.com](http://idahomountaintrading.com)

**Pocatello**

**Barries Ski and Sport**

624 Yellowstone Ave  
Pocatello, ID  
208-232-8996  
[barriessports.com](http://barriessports.com)

**Element Outfitters**

222 S 5th AVE  
Pocatello, ID  
208-232-8722  
[elementoutfitters.com](http://elementoutfitters.com)

**Element Outfitters**

1570 N Yellowstone Ave  
Pocatello, ID  
208-232-8722  
[elementoutfitters.com](http://elementoutfitters.com)

**Rexburg**

**Sled Shed**

49 East Main St  
Rexburg, ID, 83440  
208-356-7116  
[sledshedshop.com](http://sledshedshop.com)

**Twin Falls**

**Epic Elevation Sports**

2064 Kimberly Rd.  
Twin Falls, ID 83301  
208-733-7433  
[epicelevationsports.com](http://epicelevationsports.com)

**Spoke and Wheel**

148 Addison Ave  
Twin Falls, ID83301  
(208) 734-6033  
[spokeandwheelbike.com](http://spokeandwheelbike.com)

**Cycle Therapy**

1542 Fillmore St  
Twin Falls, ID 83301  
208-733-1319  
[cycletherapy-rx.com/](http://cycletherapy-rx.com/)

**Salmon**

**The Hub**

206 Van Dreff Street  
Salmon, ID 83467  
208-357-9109  
[ridesalmon.com](http://ridesalmon.com)

**Sun Valley/Hailey/Ketchum**

**Durance**

131 2nd Ave S  
Ketchum, ID 83340  
208-726-7693  
[durance.com](http://durance.com)

**Power House**

502 N. Main St.  
Hailey, ID 83333  
208-788-9184  
[powerhouseidaho.com](http://powerhouseidaho.com)

**Sturtevants**

340 N. Main  
Ketchum, ID 83340  
208-726-4512  
[sturtevants-sv.com](http://sturtevants-sv.com)

**Sun Summit South**

418 South Main Street  
Hailey, ID 83333  
208-788-6006  
[crankandcarve.com](http://crankandcarve.com)

**The Elephant Perch**

280 East Ave  
Ketchum, ID 83340  
208-726-3497  
[elephantperch.com](http://elephantperch.com)

**NEVADA**

**Boulder City**

**All Mountain Cyclery**

1601 Nevada Highway  
Boulder City, NV 89005  
702-250-6596  
[allmountaincyclery.com](http://allmountaincyclery.com)

**ELY**

**Sportsworld**

1500 E Aultman St  
Ely, NV 89301  
775-289-8886  
[sportsworldnevada.com](http://sportsworldnevada.com)

**Las Vegas**

**Giant Las Vegas**

9345 S. Cimarron  
Las Vegas, NV 89178  
702-844-2453  
[giantlasvegas.com](http://giantlasvegas.com)

**Las Vegas Cyclery**

10575 Discovery Dr  
Las Vegas, NV 89147  
(702) 596-2953  
[lasvegascyclery.com](http://lasvegascyclery.com)

**NEW MEXICO**

**Bosque Mobile Bicycle Repair**

Albuquerque, NM  
[bosquemobilebicyclerepair.com](http://bosquemobilebicyclerepair.com)

**Fat Tire Cycles**

421 Montañito Rd NE  
Albuquerque, NM 87107  
505-345-9005  
[fattirecycles.com](http://fattirecycles.com)

**WYOMING**

**Jackson Area**

**Fitzgeralds Bicycles**

500 S. Hwy 89  
Jackson, WY  
[fitzgeraldsbicycles.com](http://fitzgeraldsbicycles.com)  
307-201-5453

**Hoback Sports**

520 W Broadway Ave # 3  
Jackson, Wyoming 83001  
307-733-5335  
[hobacksports.com](http://hobacksports.com)

**Hoff's Bike Smith**

265 W. Broadway  
Jackson, WY 83001  
307-203-0444  
[hoffsbikesmith.com](http://hoffsbikesmith.com)

**The Hub**

410 W Pearl Ave  
Jackson, WY 83001  
307-200-6144  
[thehubbikes.com](http://thehubbikes.com)

**Teton Bike**

490 W. Broadway  
Jackson, Wyoming 83001  
307-690-4715  
[tetonbike.com](http://tetonbike.com)

**REI**

974 West Broadway  
Jackson, WY 83001-9475  
307-284-1938  
[REI.com/stores/Jackson-Hole](http://REI.com/stores/Jackson-Hole)

**Teton Village Sports**

3285 W Village Drive  
Teton Village, WY 83025  
[tetonvillagesports.com](http://tetonvillagesports.com)

**Wilson Backcountry Sports**

1230 Ida Lane  
Wilson, WY 83014  
307-733-5228  
[wilsonbackcountry.com](http://wilsonbackcountry.com)

**UTAHBICYCLELAWYERS.COM**  
CHRISTENSEN & HYMAS

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801.506.0800**

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## WESTERN STATES

## CALENDAR OF EVENTS

## Calendar Guidelines:

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

Submit your event to:

[calendar@cyclingatuh.com](mailto:calendar@cyclingatuh.com) with date, name of event, website, phone number and contact person and other appropriate information.

Let us know about any corrections to existing listings!

## 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](mailto:radcanyonbmx@radcanyonbmx.com), [radcanyonbmx.com](mailto:radcanyonbmx.com)

**Legacy BMX** — Farmington, UT, Indoor bmx racing at the Legacy Events center 151 South 1100 West, Farmington, UT., Practice Wednesday 6:00- 9:00; Race Saturday, May through September, Kevin , 801-698-1490, [kevin@klikphoto.net](mailto:kevin@klikphoto.net), [lrbmx.com](http://lrbmx.com), [radcanyonbmx.com](mailto:radcanyonbmx.com)/[Rad\\_Canyon\\_Legacy\\_Outdoor\\_Schedule\\_2014.pdf](mailto:Rad_Canyon_Legacy_Outdoor_Schedule_2014.pdf)

**May 7, 2023 — USA Cycling Elite BMX National Championships**, Tulsa, OK, Chuck Hodge, 719-434-4200, [chodge@usacycling.org](mailto:chodge@usacycling.org), [usacycling.org](http://usacycling.org)

## Advocacy

**Bike Utah** — UT, Utah's Statewide Advocacy Group. They work on education and other bike related advocacy., Bike Utah , 385-831-1515, [info@bikeutah.org](mailto:info@bikeutah.org), [bikeutah.org](http://bikeutah.org)

**Salt Lake City Bicycle Advisory Committee** — Salt Lake City, UT, Meetings are the 3rd Monday of the month from 5-7 pm in the SLC Transportation Division Conference room., Salt Lake City Transportation , 801-535-6630, [bikeslc@slcgov.com](mailto:bikeslc@slcgov.com), [bikeslc.com](http://bikeslc.com)

**Salt Lake County Bicycle Advisory Committee** — Salt Lake City, UT, The SLCBAC committee works to improve cycling conditions in Salt Lake County and is an official committee. Meetings are the second Wednesday of each month from 5:30-7:30 pm and are held in Suite N-2800 of the Salt Lake County Government Center, 2001 S. State St., Salt Lake City, UT., Helen Peters, 385-468-4860, [HPeters@slco.org](mailto:HPeters@slco.org), [bicycle.slco.org](http://bicycle.slco.org)

**Trails Foundation of Northern Utah** — 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., Aric Manning, 801-393-2304, [tfnu@tfnu.org](mailto:tfnu@tfnu.org), [tfnu.org](http://tfnu.org)

**Mountain Trails Foundation** — Park City, UT, Park City's Trails Group, Charlie Sturgis, 435-649-6839, [charlie@mountaintrails.org](mailto:charlie@mountaintrails.org), [mountaintrails.org](http://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](mailto:bonnevilleshorelinetrail@gmail.com), [bonnevilleshorelinetrail.org](http://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](mailto:parleystrail@gmail.com), [parleystrail.org](http://parleystrail.org)

**Bike Provo** — Provo, UT, Please join us every first Thursday of the month at 5 pm at 48 N. 300 W. to help make Provo a more bicycle-friendly community., Heather Skabelund, 971-404-1557, [bikeprovo@gmail.com](mailto:bikeprovo@gmail.com), Aaron Skabelund, 385-207-6879, [askabelund@gmail.com](mailto:askabelund@gmail.com), [bikeprovo.org](http://bikeprovo.org)

**Trails Alliance of Southern Utah** — St. George, UT, TASU , [info@tasutah.org](mailto:info@tasutah.org), [tasutah.org](http://tasutah.org)

**Southern Utah Bicycle Alliance** — St. George, UT, Southern Utah's road advocacy group., Craig Shanklin, 435-674-1742, [southernutahbicycle@gmail.com](mailto:southernutahbicycle@gmail.com), [southernutahbicyclealliance.org](http://southernutahbicyclealliance.org)

**WOBAC - Weber Ogden Bicycle Advisory Committee** — Ogden, UT, Josh Jones, 801-629-8757, [joshjones@ogdenicity.com](mailto:joshjones@ogdenicity.com)

**Idaho Bike Walk Alliance** — Boise, ID, Idaho's Statewide bicycle advocacy organization, Cynthia Gibson, 208-345-1105, [cynthiag@idahowalkbike.org](mailto:cynthiag@idahowalkbike.org), [idahowalkbike.org](http://idahowalkbike.org)

**Greater Arizona Bicycling Association** — Tucson, AZ, Arizona's Statewide bicycle advocacy organization, Eric Post, president@bikegaba.org, [bikegaba.org](http://bikegaba.org)

**Coalition of Arizona Bicyclists** — Phoenix, AZ, Statewide bicycle advocacy organization, Bob Beane, 623-252-0931, [cazbike@cazbike.org](mailto:cazbike@cazbike.org), [cazbike.org](http://cazbike.org)

**Wyoming Pathways** — Wilson, WY, Statewide bicycle advocacy organization, Tim Young, 307-413-8464, [wyopath.org](http://wyopath.org)

**Bicycle Colorado** — Denver, CO, Statewide bicycle advocacy organization, Dan Grunig, 303-417-1544, [info@bicyclecolorado.org](mailto:info@bicyclecolorado.org), [bicyclecolorado.org](http://bicyclecolorado.org)

**Bike Walk Montana** — Helena, MT, Statewide bicycle advocacy organization, Taylor Lonsdale, [bnbybike@gmail.com](mailto:bnbybike@gmail.com), Doug Haberman, 406-449-2787, [info@bikewalkmontana.org](mailto:info@bikewalkmontana.org), [bikewalkmontana.org](http://bikewalkmontana.org)

**Teton Valley Trails and Pathways (TVTAP)** — Jackson, WY, Promotes trails and pathways in the Wydaho area of Wyoming and Idaho., Dan Verbeten, 208-201-1622, [dan@tvtap.org](mailto:dan@tvtap.org), [tvtap.org](http://tvtap.org), [tetonbikfest.org](http://tetonbikfest.org)

**Bike Orem** — Orem, UT, The Orem Bicycle Coalition exists to cultivate a more bicycle friendly community in Orem so that more residents will be able and excited to ride in our community. We do this by encourag-

ing bicycle safety, accessibility, inclusivity, and infrastructure to the community and its residents. Come join us! Currently we are meeting on the second Wednesday of each month, from 5:30pm to 7:00pm at Mad Dog Cycles. The address is 350 North Orem Blvd, Orem, UT 84057, Randy Gibb, 801-222-9577, [randy@maddogcycles.com](mailto:randy@maddogcycles.com), [facebook.com/BikeOrem](https://facebook.com/BikeOrem)

**Sweet Streets** — Salt Lake City, UT, SLC based advocacy group that works for safer streets, Taylor Anderson, [taylor@buildingsaltlake.com](mailto:taylor@buildingsaltlake.com), [sweetstreetslsc.org](http://sweetstreetslsc.org)

**Cycling Salt Lake** — Salt Lake City, UT, Advocates for better cycling of all types in Salt Lake City, County, and on the Wasatch Front. Reach out to join our email list serve., Dave Iltis, 801-574-3413, [dave@cyclingatuh.com](mailto:dave@cyclingatuh.com), [cyclingatuh.com](http://cyclingatuh.com)

