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CALENDARS
INSIDE!**

**MAY IS
BIKE
MONTH!**



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- BIKE LANES & BUSINESS

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| | | | | |
|---|---|---|--|--|
| Biked at least 5 miles today | Used Bike Month Poster as a Zoom background and shared the poster | Plan a bike ride along Utah's U.S. Bike Route (USBR) system | Rode to a local restaurant/ food place | Fitted my helmet |
| 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 Move Utah Bike Month Strava Challenge |
| Wore or added reflectors to my bike | Rode to a neighborhood park |  | Visited the Move Utah website | Biked at least 1 mile today |
| Tried a new bike route | Read about bicycle advocacy in Utah | Read about Utah's bike laws | Used TravelWise to plan my route | Biked to a State Park |
| Watched a bike repair video | Donated/ volunteered to a biking advocacy group | Stretched before biking | Rode to a place I'd never been before | Plan a safe route to school/work with Safe Routes Utah |



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Pick up a copy of Cycling Utah or Cycling West at your favorite bike shop in 8 Western states!

Cover Photo: Always a speedster on the climbs, Rain Felkl works her way through a long, low-grade pass, pedaling past 6,000 feet on Highway 395 in California. Read the full story in our Winter 2020 issue online at <https://www.cyclingutah.com/category/issues/magazine/2020-pdfs/>

Photo by Clara Hatcher

SERVICE

A Trip to Mexico: Bike Repair as Community Service

By Jamie Morningstar

One of my family's most treasured annual traditions is our trip down to Colima, Mexico to visit with, serve, and enjoy precious time at Hogar de Amor Orphanage. We started traveling to Colima in 2013 and over the years have forged deep relationships with the kids and caregivers. We usually take a large group to Mexico for the trip and spend our time doing projects around the orphanage, doing activities with the kids, and having a wonderful time together.

But, of course, the past two years have been anything but "usual". We had to cancel last year's trip completely, and this spring we traveled as a small family rather than bringing down a large group. This meant that we also needed to rethink our normal schedule of activities at the orphanage, since we wouldn't have enough people to take on major projects. In addition, since schools still aren't open in Colima, we needed to target activities we could ideally do alongside the kids.

Slowly, an idea emerged — what about bike repairs?

I hadn't really thought of bike



The Morningstar family taught bike repair to the kids from the Hogar de Amor Orphanage in Colima, Mexico. Photo by Jamie Morningstar.

repairs as a form of community engagement and service, but the more we thought about the idea, the more it made sense. We could bring down a set of basic bike repair tools and supplies that we could leave with the orphanage staff for future maintenance. Not only would we be engaging the kids while we were there, but we would also teach them

skills that they could use to care for their own bikes. Plus, we love bikes!

We contacted our local bike shop, Mad Dog Cycles, who kindly collaborated with us to sponsor and work out a discount for supplies to take to Mexico. We made our best guesses

Continued on page 4

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**Mexico Trip -
Continued from page 3**

regarding the things we would need (more details on that, below), and we were on our way!

We had so much fun hanging out with the kids, getting greasy and dirty together, fixing and re-fixing parts, spray painting bikes, and transforming some pretty beat-up bikes into ones that the children were excited to use. We made a lot of mistakes along the way, and we think we lost the confidence of several kids on that first day when we

had to YouTube how to use a chain breaker. What we lacked in skills, we made up for in adventurous, collaborative spirits. We had a blast.

At the end of day one, we had only three repaired bikes to show for our day's effort, and we were feeling a little sheepish. Then one caregiver brought us right back to the purpose of our time by reminding us that each bike brought ten smiles and an entire day of fun together - and that was the real reason we were in Mexico.

It was fun to see the different jobs that the kids gravitated to. Some

loved to dismantle the bikes and got really into the mechanics of the thing. Others loved to clean the bikes off and prep them for painting, removing every decal. Some loved the painting (ok, they all loved the painting). A few kids would stay right by our sides the whole time, some would come and go. That's part of what made this activity so great - it appealed in various ways to a diverse group of kids.

After 9 years of annual travel to the Hogar de Amor Orphanage, this was one of our absolute best trips. We engaged with the kids in a unique way, side by side and with very grubby hands. That got me thinking - you don't need to travel to a different country or to an orphanage to engage with your community over bike repairs. Maybe you could organize a repair afternoon for a local elementary school, or for your neighborhood or church. I would even bet there is a person in your neighborhood with a broken-down bike they'd love to ride, if only someone would help them fix it.

I love cycling because of the community connections I make on the bike. And now I love cycling even more because of the community connections I make putting the bike back together!

Supplies

If you're interested in running a bike repair clinic, here's our list of recommended supplies.

Basic bike kit (the stuff you'll need



One of the kids from the Hogar de Amor Orphanage in Colima, Mexico with his completed bicycle. Photo by Jamie Morningstar.

- A can of penetrating lubricant, like PB Blaster, for the rusted-on bolts
- A hacksaw, for the bolts that you really can't get off
- A few sets of brake cables
- Spray paint for metal and clear sealant. Take off the nozzles before they are within reach of children - just trust me on that one.
- A roll of painter's tape, for making cool stripes on the bikes you're painting
- A few sets of pedals (mostly 1/2")
- A few sets of grips
- A really adventurous spirit and sense of humor, and the knowledge that you won't be able to fix every issue, but you can be grateful for the ones you can fix!
- YouTube

- A few new chains
- A few tubes (but in our experience it's hard to anticipate the sizes you'll need, so don't overbuy). We used mostly 16" and 20" tubes on our trip.
- WD-40 and another multi-purpose lubricant
- One or two pumps



The kids from the Hogar de Amor Orphanage in Colima, Mexico learn bike repair. Photo by Jamie Morningstar.



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ADVOCACY

Pete Buttigieg Has a Mixed Record With Regards to Bicycle Policy, But Cycling Advocates are Hopeful



Advocates are hopeful that Secretary of Transportation Pete Buttigieg will improve cycling. Photo - Official Government Portrait

By Charles Pekow

Will our new U.S. Secretary of Transportation use his position to improve and expand bicycling? Time will tell and evidence is mixed

but hopeful.

Pete Buttigieg does have some understanding and experience with riding bikes and promoting cycling. He recently told the Silicon Valley Leadership Group “the more people commute by bike, actually the safer it gets because vehicles start to take that into account, and everybody gets used to it. But we’ve got to build for it. We’ve got to plan for it and that’s something that can work in big cities and small (ones).” He said he just acquired “a great used bike.”

At the spring virtual Bike Summit of the League of American Bicyclists (LAB), Buttigieg also said he toured European cities known for cycling and was inspired to replicate that culture in the United States. Buttigieg also indicated a need to work more closely with states. “State highway departments may not be as

on the ball as locals,” he told LAB. “We can definitely be more of a bicycling country.”

However, in prepared remarks to Congress on the administration’s transportation plans, Buttigieg didn’t mention bicycling.

He was seen riding his bike to a cabinet meeting but that appeared to be a publicity stunt as a video caught the bike being lifted out of an SUV, which tailed him as he biked. Local media also showed him riding a bikeshare to work in February but ridiculed him for not adjusting the seat properly.

“I think we still need to see ... but there’s a real opportunity for action as we are waiting for something like an infrastructure package to move,” says Noa Banayan, Federal Affairs Manager for People for Bikes. Any major increases in funding for bike programs will have to be included

in reauthorization of the FAST Act, which is technically due Sept. 30, she says.

But Banayan says “we’ll be making sure those comments [Buttigieg made about cycling] are not just comments; that they are actually action.” She added that “we’ve had some really good meetings with staff as they’re getting on board [at the U.S. Department of Transportation] Some people have been brought into the Department who are really committed to this work ... they even identify as bike riders.”

She said not to worry if Buttigieg didn’t mention the topic at one hearing.

How did Buttigieg do as mayor?

South Bend did get some recognition for bicycle improvements under Buttigieg, but it could make a lot more progress. In 2018, LAB awarded the city silver status as a Bicycle Friendly Community, noting it was implementing a bike plan. But LAB’s report said South Bend needed to make a lot of improvements to meet the gold standard, such as dedicating a fulltime bicycle coordinator and adopting a bike parking ordinance. Buttigieg only devoted one percent of the city’s transportation

budget on bicycling, whereas the average gold awardee dedicated 14 percent. The city’s bicycle advisory committee met quarterly, whereas LAB suggests at least monthly.

LAB noted in a blog post that in 2013, shortly after Buttigieg became mayor, the city started a Smart Streets initiative, which included its first cycle tracks and bike signals downtown. The post also noted an active bikeshare system.

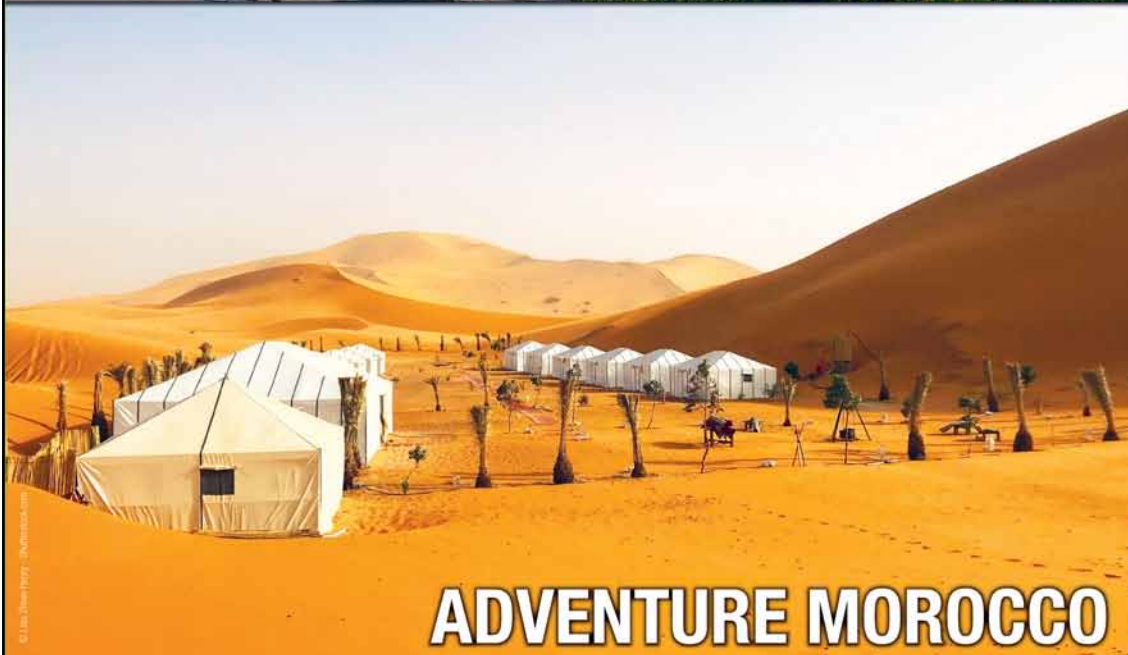
People for Bikes’ City Scorecard treated South Bend more harshly last year, giving it 1.5 stars out of a possible five. (No city scored better than 3.5). The scorecard gave South Bend a terrible .6 rating for “commitment to growing bicycling quickly” but noted it didn’t have data to judge “growth in bike facilities and events.”

And Buttigieg did some cycling himself as mayor. “He bought a used cycle from us,” recalls John Hall, owner of Avenue Bicycle Station in South Bend. “It was a Saturday; he came in with his husband. They were looking for a used bike. I happened to have a couple that fit their need. He was a happy customer as he left” with his three-speed. But Hall adds that he never came back for a tune-up or spare parts.

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Bike Lanes are Good for Business

Two arguments you often hear against adding bike lanes or parking: they will hurt business and create traffic problems by taking away parking and travel lanes.

Now, cycling advocates can refute the claims, which have garnered plenty of attention. Researchers at the University of California, Davis did a meta-analysis of twenty-three studies in the United States and Canada examining the arguments.

Their conclusion: “Taken together, the studies indicate that creating or improving active travel facilities generally has positive or non-significant economic impacts on retail and food service businesses abutting or within a short distance of the facilities....” The

sole exception: businesses that cater especially to autos.

The results were practically the same whether or not travel lanes or auto parking was reduced to make room for cycles.

The study, “Economic Impacts on Local Businesses of Investments in Bicycle and Pedestrian Infrastructure: a Review of the Evidence” (https://www.researchgate.net/publication/350826221-Economic_impacts_on_local_businesses_of_investments_in_bicycle_and_pedestrian_infrastructure_a_review_of_the_evidence) appeared in the April Transport Reviews.

-Charles Pekow

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BIKE MONTH

May is Bike Month!

By Dave Iltis

May is Bike Month, and has been since 1956 when the League of

get more people riding and smiling!" A great way to honor those who have been hit or killed while cycling is by participating or organizing a Ride of Silence in your community,

tation or streets department to see what projects are coming up and provide input.

Ride your bike! To the store, to work, for fun, with your family, on

a date, up a hill, down a hill, to the mountains or to the sea, ride around your city clockwise and then counterclockwise, play bike bingo, or bike polo, race or don't race, pop

a wheelie, ride in the dirt, on the pavement, in the gravel, but most of all, just ride.

For more ideas, visit bikeleague.org



American Bicyclists (LAB) created the month long celebration.

In the west, there are a bunch of events to get you excited and involved in cycling. This year, with the pandemic slowly, all to slowly, subsiding, many in person events are returning, while others are still being held virtually. Our Bike Month calendar of events is in the 'Events' section of the calendar in this issue and online here: <http://www.cyclingutah.com/bike-month/may-2021-is-bike-month-across-the-west/>

The best thing you can do during Bike Month, is to ride your bike! Take part in the National Bike Month Challenge (<https://www.lovetoride.net/usa>). Their website states, "The 2021 National Bike Challenge is a nationwide event that unites thousands of new and existing bicyclists across the country in a friendly campaign designed to celebrate and encourage biking. We want bike riders of all flavors to show their support for a bike-friendly USA and join the National Bike Challenge. Let's create a happier, healthier world and

"On Wed. May 19th, 2021 at 7:00 PM, the Ride of Silence will traverse and unite the globe as nothing before it. Cyclists will take to the roads in a silent procession to honor cyclists who have been killed or injured while cycling on public roadways. Although cyclists have a legal right to share the road with motorists, the motoring public often isn't aware of these rights, and sometimes not aware of the cyclists themselves." For more, see rideofsilence.org.

Tag your photos on social media with #bikemonth and #bikejoy – LAB is promoting this social campaign.

Join your local or state bike advocacy organization – see the Advocacy section in the calendar in this issue for a few of those groups.

Join Cycling West and help us to make the world a better place through bicycling. <https://www.cyclingutah.com/subscription-info/>

Comment on a local or national bike project. Support the Complete Streets Act: <https://p2a.co/M1FAa2k>

Check with your local transportor

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| 100K Ride (62 Miles) | 25 Mile Ride |
| Before July 15 \$70 | Before July 15 \$45 |
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August 21, 2021

Idaho Falls, Idaho

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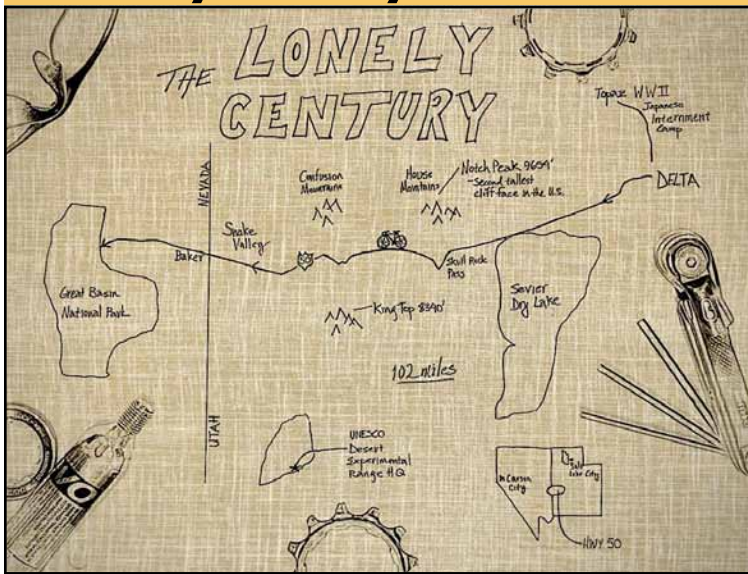
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ROAD RIDING

A Lonely Century in the Heart of the Great Basin



A hand drawn map of the Lonely Century, through the Great Basin area (not to scale). Map by David Collins

By David Collins

102 Miles of Remote High Desert Cycling

Hank Williams' *I'm so Lonesome I Could Cry* may be a fitting anthem for this adventure since Life Magazine described Nevada's Highway 50 as the "Loneliest Road in America". The ride begins about a 100 miles east of the Nevada/Utah border and cuts through what Millard County dubs the Heart of the Great Basin. If you're looking for a well-maintained road, devoid of traffic but loaded with natural high desert phenomena, topped off by a treasured national park and epic dark skies when the sun goes down, this ride is for you.

Extended shoulder seasons are usually the best time to ride but depending on your skills, equipment, local conditions and road closures, you might be able to ride it throughout much of the year. Be weather aware, riding conditions can swiftly change.

Excursions and explorations

are part of the fun of unsupported bicycle touring at your own pace. Mileage estimates are approximate and may vary depending on your tracking system and whims of the ride. Be sure to tell someone your plans and allow them to track your location using a smartphone or other device.

Solo or unsupported distance cycling often presents potentially dangerous situations related to terrain, weather, equipment, traffic, navigation and mental awareness. Even experienced cyclists must plan carefully and use wise judgment to successfully mitigate inherent risks of the sport or terminate a ride before it turns injurious or deadly. If you are new to the sport or have never ridden a bicycle more than 100 miles in a single day, learn the ropes with a seasoned buddy or local cycling club before strapping on this ride.

Make sure to check maps, plan your route and check local road conditions before you go. As with any ride, be aware of your surroundings and of roadway traffic.

Time to fill water bottles, stuff

gear bags, click in and start pedaling The Lonely Century.

Route:

Hwy 50 from Delta Utah to Great Basin National Park, just over the Nevada border. 102 miles.

Terrain:

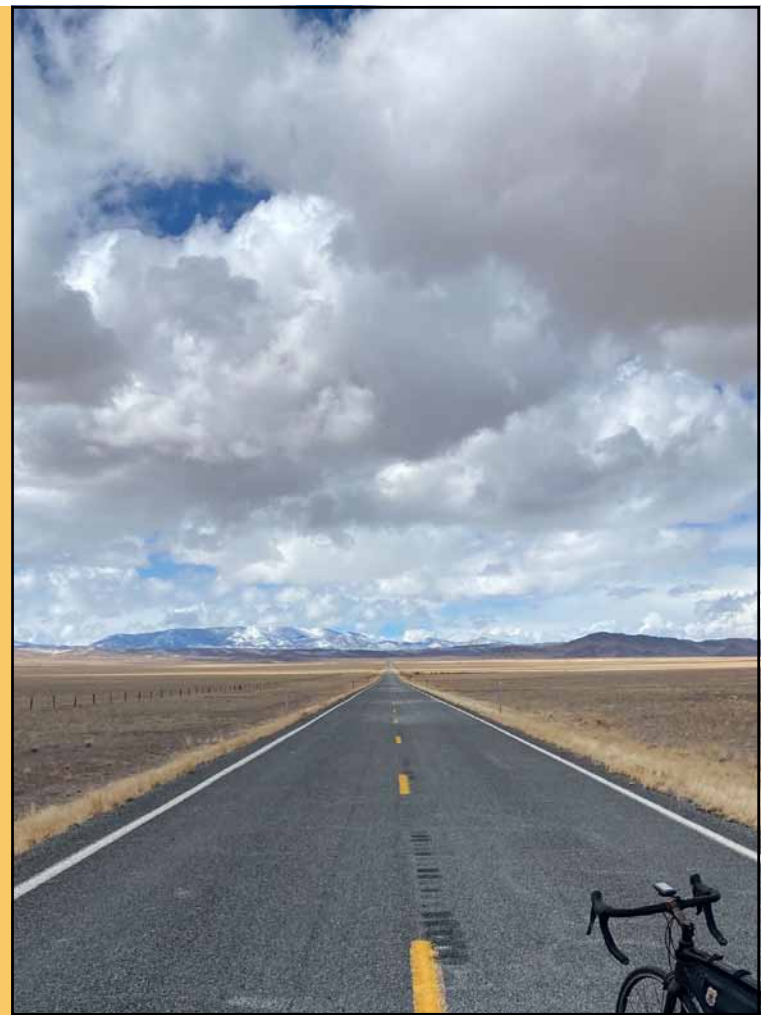
All paved. Flats throughout the first 50 miles, risers, two mountain passes and more flats to the Nevada state line. Although many segments of the route do not have much of a shoulder, it is cyclist friendly since traffic is nearly nonexistent.

What to See:

Gunnison Bend Reservoir; WWII Japanese Internment Camp (see Still Have Legs, Lungs and Sunlight); Topaz Internment Camp Museum in Delta; Great Basin Museum in Delta; Sevier Dry Lake bed; mountain ranges (House, Confusion and Snake); rock climbing cliffs; Skull Rock Pass; Kings Canyon; valleys (Tule and Snake); cosmic ray detectors sprinkled in the desert throughout the ride (more than 750 telescopes deployed by scientists from Belgium, Japan, Korea, Russia and the United States); King Top Wilderness Study Area; Baker Archaeological Site, a village occupied by Fremont Indians around 750 years ago; Lehman Caves, 1965 film setting for *The Wizard of Mars*; ancient Great Basin bristlecone pines, some over three thousand years old (see note 1); Great Basin National Park.

Selfies and Photo Ops:

So many lonely infinity shots showing the empty road stretching across the valleys or through the mountains coming to a distant point on the horizon - they dominate the scene from start to finish; WWII Japanese internment site including: Historic Site Topaz Internment



Infinity shot, one of many on the Great Basin Lonely Century. Photo by David Collins

sign, Military Police sign and a couple of dilapidated wood structures crumbling in the field; U-dig Trilobite Quarry turnoff; Sevier Dry Lake bed sign; Kingtop Wilderness Study area sign; summit plaques; Eskdale turnoff; Grand Army of the Republic Highway sign; Great Basin National Park entrance; constellations, planets, meteors, satellites, the Andromeda Galaxy and the Milky Way can be seen by the naked eye and easily photographed (the area is recognized as one of the darkest night sky spots in the country).

Wildlife:

Wild mustangs, mule deer, elk, pronghorn antelope, mountain lions, crows, raptors, pelicans, bats, lizards, rattlesnakes, scorpions, native Bonneville cutthroat trout, freshwater mussels, fingernail clams, pea clams, springsnails, vagrant shrews and other little varmints.

Best Post-Ride Eats:

This is not a culinary tour and food options are minimal, but if you ride back a few miles to The Border Inn on the NV/UT line, you'll find a tiny casino with a few modest rooms for rent. One of their most precious commodities for a hungry cyclist is found at the dinner counter in the back of the convenience store where a friendly short order cook works the grill and serves up no-nonsense hot plates and sandwiches. Tuck into a couple of classic cheeseburgers, fries and a Coke; then check into one of their cabins for night. The Lehman Caves Visitor's Center sports a café with a simple menu as well - try the smoked brisket sandwich. Check their schedule before you go, since their hours seem to change with the seasons.