## Events, Swaps, Lectures

**May 5, 2023 — Bike To Work, School, and Play Day**, Utah Bike Month, Park City, UT, Hosted at the Parley's Park, Jeremy Ranch and Trailside Elementary Schools. Start the day with a ride to school and receive snacks, drinks, and fun giveaways. Heinrich Deters, 435-649-8710, [hdeeters@parkcity.org](mailto:hdeeters@parkcity.org), Julia Collins, [julia.collins@parkcity.org](mailto:julia.collins@parkcity.org), Sam Schwoebel, 435-649-1564, ext. 25, [sam@basinrecreation.org](mailto:sam@basinrecreation.org), Nichole Wilson, 435-649-1564, ext. 33, [nichole@basinrecreation.org](mailto:nichole@basinrecreation.org), [basinrecreation.org/event/bike-to-school/](http://basinrecreation.org/event/bike-to-school/)

**May 7, 2023 — National Ride A Bike Day**, Utah Bike Month, Everywhere, UT, Celebrating National Ride A Bike Day is simple: go for a ride -- any ride. Whether it's a short trip on a bikeshare bike or a double century, any way you choose to ride a bike is the right way to ride a bike. None , [noemail@cyclingatuh.com](mailto:noemail@cyclingatuh.com), [bikeleague.org](http://bikeleague.org)

**May 11, 2023 — Salt Lake City Mayor's Bike to Work Day**, Utah Bike Month, Salt Lake City, UT, A mellow ride with Salt Lake City Mayor Erin Mendenhall under police escort. Ride starts at Reservoir Park (1300 E and S. Temple) and end at the Salt Lake City and County Building., Salt Lake City Transportation , 801-535-6630, [bikeslc@slcgov.com](mailto:bikeslc@slcgov.com), Amy Nilsson, 801-535-6167, [slc.gov/transportation/2022/04/29/bikemonth/](mailto:slc.gov/transportation/2022/04/29/bikemonth/), [slc.gov/transportation/2022/04/29/bikemonth/](http://slc.gov/transportation/2022/04/29/bikemonth/)

**May 15-14, 2023 — National Bike to Work Week**, Utah Bike Month, Everywhere, UT, Week-long festival with events, Bike to Work Day, and more., None , [noemail@cyclingatuh.com](mailto:noemail@cyclingatuh.com), [cyclingatuh.com/event-calendars/bicycling-events-swaps-and-festivals](http://cyclingatuh.com/event-calendars/bicycling-events-swaps-and-festivals)

**May 15-21, 2023 — Bike to Work and School Week**, Utah Bike Month, Logan, UT, Bike events and bike passport around Logan, May 6, Cache Valley Fairgrounds, and more, Landis Wenger, 435-755-1646, [bpac@cachempo.org](mailto:bpac@cachempo.org), [trails.cachecounty.org](http://trails.cachecounty.org)

**May 15-19, 2023 — 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, 801-783-8426, [hgoedhart@utah.gov](mailto:hgoedhart@utah.gov), [udot.utah.gov](http://udot.utah.gov)

**May 15-19, 2023 — National Bike to Work Week**, Utah Bike Month, Everywhere, UT, A week to climb out of the motor vehicle and onto your bike on your way to work., None , [noemail@cyclingatuh.com](mailto:noemail@cyclingatuh.com), [bikeleague.org](http://bikeleague.org)

**May 17, 2023 — 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 Bike Prescott, Ride will begin at 5:30pm at the SE corner of the Prescott courthouse square., Patricia David, [info@bikeprescott.org](mailto:info@bikeprescott.org), Neil Hannum, 970-759-2126, [aztecadventures01@gmail.com](mailto:aztecadventures01@gmail.com), [rideofsilence.org](http://rideofsilence.org), [bikeprescott.org](http://bikeprescott.org)

**May 17, 2023 — Ride of Silence**, Utah Bike Month, Provo, UT, Join the Provo chapter of the Worldwide Ride of Silence to ride to honor people who were killed or injured while biking this last year and last several years. We will begin at Dixon Middle School and go for a short, slow, silent ride with brief stops at the ghost bike memorials for Doug Crow and Mark Robinson, and return to Dixon Middle School where we will have light refreshments. Meet at 6:30. Dixon Middle School, 750 W 200 N. Ride begins at 7 pm sharp., Lucy Ordaz Sanchez, 801-477-7048, [lucyo@provo.edu](mailto:lucyo@provo.edu), [rideofsilence.org](http://rideofsilence.org)

**May 18, 2023 — Bike to Wherever Day**, Bike Month, San Francisco, CA, Join people across San Francisco and the Bay Area in riding your bike to get to wherever you need to go -- or just for fun!, SF Bike Coalition , 415-431-2453, [info@sfbike.org](mailto:info@sfbike.org), [sfbike.org/bike-to-whenever-day/](http://sfbike.org/bike-to-whenever-day/), [bayareabiketowork.com](http://bayareabiketowork.com)

**May 18, 2023 — Bike to Work Day**, Bike Month, East Bay, CA, It's the Bay Area's biggest day for bicycling, and this year Bike East Bay is bringing you safe, socially distanced fun. Pledge to ride to get all the details, find your nearest energizer station, and get ready for the big day!, Bike East Bay , [events@bikeeastbay.org](http://events@bikeeastbay.org), Caitlin Gleason, 707.480.6897, [caitlin@bikeeastbay.org](mailto:caitlin@bikeeastbay.org), [bikeeastbay.org/events/bike-wherever-day-2022](http://bikeeastbay.org/events/bike-wherever-day-2022)

**May 18, 2023 — Bike to Work Day**, Bike Month, Marin County, CA, Tom Boss, 415-456 3469, [info@marinbike.org](mailto:info@marinbike.org), [marinbike.org](http://marinbike.org), [bayareabiketowork.com](http://bayareabiketowork.com)

**May 19, 2023 — 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@cyclingatuh.com](mailto:noemail@cyclingatuh.com), [bikeleague.org](http://bikeleague.org)

**May 20, 2023 — Bike/Walk Tour of Salt Lake City**, Utah Bike Month, Salt Lake City, UT, Sweet Streets Bike/Walk tour of Salt Lake City. This year, we'll highlight some of the streets that we want Salt Lake City to prioritize for a Neighborhood Byway network. Come for a portion or join us for the full ride., Taylor Anderson, [taylor@buildingsaltlake.com](mailto:taylor@buildingsaltlake.com), [facebook.com/events/252379213848293/](https://facebook.com/events/252379213848293/), [sweetstreetslsc.org](http://sweetstreetslsc.org)

**May 24, 2023 — Move Utah Summit**, Salt Lake City, UT, The Utah Department of

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race will be a preview of the new Mini Yeti that is featured during the Wasatch All-Road to be held at Soldier Hollow on September 16, 2023. Todd Hageman, sohobikefest@gmail.com, sohobikefest.com

**July 1, 2023 — Truckee Tahoe Gravel.** Truckee, CA. Three days of activities with a competitive off-road bicycle race featuring the incredible dirt and gravel roads in the Tahoe National Forest, best suited for a gravel/cross bike or a hardtail MTB. 3 course options: 65.1 mi (Long), 58.1 mi (Medium) and 26.2 (Rollout - non timed) + Family Fun Route (15 mi). Benefits the Truckee-based non-profit Adventure Risk Challenge. Clemence Heymelot, 707-560-1122, info@bikemonkey.net, truckeedirtfondo.com

**July 1, 2023 — Garden City Gravel: West 9 Mile.** Missoula, MT. West Nine Mile takes you over some scenic Montana double track, just outside of Missoula around Huson, Shaun Radley, 406-219-1318, montanacyclocross@gmail.com, montanacyclocross.com/events/, thecyclinghouse.com

**July 8, 2023 — Crusher in the Tushar.** Life Time Grand Prix, Beaver, UT, 70 grueling miles exploring Southern Utah's Tushar Mountains on a mix of dirt, gravel, and asphalt. Features 10,000+ of climbing traversing Utah's highest and most scenic roads. Join us for the original mixed-surface gravel and road classic, Treva Worrel, crusher@levents.zendesk.com, tusharcruiser.com

**July 8, 2023 — Joe Cosley Pancake Ride Gravel Grinder.** Whitefish, MT, Back to the Salish Mountain Range, sticking to the north end, featuring some hidden gems that are sure to turn your crank. The ride is limited to 50 individuals. Once the participant cap is reached, that's it. There will be no wait list, or substitutions. Brad Lamson, joe@pancakerride.com, pancakerride.com

**July 8, 2023 — Ochoco Gravel Grinder.** Prineville, OR, Chad Sperry, grinderinfo@breakawaypro.com, oregongravelgrinder.com

**July 22, 2023 — Crooked Gravel.** Winter Park, CO. Want to ride the high alpine gravel of Grand County? Check out Crooked Gravel in Winter Park. Choose between two separate courses, a 30 mile or a 67 mile ride, that tackle over 5,000 vertical feet on long and winding climbs, earning wide-open descents under the Colorado sky. New in 2022: The 67-mile long course will be a timed segment with a \$5,000 cash purse up for grabs. Scott Olmsted, 720-819-7306, support@theridecollective.com, theridecollective.com

**July 22, 2023 — The Rift Gravel Race Iceland.** Hvalsvoellur, Iceland. The Rift is a 200 km (125 miles) off-road bike race through the dark lava fields in the highlands of Iceland. It traverses the continental rift between North America and Eurasia - a rift that grows one inch every year. The growth is evident with vast lava fields all around creating a surreal landscape. A landscape that is remote, rugged and unpredictable. The Rift . 011-354-626-3332, info@therift.bike, therift.bike

**July 22, 2023 — MCBC Dirt Fondo.** Marin Headlands, CA. The classic route takes riders from the Marin Headlands to the top of Mt. Tam and back on a crisscrossing selection of trails and fire roads. 45, 32, and 24 mile options. Post-ride Stable Party. Well-stocked energizer stations. Dirt Fondo Goodie Bag. Course Marshals & Sweeps. SAG & radio support. Tom Boss, tom@marinbike.org, marinbike.org/dirtfondo/

**July 22, 2023 — MCBC Dirt Fondo.** Sausalito, CA. 45-mile journey from the Golden Gate to Mt. Tam and back. There is amazing scenery along the whole route and a good mix of trails, fire roads, and farmao! Friendly faces will greet you at 4 rest stops on the way out as well as on the return and world-class support on course, including marshals, mechanics and SAG. Tom Boss, 415-456-3469, info@marinbike.org, marinbike.org

**July 29, 2023 — JayP's Backyard Fun Pursuit Gravel Ride.** JayP's Backyard Series, Island Park/West Yellowstone, ID. Gravel ride near Yellowstone National Park on Forest Service roads. It's an incredible time of year to be in this area and visit YNP! 30, 60, 120 mile routes, Jay Petervary, 307-413-2248, jaypetervary@gmail.com, gravelpursuit.com

## Mountain Bike

### Tours and Festivals

**May 5-8, 2023 — Kokopelli Guided Tour.** Loma, CO. Benefits Colorado Plateau Mountain Bike Trail Association, the original creators of the Kokopelli Trail. 4 day fully supported tour of the Kokopelli Trail from Loma, CO to Moab, UT. Tisha McCombs, 970-244-8877, coordinator@copmoba.org, Whit Smith, 303-475-2255, whitsmith1@mac.com, copmoba.org

**May 11-14, 2023 — BetterRide MTB Trail Domination MTB Skills Course/Camp/Clinic.** Moab, UT. Take your skills to the next level by

investing in yourself! Learn the skills to greatly improve your riding and drills to master those skills. Increase your confidence, skill and efficiency with the most experienced (20 years), effective and sought after coach in the sport, Gene Hamilton, lse Harms, admin@betterride.net, betterride.net

**May 13-14, 2023 — US Bank Fruita Fat Tire Festival.** Fruita, CO. 25th Anniversary festival kicking off the Mtn bike season in CO, world renowned trails, Bike Demo at 18 Road and Downtown Product Expo, and live music. George Gatsos, 970-858-7220, fruita@otesports.com, fruitafatirefestival.com