Still Have Legs, Lungs and Sunlight?

After Pearl Harbor, more than 100,000 people of Japanese descent were detained from the West Coast and sent to remote camps. Now a National Historic Landmark, Topaz was one of those internment camps. An easy 15-mile ride from Delta, on paved and hard packed dirt roads, the original camp site is worth the detour. It's hard to imagine more than 8,000 internees were held here since it's mostly just an empty field now, with a sign or two and a couple of crumbling structures.

Notes:

1. Once you get to the national park, spend the next day on the Wheeler Peak Scenic Drive. Ride it to its high elevation (9800+ ft.) terminus and take the 1.5-mile hike to reach ancient Great Basin bristlecone pines, some over three thousand years old.

2. If you're up for a second century the next morning instead, take Hwy 159 from the Utah border through Garrison, then take Hwy 21 through Milford and Minersville to Beaver (121 miles). It's another lonely, beautiful route through basin country and mountains and you'll clip the Desert Experimental Range not too far from the old UNESCO Experimental Range Headquarters. The road winds over a couple of memorable mountain passes, including a bout with Wah Wah summit.

3. Take more than minimum food and water and be extra prepared for mechanical problems since GPS and cell service are often spotty or unavailable and the likelihood of someone stopping to help is minimal due to nearly nonexistent traffic flow.

David Collins is a cycling enthusiast and amateur randonneur. Follow him on Instagram @rockypumpkin.



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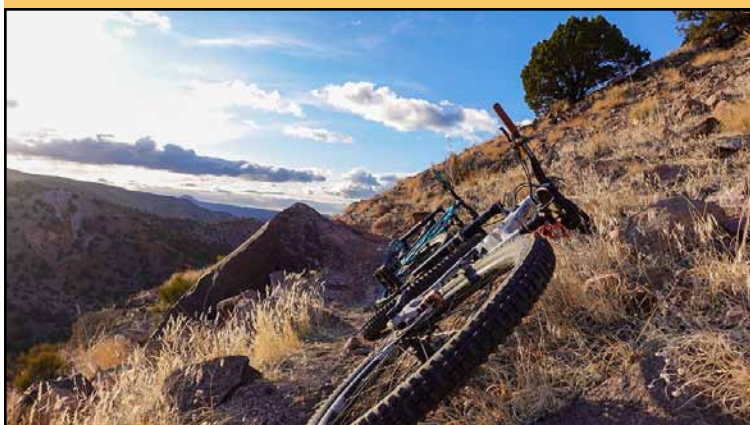
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MOUNTAIN BIKING

Caliente, Nevada Offers Trails to Satisfy Any Type of Rider



Kershaw-Ryan State Park in Lincoln County, Nevada. Photo courtesy Danica Fife



Barnes Canyon mountain biking, Caliente, Nevada. Photo courtesy Danica Fife

By Danica Fife

Popular mountain biking influencer Danica Fife recently took a trip to Caliente to test out new trails in the area. Check out her review below:

Less than 2.5 hours from Las Vegas is a stunning biking destination. In the small town of Caliente, Nev., there are multiple trails to satisfy any type of rider. From the progression jumps at the skills park to chunky rock gardens at Barnes Canyon, this area will bring a smile to any tech or flow rider.

Caliente Skills Park

Jumps, skinnies, a pump track, you name it! This mountain bike skills zone is an optimal place to hone in some essential bike handling skills.

My favorite area was the progression jumps. They were poppy and smooth. Also, the jumps were built in a way that made them extremely case-friendly. Trust me, I had my fair share of cases that day!

Barnes Canyon

These trails keep you on your toes. One trail can be full of flow, then the next consists of slow rock moves. After a riding-filled day, I

can't think of a better way to end the adventure than pitching up camp at the bottom of the majestic Tepee Rocks. The scenery here is definitely one of those special places where you have to stop mid-ride just to take it in.

Kershaw-Ryan State Park

This area has a mellow 5.3 mile loop with views for miles. It has a bonus short black diamond option as well, if you are feeling spicy.

This trail called Skidsteer was the favorite of the trip. Even though it only took a few minutes to ride

down! It consisted of steep sandy corners and rock gardens that made you realize the trail's name was extremely accurate.

Cathedral Gorge

You caught me, this isn't biking. However, we have to stretch our legs out every once in a while right? While Cathedral Gorge does have a biking option, I opted for exploring the slot canyons. This state park is 15 minutes out of Caliente and 10/10 would recommend this area. Just the views alone from the road were worth it.



Caliente skills park. Photo courtesy Danica Fife

RTR GETAWAYS
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ROAD RIDING

Facilitating a Group Ride with New and Developing Riders

The Zone 5 women on a group ride. Photo by Eleise Lowe

By Kelly McPherson

Riding with a group is one of the best things you can do for your cycling. You can learn everything from where to find the best deals on gear, to what that thingy in the end of your handlebar is called, to how to ride in a group, where the best routes are and how to push yourself harder for longer. Riding in a group regularly is extremely useful, but finding that perfect group to ride with can be somewhat elusive.

Step one would probably be to join a local club of similarly bike minded riders. Below are some links to get you started. Also check with your local bike shop or fitness center. Oftentimes they have groups that ride.

<http://utaheycling.com/teams/>
<https://www.cyclingutah.com/bike-club-directory/>
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Even if you have joined a club or a team, there is no guarantees that the group will be filled with people the same ability level as you. As a

slower rider, I have been on many group rides. Some of them good. Some of them not.

Below are some tips for facilitating group rides that include slower riders.

1. Make expectations for the ride clear. Is this a drop ride? Will you be grouping up regularly? Will there be a lot of climbing? What is the average pace of the riders involved and how far and long will be planning on riding? I once joined a ride well above my skill level and got dropped within the first 30 seconds. Those riders went so fast that I don't think that their wheels even touched the ground. Had I understood ahead of time, I might not have made the extra effort to drive across town to join them.

2. If you post it as a 'no-drop' ride, it had better be a 'no-drop' ride. Don't leave people in the dust unless it has been agreed upon beforehand that might happen. Agree ahead of time whether you are waiting at the top of climbs and at the other side of stop-lights. How long will you wait?

3. Make sure everyone knows

the route. There is nothing worse than getting dropped from a ride and having no idea where you are, where to find water and how to get back to where you started. If possible post a map that people can download onto their phones. Make sure to get peoples cell phone numbers so you can communicate unavoidable changes in plans.

4. Tell us, nicely, when we are doing something stupid or dangerous. We don't know until you tell us. We are usually keenly aware of the fact that we aren't as good as you, but we don't always know why. Please kindly educate us. None of us want to be "that girl/guy" that no one wants to ride with because they are dangerous.

5. Talk to us. Get to know us. Include us in your conversations. We may not be able to contribute very much. Your conversational pace may be our threshold pace. We aren't trying to be rude, we are just doing everything we can to stay with the group and not kill anyone. What comes naturally for you, may take a lot of concentration for us.

6. Make sure we are included in pictures too. We want to post the cool pics on social media just as much as the next person, but if we can't keep up, it makes it tough to be where the pictures are being taken to be in them. If you aren't going to wait for slower riders at the turn around points, consider taking and posting pictures at the starting point when everyone is together. I recently rode with a massive group and got to the picture taking point just a minute after it was taken and the group was breaking up. Just because we are slow, doesn't mean that we don't want the memories.

7. Ride with us on your recovery days and let them know that they



On a group ride with Wildflower Outdoor. Photo courtesy Wildflower Outdoor.

days. You know, those days when you don't want to ride with your regular group because you know it will get too spicy to count as a recovery day? Those are perfect to ride with slower riders. You get the recovery you need and we get your company. We would love it! Let the slower riders set the pace on this one. Just don't make too big of a deal that it is your recovery day. We have egos too!

Below are some tips for slower riders who are wanting to ride with faster, more experienced riders.

1. Join the ride. You won't get to be a better group rider unless you actually join a group. It takes bravery to join a group of people you may not know, but it is so worth it.

2. Respect the ride parameters. If a fast, drop ride that is way above your ability level, don't demand that other cyclist wait for you or accommodate you. I would find a different ride to jump in on. You will only frustrate people. You can start with

have no need to wait for you, but oftentimes cyclists may feel guilty dropping you anyway. Avoid doing that.

3. Know where you are going. Ask! If you don't know, you need to ask and find out. Make sure Google Maps is working on your phone in case you get lost.

4. Be prepared. You may get dropped. You may spend a lot of time riding by yourself. Make sure you have enough repair supplies, food, water, cash and cell phone to get you safely home again. Know how to change a tire and make basic repairs. Don't depend on others to take care of these things for you.

5. Communicate your needs. If you want them to wait at certain points or if you are going to flip when you see them flying back down a big climb, let them know. If you would like company on the climb or want to climb alone, let people know. Do not just leave a ride and go home without telling anyone. This means you may need to get cell phone numbers so you can tell them. It is not fun to be waiting for a slower rider at the top of a climb only to find out that they flipped ages ago and went home without telling anyone.

6. Be gracious about advice. Listen to the more experienced riders when they let you know that you should change something about the way you are riding. When riding in a group, everyone's lives are in each other's hands. They are trying to make sure everyone makes it back in one piece. If it is advice about nutrition, training, gear, etc., make sure to listen and ask questions and then make your own decisions about what is good for you. No two riders are alike.

7. Have fun! Don't be so concerned about being the slowest or least experienced rider that you forget to have fun and come back to the next group ride. It will get better. It will get easier. Though, likely, you will spend quite a bit of time riding on your own in the meantime. Don't get frustrated. Look up and enjoy the places your healthy body and two wheels take you.

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NUTRITION

Simple Carbohydrates for On the Bike Fuel

By **Breanne Nalder Harward, MS, RDN**

Quality and Quantity do Matter

If you've read any of the articles I've written in the past, you'll know that I often compare our bodies to engines. This is definitely the case with the principal source of fuel for our engines: carbs. As endurance athletes, you likely know that carbohydrates are the primary source of energy that our muscles use to work. So, it may seem too simple to state, but it is essential that we intake the appropriate amount and type of carbohydrates for optimal performance.

Let's start with the math. The rule of thumb is to intake 30-60g of carbohydrate per hour for endurance exercise. That's 120-240 calories coming from carbs. Depending on your size, gender, fitness level etc., you may need more or less, but consider those ranges your minimum needs. The higher the intensity and longer the duration of your ride, the more fuel you need. Makes so much sense, right?! Granted there may be some fat or a tiny pit of protein in the fuel you choose, which will add

to the total calorie intake, but please remember that carbs are the energy source that make your muscles (and brain) go!

Now for the type of carbohydrates to intake. For everyday nutrition we talk about complex carbohydrates (whole grains, legumes, starchy vegetables), though around exercise we want simple carbohydrates (sport drinks, chews, gels, etc.). We want to take in calories via simple carb sources because they are easy to digest, absorbed directly into the bloodstream rather than having to go through the stomach, giving immediate energy to working muscles. The chart I've created here is a list of sport food and traditional, fresh food to give you ideas.


Of course, there are a multitude of options out there, the trick is finding what's right for you and your body. The goal is to match the numbers to the intensity and duration of your ride. It may take some trial-and-error with various foods, drinks, and/or gels. Over time, you'll learn what works best for you, and then it becomes a matter of habit. Remember to fuel your engine for training as you would for

Carbohydrates (CHO)

The body's primary fuel for training and racing!

Here are some examples of CHO sources. Choose yours based on preference and tolerance, aiming for 30-60g per hour.

| Sport Food | CHO | Real Food | CHO |
|-------------------------------|---------------|---|---------------|
| 1 st Endurance EFS | 30g / bottle | Dates | 14g each |
| SkratchLabs | 20g / bottle | Banana | 20-30g |
| Gatorade | 14g / 8 fl oz | Fig Newtons | 14g / cookie |
| Clif Shot Bloks | 60g / packet | PB&J (2 slices bread, 5g nut butter, 3oz jelly) | ~ 70g |
| Honey Stinger Chews | 39g / packet | Swedish Fish/Gummies | 35+ small bag |
| GU gels | 22-25g each | Pretzels | 20g / oz |
| SIS gels | 22g | Potato (1 small roasted) | ~18g |
| BonkBreaker Energy bars | 36g | SkratchLabs Rice Cake | ~ 30g each |
| Honey Stinger Waffles | 21g | Clif Bars | 40-46g |



an event, so that you teach your body to always utilize the carbs!

If you need any guidance in determining your exact calorie and carbohydrate needs, please contact me. In my next few articles, I will focus on healing before and recovery from training and racing.

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. Questions or to book an appointment, email breanne@plan7coaching.com or follow her on social media @breezysaycheezy.

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BICYCLE TOURING

A Bicycle Tour to the Parks of Southwestern Utah



Lou Melini riding friendly roads in the early morning. Photo by Chris Blinzinger

By Lou Melini & Chris Blinzinger

New Touring Companion

Sometime in mid-August 2020, I received an email from Chris Blinzinger; "Lou, Starting on September 11th, I am doing a bike tour starting from Nephi and ending in St. George via Capitol Reef National Park. Would you like to join me?"

I knew of Chris through several of his write-ups of tours he had ridden with John Monroe. I had never met him, but I enthusiastically agreed to join him after checking for any potential conflicts with Julie, my wife and #1 bike-touring buddy. Neither Chris nor I like to bike tour alone, at least not for more than a few days. Chris was grateful for the company, and I was grateful for the opportunity to do a bike tour with him.

After meeting Chris over coffee and exchanging a bunch of emails, we started our trip from Nephi, Utah, on the chilly and windy morning of September 11th, 2020. From the very start, we got along well.

The start of the tour

Chris planned a great ride. The planned tour had us riding no more than sixty miles/day, save for one day. Because of uncertainties sur-

rounding coronavirus and crowding, we made reservations for a couple of campgrounds and our bus ride home from St. George. However, our first night of camping was still uncertain. Salina, Utah, fit well in our plans for our first night lodging. Unfortunately, Butch Cassidy campground closed their restrooms allowing only vehicles with a toilet (i.e., RVs) to camp there. Knowing this, Chris made potential arrangements with the town of Sigurd, twelve miles away, to stay in the city park. The restrooms there were closed, and the added twelve miles would have made for a 70-mile first day.

Shortly before our arrival in Salina, Chris said: I have an idea. Perhaps we should go to City Hall to seek permission to stay in the city park. Excellent idea Chris, I replied. We confidently went to the City Hall office only to find out that the Salina City Hall is closed on Fridays. We then tried the police station to get permission to camp in the city park. After explaining about Butch Cassidy campground and City Hall, the officer on duty hesitated for a moment to grant us permission. In my most polite way of asking, I suggested he was the person to make the executive decision. I also played the age card by stating I was "almost 70 and tired from today's ride". Within minutes we were off to the grocery

store before settling in at the city park. To see if we were OK, the officer we spoke with came to check on us, as did the night patrol officer. Other than a lack of showers and some brief late-night use of the park by the town teenagers, the city park was a great first night lodging.

From Salina our destination was Loa where we had reservations at a new campground that had not yet completed the tenting area, so Chris had to reserve an RV site for the night. Similar to day one, most of the second day of riding was on roads I had not traveled upon with my bike. The morning was cold, cold enough that Chris needed to stop at the IFA country store as we left Salina to buy long fingered gloves. I almost joined him, as my hands were chilly in my long-fingered gloves. By the time we reached Sigurd the temperature was warming. On the negative side, we turned onto route 24 where the road grade increased by several degrees through a scenic forested canyon. With the addition of a slight head wind, Chris remarked that it felt as if we were riding through glue, an apt description of the morning ride. We continued on route 24 past the turnoff for route 62 where the road severely increased in grade. I had ridden this section with Julie in 2007, not remembering the steep grade. Once past the turnoff to Fish Lake we were able to speed downhill to Loa, pick up groceries and settle into the campground. As we sped down the hill, we encountered a Sports Car Road Rally of 20-30 expensive cars going the opposite direction. The campground is new, with clean restrooms and great showers, but no tent sites. We set up our tents on the softest spot we could find. Fortunately, the picnic table was light, as we moved it several times to obtain shade from our neighboring RV.

Surprise, Surprise!

It was during dinner that we both realized we forgot a day as we looked over the plans for the next couple of days. Yes, we both had overlooked a day in our trip itinerary. After a few laughs and with several reservations in place, we decided to rethink our trip before changing our reservations.



Guess we'll sleep here. Photo by Chris Blinzinger

Upon leaving Loa, I could not find my American flag that adorned the back of my bike. Gone, nowhere to be found in the campground. With a shrug of my shoulders, we moved on to Torrey and a planned second breakfast. The temperature was again cold. Ice formed on the fences from early morning irrigation.

By the time we finished breakfast in Torrey the temperature had warmed enough to allow us to strip down to our short sleeves.

Tough day with a great ending

After Torrey we faced the major climb of the trip, a ride over Boulder Mountain. I last rode over Boulder Mountain in 2007. The climb this time again seemed longer and steeper than I remembered. Twice we thought we reached the 9,606-foot summit with speeds as low as 3-4 mph on the frequent 8% grades. We twice made short descents from these false summits only to climb again. Perhaps the next ride over Boulder mountain I will plan to camp at one of the several forest service campgrounds. We met the Road Rally once again when we stopped at a viewpoint. Expensive, fancy cars they were. We chatted briefly with one driver who remarked how he likes riding his bike. Nice guy.

By 4 PM we cruised into the town of Boulder. Being Sunday, the small grocery was closed but there was a food truck parked at the Anasazi State Park Museum serving huge burritos that satisfied our hunger. A woman from the State Park gave us assurance that finding a primitive

campsite along the road out of town would be easy, so we loaded up on water and rode on. After a couple of miles, a well-worn path led us to a perfect campsite. Chris and I were smiling big time sitting in our chairs, secluded in a shady cluster of trees.

Upon leaving camp the next morning the temperature was notably warmer. It wasn't long before we were able to strip down to shorts and short sleeve shirts as we rode route 12. There was little traffic on the road and beautiful views every mile. As we passed Calf Creek recreation area, we were constantly reminded why this road is considered one of the most scenic roads in America.

More trip changes

So far, social distancing on our trip has been easy. In Escalante, we were the only customers during our early lunch at the only open café in town. The grocery had few customers. At this point in the ride Chris and I were reading each other's mind when it came to food, water, and rest. It was also at this time that we decided to split the planned long day (potentially seventy miles) into 2 days, utilizing our extra day. We were both enjoying the 55-60 mile days.

Also, at lunch we decided that our plan to ride to Kodachrome State Park would be nice, but we both felt that the extra nine miles would be too long of a day. Mostly though, we needed to do laundry. Chris called the KOA in Cannonville and they had room for us.

What we thought would be a rela-

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Lou Melini riding on rural Utah roads with great scenery. Photo by Chris Blinzinger

tively easy afternoon ride turned into a slog. A 20-mile stretch of steady uphill into a head wind relegated us to no more than a 7-mph pace over a 20 miles stretch. We readjusted our mindset for a later than planned arrival. We finally reached the expected relatively short but steep climb just before Henrieville. The downhill ride with no wind to contend with was a welcome relief so that we were able to arrive a little after 4 at the KOA.

Another story to be told

Memorable stories seem to abound with every trip I have ridden. This time the joke was on me. The Cannonville KOA was laundry day. I packed all of my dirty clothes into a stuff sack, threw in my book and was off to the laundry. After tossing the laundry into the washer I went to the office for coins. In went the coins to start the wash and off I went to the restroom to pee. Picking up my stuff sack I didn't see my book, so I started to head back to the tent to see if I left it there. No sooner than three steps I realized that I was going to have either an exceptionally clean book or one that is totally shredded with the pieces imbedded in my clothes. The washer distinctly said; DO NOT OPEN DOOR WHEN WASHER IS OPERATING! No kidding, despite my attempt, the door would not open. I frantically told a KOA worker my dilemma. She was polite but could not stop the washer. It took me an hour with duct tape to pull off the small wads of paper from my clothes. When I returned home a second washing cleaned the rest of the paper out. To add insult to injury, the book was written by a high school teammate who is being billed as the "next Tom Clancy". I was halfway through the book. Chris was very polite by not rolling on the ground in laughter. I later emailed Andy, the author, who also had a good laugh. I was able to finish the book shortly after Christmas, a gift from Julie.

Day of uncertainty

The Cannonville KOA was nice. We waved goodbye to several motorcyclists camping near us. They provided some conversation though neither party wished to trade transportation vehicles. We picked up supplies at the small grocery in Tropic not knowing what was ahead. Soon we were climbing again to reach Bryce National Park in addition to riding into a construction zone. We rode to the front of the line to receive instruction on how to proceed with our bikes. Instead of following the

construction car we were given permission to ride on the construction side of the orange barrels giving us our own private lane.

A second breakfast was not available at the turnoff for Bryce, so Subway became Plan B. After that we took the bike path that parallels UT-12 nearly all the way to US Highway 89, making several stops for picture taking as the scenery through Red Canyon is simply beautiful. The campground in Red Canyon was full, as has been the case for many of the campgrounds in this area. We decided to see what our options were for the night, so we called another campground to get lodging. The woman I spoke with said; "we only have 6 sites, \$45 cash only and we are 13 miles from your location south of the US-89 and UT-12 junction". Off we went.

Route 89 buzzed with traffic. We had a good shoulder where the road had been repaved, but bad shoulder on other sections. We again fought the wind. As we approached fifteen miles, we still had not seen the campground we called, so we called another campground, the Zion/Bryce Campground. We realized that when we Googled "campgrounds near Long Valley Junction" we were actually accessing campgrounds in Glendale, a town thirteen miles further south of Long Valley Junction. Disappointed and tired, we pushed on to the summit at Long Valley Junction. Fortunately, the long fast downhill relieved our tired spirits, and soon we were only a few miles from our destination. Another construction zone stopped us. Again, we rode to the front to get instructions for our passage. We chatted with the flagger and noted a campground just past where we were stopped. A motorcyclist next to us said that was the "Zion/Bryce KOA". It surprised us, as we thought we had another 4 or 5 miles to go. The flagger put us ahead of the construction shuttle vehicle. About 100 yards we saw the campground sign making a quick right turn into the drive. This was the place. It turned out that this campground used to be a KOA, but with \$36,000 for annual franchise fees, it no longer was part of KOA. The "\$45 cash only campground" we were told is not a real campground.

On to Zion

Our original plan was to ride from the campground we had thought would be near Long Valley Junction. We would have had to ride to the entrance of Zion, hitch a ride through the tunnel, ride through Zion NP, ride Scenic Drive, and then

on to the campground in Springdale for a total of nearly seventy miles. When we added in the uncertainty of obtaining a quick hitch through the tunnel, we thought it would be a long day. Chris and I each had a friend that said hitching was no problem, but they were solo. Two cyclists may make a truck with enough room for one move on.

We left the Bryce/Zion campground early. Within a couple of miles, we were stopped again because of road construction. We rode to front as we did at previous construction sites to find out how we would be handled. We met the same flagger and caught up with road construction news. After chatting a bit, we found out we would follow the lead car past the wet tar section that was being laid down. After that we could drift to the right and have our own lane. The road was downhill, so we made good time exiting the construction zone.