**June 3, 2023 — Rat Race.** Ridgway, CO. Benefits Colorado Plateau Mountain Bike Trail Association. 26 miles of singletrack, Tisha McCombs, 970-244-8877, coordinator@copmoba.org, copmoba.org/ratrace

**June 15-19, 2023 — 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 24-25, 2023 — Tahoe Mountain Bike Festival.** Meyers, CA. Celebrating riding bicycles on dirt in beautiful Lake Tahoe. Tahoe MTB Festival, meyersmtb@gmail.com, tahoeMTBfestival.com

**July 9-September 1, 2023 — Glacier National Park Bike Tour.** Whitefish, MT. Multiple dates. Each year Glacier National Park and its Canadian sister, Waterton Lakes National Park, deliver among our highest guest satisfaction rates. The mountains are gorgeous, the riding is invigorating, and the scenery is second to none. This is your year for Glacier! 6-day tour, 5-nights of lodging, meals include: 4 dinners, 5 lunches & 4 breakfast, all taxes & entrance fees, lunch en route daily, energy food, liquid refreshments, shuttles and mechanical support. John Humphries, 970-728-5891, info@lizardheadcyclingguides.com, lizardheadcyclingguides.com

**July 22, 2023 — Wildflower Trailfest.** Powder Mountain, UT. NEW DATE! A non-competitive, women only mountain bike ride. All ages and levels welcome. Come join us for a day of fun on Powder Mountain! Nick Bowsher, 801-610-9422, info@wildfloweroutdoor.com, wildfloweroutdoor.com

**July 22, 2023 — Pedal for the Park.** Leadville, CO. A fundraiser for our new bike park project, Cloud City Wheelers, info@cloudcitywheelers.com, cloudcitywheelers.com

## Utah Weekly MTB

### Race Series

**April 12-August 2, 2023 — Weekly Race Series.** WEATHER PERMITTING. WRS, Sundance, Wasatch County, UT, Wednesday nights, April-August. Venue alternates between Wasatch County sites and Sundance. 5:30 pm Racer check-in and 6:30 pm prompt start time. Pros/Experts 1hr race time. Sports 50mins. Beginners 30-40mins. WRS Races, 435.565.4602 (Wasatch), 801-223-4849 (Sundance), races@weeklyraceseries.com, weeklyraceseries.com

**May 16-August 1, 2023 — Mid-Week Mountain Bike Race Series.** Wasatch Front, Wasatch Back, Salt Lake Valley, Utah Valley, UT, Tuesday, Wednesday, and Thursday nights. Locations TBD. Fun, competitive mountain bike racing for all ages and abilities. XC races and Mini Enduro races, Bike Utah , 385-831-1515, info@bikeutah.org, Trilby Cox, 385-831-1515, trilby@midweekmtb.com, midweekmtb.com

## Regional Weekly

### MTB Race Series

**May 23-August 19, 2023 — Gallatin Valley Summer Series.** Bozeman, MT, Weekly series that includes road races, time trials, criteriums, mountain bike races and more. Most events on Tuesdays. Alex Lussier, lussiera@hotmail.com, Phil Rotherman, phil@rothconst.com, Mollie McKiernan, mollie.mckiernan@gmail.com, Patrick Wessel, patrickwessel@yahoo.com, gallatinvalleybicycleclub.org

**May 31-June 28, 2023 — Session Series Weekly Enduro Series.** Floyd Hill, CO. A weeknight series ending in a weekend finale, riders check their better judgment at the start for a timed downhill run on the infamous Sluice Trail at Floyd Hill. So close to Denver, but miles away in drops, jumps, and technical downhill features. Jennifer Barbour, 303-503-4616, jen@teamevergreen.org, teamevergreen.org, sessionseries.org

**May 31-August 30, 2023 — VRD Town Mountain Bike Race Series: Berry Creek Bash.** Vail Town Series, Vail, CO. XC Races, Wednesday nights, Vail Recreation District Sports , 970-

479-2280, sports@vailrec.com, vailrec.com/sports-activities/vail-race/mountain-bike-racing/mtb-race-series

## Utah Mountain

### Bike Racing

**May 20, 2023 — Three Peaks Classic ICUP.** Intermountain Cup, Cedar City, UT, Endurance XC, 25-50 miles. 1700' per lap. 7.8 miles and 500 feet of elevation per lap on dirt roads and the fun singletrack that laces its way through Juniper and Pinion trees. Margaret Gibson, 435-229-6251, margaret@redrockbicycle.com, intermountaincup.com, ridesouthernutah.com

**June 10, 2023 — Wasatch 50.** TENTATIVE for location - TBD, Intermountain Cup Endurance Series, Pending - TBD, UT, Description Pending Location - TBD, Margaret Gibson, 435-229-6251, margaret@redrockbicycle.com, intermountaincup.com

**June 23-25, 2023 — Soho Bike Fest.** USA Cycling Pro XCT, Heber, UT, Cross Country, time trial, and STXC races. Part of the Pro Cross-Country Tour. UCI sanctioned too. Come out and watch the top pros or race your race. Gravel race too. Todd Hageman, sohobikefest@gmail.com, sohobikefest.com

**June 24, 2023 — Fast Times at Richfield ICUP.** Intermountain Cup, Richfield, UT. Check back for complete details. Margaret Gibson, 435-229-6251, margaret@redrockbicycle.com, intermountaincup.com

**July 1, 2023 — Brian Shredder Downhill.** Go-Ride Gravity Series, Brian Head, UT, Downhill, Ron Lindley, 801-375-3231, info@utahdh.org, utahdh.org

**July 8, 2023 — Eden Epic.** Eden, UT. On the trails above beautiful Ogden Valley, the Eden Epic is a truly "epic" mountain bike adventure. With a focus more on the adventure than the finishing times, this is an epic adventure that has a place for those looking to push themselves. Clay Christensen, 801-234-0399, info@enduranceutah.com, edenepic.com

**July 15, 2023 — Soldier Hollow ICUP.** Intermountain Cup, Soldier Hollow, UT, Margaret Gibson, 435-229-6251, margaret@redrockbicycle.com, intermountaincup.com

**July 22-23, 2023 — Big Mountain Enduro.** Big Mountain Enduro Series, Brian Head, UT, Reversed for its incredible gravity fed descents, technical single track, and access to hundreds of miles of scenic back country trails beyond the resort boundaries. Brian Head's lift served terrain is accessible to beginner through advanced level riders. This is the only BME race that does not include an e-bike category for 2021. Robert Herber, robert@bigmountainenduro.com, bigmountainenduro.com

**July 29, 2023 — El Doce at Pow Mow.** Powder Mountain - Eden, UT, NEW DATE! 12/6 Hour Endurance Mountain Bike Race at Powder Mountain, Utah. Solo, Duo and 3-4 Teams. 15.2 mi course lap with ~1900' elevation gain. IMBA-designed trails. Eric Bauman, 801-399-1773, eric@goalfoundation.com, Reide Thompson, 801-399-1773, reide@goalfoundation.com, eldoceut.com

## Regional Mountain

### Bike Racing

#### ID, WY, MT, NV, AZ,

#### NM, CO, MT, OR, WA,

#### CA and Beyond

**May 5-6, 2023 — 18 Hours of Fruita.** Fruita, CO. One of the most beloved endurance events in Colorado with the famous midnight start. With a fast and fun single-track course located 10 minutes northwest of Fruita, Colorado, within the "posh environs" of Highline Lake State Park with its green grass and warm showers. This is a great race to kick off your riding season. George Gatsos, 970-858-7220, fruita@otesports.com, 18hrsof-fruita.com

**May 6, 2023 — Flagstaff Frenzy.** Flagstaff, AZ. The 2021 MBAA finals. Anthony Quintile, 928-779-5969, flagstaff@absolutebikes.net, Tim Racette, 480-442-4229, info@mbaa.net, Denise Barron, 928-530-0868, mbaa.net, absolutebikes.net

**May 6, 2023 — Alien Run MTB Race.** New Mexico Off Road Series, Aztec, NM. Jan Bear, 505-670-4665, janbear@gmail.com, Neil Hannum, 970-759-2126, aztecadventures01@gmail.com, William Farmer, 505-402-3959, gfarmer360@gmail.com, nmors.org

**May 6, 2023 — Sarlacc Attack 50K.** Fruita, CO. Ride the Edge! This is not just the name of the

trail but a description of the Sarlacc Attack 50K course which combines The Edge and Sarlacc trails to make up an epic adventure. You'll ride on the edge of cliffs and your limits. World class singletrack, uphill grinds, and flow descents are abundant on the Edge Loop. The Sarlacc trail section is some of the most fun singletrack on the course and riders will be there on the season's opening week. This race is part of the Adventure Fest at 18 Road, Reid Delman, 303-249-1112, reid\_delman@geminiadventures.com, Kyla Claudiell, 303-249-1112, kyla@geminiadventures.com, geminiadventures.com

**May 6-7, 2023 — Big Mountain Enduro.** Big Mountain Enduro Series, Mt. Nebo, AR, Robert Herber, robert@bigmountainenduro.com, bigmountainenduro.com

**May 6-7, 2023 — California Dirt MTB Series Race 2.** California Dirt MTB Series, Nevada City, CA, Hoot Pioneer Dascombe Trails, YBONC, yboncfdn@gmail.com, ybonc.org/events/dirt-classic

**May 7, 2023 — Scratchgravel XC Cup.** Montana Off-Road Series (MORS), 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, Shell Thomas, thomasshell@gmail.com, Jesus Salazar, 406-202-2868, competitivcycling@montanacyclinglab.org, montanacyclinglab.org, montanacycling.net

**May 10, 2023 — VRD Edwards Classic.** Vail Town Series, Edwards, CO, Miller Ranch Open Space, Vail Recreation District Sports, 970-479-2280, sports@vailrec.com, vailrec.com/sports-activities/vail-race/mountain-bike-racing/eagle-ranch-classic

**May 12-14, 2023 — NW Cup Downhill Series (Dry Hill #2).** Northwest Cup Downhill Series, Port Angeles, WA, 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, nwcup.com

**May 13, 2023 — Arizona State MTB Championships.** Prescott, AZ, Arizona State MTB Championships (USAC Sanctioned) at Emmanuel Pines, Tim Racette, 480-442-4229, info@mbaa.net, mbaa.net

**May 13, 2023 — Royal Gorge Six and Twelve Hour MTB Races.** Cañon City, CO, Six and Twelve Hour MTB Races, Seth Bush, 505-554-0059, ElCapitan@ZiaRides.com, ziarides.com

**May 13, 2023 — 12 Hours of Mesa Verde.** Cortez, CO. Race course is 16.4 miles of Phil's World singletrack and stages from the Montezuma County Fairgrounds. 12 Hours of Mesa Verde, 970-394-1212, info@12hoursofmesaverde.com, 12hoursofmesaverde.com

**May 13, 2023 — Chain Smoker Las Vegas.** Blue Diamond, NV, 15, 30, 45 mile options. Quick n Dirty MTB, info@quickndirtymtb.com, quickndirtymtb.com

**May 17, 2023 — VRD Town Mountain Bike Race Series: Minturn Mini.** Minturn, CO, Kids only XC, Vail Recreation District Sports, 970-479-2280, sports@vailrec.com,

**May 20, 2023 — Pocatello Pedal Fest.** Pocatello, ID, Cross Country Races. Beginner, Sport, Expert & Open Classes (12, 17, 27 miles). Awards, prizes, raffle, music, food & fun. Alex Phipps, 208-841-4120, alex01phipps@gmail.com, pocatellopedalfest.com, twist-edturfleracing.com

**May 20, 2023 — 9 1/2 Hours of Disco.** Salmon, ID. The Annual Disco takes place each spring on the third saturday of May at Discovery Hill in Salmon, Idaho. A full day of incredible riding on 9.5ish miles of buffed out singletrack at the base of the Beaverhead Mountains. With 1700ish ft. of climbing/descending, great prizes, space for camping, live music and the Disco Lounge, this is not an event that you want to miss. Max Lohmeyer, 208-357-9109, 208-56-7613, max@ridesalmon.com, Ride Salmon, info@ridesalmon.com, salmonidahomtb.org, ridesalmon.com

**May 21, 2023 — Spirit Bear Classic MTB Gran Fondo.** Montana Off-Road Series (MORS), Kalspell, MT, XC race held at Herron Park, start 10 am, Shell Thomas, thomasshell@gmail.com, Matt Butterfield, mbutterfield@sportsmanskihaus.com, montanacycling.net, rnsignup.com/Race/MT/Kalspell/SpiritBearMountainBikeGranFondo

**May 27-28, 2023 — Grand Enduro.** Grand Junction, CO. Race the top 3 trails of the Lunch Loops (Ribbon, Gunny, and Free Lunch) with amazing views in the background. This is the only race on the Ribbon... come see what it's like to ride up to 50mph on a big slab of rock! 22-35 minutes of racing over 6.2 miles of trail. 2.5-4 hours of total ride time covering ~22 miles. John Klish, 970-744-4450, 573-366-3681, madness@madracingcolorado.com, grandenduro.com, madracingcolorado.com

**May 27-28, 2023 — The Original Growler.** Gunnison, CO. The challenging singletrack is on some of the finest trails Colorado has to offer. Gunnison Trails, info@gunnisontrails.org, originalgrowler.com, gunnisontrails.org

**May 27, 2023 — California Dirt MTB Series Race 3.** California Dirt MTB Series, Susanville, CA, USA Cycling NCNCA Regional MTB XC Championship, YBONC, yboncfdn@gmail.com, ybonc.org/events/dirt-classic

**May 28, 2023 — Glorietta Enduro.** Revolution Enduro Series, Glorietta, NM, David Scully, 970-846-5012, david@revolutionenduro.com, revolutionenduro.com

**May 29, 2023 — MGXC.** Elbert, CO, Rattler Racing is excited to introduce MGXC, a mountain bike race in and around the Peaceful Valley Scout Ranch in Elbert, Colorado. The course this year will be a 5 mile circuit with multiple laps. Dave Muscianisi, 303-817-6523, events@rattler-racing.com, rattler-racing.com/event/mad-gravel/

**June 3, 2023 — Sunrise to Sunset.** Castle Rock, CO. Looking for a 12-hour endurance trail race that is equal parts challenge and fun? Elephant Rock's Sunrise to Sunset is just that. Kickback with your friends and ride the flowy track of Philip S. Miller Park this summer. Register as an individual or form a team. Scott Olmsted, 720-819-7306, support@theridecollective.com, theridecollective.com

**June 3, 2023 — Wente 8-Hour MTB.** Willits, CA. The funnest 8-hour mountain bike race you'll ever do. 3 days of venue access including a private lake for swimming and boating. 8 Miles, 1,745' of climbing and berry-beerms for days. NOTE: Wente is on a private boy scout reservation. It is closed to the public on all days of the year except during race weekend. No trespassing! Clemence Heymelot, 707-560-1122, info@bikemonkey.net, racewente.com

**June 4, 2023 — California Dirt MTB Series Race 4.** California Dirt MTB Series, Grass Valley, CA, USA Cycling NCNCA Regional MTB XC

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Championship, YBONC , yboncfdn@gmail.com, ybonc.org/events/dirt-classic

**June 7, 2023 — Mid Week Melee - Race 1,** Morrison, CO. Three distances to choose from including: the Elite Mini Course (1.9 miles), Short Course (4.3 miles), and Long Course (4.8 miles)., Dave Muscianisi, 303-817-6523, events@rattleracing.com, https://rattleracing.com/event/mid-week-melee-1/

**June 8-11, 2023 — Missoula XC,** US Pro XCT, Missoula, MT, UCI racing short track, cross country racing along with full amateur age group racing. Thursday is the clinic. Friday is the short track racing. Saturday is UCI and Elite XC racing. Sunday is age group XC racing., Shaun Radley, 406-219-1318, montanacyclocross@gmail.com, montanacyclocross.com/events/

**June 10-11, 2023 — Fears, Tears, and Beers Enduro,** Ely, NV, Enduro mountain bike event. Tired sections mostly downhill, combined time wins. Men's and women's events for all classes. Fun run, beginner, sport, and expert classes., Kent Robertson, 775-289-6042, 775-296-2162, krobeg@mwpower.net, Kyle Horvath, 775-289-3720, kyle.horvath@elynevada.net, elynevada.net/fears-tears-and-beers/

**June 10, 2023 — Salida Big Friggin Loop,** TENTATIVE, Colorado Endurance Series, Salida, CO. This self-supported endurance ride is mixed with gravel and singletrack. There will be the base loop and long loop to choose from with the long loop passing through the ghost town of Futurity with a brief hike-a-bike., Bailey Newbrey, .

**June 10-11, 2023 — Big Mountain Enduro,** Big Mountain Enduro Series, Sunrise Park, AZ, Robert Herber, robert@bigmountainenduro.com, bigmountainenduro.com

**June 17, 2023 — Lake Tahoe Mountain Bike Race,** Tahoe City, CA, Join us for a day mountain biking in Lake Tahoe on some sweet trails and singletrack. New courses for 2023. Juniors and all NICA riders welcome. Race in the cross country race, 4 hour or 8 hour race as a solo or on a team of 2, 3 or 4 (teams of 3 and 4 apply to the 8hr race only). The course is approximately 12.8 miles. Fast lap times are around 50 minutes. Cross country race is two laps. The course is a mix of single track and fire-road. It is a fast and smooth course with few technical sections. The most laps wins. Approximately 1350 feet ascending and descending per lap., Todd Jackson, 530-546-1019, todd@bigblueadventure.com, Kiley McInroy, kiley@bigblueadventure.com, bigblueadventure.com

**June 17-18, 2023 — Silver Mountain Enduro - North American Enduro Cup,** Montana Enduro Series, Idaho Enduro Series, North American Enduro Cup, Kellogg, ID, Held at Silver Mountain Ski Resort, EWS qualifier, world class trails, national caliber competition. New trails, race categories to include e-bikes\* and more amateur age categories, cut-off times, full on finish line festivities and MORE!, Scott Tucker, 360-797-4288, scott@nwcup.com, North American Enduro Cup , contact@naenduro.com, naenduro.com

**June 17, 2023 — The Bailey Hundo,** Buffalo Creek, CO, 10th year for the race. The HUNDO is 100 miles with 10,000 vertical feet, the HUNDIO is 50 miles with 6,000 vertical feet, in the Buffalo Creek trail system - permitted by the USFS., Jennifer Barbour, 303-503-4616, jen@teamevergreen.org, baileyhundo.org

**June 17, 2023 — Terrible Two,** Sebastopol, CA, The Terrible Two is our region's version of an epic, and has been running since 1976. There are two challenging routes, neither for the faint of heart. The first, starting at 121 miles is considered a tough century, and a gateway ride to the more formidable Terrible Two 200 mile course. It is a slightly abbreviated version of the Terrible Two and excludes Napa County. It also starts two hours later. Both are equally supported throughout., Steve Saxe, ridedirector@sccc.com, sccctf.webflow.io, sccc.com

**June 17, 2023 — Taos Guac-Amole Challenge Mountain Bike Race,** New Mexico Off Road Series, Taos, NM, Jan Bear, 505-670-4665, janbear@gmail.com, Taos MTB , TaosMTB@gmail.com, nmoris.org, taosmtb.org/race

**June 18, 2023 — Eagle Enduro,** Revolution Enduro Series, Eagle, CO, This venue for the series will be a big one day backcountry race venturing up into the high country with both technical and high speed courses!, David Scully, 970-846-5012, david@revolutionenduro.com, revolutionenduro.com

**June 21, 2023 — Mid Week Melee - Race 2,** Morrison, CO. Three distances to choose from including: the Elite Mini Course (1.3 miles), Short Course (4.3 miles), and Long Course (4.8 miles)., Dave Muscianisi, 303-817-6523, events@rattleracing.com, rattleracing.com/event/mid-week-melee-2/

**June 21-25, 2023 — Junior Bike Week,** Crested Butte, CO, Since 2016, we've had one goal - to host the BIGGEST KIDS' BIKE PARTY ON THE PLANET right here in Crested Butte, Colorado, the birthplace of mountain biking. Junior Bike Week is the only multi-day mountain bike festival that exclusively celebrates getting more kids on bikes; and we would love to have you join us for both non-competitive festive events as well as competitive racing., Amy Nolan, 970-596-4085, director@juniorbikeweek.com, juniorbikeweek.com

**June 23-25, 2023 — NW Cup Downhill Series (Tamarack),** Northwest Cup Downhill Series, Tamarack, ID, Downhill race. Held at Tamarack Bike Park. Friday will be open practice. Saturday will be split practice by category. Pro/JuniorX seeding Saturday evening. Sunday racing all categories, PRO GRT too. Scott Tucker, 360-797-4288, scott@nwcup.com, nwcup.com

**June 23-26, 2023 — Four Seasons of Horsetooth Challenge,** Fort Collins, CO. This is a grassroots un-event with no entry fees and no real start times and is ridden on the two solstices and equinoxes in Horsetooth Mountain Park and Lory State Park, Four Seasons of Horsetooth Challenge , , 4soh.org

**June 23-25, 2023 — NW Cup Downhill Series (Mt. Hood),** Northwest Cup Downhill Series, Mt. Hood, OR, 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, nwcup.com

**June 24, 2023 — 9 to 5,** Knobby Tire Series, McCall, ID, High speed rolling double-track. Tight, technical sagebrush single-track, water crossings, quick steep drops, nasty little granny gear climbs. Single speeders' dream., Alex Phipps, 208-841-4120, alex01phipp@gmail.com, twistedturtleracing.com

**June 24, 2023 — Lutsen 99er,** Leadville Race Series, Lutsen, MN, This race offers 99, 69, 49, 25, and kid distances combined with a weekend packed with fun, adventure and "killer" mountain biking for everyone., Paul Anderson, 719-219-9364, panderson4@lifefitness.com, leadvilleraseries.com/lutsen-99er/, lutsen99er.com

**June 24, 2023 — Bear Bait 8,** Casper Mountain , WY, 5th annual, 860 feet of elevation gain per lap with a total distance of 8 miles., Keith Wharton, 307-253-7511, fatfishracing@gmail.com, bearbait8.ityourrace.com/event.aspx?id=8803

**June 24, 2023 — Primal Point-to-Point,** XC Mountain Bike Race Series, Winter Park, CO, XC race. There is a category for everyone from junior riders to professional racers - even first time racers., Jen Miller, 970-726-1570, jmillier@winterparkresort.com, winterparkresort.com/things-to-do/competition-center/summer-programs/winter-park-classics-bike-race-series

**June 25, 2023 — Send It at Jug Mountain Ranch Enduro,** Wild Rockies Series, McCall, ID, Enduro MTB race, Alex Phipps, 208-841-4120, alex01phipp@gmail.com, twistedturtleracing.com

**June 29-July 2, 2023 — Leadville Training Camp,** Leadville Race Series, Leadville, CO, Ride with past champions and experience every inch of the LT 100 MTB course in Leadville. A question and answer session will offer insight into proper training, diet and race strategy. Camp riders will get tons of camp swag, great food and amazing, unforgettable experiences., Paul Anderson, 719-219-9364, panderson4@lifefitness.com, leadvilleraseries.com

**June 30-July 2, 2023 — NW Cup Downhill Series (Whitefish),** Northwest Cup Downhill Series, Whitefish, MT, Downhill race. Held at Whitefish Bike Park. Friday will be open practice. Saturday will be split practice by category. Pro/JuniorX seeding Saturday evening. Sunday racing all categories, Scott Tucker, 360-797-4288, scott@nwcup.com, nwcup.com

**July 2, 2023 — G3 (Grand Gear Grind),** Winter Park, CO, 3-day mountain bike stage race in Winter Park, Colorado. Dave Muscianisi, 303-817-6523, events@rattleracing.com, g3race.com

**July 4, 2023 — Firecracker 50,** Breckenridge, CO, 50 mile mtb race, Ride some of the best single track trails we have to offer., Jeff Westcott, 970-390-4760, westy@mavsports.com, Vince Hutton, 970-547-4321, 970-453-1734, Vinceh@townofbreckenridge.com, breckenridgerecreation.com/races-programs/races/firecracker-50, mavsports.com