On this day we went as far as the campground just east of the Zion entrance a mere 27-mile ride. This plan insured plenty of time to get through the tunnel and ride scenic drive the following day. We killed time in the air-conditioned recreation/laundry/restroom building catching up on fluids, calories, and sleep. Later we asked around the campground for potential rides through the tunnel vs. sticking out our thumbs. Chris struck out 3 times, but I hit a home run on my first try from a young couple from California. They had a truck, not much gear and were leaving promptly at 6 AM.

Zion National Park

We were at our ride vehicle by 5:45, our bikes and panniers took up every square foot of excess space in the truck. Within a half hour we were at the visitor center in Zion missing the scenic views due to the darkness as a trade-off for the ride. At the visitor center we cooked breakfast at an idle picnic table using our headlamps while watching the parking lot fill up. Shortly after daylight we took off on a bike path that took us to Scenic Drive and Zion in its entire splendor. We shared the road with numerous Park and commercial shuttles as well as rental e-bikes but mostly the road was ours.

After a brief time hanging out near the closed visitor center, we went to the campground to check-in. The restrooms were air-conditioned, and the showers had plenty of hot water but the campsite itself needed some work. We moved our chairs from campsite to campsite following the available shade. I had the maintenance crew rake off the stones that ranged up to 2 inches covering our "tent site". The ground underneath the stones was hard and difficult to drive a stake. The view of the cliffs from the campground was great so I guess I should be grateful that I rented the last tent site to be had for miles.

The end of the road

As we rode to St. George, we were again unsure of our lodging for the night. We rode a nice shoulder into the town of Hurricane to stop for a second breakfast. I ordered off the "Senior Menu" to take advantage of the "10% discount for seniors over 55". I didn't get the discount when my check arrived. I didn't say anything as I chalked it up as a compliment. Chris announced he received a positive reply from a WarmShowers



Lou at the campsite, a welcome sight after Boulder Mountain. Photo by Chris Blinzinger

host in St. George. This time Chris hit a home run while I struck out.

WarmShowers.com is a worldwide website for traveling cyclists. I had once been on the Board of Directors. From that experience I know that there are problems with non-responsive hosts and guests that no-show. We had 2 potential hosts that didn't give us the courtesy of a reply. The third potential host replied to us, but was not able to host. With the fourth request we had a backyard to camp located about a mile from the bus station. Perfect as we had 9:45 reservations for the bus ride home.

After leaving breakfast we moved onto Washington where we picked up the Virgin River trail for our final miles into St. George. We couldn't arrive before 3 PM at our hosts' home so we killed a couple of hours on the cushy sofas of the "Love Sac Lounge" on the Dixie State College campus.

Notes from the ride

Chris and I averaged 57 miles/day for the first 5 days, then 27 miles/day for the final 3. It was a very relaxing and enjoyable ride. With headwinds, a couple of long steady up hills and the Boulder Mountain climb our average pace for days 2-5 were just under 10 mph.

Temperatures ranged from low thirties during the first couple of mornings, but it became hot the rest of the ride once we left Escalante

including a reported 102 in Zion NP.

I broke two presta valve stems, one when my bike fell over as I was doing a routine topping off of tire pressure. We did not have any mechanical issues off significance.

Chris had some stomach issues one day on the ride and I had similar problems the night I returned home. Wind and sun blistered my lower lip on the ride to Cannonville. I couldn't get enough Chapstick on my lip to relieve the discomfort until I arrived home. I should have been more proactive with skin care. Social distancing was easy throughout the trip with two exceptions. Zion NP was seeing record crowds though we were fairly distanced from others. The bus ride home was surprisingly packed with travelers all masked up.

Considering that we had never ridden together and only met once, Chris and I traveled well together. Looking forward to 2021.

Lou Melini is a lifelong bicycle commuter, and the former Commuter Column editor for Cycling West.

Chris Blinzinger is an avid cyclist, commuter and tourer. He is a member of the Provo Bike Committee and advocate for active transportation. He tours with friends and family and hopes to ride back to his home state of Indiana in the near future.

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for details

Springdale

Zion Cycles

868 Zion Park Blvd.
P.O. Box 276
Springdale, UT 84767
(435) 772-0400
zioncycles.com

Northern Utah

Logan

Al's Cyclery / Al's Sporting Goods

1075 N Main Street, Suite 120
Logan, UT 84341
435-752-5151
als.com

Joy Ride Bicycles

131 E 1600 N
North Logan, UT 84341
(435) 753-7175
joyridebikes.com

Sunrise Cyclery

138 North 100 East
Logan, UT 84321
(435) 753-3294
sunrisecyclery.net

Wimmer's Ultimate Bicycles

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

Park City/Heber

Cole Sport

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

Contender Bicycles

1352 White Pine Canyon Road
Park City, UT 84060
435-214-7287
contenderbicycles.com

Jans Mountain Outfitters

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

Mountain Velo

1612 W. Ute Blvd, Suite 115
Park City, UT 84098
(435) 575-8356
mountainvelo.com

Park City Bike Demos

1500 Kearns Blvd
Park City, UT 84060
435-659-3991
parkcitybikedemos.com

Slim and Knobby's Bike Shop

84 S Main
Heber, UT 84032
(435) 654-2282
slimandknobbys.com

Stein Eriksen Sport

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

Silver Star Ski and Sport

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

Storm Cycles

1153 Center Drive, Suite G140
Park City, UT 84098
(435) 200-9120
stormcycles.net

White Pine Touring

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

Vernal

Altitude Cycle

580 E. Main Street
Vernal, UT 84078
(435) 781-2595
altitudecycle.com

Wasatch Front WEBER COUNTY

Eden/Huntsville/Mountain Green

Diamond Peak Mountain Sports

2429 N. Highway 158
Eden, UT 84310
(801) 745-0101

diamondpeak.biz

Ogden

Bingham Cyclery

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

Level Nine Sports

1273 Canyon Road
Ogden, UT 84404
801-621-2003
levelninesports.com

Skyline Cycle

834 Washington Blvd.
Ogden, UT 84404
(801) 394-7700
skylinecyclery.com

The Bike Shoppe

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

Two Hoosiers Cyclery

2374 Harrison Blvd.
Ogden, UT 84401
385-238-4973
twohoosierscyclery.com

DAVIS COUNTY

Biker's Edge

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

Bingham Cyclery

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

Bountiful Bicycle

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

Bountiful Bicycle

151 N. Main St.
Kaysville, UT 84037
(801) 444-2453
bountifulbicycle.com

Great Western E-Bikes

40 W 500 S Ste B
Bountiful, UT 84010
801-494-9898
greatwesternebikes.com

Guthrie Bicycle

420 W. 500 S.
Bountiful, UT 84010
(801) 683-0166
guthriebike.com

Loyal Cycle Co.

15 E. State St.
Farmington, UT 84025
801-451-7560
loyalcycleco.com

Masherz

2226 N. 640 W.
West Bountiful, UT 84087
(801) 683-7556
masherz.com

SALT LAKE COUNTY

Central Valley

Cottonwood Cyclery

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

Flynn Cyclery

2282 E. Murray Holladay Rd
Holladay, UT 84117
801-432-8447
flynncyclery.com

Hangar 15 Bicycles

3969 Wasatch Blvd.
(Olympus Hills Mall)
Salt Lake City, UT 84124
(801) 278-1500
hangar15bicycles.com

Summit Cyclery

2540 Bengal Blvd, Ste 100
Holladay, UT 84121
801-613-9478
summitcyclery.com

Salt Lake City

Bicycle Center

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

BikeFitr

1549 S 1100 E
Suite D
Salt Lake City, Ut 84105
801-930-0855
bikefitr.com

Bingham Cyclery

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

Contender Bicycles

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

Cranky's Bike Shop

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

Fishers Cyclery

2173 Canyon Road
Salt Lake City, UT 84106
(801) 466-3971
fisherscyclery.com

Gear Rush 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

625 S 600 W
Salt Lake City, UT 84101
801-973-7350
levelninesports.com

Pedego Electric Bikes

1095 S. State Street
Salt Lake City, UT 84111
801-341-2202
pedegosl.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

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

<

Taylor's Bike Shop
1520 N. 200 W.
Provo, UT 84604
(801) 377-8044
taylorsbikeshop.com

ARIZONA

Cave Creek
Flat Tire Bike Shop
6032 E Cave Creek Rd
Cave Creek, AZ 85331
480-488-5261
flattirebikes.com

Flagstaff

Absolute Bikes
202 East Route 66
Flagstaff, AZ 86001
928-779-5969
absolutebikes.net

Sedona

Absolute Bikes
6101 Highway 179 Suite D
Village of Oak Creek
Sedona, AZ 86351
928-284-1242
absolutebikes.net

Thunder Mountain Bikes

1695 W. Hwy 89A
Sedona, AZ 86336
928-282-1106
thundermountainbikes.com

CALIFORNIA

Tour of Nevada City Bicycle Shop

457 Sacramento St.
Nevada City, CA 95959
530-265-2187
tourofnevadacity.com

Dr. J's Bicycle Shop

1693 Mission Dr.
Solvang, CA 93463
805-686-6263
www.djsbikeshop.com

COLORADO

Fruita

Colorado Backcountry Biker

150 S Park Square
Fruita, CO 81521
970-858-3917
backcountrybiker.com

Over the Edge Sports

202 E Aspen Ave
Fruita, CO 81521
970-858-7220
otesports.com

WYOMING

Jackson Area

Fitzgeralds Bicycles

500 S. Hwy 89
Jackson, WY
fitzgeraldsbicycles.com
307-201-5453

Hoback Sports
520 W Broadway Ave # 3
Jackson, Wyoming 83001
307-733-5335
hobacksports.com