**July 5-9, 2023 — USA Cycling Cross-Country Mountain Bike National Championships,** TBD, Bear Creek Resort, PA, Mountain bike national championships and high school cycling festival, Chuck Hodge, 719-434-4200, chodge@usacycling.org, usacycling.org

**July 8, 2023 — Telluride 100 Mountain Bike Race,** Telluride, CO, 100/50/30 mile MTB race, Tobin , 970-417-1751, tobin@behling.com, telluride100.com

**July 8-9, 2023 — Big Mountain Enduro,** Big Mountain Enduro Series, Durango, CO, BME Stop #4: The BME comes to Winter Park in 2021. Taking place on August 28th-29th, this ever-popular event will feature Purgatory Bike Park downhill terrain and high alpine singletrack which is made for hard core mountain bike enthusiasts., Robert Herber, robert@bigmountainenduro.com, bigmountainenduro.com

**July 8, 2023 — Colorado State MTB Championship,** Bailey, CO, The course delivers everything you would expect from a XC mountain bike race. It's a 5 mile world cup style course packed with solid climbing, twisty turns, short technical sections, and fun descents., Dave Muscianisi, 303-817-6523, events@rattleracing.com, rattleracing.com/event/fangdango/

**July 9, 2023 — Silver Rush 50,** Leadville Race Series, Leadville, CO, At 10,000-12,500 feet above sea level, this challenging 50 mile out-and-back course takes racers through the historic mining district on Leadville's East side. This race is known for its long, lung-burning climbs and rocky, steep terrain. Solo or Tandem 50m. Leadville Trail 100 Qualifier., Paul Anderson, 719-219-9364, panderson4@lifefitness.com, leadvilleraseries.com

**July 9, 2023 — Powderhorn Enduro,** Revolution Enduro Series, Powderhorn, CO, one day, lift service race, David Scully, 970-846-5012, david@revolutionenduro.com, revolutionenduro.com

**July 12-August 9, 2023 — Highlands Ranch MTB Race Series,** Highlands Ranch MTB Race Series, Highlands Ranch, CO, The Highland Point Circuit will be held on the 21st of July, Rocky Gulch Circuit will be held on the 28th of July, Badlands Circuit will be held on the 4th of August, and the Wildcat Circuit will be held on the 11th of August., Patrick Gojan, 303-471-7048, racedirector@hrconline.org,

**July 15, 2023 — Whit Henry's Galena Grinder** , Knobby Tire Series, Galena Lodge, ID, XC/ Marathon, 40 mile loop; Pro/Expert/SS, 25 mile loop; Sport/Clydesdale, 20 mile loop; Beginner, 10.5 mile loop; and Youth with a 5 mile loop., Alex Phipps, 208-841-4120, alex01phipp@gmail.com, twistedturtleracing.com

**July 15, 2023 — Tahoe Trail 100,** Leadville Race Series, Northstar, CA, Ride 50K or 100K of rocky summits, breathtaking pine forests and beautiful Lake Tahoe views. 100K riders can qualify for the Leadville Trail 100 MTB. Josh Colley, 719-219-9357, youphoriacontact@gmail.com, Todd Jackson, 530-546-1019, todd@bigblueadventure.com, tahoetrailmtb.com, youphoriaproductions.com

**July 15-16, 2023 — Downieville Classic,** Lost Sierra Triple Crown, Downieville, CA, Race or ride the epic 26.5 mile point-to-point cross-country to the Sierra Crest and back to town, or take in a double dose with 15 miles of the Downieville Downhill in the All Mountain

World Championships, followed by an epic party. Named one of the top 10 mountain bike festivals by Outside magazine., Sierra Trails , info@sierratrails.org, downievilleclassics.com

**July 15, 2023 — Tahoe Trail,** Leadville Race Series, Northstar Village, CA, Leadville Qualifier. The Tahoe Trail 100 offers athletes a 2-loop, 50 kilometer course filled with beautiful views of Lake Tahoe., Paul Anderson, 719-219-9364, panderson4@lifefitness.com, leadvilleraseries.com

**July 22, 2023 — Butte 100 Races,** Butte, MT, Continental Divide Trail, Single Track, Big Sky Country, 100 and 50 mile options, and a Sorini 25 mile option. 14th Annual, Stephanie Sorini, 406-490-7632, stephaniesorini@butte100.com, butte100.com

**July 22, 2023 — Helena Enduro,** Montana Enduro Series, Helena, MT, Montana Enduro Series , contact@montanaenduro.com, Eric Silvers, eric@montanabicycleguild.org, montanaenduro.com, montanabicycleguild.org

**July 22-23, 2023 — 24 Hours in the Enchanted Forest,** N24, Albuquerque, NM, Everything that you want from a 24 Hour Race. We have an amazing course with epic singletrack winding through meadows, pines and aspens. The Zuni Mountains outside of Gallup, NM are a great place to ride. We have an awesome venue in the ponderosa pines with plenty of space to hang out with friends and family and hang your hammock, great party atmosphere with vendors, movies, food, kids activities, and fun for everyone., Seth Bush, 505-554-0059, ELCapitan@ZiRides.com, ziarides.com

**July 22, 2023 — Winter Park Sunrise to Sunset,** Winter Park, CO, Race the sun and gear up for the Sunrise to Sunset trail race in Winter Park, Colorado this summer. The 12-hour event is all about balancing camaraderie and challenge. Ride the singletrack course as a relay or race solo, Scott Olmsted, 720-819-7306, support@theridecollective.com, theridecollective.com

**July 23, 2023 — Race Montana Triathlon and Duathlon** , Great Falls, MT, Sprint Triathlon with 50-meter pool snake swim. Solo or team. New - Duathlon (1.5-mile run / 12.2-mile bike / 3.1-mile run).Want a taste of triathlon? "Try A Tri" Triathlon (100-meter swim, 3-mile bike, and 1-mile walk/run).Youth Long and Short Course events.Participants get a free pass to the Electric City Water Park., Ron Ray, 406-761-2222, info@racemt.com, racemtr.com

**July 28-30, 2023 — Leadville Stage Race,** Leadville Race Series, Leadville, CO, 100M (100 miles over three days), Team Option. Experience the legendary Leadville Trail 100 course over three days. Push the pace to see what you're made of, or use the stages to prepare or qualify for the Leadville Trail 100 in August. This is one amazing party, with daily stage prizes, raffles, unmatched swag, food, beer and live music., Paul Anderson, 719-219-9364, panderson4@lifefitness.com, leadvilleraseries.com

**July 29, 2023 — Laramie Range Epic,** Laramie, WY, The Laramie Range Epic (Formerly the Laramie Enduro) will have two course options, 30/60ish miles. 80% singletrack from smooth and flow to steep and technical. Choose the One & Done to do one lap, or the Laramie Range Epic to do two laps. Aid stations with fresh food, water and performance nutrition. Legendary after-party with live music, awards, cash pay-outs, raffle, free refreshments and warm, fresh food! Limited on-course camping and room specials. Dewey Gallegos, 307-742-5533, lreacedirector@gmail.com, laramierangeepic.com

**July 29-30, 2023 — Pomerelle Pounder Downhill,** Go-Ride Gravity Series, Albion, ID, Two USAC sanctioned downhill races in two days., Ron Lindley, 801-375-3231, info@utahdh.org, go-ride.com, utahdh.org

**July 29, 2023 — Brundage Mountain Cross Country,** Knobby Tire Series, McCall, ID, Cross country Saturday and DH MTB race on Sunday, Alex Phipps, 208-841-4120, alex01phipp@gmail.com, twistedturtleracing.com

**July 29-30, 2023 — Steamboat Springs Enduro,** Revolution Enduro Series, Steamboat Springs, CO, Saturday racing will start with a shuttle ride to access new never raced trails for 3-4 Stages in the back country. Sunday August 19, will be three Stages with lift and pedal transfers at the Steamboat Bike Park and Forest Service trail system, David Scully, 970-846-5012, david@revolutionenduro.com, revolutionenduro.com

**July 29, 2023 — Super Loop,** XC Mountain Bike Race Series, Winter Park, CO, XC race. There is a category for everyone from junior riders to professional racers - even first time racers., Jen Miller, 970-726-1570, jmillier@winterparkresort.com, winterparkresort.com/things-to-do/competition-center/summer-programs/winter-park-classics-bike-race-series

**Fat Biking**

**Utah Weekly**

**Road Race Series**

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

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

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

**Logan Race Club Thursday Night Time Trial Series** — Logan, UT, Thursdays. TT series consisting of 18 races on five different courses, with weekly and end-of-series prizes. Check the website for the location of the weekly

**Giro d'Italia Bicycle Trivia Answers**

**QUESTIONS ON PAGE 7**

A1. It has been a while! 1983 to be exact! Italian hero Giuseppe Saronni was on the tail end of an incredible run of home soil success. The run started in 1982 in Goodwood, England when "Beppe" won the World title and continued through Italy's biggest races: the 1982 Tour of Lombardy, the 1983 Milan-San Remo, and finally when winning the Giro in the rain-bow jersey in 1983.

A2. It is not Eddy Merckx, although "The Cannibal" won the Giro in 1968, 1970, and 1972-74. The most recent Belgian was Johan de Muynck in 1978.

A3. 2016 when now retired Vincenzo Nibali notched his second and final win. Although there have been Italian winners in the Points and Mountain competitions recently, it is difficult to foresee another Italian winner anytime soon.

A4. Not surprisingly to anyone who has watched women's cycling in the last decade or two, The Netherlands tops the winners list with ten victories over the thirty-three editions. The Dutch are six for six on the most recent editions. The US, ranks third all-time, with three victories by two different riders (Mara Abbott and Megan Garnier). Astute followers will remember the US men have only won once...in 1988 with Andy Hampsten!

A5. In this case it is an Italian affair...Fabiana Luperini won five editions! 1995-98 consecutively and then on a comeback in 2008!

A6. Greg Lemond was 3rd in 1985, Hampsten was 3rd in 1987, and Tyler Hamilton was 2nd in 2002.

A7. The last time one rider claimed both GC and points competitions was 2011. Italian Michele Scarponi, tragically killed in 2017, inherited both the victory and the points competition in 2012 when Spaniard Alberto Contador was disqualified for doping.