Hoff's Bike Smith

265 W. Broadway
Jackson, WY 83001
307-203-0444
hoffsbikesmith.com

The Hub

1160 Alpine Ln,
Jackson, WY 83001
307-200-6144
thehubbikes.com

Teton Bike

490 W. Broadway
Jackson, Wyoming 83001
307-690-4715
tetonbike.com

Teton Village Sports

3285 W Village Drive
Teton Village, WY 83025
tetonvillagesports.com

Wilson Backcountry Sports

1230 Ida Lane
Wilson, WY 83014
307-733-5228
wilsonbackcountry.com

IDAHO

Boise

Bob's Bicycles

6681 West Fairview Avenue
Boise, ID 83704
208-322-8042
www.bobs-bicycles.com

Boise Bicycle Project

1027 S Lusk St.
Boise, ID 83796
208-429-6520
www.boisebicycleproject.org

Custom Cycles

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

Eastside Cycles

3123 South Brown Way
Boise, ID 83706
208.344.3005
www.rideeastside.com

George's Cycles

312 S. 3rd Street
Boise, ID 83702
208-343-3782
georgescycles.com

George's Cycles

515 West State Street
Boise, ID 83702
208-853-1964
georgescycles.com

Idaho Mountain Touring

1310 West Main Street
Boise, ID 83702
208-336-3854
www.idahomountaintouring.com

Ridgeline Bike & Ski

10470 W. Overland Rd.
Boise, ID 83709
208-376-9240
ridgelinebikenski.com

Spokey Joe's Bikes & Gear

2337 S. Apple St.
Boise, ID 83706
208-202-2920
spokeyjoe.com

TriTown

1517 North 13th Street
Boise, ID 83702
208-297-7943
www.tritownboise.com

Rolling H Cycles

115 13th Ave South
Nampa, ID 83651
208-466-7655
www.rollinghcycles.com

Victor/Driggs

Fitzgeralds Bicycles

20 Cedron Rd
Victor, ID 83455
208-787-2453
fitzgeraldsbicycles.com

Habitat

18 N Main St.
Driggs, ID 83422
208-354-7669
ridethetetons.com

Peaked Sports

70 E Little Ave,
Driggs, ID 83422
208-354-2354
peakedsports.com

Idaho Falls

Bill's Bike and Run

930 Pier View Dr
Idaho Falls, ID
208-522-3341
billsbikeandrun.com

Dave's Bike Shop

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

Idaho Mountain Trading

474 Shoup Ave
Idaho Falls, ID 83402
208-523-6679
idahomountaintrading.com

Intergalactic Bicycle Service

263 N. Woodruff
Idaho Falls, ID 83401
208-360-9542
intergalacticbicycleservice.tumblr.com

Pocatello

Barries Ski and Sport

624 Yellowstone Ave
Pocatello, ID
208-232-8996
barriessports.com

Element Outfitters

222 S 5th AVE
Pocatello, ID
208-232-8722
elementoutfitters.com

Element Outfitters

1570 N Yellowstone Ave
Pocatello, ID
208-232-8722
elementoutfitters.com

Rexburg

Bill's Bike and Run
113 S 2nd W
Rexburg, ID
208-932-2719
billsbikeandrun.com

Twin Falls

Epic Elevation Sports

2064 Kimberly Rd.
Twin Falls, ID 83301
208-733-7433
epicelevationssports.com

Spoke and Wheel

148 Addison Ave
Twin Falls, ID83301
(208) 734-6033
spokeandwheelbike.com

Cycle Therapy

1542 Fillmore St
Twin Falls, ID 83301
208-733-1319
cycletherapy-rx.com/

Salmon

The Hub

206 Van Dreff Street
Salmon, ID 83467
208-357-9109
ridesalmon.com

Sun Valley/Hailey/Ketchum

Durance

131 2nd Ave S
Ketchum, ID 83340
208-726-7693
durance.com

Power House

502 N. Main St.
Hailey, ID 83333
208-788-9184
powerhouseidaho.com

Sturtevant's

340 N. Main
Ketchum, ID 83340
208-726-4512
sturtevant-sv.com

Sun Summit South

418 South Main Street
Hailey, ID 83333
208-788-6006
crankandcarve.com

The Elephant Perch

280 East Ave
Ketchum, ID 83340
208-726-3497
elephantperch.com

NEVADA

Boulder City

All Mountain Cyclery

1601 Nevada Highway
Boulder City, NV 89005
702-250-6596
allmountaincyclery.com

ELY

Sportsworld

1500 E Aultman St
Ely, NV 89301
775-289-8886
sportsworldnevada.com

Las Vegas

Giant Las Vegas

9345 S. Cimarron
Las Vegas, NV 89178
702-844-2453
giantlasvegas.com

Las Vegas Cyclery

10575 Discovery Dr
Las Vegas, NV 89147
(702) 596-2953
lasvegascyclery.com

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**2019 EVENT
CALENDARS
INSIDE!**

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- SEA OTTER PHOTO GALLERY
- RACING IN BELGIUM
- GRAND ENDURO PREVIEW

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UTAHBICYCLELAWYERS.COM

9:00 p.m., Aaron Skabelund, 385-207-6879, a.skabelund@gmail.com, bikeprvo.org
September 22, 2021 — World Car Free Day, UT. Ride your bike and leave the car at home! None, noemail@cycliningutah.com, worldcar-free.net

Mountain and Gravel Bike Tours and Festivals

May 7-9, 2021 — US Bank Fruita Fat Tire Festival. Fruita, CO, 25th Anniversary festival kicking off the Mt bike season in CO, world renowned trails, Bike Demo at 18 Road and Downtown

Product Expo, and live music, Mike Heaston, 970-858-7220, emgmh@emgcolorado.com, George Gatsos, 970-858-7220, fruita@ofesports.com, fruitatattifestival.com
May 8, 2021 — VIDA MTB Series: Valmont Bike Park. TENTATIVE, VIDA MTB Series Flagship Clinics, Boulder, CO, Women's mountain bike skills clinic, Rachel Gottfried, 949-677-6809, info@vidamtb.com, vidamtb.com

May 18-21, 2021 — MTB The Maze Mountain Bike Tour. Moab, UT, Deep in the heart of Canyonlands National Park, 4 trips to choose from, 4 days 3 nights, Small Groups of 9 or less. Outfitted by professional guides. Camp at the Maze Overlook and hike down into the Maze while viewing vertical uplifts and plunging gorges., Karen Johnson, 800-624-6323, 801-266-2087, karen.holidayriver@gmail.com, Natalie Osborn, natalie.holidayriver@gmail.com, bikeratf.com

May 20-23, 2021 — 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@copmo-ba.org, Whit Smith, 303-475-2255, whitsmith1@mac.com, copmoba.org

June 5, 2021 — Weiser River Trail Ride. Council, ID, A one day gravel mountain bike ride of either 28 or 48 miles on the Weiser River Trail, a rail conversion trail. Shuttles from Cambridge or Council. Snack stops., Craig Kjar, 208-571-7447, 208-253-4433, octobertrk@gmail.com, kotaho.com/annual-bike-ride, weiserivertail.org

June 18-20, 2021 — Black Hills Mountain Festival. Canceled for 2021, Rapid City, SD, Mountain Bike Race and Running events starting at 8AM at Founder's Park. The course consists of an

approximate 8 mile loop. Also, a couple fun extra races, concerts, and vendors will be on site., Kristy Lintz, 605-394-4168, 605-484-1724, specialevents@rcgov.org, Black Hills MTB Festival, blackhillsmountainfest@gmail.com, rcparkson-direc.org

June 18-20, 2021 — BetterRide MTB Camp. Durango, CO, 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 efficiently with the most experienced (20 years), effective and sought after coach in the sport, Gene Hamilton, Ise Harms, admin@betterride.net, betterride.net

June 19, 2021 — Beaver Dam 49er Gravel Grinder. Beaver Dam State Park, NV, Ride the Rim and see the park from a different perspective. Pedal down an old chaining road that runs along the Park's rim and winds you through Pinon and juniper trees. Through the small town of Barclay where lunch is served at the one room schoolhouse. The course then swings around back to the main park road and down into Campground B where we end the ride with a BBQ. The course is subject to change based on weather conditions. 35 and 45 mile options., Dawn Andone, 775-728-8101, cathedralsgorge_vc@cturbonet.com, beaverdamgravelgrinder.com

June 19, 2021 — Around the Rock Gravel Ride. Jackson, WY, This is an annual ride of passage, leaving from Fitzgerald's Bicycles each year on the Solstice Weekend. We'll head clockwise around The Rock (The Grand Teton) on a 50/50 mix of gravel and pavement. 154 miles, 6000 feet of climbing and TOTALLY doable for the average fit rider. Whether you ride for speed or ride for the accomplishment it doesn't matter. The beers taste just as good after! This self-supported, mixed-terrain cycling adventure is a RIDE OF PASSAGE and sure to challenge anyone who takes it on!, Fitzgerald's, 307-201-5453, info@fitzgeraldsbicycles.com, fitzgeraldsbicycles.com, ridewithgps.com/events/120834-around-the-rock-2020

June 25-27, 2021 — BetterRide MTB Downhill-Enduro Camp. Durango, CO, 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 efficiently with the most experienced (20 years), effective and sought after coach in the sport, Gene Hamilton, Ise Harms, admin@betterride.net, betterride.net

July 4-August 22, 2021 — Glacier National Park Bike Tour. Whitefish, MT, 7/5-10; 7/12-17; 7/19-7/24; 7/26-31; 8/2-7; 8/9-14, 8/16-21, 8/23-28. Options for cyclists of all abilities. Ride the Going to the Sun Road! Big climbs and bonus mileage options available., John Humphries, 970-728-5891, info@lizardheadcyclingguides.com, lizard-headcyclingguides.com

July 9-11, 2021 — BetterRide MTB Camp. Winter Park-Fraser Mountain, CO, 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 efficiently with the most experienced (20 years), effective and sought after coach in the sport, Gene Hamilton, Ise Harms, admin@betterride.net, betterride.net

July 10, 2021 — Wildflower Trailfest. Powder Mountain, UT, 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 10, 2021 — WYdaho 100 Gravel Ride. Jackson, WY, From the foothills of the Teton Range, looking into the depths of Wilderness to the Big Hole Mountains, featuring some of the best gravel this Eastern Idaho has to offer, this route completes a 360-degree circumnavigation of Teton Valley! The road surface is predominately gravel and dirt ranging between steep mountain and rutted farm roads. Bring your gravel bike or any bike for that matter. Self-supported with only primitive aid and drop bag zone(s), Fitzgerald's, 307-201-5453, info@fitzgeraldsbicycles.com, fitzgeraldsbicycles.com

July 16-18, 2021 — Caribou Loop Trail. Alpine, WY, Join us on the brand new Caribou Loop Trail inaugural bikepacking and bikefishing event! This event can be raced or ridden at a snail's pace. Stop to see the sights, catch some fish, gaze up at the sky and immerse yourself in the beauty., Fitzgerald's, 307-201-5453, info@fitzgeraldsbicycles.com, fitzgeraldsbicycles.com

July 17, 2021 — Divide Scramble. Butte, MT, BikeWalk Montana and The Montana Cycling Project, scenic views of the Continental Divide Route through Montana, fully supported ride offers the Golden Eagle and the Grizzly Route. Golden Eagle 1 (33 mi), Golden Eagle 2 (57 mi) and the Grizzly (68 mi), the Grizzly is 68 miles of terrain not suitable for beginners with a joint return to Butte., Kathleen Aragon, 406-698-2992, ridethevidemontana@gmail.com, ridethedividemontana.com

July 23-25, 2021 — BetterRide Women's MTB Camp. Winter Park-Fraser Mountain, CO, BetterRide's Women-Only Mountain Bike Camp, Clinic and Skills Coaching covers the same core skills as the co-ed camps in a supportive, non-judgemental atmosphere. 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 efficiently with the most experienced (20 years), effective and sought after coach in the sport, Gene Hamilton, Ise Harms, admin@betterride.net, betterride.net

July 30-August 1, 2021 — BetterRide MTB Camp. Park City, 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 efficiently with the most experienced (20 years), effective and sought after coach in the sport, Gene Hamilton, Ise Harms, admin@betterride.net, betterride.net

July 30-August 1, 2021 — BetterRide MTB Camp. Park City, 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 efficiently with the most experienced (20 years), effective and sought after coach in the sport, Gene Hamilton, Ise Harms, admin@betterride.net, betterride.net

August 13-15, 2021 — Outerbike Summer in Crested Butte. Crested Butte, CO, An opportunity to ride next year's bikes and gears on world class trails. Participants get bike demos, shuttles, lunch, beer, and admission to parties and films, at Crested Butte Mountain Resort, Mark Sevenoff, 800-845-2453, 435-259-8732, outerbike@westernspirit.com, outerbike.com

August 13-16, 2021 — Fitz-Barn Ride. Hamilton, MT, This event has been nicknamed "Tour Divide for the Working Class" due to its grassroots nature and few, but purist set of rules. Some choose to race it. Others choose to tour it. Should you intend to compete with others, you must rely completely on yourself with the event being self-supported. We ask for transparency; if you take aid or skip a section please be aware you are disqualified from competing. Ride completes in Victor, ID., Fitzgerald's, 307-201-5453, info@fitzgeraldsbicycles.com, fitzgeraldsbicycles.com

August 14-15, 2021 — VIDA MTB Series: Snowmass Bike Park. TENTATIVE, VIDA MTB Series Flagship Clinics, Snowmass Village, CO, Women's mountain bike skills clinic, Rachel Gottfried, 949-677-6809, info@vidamtb.com, vidamtb.com

September 3-6, 2021 — WYdaho Rendezvous Teton Mountain Bike Festival. Teton Valley, WY/ID, 11th annual hosted at Grand Targhee Resort. Come enjoy endless miles of epic singletrack, lift-served downhill, dirt jump and freeride. WYdaho Rendezvous Bike Festival supports Teton Valley Trails and Pathways tvtap.org. Includes 2019 demos, group rides, skills clinics, shenanigans, kids activities, music and libations., TVTAP, 208-201-1622, info@tetontbifest.org, Devin Dwyer, 208-201-1622, devin@tetontbifest.org, tetontbifest.org, grandtarghee.com

September 11-12, 2021 — Trek Dirt Series Mountain Bike Camp. Park City, UT, Women specific mountain bike coaching for beginner to advanced levels, focusing on skill development and exploring local trails. Suitable for cross country and downhill riders., Angela Campbell, 403-358-1144 (Canada), info@dirseries.com, Elli Petersilie, elli@dirseries.com, dirseries.com

September 17-19, 2021 — Albuquerque Dirt Fiesta MTB Festival. Albuquerque, NM, 12 hour race, 2 hour race, and weekend long mtb festival, Seth Bush, 505-564-0059, ElCapitan@ZiaRides.com, ZiaRides.com

September 17-19, 2021 — Outerbike Tahoe. South Lake Tahoe, CA, An opportunity to ride next year's bikes and gears on world class trails. Participants get bike demos, shuttles, lunch, beer, and admission to parties and films, in South Lake Tahoe, CA., Mark Sevenoff, 800-845-2453, 435-259-8732, outerbike@westernspirit.com, outerbike.com

September 18-19, 2021 — Trek Dirt Series Mountain Bike Camp. Crested Butte, CO, Learn new skills, increase confidence on the bike, or simply enjoy the sport like never before. World class women's only instructional weekend camp for beginner, intermediate, and advanced riders., Angela Campbell, 403-358-1144 (Canada), info@dirseries.com, Emily Neuman, 604-484-6238, info@dirseries.com, dirseries.com

September 19, 2021 — Monarch Crest Crank. Salida, CO, Mountain bike event along one of IMBA's Epic mountain bike trails with proceeds going to the local nonprofit organization: The Alliance, which helps victims of domestic and sexual abuse. There will be a post-ride party in Salida's Riverside Park featuring live music, free lunch, libations, and games with space limited to 100 riders., Monica Gutierrez, 719-539-6738, director@alliancechaffee.org, Becky

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Rupp, crestcrank@gmail.com, monarchcrestcrank.com

September 25-26, 2021 — Trek Dirt Series Mountain Bike Camp, Santa Cruz, CA. Co-ed Mountain Bike Camp for beginner to advanced levels, focusing on skill development and trail riding, for cross country and downhill riders. Skill instruction ranges from basic front wheel lifts and switch-back turns to technical climbs, descents, drops, jumps and more., Angela Campbell, 403-358-1144 (Canada), info@dirtseries.com, elli@dirtseries.com, dirtseries.com

Utah Weekly MTB Race Series

April 21-July 28, 2021 — Weekly Race Series, WRS, Sundance, Wasatch County, UT, Wednesday nights, April-July. Venue alternates between Wasatch County sites and Sundance, 6:30 pm. Prompt start time. Pros/Experts 1hr race time, Sports 50mins, Beginners 30-40mins., Tyson Apostol, 435-200-3239 (Wasatch), 801-223-4849 (Sundance), aces@euclidoutdoors.com, John Woodruff, 801-223-4044, 801-223-4849, johnw@sundance-utah.com, Josey Apostol, 435-200-3239 (Wasatch), 801-223-4849 (Sundance), aces@weeklyraceseries.com, weeklyraceseries.com

April 27-August 10, 2021 — Mid-Week Mountain Bike Race Series, Wasatch Front, Wasatch Back, Salt Lake Valley, Utah Valley, UT, Tuesday nights (mostly), starting April 27! Locations TBD. Fun, competitive mountain bike racing for all ages and abilities. 7 XC races, 5 Mini Enduro races, 1 Women's Mini Enduro., Crys Lee, 385-831-1515, crys@bikeutah.org, Trilby Cox, 385-831-1515, trilby@midweekmtb.com, midweekmtb.com

Regional Weekly MTB Race Series

May 7-June 18, 2021 — Missoula TGIF Friday Night Race League, Missoula, MT, Various courses., Shaun Radley, 406-219-1318, montanacyclocross@gmail.com, montanacyclocross.com/events/

May 12-June 5, 2021 — Sessions 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

Utah Mountain Bike and Gravel Racing

May 15, 2021 — Volcano Fire Road 120k Gravel Grinder, Veyo, UT, Fun and challenging gravel race! 75 miles with 6200' climbing in the beautiful Pine Valley area north of St George. 56% dirt, 44% pavement. Solo or 2x relay. Famous Veyo Pie at the finish line, Deborah Bowling, 818-889-2453, embassy@planetultra.com, gravelgrinder.com

May 15, 2021 — 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 Pinon trees., Joey Dye, 435-674-3185, joey@redrockbicycle.com, Margaret Gibson, 435-229-6251, margaret@redrockbicycle.com, intermountaincup.com, ridesouthernutah.com

June 12, 2021 — Wasatch 50, Intermountain Cup, Heber, UT, The Wasatch 50 (formerly Wasatch Back) course is a truly epic route through some of Utah's beautiful high country. This 21 mile loop (+/-) features roughly 1,700 feet of climbing per lap and tackles almost the entirety of the Coyote Loop trail starting and finishing at the UYU-Wasatch campus., Margaret Gibson, 435-229-6251, margaret@redrockbicycle.com, intermountaincup.com

June 26, 2021 — Fast Times at Richfield ICUP, Intermountain Cup, Richfield, UT, Check back for complete details., Margaret Gibson, 435-229-6251, margaret@redrockbicycle.com, intermountaincup.com

June 26, 2021 — Brianhead Downhill, Go-Ride Gravity Series, Brian Head, UT, Ron Lindley, 801-375-3231, info@utahdh.org, go-ride.com, utahdh.org

July 10, 2021 — The Crusher in the Tushar, 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., Burke Swindlehurst, roadrider@msn.com, tusharcruiser.com

July 17, 2021 — The Rage at Snowbird ICUP, Intermountain Cup, Snowbird, UT, XC race. Snowbird has done a great job with some new trails and creating trails for real MTB racing with a great mix of fast flow single track, service roads, and a few short technical sections to

keep you on your toes. 5-25 miles, 570' elevation gain per lap. Beginning just above the Tram Plaza at Snowbird Center on the dirt road, this 5.1 mile course offers up approximately 570ft of climbing per lap., Margaret Gibson, 435-229-6251, margaret@redrockbicycle.com, intermountaincup.com

July 17, 2021 — El Doce at Pow Mow, Powder Mountain - Eden, UT, 12/6 Hour Mountain Bike Race at Powder Mountain, Utah. Solo, Duo and 3-4 Person Teams. 12 Mile lap, 1200' vertical per lap, 12 hours. Limited to 400 riders., Jenny Scothern, 801-399-1773, jenny@goalfoundation.com, Clairee Miljour, 801-399-1773, claire@goalfoundation.com, eldoceut.com

July 31, 2021 — Cedar City Fire Road 100 Gravel Grinder, Cedar City, UT, 100K or 60K options - with over 80% dirt! Chip timed. Prizes for top finishers., Deborah Bowling, 818-889-2453, embassy@planetultra.com, gravelgrinder.com

August 6-7, 2021 — Abajo (Blue Mountain) Enduro, Monticello, UT, Two day, three stage race in the Abajo Mountains by Monticello Utah. Stage 1 starts Friday afternoon. A shuttle will be provided from the end of each stage to the start of the following course to the parking area for the stage., Dustin Randall, 435-590-2741, info@oamutah.com, oamutah.com/abajopenduro

August 7, 2021 — Powder Mountain ICUP, Intermountain Cup, Powder Mountain, UT, 360' panoramic views all along the course, and promises fast and exciting riding with a starting elevation of 8,200 feet and a maximum elevation of approximately 8,900 feet. 7-mile lap of the network with approximately 1,400 feet of climbing starting from the Timberline Lodge., Margaret Gibson, 435-229-6251, margaret@redrockbicycle.com, intermountaincup.com

August 7, 2021 — Bucked Up Gravel, Heber City, UT, Details TBD., Troy Huebner, 427-0532, troy.workone@comcast.net

August 13-15, 2021 — Flyin' Brian Downhill and Dark Hollow Super D, Go-Ride Gravity Series, Brian Head, UT, Practice opens on Friday at noon. The downhill is on Saturday. Dark Hollow Super D is on Sunday., Ron Lindley, 801-375-3231, info@utahdh.org, go-ride.com, utahdh.org

August 14, 2021 — Mountain Madness Bike Race, Vernal, UT, Relay race through the Ashley National Forest, Quin, 435-781-0982, quind@uintahrecreation.org, uintahrecreation.org

August 21, 2021 — Dirty Arts Gravel Grinder Fondo, Helper, UT, The Fondo is a 62 mile ride on pavement, gravel and dirt roads. The route takes you through central Carbon County exploring some high desert vistas and the foothills of the Mantle La-Sai mountains. 5,000' of climbing and 5,000' of descending consisting of 2 main long climbs with plenty of short climbs. Enjoy the Helper Arts & Film Festival afterwards for food, drink and fun, if you have the strength. Start: Historic Comoco Station, Mark Jespersen, 435-637-2453, mark@castlecountrycycling.com, Ed Malmgren, 435-637-2453, ed@castlecountrycycling.com, castlecountrycycling.com, carboncreek.com

August 28, 2021 — 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@edenepic.com, edenepic.com

August 28, 2021 — Brian Head Endurance, Intermountain Cup, Brian Head, UT, Margaret Gibson, 435-229-6251, margaret@redrockbicycle.com, intermountaincup.com

August 28, 2021 — Wasatch All-Road Bicycle Race, Heber, UT, The first Gravel Grinder Wasatch All-Road Bicycle Race will feature postcard views in Utah's hidden gem of Heber Valley. This event will offer two routes, local food, entertainment, and a \$10,000 prize purse split evenly between the male and female open categories., Jeff Louder, jeff@thewasatchallroad.com, thewasatchallroad.com

September 4, 2021 — Park City Point 2 Point, Park City, UT, A true point 2 point race! Thanks to the plethora of trails in this area, the race is never on the same trail twice. Over 90% of the race is single-track. 75 miles & 12,000ft of climbing., Jay Burke, 801-330-3214, snowchicken.jp@gmail.com, thepccp.com

September 12, 2021 — Tour des Suds Virtual, Park City, UT, We love a party just as much as anybody, but 2020 doesn't seem to want us celebrating en masse. So, to carry on a 37 year Park City trail tradition, we are turning the infamous Tour des Suds VIRTUAL and VIRUS FREE. NEW COURSE! In light of the uniqueness of this virtual race season, we've created a new course that will showcase a brand spanking new (and yet to be opened) section of the 9K trail along with some great, old-school singletrack., Ginger Ries, 435-649-6839, ginger@mountaintrails.org, mountaintrails.org

September 18-19, 2021 — Big Mountain Enduro, Big Mountain Enduro Series, Brian Head, UT, Reverted 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., Brandon Ontiveros, brandon@bigmountainenduro.com, bigmountainenduro.com

Regional Mountain Bike and Gravel Racing ID, WY, MT, NV, AZ, NM, CO, MT, OR, WA, and Beyond

May 7-9, 2021 — US Bank 18 Hours of Fruita, Fruita, CO, 16th Annual event at Highline Lake State Park, an oasis in the desert with the famous midnight start. Limited to 100 teams and 30 solos., Mike Heaston, 970-858-7220, emgmh@emgcolorado.com, George Gateoso, 970-858-7220, fruita@thesports.com, 18hsfruita.com