-Dave Campbell

course., Stephen Clyde, 435-750-8785, swc@mdsc.com, Ben Kofeod, benhof@hotmail.com, Travis Dunn, travis.dunn@usu.edu, loganraceclub.org

southern shore. Perfect early season race, Marci Mahana, marci.mahana@wavetronix.com, brooksee.raceentry.com/hobblecreek-classic/race-information

**Utah Road Race Series** — Utah Crit Series, Salt Lake City, UT, Fridays, June 10, July 22, Aug 12, Aug 26, Marek Shon, 801-209-2479, utcritseries@gmail.com, race2wheels.com

**May 27, 2023 — Utah Hill Climb - Big Cottonwood,** UCA Series, Cottonwood Heights, UT, Dirk Cowley, 801-699-5126, dcowley@comcast.net, utahcyclingevents.com

**Utah Road Racing**

**May 6, 2023 — East Canyon Echo Road Race and Fun Ride,** UCA Series, Henefer, UT, 10 AM start for all courses beginning at Big Rock Campground with the 60 mile option going through Henefer and continuing through Echo Canyon. At it's end, the route will turn back to to Henefer and finish at Big Rock Campground. The 40 mile option only rides to the mouth of Echo Canyon and turns back to the campground while the 14 mile option will go up the Hogs Back and turn around to finish at Big Rock Campground with all the other courses., James Zwick, 801-870-4578, sports@sports-am.com, sports-am.com

**June 3, 2023 — West Mountain Road Race,** UCA Series, Spanish Fork, UT, Utah State Road Race Championship, Starts at Lincoln Beach, Troy Huebner, 801-427-0852, Troy.Huebner@SnapOne.com,

**May 6, 2023 — 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, 800-635-1792, 970-275-1633, info@granfondomoab.com, granfondomoab.com

**June 9-10, 2023 — Kokopelli Moab to St. George Relay,** Moab, UT, Moab to St. George Relay, Road race with 4 rider teams and three legs per rider, covering 528 miles. Multiple start times at Swanny Park in Moab finishing at Unity Park in Ivins., Clay Christensen, 801-234-0399, info@enduranceutah.com, kokopellirelay.com

**May 13, 2023 — 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., John Hernandez, john71her@gmail.com, extramileracing.com, racebearlake.com

**June 17, 2023 — The Longest Day - Ride for Alzheimers,** Tremonton, UT, Raise funds for the Alzheimer's Association, Starting at 7 am at Schuman Park in Tremonton, we will stage our 2nd annual 100 mile route with rest rooms and aid stations throughout Box Elder County., Kirk Johnson, 801-513-9728, kirkj78@gmail.com, act.alz.org/site/TR?pg=team&fr\_id=16164&team\_id=804071

**May 20, 2023 — Hobbie Creek Classic,** Springville, UT, Mass start chip-timed race, SAG, 57- and 24-mile options through fields and around West Mountain and Utah Lake's

**June 23, 2023 — Antelope Island Classic,** UCA Series, Antelope Island, UT, Starts at the West end of the causeway, then across the causeway towards the ranch and end on the island. 32 to 60 mile options., James Ferguson, 801-389-5706, ferguson8118@comcast.net,

**May 20, 2023 — Hobbie Creek Classic,** Springville, UT, Mass start chip-timed race, SAG, 57- and 24-mile options through fields and around West Mountain and Utah Lake's

**June 24, 2023 — Utah Hill Climb - Snowbird,** UCA Series, Snowbird, UT, Dirk Cowley, 801-699-5126, dcowley@comcast.net, utahcyclingevents.com

**June 25, 2023 — Need for Speed Time Trial,** UCA Series, Corinne, UT, State TT Championship,

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Dirk Cowley, 801-699-5126, dcowley@comcast.net, utahcyclingevents.com

**July 8, 2023 — Cache Gran Fondo,** UCI Gran Fondo World Series, USA AND Gran Fondo National Series, Logan, UT, Qualifying event in the Western US for the GFNS (USACycling Gran Fondo National Championship), and a true Gran Fondo where riders of all abilities are invited to participate. Chose from distances of 35, 53, 76 and 104-mile courses on Saturday through a fun, low-traffic, and scenic route in Cache Valley, UT. The finish is a festival for all riders, with race prizes, recreational rider prizes, Troy Oldham, 435-764-2979, oldhamtroy@gmail.com, cachegranfondo.com

**July 13, 2023 — Ogden Twilight Criterium p/b EMPYR,** UCA Series, Ogden, UT, Location: Stockman Way and Exchange Rd, USCF, Collegiate, and High School Fall Tire categories, Clinton Mortley, 505-379-0216, clint@thresholdsports.org.

**July 15-16, 2023 — Salt Lake Criterium,** American Criterium Cup, Salt Lake City, UT, Professional and amateur categories, expo and more! Benefits the Utah Food Bank. Saturday: Industry, Granary District, Salt Lake City. Sunday: Sugarhouse Park, Dirk Cowley, 801-699-5126, dcowley@comcast.net, Eric Gardiner, 801-660-9173, saltlakecrit@gmail.com, saltlakecriterium.com

**July 15, 2023 — Southeastern Utah Bike Challenge,** Montezuma Creek, UT, The Race route is one way from Montezuma Creek, UT (262) to McCracken Mesa, UT (N5099) to Hatch Trading Store (N5099) to Cahone Mesa, UT (N5099) left on Mesa Ranch Road. Registration: 6 am - 7 am on race day, Race starts - 7:15 am, Delbert Dickson, 435-220-0668, ddickson@unhsinc.org, Gilbert Ben, 970-529-3515, .

**July 22, 2023 — Powder Mountain Hill Climb,** Utah State Hill Climb Series, UCA Series, Eden, UT, Dirk Cowley, 801-699-5126, dcowley@comcast.net, utahcyclingevents.com

**July 28-29, 2023 — Saints to Sinners Bike Relay,** Salt Lake City, UT, The Original fundraiser relay road race from Salt Lake to Las Vegas. Over 500 miles with elevations from 1500 to 10500 feet. Race in teams through the night, fundraiser event for ALS/Lou Gehrig's Disease., Chad Neusmeyer, 801-856-7018, chad@saintstosinners.com, SaintstoSinners.com

**July 29, 2023 — Mirror Lake Highway Road Race,** UCA Series, Kamas, UT, 150 miles across some amazing country roads and up Mirror Lake Hwy thru beautiful pine and aspen forest, across the highest paved pass in Utah at 10,700 feet, and back on country roads in wide open country. It is a road race, a gran fondo (for those who only want to ride) and can be done as 2 or 3 person relay. Fully supported. Start and finish in Kamas., Troy Huebner, 801-427-0852, Troy.Huebner@SnapOne.com.

of Silverton. Sunday 26th we have a Kids Race and Kids Village, Mountain Bike Race, Gravel Grinder, Cruiser Crit, BMX event and vendors., Gaige Sippy, 970-259-4621, director@ronhorsebicyclediscovery.com, ronhorsebicyclediscovery.com

**June 3, 2023 — Bronco Motors Sawtooth 200: 180 & 100 mile Solo and Team Challenge,** Boise, ID, 17th annual team relay, group or solo ride from Boise to Sun Valley. Choose to ride the 180 mile mountainous route in a 2, 4, or 6 person team relay or go the entire distance in the new Sawtooth Uncut version dubbed "LOTOJA's big brother"! 100 mile route includes 2 person relay and solo. Participants finish with BBQ and Sawtooth brew in beautiful Ketchum, Katie Hedrich, 951-733-5198, katie@omnigoevents.com, sawtooth200.com

**June 4, 2023 — Excel Sports Sunshine Pass Hill Climb,** Boulder, CO, 3000 feet in 9.8 miles including 3 miles of hard pack dirt., Barry Lee, 720-244-8228, 720-409-7048, blee1216@icloud.com,

**June 4, 2023 — Regalado Road Race ,** Oakdale, CA, Robert Leibold, 209-604-1354, velopro1@gmail.com, velopromo.com

**June 13-17, 2023 — USA Cycling Amateur Road National Championships,** Roanoke, VA, Elite, U23 and Junior Road National Championships., Chuck Hodge, 719-434-4200, chodge@usacycling.org, usacycling.org

**June 22-25, 2023 — USA Cycling Professional Road, ITT, and Criterium National Championships,** Knoxville , TN, Chuck Hodge, 719-434-4200, chodge@usacycling.org, usacycling.org

**June 23-25, 2023 — Baker City Cycling Classic,** Baker City, OR, Three days and four stages in beautiful eastern Oregon, with great support and unparalleled scenery. Over 8,000 ft of climbing over the three days in one of the country's most beautiful cycling regions. Pros and amateurs race the same courses and the women's and men's prize purses are matched by sponsor BELLA Main St. Market, Ace Bollinger, 509-679-5003, acebollinger@nwi.net, Brian Cimmiyothi, 541-371-3303, 509-374-8424, scottscycleandports@gmail.com, bakercitycyclingclassic.com

**July 2, 2023 — Leesville Gap Road Race,** Williams, CA, 62 miles for everyone up and over scenic Leesville Grade and Grapevine Gap in California's Colusa County, mostly paved, some gravel stretches. Watermelon Feed at the finish. USAC licensed., Robert Leibold, 209-604-1354, velopro1@gmail.com, velopromo.com

**July 8, 2023 — Boise Twilight Criterium,** American Criterium Cup, Boise, ID, 36th Annual, Pro Road Tour, races for all categories, and race under the lights for the pros., Mike Cooley, 208-371-5175, mike.cooley1958@gmail.com, boisetwilightcriterium.com

**July 8, 2023 — Bob Cook Memorial Mount Evans Hill Climb,** Colorado Summit Cycling Series, Idaho Springs, CO, 55th annual, CO State Championship Hill Climb, 27 mile bicycle race and Gran Fondo, that ends on the highest paved road in the United States, Mount Evans, at 14,130', 6000 feet elevation gain., Jennifer Barbour, 303-503-4616, jen@teamevergreen.org, Kim Nordquist, 303-249-6168, kimnordquist@msn.com, bicyclerace.com, teamevergreen.org

**July 8, 2023 — Watsonville Criterium ,** Watsonville, CA, Robert Leibold, 209-604-1354, velopro1@gmail.com, velopromo.com

**July 9, 2023 — Bogus Basin Hill Climb,** Boise, ID, 51st Annual, 24km/15 miles of uphill, 1000 meters of elevation gain. Starts at 2600 N Bogus Basin Rd at 9am, Linda Lloyd, 208-514-3077, george@georgescycles.com, georgescycles.com

**July 15-16, 2023 — River City Cycling Classic,** Spokane, WA, Omnium. Time trial and road race on Saturday, a criterium on Sunday. Racers can compete in events individually with no need to pass one event to qualify for the next; race 1, 2, or all 3 events, Nathan Gallahan, 208-771-2099, nathan.gallahan@gmail.com, rivercitycycling.org, facebook.com/RCCyclingClassic

70 and 100 mile distances in Cache Valley, fundraiser for Women's Cancer Research at the Huntsman Cancer Institute. Registration for the 2023 ride is closed. This event sells out quickly. Registration for the 2024 ride opens in January, Jackie McGill, 801-209-7570, bkegal65@gmail.com, bccutah.org/lrrh, lrrh.org

**June 3, 2023 — Ride the Gap Century,** Ride Southern Utah Road Gran Fondos, 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., Margaret Gibson, 435-229-6251, margaret@redrockbicycle.com, Ryan Gurr, info@spingeesk.com, ridesouthernutah.com

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**June 16-17, 2023 — Raspberry Ramble Series,** Salt Lake Randonneurs Brevet Series, Logan, UT, Self-supported brevet 188, 250 or 375-mile in Cache Valley and southern Idaho, 5AM start in Logan, Richard Stum, 435-462-2266, richard@eogear.com, Ken Moss, 801-833-2782, rba@saltlakerandos.org, saltlakerandos.org

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**July 8, 2023 • Idaho Springs, CO**  
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**Regional Weekly Road Race Series**

**May 10-August 9, 2023 — 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 4 at 6:30 pm, 7:00 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 Min Rd. Scoring is best Crystal plus best Scout time. Approximately 5 mile climbs. mass start., May 18 -Crystal Summit (mass start), 6:30 pm:7:00 pm: June 15-Scout, July 13-Crystal Summit (Senior Games), August 10-Scout, Categories: End of season awards for men and women's overall winners of these categories: A's , B's , Master's 50+, Masters 60+, Triathlete, Recreational (Non TT bike, Eddie Merckx style), Single Speed, and Clydesdale (210 lbs+) and Athena (150 lbs+), Peter Joyce, 208-282-3912, joycpete@su.edu, Tony Chesrow, 435-671-2506, hebermtsports@yahoo.com, idahocycling.com

**May 16-July 18, 2023 — SWICA Fairground Criterium Series,** SWICA Criterium Series, Boise, ID, Local training crit series at Expo Idaho West lot (Glenwood Street south of Hawks Stadium). Every Tuesday except June 7, John Rogers, 208-284-9671, obccwebdesign@yahoo.com, idahobikeracing.org

**Regional Road Racing ID, WY, MT, NV, AZ, NM, CO, MT, OR, WA, CA and Beyond**

**May 5-7, 2023 — USA Cycling Collegiate Road National Championships,** Albuquerque, NM, Chuck Hodge, 719-434-4200, chodge@usacycling.org, usacycling.org

**May 5-7, 2023 — Tour de Bloom Stage Race (Omnium),** Wenatchee, WA, The event features a road race in Waterville on Friday, an out and back 10-mile IT, a twilight criterium in historic downtown Wenatchee on Saturday, and a road race in Plain Washington with an uphill finish on Sunday., Ace Bollinger, 509-679-5003, acebollinger@nwi.net, wenatcheevalleyvelo.com/current-event/tour-de-bloom/

**May 6, 2023 — Beamouth Road Race & Gran Fondo,** Missoula, MT, This classic race travels up a short and steep climb, past Limestone Ridge, out to Helmsville, and back-- a little for every type of cyclist, whether you love the climbs, the flats, or just the majestic scenery of Montana. Whether you want to ride it as a race, a fondo, or use it as a training ride for Camp Mak-A-Dream's RATPOD, this is a route that all cyclists are bound to enjoy., Shaun Radley, 406-219-1318, montanacyclocross@gmail.com, montanacyclocross.com/events/

**May 7, 2023 — 3 Bears TT #1,** Picacho, AZ, Time trial will begin at 8:00 a.m., Terry Jenner, 402-983-6195, escapefrommexico@yahoo.com, azcycling.org/event/3-bears-tt-1/

**May 13, 2023 — Chicken Dinner Road Race,** Nampa, ID, George's , 208-343-3782, fl-one@georgescycles.com, georgescycles.com

**May 13, 2023 — Lookout Mountain Hill Climb,** Golden, CO, A four-mile individual time trial up the legendary Lookout Mountain in Golden, CO. Start at the pillars and finish at Buffalo Bill's Grave., 810-588-3822, csmcycling@gmail.com, 303-378-3940, RideGolden.LOM.HC@gmail.com, coloradocycling.org

**May 19-21, 2023 — Superville Omnium,** Superior, CO, 3-Day Omnium featuring TT, Crit, and RR., Lance Panigutti, 303-408-1195, lance@withoutlimits.com, whitelinecycling.com

**May 19, 2023 — Superville - Time Trial,** Superior, CO, Time Trial (part of the Superville Omnium), Lance Panigutti, 303-408-1195, lance@withoutlimits.com, whitelinecycling.com

**May 20-21, 2023 — Tax Day Omnium,** UCA Series, Marsh Valley, ID, Great circuit race, start and finish at Marsh Valley High School. This is the old Gate City Grind Course., Dirk Cowley, 801-699-5126, dcowley@comcast.net, Bob and Kris Walker, bobandkrisw@yahoo.com, Tony Chesrow, 435-671-2506, hebermtsports@yahoo.com, utahcycling-events.com

**May 20, 2023 — Superville - Louisville Crit,** Louisville, CO, Criterium (part of the Superville Omnium), Lance Panigutti, 303-408-1195, lance@withoutlimits.com, whitelinecycling.com

**May 21, 2023 — Superville - Superior Morgul Road Race,** Superior, CO, Superior Morgul Road Race (part of the Superville Omnium), Lance Panigutti, 303-408-1195, lance@withoutlimits.com, whitelinecycling.com

**May 26-28, 2023 — Iron Horse Bicycle Classic,** Durango, CO, 50th Annual, Road Race and Tour from Durango to Silverton. Both are on Saturday 25th and are a 50 mile ride from Durango to Silverton. Take off with the train, traveling over two 10,000ft mountain passes enroute to the historical mining town

**June 3, 2023 — Bronco Motors Sawtooth 200: 180 & 100 mile Solo and Team Challenge,** Boise, ID, 17th annual team relay, group or solo ride from Boise to Sun Valley. Choose to ride the 180 mile mountainous route in a 2, 4, or 6 person team relay or go the entire distance in the new Sawtooth Uncut version dubbed "LOTOJA's big brother"! 100 mile route includes 2 person relay and solo. Participants finish with BBQ and Sawtooth brew in beautiful Ketchum, Katie Hedrich, 951-733-5198, katie@omnigoevents.com, sawtooth200.com

**June 4, 2023 — Excel Sports Sunshine Pass Hill Climb,** Boulder, CO, 3000 feet in 9.8 miles including 3 miles of hard pack dirt., Barry Lee, 720-244-8228, 720-409-7048, blee1216@icloud.com,

**June 4, 2023 — Regalado Road Race ,** Oakdale, CA, Robert Leibold, 209-604-1354, velopro1@gmail.com, velopromo.com

**June 13-17, 2023 — USA Cycling Amateur Road National Championships,** Roanoke, VA, Elite, U23 and Junior Road National Championships., Chuck Hodge, 719-434-4200, chodge@usacycling.org, usacycling.org

**June 22-25, 2023 — USA Cycling Professional Road, ITT, and Criterium National Championships,** Knoxville , TN, Chuck Hodge, 719-434-4200, chodge@usacycling.org, usacycling.org

**June 23-25, 2023 — Baker City Cycling Classic,** Baker City, OR, Three days and four stages in beautiful eastern Oregon, with great support and unparalleled scenery. Over 8,000 ft of climbing over the three days in one of the country's most beautiful cycling regions. Pros and amateurs race the same courses and the women's and men's prize purses are matched by sponsor BELLA Main St. Market, Ace Bollinger, 509-679-5003, acebollinger@nwi.net, Brian Cimmiyothi, 541-371-3303, 509-374-8424, scottscycleandports@gmail.com, bakercitycyclingclassic.com

**July 2, 2023 — Leesville Gap Road Race,** Williams, CA, 62 miles for everyone up and over scenic Leesville Grade and Grapevine Gap in California's Colusa County, mostly paved, some gravel stretches. Watermelon Feed at the finish. USAC licensed., Robert Leibold, 209-604-1354, velopro1@gmail.com, velopromo.com

**Utah Road Touring and Gran Fondos**

**May 6, 2023 — FrontRunner Metric Century Ride,** Salt Lake City, UT, 12th Annual Point to point metric century (62.5 miles) bicycle ride from Salt Lake City's Intermodal Hub to Ogden. Return to Salt Lake City via the UTA FrontRunner train service. Your bicycle will be transported via private truck to SL. Registration opens Christmas Day! We sold out for the last few years, register early and don't miss out. Only 640' of total climbing, Matt Storms, 801-230-9270, staff@forthewinracing.com, frontrunnercentury.com

**May 6, 2023 — 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, 800-635-1792, 970-275-1633, info@granfondomoab.com, granfondomoab.com

**May 13, 2023 — Golden Spoke,** Utah Bike Month, Wasatch Front, UT, Plan on riding with us to celebrate over 170 miles of safe and connected multi-use trails linking Ogden and Provo! This year, two rides, a 25-mile ride from Ogden Frontrunner station and a 75-mile ride from Riverside Park in Provo will conclude at Farmington Regional Park where we'll have food trucks, participating giveaways, and vendor booths. This family friendly event is free., Heidi Goedhart, 801-783-8426, hgoedhart@utah.gov, goldenspokeutah.org

**May 20, 2023 — Ride for the Angels,** Copperton, UT, 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 tool, Dennis Carigan, 801-201-5164, dennis@angelshands.org, angelshands.org

**June 3, 2023 — Little Red Riding Hood,** Lewiston, UT, Women's-only ride. 17, 27, 55,

**Regional Road Touring and Gran Fondos**

**May 6-June 17, 2023 — Death Ride Training Ride Series,** Markleeville, CA, Experience the breathtaking scenic beauty of classic Sierra roadways. Ride through wilderness areas with no traffic lights and just a few stop signs. Choose your favorite passes or pick one of six ride options., Gregg Westerbeck, 877-845-2453, social@altaalpina.org, Michael Bayer, challenge@altaalpina.org, altaalpina.org/training

**May 6, 2023 — Wine Country Century,** Santa Rosa, CA, Sonoma County Wine Country will be discovered in three distances of 35 miles, 100k, and 100 miles with extravagantly stocked rest stops and welcoming volunteers. 48th Annual, Steve Saxe, ridedirector@sccc.com, sccc.com

**May 7, 2023 — Grizzly Peak Century,** Moraga, CA, Road 30, 50, 75, 100mi, Gravel 60mi - Ride up, down, and around the East Bay hills with hundreds of your fellow cyclists on beautiful and challenging routes with ever changing scenery! Riders get logo socks, rest stops with tons of fresh fruit and home baked goods, clothing drop, basic mechanic service, SAG, AND our fabulous post-ride BBQ lunch including local beer! Proceeds support nonprofits that work to provide broad and inclusive community access to the economic, environmental, and health benefits of cycling, Bonnie Goldsmith, (510)

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847-3948, CenturyReg@grizz.org, Daniel Stoops, stoopsd@gmail.com, https://www.grizz.org/century/

**May 7, 2023 — L'Étape Las Vegas,** Las Vegas, CA. Gives amateur cyclists the legendary Tour de France experience in the legendary city of Las Vegas! Cyclists, from seasoned veterans to beginners, can compete for an authentic Yellow Jersey; 75-miles, elevation +6,464 ft, 45-miles, elevation +3,035 ft, 25-miles, elevation + 2,260 ft, 10-miles Family Ride, Kids Race, MB Events, info@mbevents.ca, lasvegas.letapebytourdefrance.com

**May 19-21, 2023 — Santa Fe Century and Gran Fondo,** Santa Fe, NM, Century (106 mile tour), the Gran Fondo (106 mile timed ride), the Half-Century (54 mile tour), Medio Fondo (54 mile timed ride) or a 20 mile route. A scenic course that highlights the landscape of northern New Mexico, starting and finishing in downtown Santa Fe. Riders will pass through the Ortiz Mountains and the Galisteo basin, Santa Fe Century, 505-490-6387, ride@santafecentury.com, santafecentury.com

**May 20, 2023 — Cycle for Independence,** Boise, ID. Fundraiser for the Treasure Valley Chapter of the National Federation of the Blind, 10, 25, and metric century (62.5 miles), individual and team rides, routes begin in northwest Boise, supported ride. After ride burgers with all the fixings combined with socializing, music, festivities and prizes, Ramona Walhof, 208-336-5333, cycleforindependence@gmail.com, Allan Schneider, 208-870-4831, aaschneider@hotmail.com, cycleforindependence.org

**May 21, 2023 — Strawberry Fields Forever,** Watsonville, CA, 30,60, and 100 mile touring loops of beautiful Santa Cruz and Monterey Counties, CA. Sponsored by Cyclists for Cultural Exchange, and includes rest stops, support, full dinner (including strawberries and fresh cream!) at the finish., Robert Leibold, 209-604-1354, velopro1@gmail.com, strawberryfields.org

**May 27, 2023 — Heartbreak Century and Double Century,** King of the Mountains Century Challenge, Frazier Park, CA, 100 or 200 mile ride on the roads less traveled in the Los Padres National Forest, Deborah Bowling, 818-889-2453, embassy@planetultra.com, planetultra.com

**June 3, 2023 — Just for the Hill of It,** White Bird, ID. Benefit for Syringa Hospital & Clinics Hospice, face the challenging switchbacks of the Old White Bird Grade. Experience 13 miles with a gentle climb starting at Hammer Creek at 1600' and continuing to the summit at 3800'. Breathtaking views. All ages are welcome to come & join in the fun, Cindy Higgins, 208-983-8550, chiggins@syringahospital.org, syringahospital.org/hill-of-it-challenge.html

**June 3, 2023 — Tour de Lava,** Lava Hot Springs, ID. Distance 16, 32 and 50 miles and 100K. All money raised including registration fee goes to Huntsman for cancer research for Prostate Cancer and promoting prostate cancer awareness 1-9 men will get prostate

cancer. Simple blood test for PSA., Tami Parris, 208-681-2812, rideondads@gmail.com, hope.huntsmanccancer.org/rideondads

**June 3, 2023 — Eastern Sierra Double Century,** California Triple Crown and Planet Ultra Grand Slam Endurance Series, Bishop, CA, 200 mile ride including Mammoth and June Lakes, Deborah Bowling, 818-889-2453, embassy@planetultra.com, planetultra.com

**June 4, 2023 — America's Most Beautiful Bike Ride - Lake Tahoe,** Stateline, NV, 100, 72 mile options around Lake Tahoe. Hosted by the Leukemia & Lymphoma Society. Fully supported with rest stops, tech support and SAG, Leukemia & Lymphoma Society, 888-557-7177, supportservices@lls.org, cure.lls.org/event/2023-america-s-most-beautiful-bike-ride/e457711

**June 10, 2023 — Tour of Two Forests,** Santa Clarita, CA, 200 mile ride, Deborah Bowling, 818-889-2453, embassy@planetultra.com, planetultra.com

**June 11-17, 2023 — Ride the Rockies,** Fort Collins, CO. Explore Colorado's Rocky Mountains by bicycle! The 2023 tour will be a brand new route showcasing the state's unmatched scenery and breathtaking mountain views. Ft. Collins, Estes Park, Allenspark, Grand Lake, Wltnr Park, Gilpin County, Ft. Collins, Ride The Rockies, info@ridetherockies.com, ridetherockies.com, venturesendurance.com

**June 11, 2023 — Ride to End Alzheimers,** Fort Collins, CO. Come help fuel cutting edge research by fundraising and riding to help in the discovery of treatment and prevention methods for Alzheimer's. Ride options are available for 20, 50, 70, and 100 mile distances., Sara Prevost, 833-239-7433, ride@alz.org, alz.org/ride

**June 17, 2023 — Spinderella,** Pocatello, ID, 10th Annual, ladies-only ride featuring five scenic routes, from 10 to 100 miles. Roll-out begins at 6:00 am at Ross Park in Pocatello, ID., DaNae Young, 208-221-9300, spinderella33@gmail.com, spinderellaride.com

**June 17, 2023 — CHAFE 150 Gran Fondo,** Sandpoint, ID. The 150 mile route is a grand loop around the Cabinet Mountains through gorgeous lake and river valleys, encompassing one upriver leg, two downriver legs and one huge lake! In addition, CHAFE offers magnificent 100, 80, 40, and 25 mile routes for riders of any level, Syringa Cyclery, 208-610-9990, syringacyclery@gmail.com, Jane Huang, chafe150@outlook.com, chafe150.org

**June 24, 2023 — RATPOD (Ride Around the Pioneers in One Day),** Dillon, MT. Now a virtual ride: RATPOD is now RATPOD Unlimited - Your RATPOD. Your way. You can ride any distance you choose, from anywhere you are located all in support of Camp Make-A-Dream. An oncology camp dedicated to ensuring those affected by cancer can live with and beyond their diagnosis. With just a small donation you can be part of this now national event all to honor those affected by cancer. RATPOD is usually a

130-mile one-day charity ride for Camp Make-A-Dream (a cost free cancer camp). The ride takes place in the beautiful Big Hole Valley of SW Montana., Courtney Imhoff, 406-549-5987, info@ratpod.org, ratpod.org, campdream.org

**June 24, 2023 — Cheyenne Superday Tour de Prairie,** Cheyenne, WY. This long-distance, 100-mile, course route heads out and back from Cheyenne through the open, rolling prairie into the town of Chugwater for a uniquely Wyoming tour. Features 25-, 50-, 75- and 100-mile rest stations/turn around points. Breakfast and lunch are included., Aliea Ednie, 307-757-7166, aednie@cheyennecity.org, CheyenneRec.org, cheyennecomunityrecreationandevents.enmotive.com/events/register/superday-2022-tour-de-prairie

**June 24, 2023 — Alta Alpina Challenge,** Markleeville, CA. Experience the breathtaking scenic beauty of classic Sierra roadways. Metric and Century options and more or pick one or more of the famous Alta Alpina passes for a personalized ride (30 miles and up). Fundraiser for the Alta Alpina Cycling Club, Gregg Westerbeck, 877-845-2453, social@altaalpina.org, Michael Bayer, challenge@altaalpina.org, altaalpina.org/challenge

**June 24-25, 2023 — Bike MS: Colorado,** Bike MS, Westminster, CO. With breathtaking mountain views and crisp mountain air, take in the views of Longs Peak, Colorado's most famous 14er, in an area known as one of Colorado's most scenic outdoor paradises. This Bike MS experience offers route options ranging from 32 to 103 miles over two days and is friendly to all abilities with rest stops every 10-12 miles. Lodging, meals, and entertainment based out of Colorado State University in Ft. Collins., Brittany Rondello, 425-647-6846, brittany.rondello@nmss.org, Erika Barnum, 303-698-6127, Erika.Barnum@nmss.org, bikemscolorado.org

**June 24-25, 2023 — Bike MS: Los Angeles Coastal Challenge,** Bike MS, Ventura, CA. Choose your start line and build your own adventure. Start in Ventura for an easy 30 miles along the river path or Santa Monica for breathtaking 62 miles along PCH or take the challenge and do 105 miles for a combo of mountain and coastal riding. Everyone will come together for the finish line and party at the San Buenaventura State Beach Park to celebrate with food, drinks, music and fun! Overnight in Ventura then enjoy the beauty of Ventura County's coastline and the hills and lakes of Ojai., JJ Hoffman, 323-839-6414, janette.hoffman@nmss.org, bikemscolorado.org

**July 15-21, 2023 — Tour de Wyoming,** Buffalo, WY. Bike tour through Wyoming with daily distances from 55 to 70 miles, Amber Travyk, 307-742-5840, atravsky@wyoming.com, cyclewyoming.org, tourdewyoming.org

**July 15, 2023 — Tour de Steamboat,** Steamboat Springs, CO. Annual bicycle event that brings together 1,200 cyclists for a one-day ride through beautiful Northwest Colorado, taking in Rabbit Ears Pass, Gore Pass, Yellow Jacket Pass, Stagecoach, Yampa and Oak Creek. Four different road ride routes: 26, 46, 66, 116 miles, and a 100 mile gravel route., Katie Lindquist, 970-846-9206, info@tourdesteamboat.com, tourdesteamboat.com

**July 15, 2023 — Death Ride - Tour of the California Alps,** Markleeville, CA. Challenge yourself to the premier cycling event in California. With 103 miles, over 14,000' of climbing, and up to six (6) HC climbs through the stunning Sierra Nevada mountains, this ride is sure to challenge and inspire you!, Melissa Edwards, 530-694-2475, info@deathride.com, deathride.com

**July 15-16, 2023 — Seattle to Portland (STP),** Seattle, WA. The Kaiser Permanente Seattle to Portland (STP) presented by Alaska Airlines Bicycle Classic is a 200+ mile one or two-day ride through western Washington. Heading south from Seattle and ending in Portland, Oregon, the STP is a thrilling back-to-back double century ride through urban and rural settings. Bicycling Magazine calls STP "one of the best cycling events in the nation.", Rishan Mohideen, 208-620-0465, rishanm@cascade.org, cascade.org/node/6801

**July 22, 2023 — The Triple Bypass,** Evergreen, CO. The legendary Triple Bypass is 110 miles with 10,000' of climbing and travels over 3 beautiful mountain passes from Evergreen to Vail, CO. 64 and 110 mile options, Sunday Gran Fondo and the infamous Double Triple Bypass, 240 miles!, Jennifer Barbour, 303-503-4616, jen@teamevergreen.org, Kim Nordquist, 303-249-6168, kimnordquist@msn.com, triplebypass.org

**July 29, 2023 — Santa Cruz Mountains Challenge,** Santa Cruz, CA. 45 Miles with about 3,000 feet of climbing, Metric Century (roughly 62 miles) with 7,000 feet of climbing, Century (100 miles) with about 10,000 feet of climbing, Double Metric Century (roughly 135 miles) with 13,000 feet of climbing., Skippy Givens, century@santacruzcyling.org, santacruzcyling.org

**Multisport Races**

**May 6, 2023 — Ironman St. George 70.3 North American Championship,** St. George, UT. Start: Sand Hollow reservoir. Bike through Snow Canyon State Park, Finish Downtown St. George, Ironman, 303-444-4316, stgeorge70.3@ironman.com, Kevin Lewis, 435-986-6615, Kevin@visitsstgeorge.com, ironmanstgeorge.com

**May 13, 2023 — South Davis Splash N Sprint Triathlon,** South Davis Racing Series, Bountiful, UT. Sprint starts at 7:45. Swim 350 yds; Bike 12.02 mi; Run 5k, relay; Split the Sprint between 2-3 racers. Notice: Swim 150 yds; Bike 2.4 mi; Run 1.5 mi. Be at the start before 8:45am! 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, southdavisraces.com

**May 18-21, 2023 — XTERRA Oak Mountain,** XTERRA America Tour, Pelham, AL. XTERRA will return for its 16th year at Oak Mountain State Park with a family-friendly festival, trail runs, mountain bike races and off-road triathlons for pros and amateurs alike., Raena Cassidy, 877-751-8880, info@xterraplanet.com, xterraplanet.com, xterratah.com

**Aging and Cycling - Continued from page 22**

may not otherwise be met without cycling. But without engaging in these questions, one is less likely to create a balanced intervention that allows one to appreciate what aspects of cycling can continue unchanged, what aspects of cycling may no longer be possible, and what aspects of cycling may need to be modified.

Once one comes to an understanding of the role cycling played in one's life and how the future will be impacted by age-related changes, then active adaptation can occur. In this stage one may find themselves expanding their support network, engaging in new hobbies to fulfill interests no longer filled by cycling, and changing the way they engage in cycling altogether. If still cycling, then in what situations does cycling become more difficult? Are there events which no longer appear appropriate due to age, while are there other events that appear more appropriate due to age? Are there specific advantages of cycling that were once available but are no longer possible due to age? If so, are there other opportunities available in which to realize those advantages?

Older cyclists may not only face difficulty from their own biases but may also face resistance from others in their life. Many older athletes become the target of negative stereotypes from family, friends, and colleagues. Other's may say things like "What are you doing cycling all the time? Grow up and be your age." In review of literature regarding sports and aging, the results are mixed regarding any potential benefit. While there are many physical advantages of sport participation as an older athlete, the literature regarding the benefits of sports participation on emotional, spiritual and other dimensions of health with age are limited, unclear and require more research.

I have heard it said over and over that ignorance is bliss. And to some extent this is true. Think about the amount of ignorance you use to deny the level of risk of injury while driving your car. Are other drivers really all that concerned of your wellbeing? Probably not, but you need to drive to get to work, and ignorance helps to get you in the car.

In situations like the one we are discussing; ignorance becomes a major obstacle that potentially separates one from enjoying their sport. Ignorance may influence one to join cycling groups that fall outside one's skill level, prompt individuals to potentially train in a fashion not appropriate for their age-related needs and may prompt one to create goals that become increasingly more unobtainable over the course of time. These all represent variations of fundamental attribution error and denial.

**To assist you in avoiding the denial trap, here are some basic**

**truths about age and cycling to remind yourself:**

1. Everybody gets old.
2. Mother nature doesn't care how much you exercise or your self-care routine. You may be able to slow the aging process, but you will not stop it.
3. Being old is relative, multidimensional, and related to more than chronological age.
4. Trying harder will not magically cause you to ride like a competitive cyclist 20-30 years younger than you.
5. Most younger cyclists do not understand the aging process. They are likely to make inaccurate assumptions of what does and does not contribute to age. They may even treat you like the plague. You are not the plague.
6. Most older peers are more likely to rely on age stereotypes and encourage more sedentary interests when dealing with you.
7. As you age your training needs change and will most likely require you more rest time between workouts.
8. Modifying your cycling training to match your age and ability is not quitting. It is optimizing your fitness level to your training.
9. Ignoring your age and the impact on cycling can potentially have life threatening implications (think cardiac abnormalities associated with heart size over time).
10. Acknowledging and accepting your age is not giving up. It is being objective.
11. Being a fast cyclist doesn't translate into being good at other parts of your life. Similarly, being a slow cyclist doesn't translate into being bad at other parts of your life.
12. Your personal assessment of your skill level is likely to overestimate your capabilities.

Now go and ride your bike. Be sure to say hello to the people you pass and to those who pass you. And know, barring disaster, that we all get old. That we are all headed in the same direction, and that in the meantime between here and the hereafter, a little bike ride is just the thing to keep you sane.

Eric Yelsa, Ph.D. is clinical health psychologist in both private practice and within the University of Utah Health Sciences Center. He served as an assistant professor through University of Utah Hospital Pain Management Center Department of Anesthesiology where he worked with a number of elite and professional athletes recovering from sport related trauma. He has been a competitive cyclist since 1981. He is a USAC level 3 certified coach and certified power-training coach, has presented at the USA Cycling, and is an active member of the American Psychological Association Division 47 Exercise and Sport Psychology. He can be reached for consultation at Eric.Yelsa@healthpsychassoc.com









# UTAH BIKE MONTH

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