May 8-9, 2021 — Grand Enduro, Grand Junction, CO, 4th Annual, 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 Klisch, 970-744-4450, 573-366-3681, madness@madracingcolorado.com, grandenduro.com, madracingcolorado.com

May 8, 2021 — The Pony Xpress Gravel 160, Colorado Gravel Grinder Championships, Trinidad, CO, 160 km and 80 km options. Held on gravel roads northwest of Trinidad, CO. Working head and tail light and helmet are required. Maps will be adequate for 70 km but GPS is preferred for 160 km option. 6th Annual, ride through the picturesque Spanish Peaks. This event will also include a electric bicycle class with a start time 30 minutes after the event begins., Phil Schweizer, 877-743-3556, 719-484-0477, phil.koobisaddles@msn.com, colorado-gravelgrinderchampionships.com, pony-xpress/therace

May 8-9, 2021 — Arizona State MTB Championships, Prescott, AZ, Arizona State MTB Championships (USAC Sanctioned) at Emmanuel Pines, MBAA, 480-442-4229, racing@mbaa.net, mbaa.net

May 8, 2021 — 12 Hours of Mesa Verde, Cortez, CO, This race will begin and end at the Montezuma County Fairgrounds, 12 Hours of Mesa Verde., info@2hoursomesaverde.com

May 15, 2021 — Royal Gorge Six and Twelve Hour MTB Races, Cañon City, CO, Six and Twelve Hour MTB Races, Seth Bush, 505-554-0059, ICaptain@ZaiRides.com, zairides.com

May 15, 2021 — Wild Horse Gravel, Tentative, Roll Massif, De Beque, CO, Back for 2021, Wild Horse Gravel showcases the unique high desert landscape of the Western Slope. Hosted on the luxury High Lonesome Ranch, riders will be treated to a country cook-out, campfire, cabins, camping - or glamping - and the best local music. In addition to being hidden well, The High Lonesome Ranch and its surrounding area isn't open to riding year-round, so participants benefit from exclusive access to this secret stash of wild-west gravel. You'll only be disappointed if you were hoping for a bunch of car traffic on the route., Tracy Powers, support@rollmassif.com, rollmassif.com

May 15, 2021 — Guffey Huffer Gravel Grinder, Salida, CO, This ride will begin at Subculture Cyclerly with a neutral rollout. A mile in, the gravel begins and lasts for the remainder of the ride. There isn't a lot of water and participants will need to be self-sufficient with water, food, warm clothes, and rain gear., Guffey Huffer Gravel Grinder, markpwakert@gmail.com

May 16, 2021 — 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, competitivecycling@montanacyclinglab.org, montanacyclinglab.org, montanacycling.net

May 16, 2021 — Madgravel, Peaceful Valley, CO, Three distances to choose from including: the Sprint (43 miles), Marathon (78 miles), and Ultra (123 miles)., Dave Muscianisi, 303-817-6523, dave@rattleraces.com, rattleracing.com/event/madgravel/

May 22, 2021 — Co2uT - Desert Gravel, Fruita, CO, The Co2uT chemical equation can be broken down as follows: Co=Colorado, 2=to, UT=Utah. This kick-ass gravel race will take you from Colorado to Utah...and back. Designed by a long-time western-slope local, each route offers mind-blowing, gravel-loving terrain, quads-busting hills, breathtaking views, wildlife cameos, epic adventure and of course, FUN., Jennifer Barbour, 303-503-4616, jen@teamevergreen.org, Kim Nordquist, 303-249-6188, director@bicyclerace.com, Morgan Munir, 303-475-6053, morgan@desertgravel.com, desertgravel.com, teamevergreen.org

May 28-30, 2021 — Iron Horse Bicycle Classic, Durango, CO, 49th 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 of Silverton. Sunday 26th we have a Kids Race and Kids Village, Mountain Bike Race, Gravel Grinder, Cruise, Gift, BMX event, 5000 cash prizes, 500 to fastest riders, Alex Phipps, 208-841-4120, alex01phipps@gmail.com, pocatellopedalfest.com, twistedturfleracing.com

May 29, 2021 — City Creek Pocatello Pedalfest, Pocatello, ID, Cross Country Races, Beginner, Sport, Expert & Open Classes (12, 17, 27 miles). Awards, prizes, coffee, music, food & fun. \$2000 cash prizes. 500 to fastest riders, Alex Phipps, 208-841-4120, alex01phipps@gmail.com, pocatellopedalfest.com, twistedturfleracing.com

May 29-30, 2021 — The Original Growler, Gunnison, CO, The challenging singletrack is on some of the finest trails Colorado has to offer., Gunnison Trails, info@gunnisontrails.org

June 2, 2021 — Mid Week Melee - Race 1, Bear Creek Lake, 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, dave@rattleraces.com, rattleracing.com/event/mid-week-melee-1/

June 5, 2021 — The Dead Swede Gravel Grinder, Wyoming Gravel Grinder Series, Sheridan, WY, 40 or 100 miles, Adam Leiferman, 307-462-6038, leiferman.adam@gmail.com, Sheridan Bicycle Company, 307-763-4481, thedeadswede.com

June 5, 2021 — The Angry Horse Gravel Grinder, Idaho Falls, ID, The course will be unmarked this year but a route file or cue sheet is mandatory. There will be primitive aid only with water and drop bag zones so prepare for a self-supported ride! Funds obtained will go toward local trail development within the Greater Teton/Eastern Idaho region., Brooke Jeffs, 208-528-0664, rideintheangryhorse@yahoo.com, cbbikes.com, rideintheangryhorse.com

June 5, 2021 — Elephant Rock Sunrise to Sunset, Roll Massif, Castle Rock, CO, 12 hour endurance

race on a moderately technical off-road course. Register as an individual or form a team that loves to shred for a memorable day of racing, camaraderie and laughs., Tracy Powers, support@rollmassif.com, rollmassif.com

June 5, 2021 — Rimrock MTB Dash, Billings, MT, The Ride Cyclerly, 406-272-2233, sam@the-decyclerly.com, The Spoke Shop, 406-656-8342, info@spokeshop.com, [facebook.com/RimrockMTBDash](https://www.facebook.com/RimrockMTBDash)

June 9, 2021 — Frisco Roundup, Frisco, CO, Jeff Westcott, 970-390-4760, westy@mvpsports.com

June 11-13, 2021 — Missoula PRO XCT, US Pro XCT, Western Montana Trail Series, Montana Off-Road Series (MORS), Missoula, MT, Steep, technical climbs and descents will alternate between single track, double track, and infrequent dirt road sections. The course features over 850ft of relief per lap; while it is not at extremely high altitude, multiple long, steep climbs per lap will feature a few fire trails. Pro XCT plus Junior 17-18. Homestander 6 hour on Saturday, Ben Horan, 312-502-5997, bhoran@gmail.com, mtb-missoula.org, usacycling.org

June 11-13, 2021 — 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, returning for its 5th year to Silver Mountain, the North American Enduro Cup will once again be an EWS qualifier where racers from across North America will descend upon sunny, scenic Kellogg, Idaho to take on world class trails, national caliber competition, and the \$12,000 pro purse. New trails, race categories to include e-bikes* and more amateur age categories, cut-off times, full on finish line festivities and MORE! NA Enduro., naenduro.com

June 11-13, 2021 — Missoula XC, Missoula, MT, solo, duo, quad, Shaun Radley, 406-219-1318, montanacyclocross@gmail.com, montanacyclocross.com/events/

June 12, 2021 — Fears, Tears, and Beers Enduro, Ely, NV, Enduro mountain bike event. Timed sections mostly downhill, combined time wins. Men's and women's events for all classes. Fun run, beginner, sport, and expert classes., Kent Robertson, 775-289-6042, 775-296-2162, krobeg@mwpower.net, Kyle Horvath, 775-289-3720, kyle.horvath@elynevada.net, elynevada.net/fears-tears-and-beers/

June 12-13, 2021 — 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, ICaptain@ZaiRides.com, zairides.com

June 12, 2021 — Gowdy Grinder, TENTATIVE, Cheyenne, WY, Cross country mountain bike race that takes place on the trails of Curt Gowdy State Park in southeastern Wyoming. The beginner races are on a course with a handful of short technical sections, but mostly smooth riding. The more advanced categories will find plenty of challenging riding typical of Curt Gowdy., Jodee Ping, 307-631-2980, WyoXMTB@gmail.com, wyoxtmtracing.com/fundraisings-iv-our-local-race-the-gowdy-grinder

June 12, 2021 — Salida Big Friggin Loop, 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., Salida Big Friggin Loop, .

June 17-19, 2021 — G3 (Grand Gear Grind), TENTATIVE, Winter Park, CO, G3 hosts its second annual 3-day mountain bike stage race in Winter Park, Colorado on June 25-27, 2020. Use this race to qualify for mountain bike nationals., Dave Muscianisi, 303-817-6523, dave@rattleraces.com, www.g3race.com

June 18-21, 2021 — Four Seasons of Horsetooth Challenge, Fort Collins, CO, This is a grass-roots 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, ., 4sh.org

June 19, 2021 — Lake Tahoe Mountain Bike Race, Tahoe City, CA, Race in the cross country race, 4 hour or 8 hour race as a solo or on a team of 2, 3 or 4 (teams of 3 and 4 apply to the 8hr race only). The course is approximately 12.8 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 McClroy, kiley@bigblueadventure.com, bigblueadventure.com

June 19, 2021 — The Bailey Hundo, Palmer Lake, CO, 10th year for the race. The HUNDO is 100 miles with 10,000 vertical feet, the HUNDItO 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 19, 2021 — 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 Triple 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., Santa Rosa Cycling Club, ridedirector@src.com, src.com, src.webflow.io

June 20-26, 2021 — Desert Rats Classic, Fruita, CO, The 2020 race will be a single 50K loop at 18 RoadRace on the beautiful, flowy singletrack and dirt roads at 18 Road. This single loop course combines the Edge Loop and Sarlack Trails to bring you some difficult climbs, fast descents, dirt roads, flowy singletrack and maybe some hike-a-bike. This fun 50K course is an early season test of stamina and gives a reason to train through the winter. With the combination of many short ups and downs and a couple climbs up the mesa, this event will definitely test your fitness. Racers will have three aid stations and will receive a finisher's memento and age group awards., Reid Delman, 303-249-1112, reid.delman@geminiadventures.com, Kyla Claudell, 303-249-1112, kyla@geminiadventures.com, geminiadventures.com

June 20, 2021 — Party at Purg, Trail Party, Durango, CO, Trail Party, .

June 23, 2021 — Gold Run Rush, Summit Mountain Challenge, Breckenridge, CO, Multi-segment time trial or enduro only options available., Jeff Westcott, 970-390-4760, westy@mvpsports.com, mvpsports.com/the-gold-run-rush/

June 25-27, 2021 — NW Cup Downhill Series, Northwest Cup Downhill Series, Donnelly, 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 GR1 too, Scott Tucker, 360-797-4288, scott@nwcup.com, nwcup.com

July 24, 2021 — Galena Grinder 4.0, 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, alex01phipps@gmail.com, twist-edturteracing.com

July 24, 2021 — Up the Creek (UTC) Cascade Gravel Grinder, Cascade, ID, Cyclists will enjoy some of Idaho's beautiful back country. We will offer two routes: 1) a 60-mile route that will include a race feature until mile marker 45 and 2) a 40-mile route that features a scenic loop through Round Valley. Most of these routes will be on dirt roads thus the gravel grinder name. We are also adding a race feature for the longer route, please go to the website, Mary, 513-382-3938, info@4summitchallenge.com, 4summitchallenge.com

July 24-25, 2021 — Big Mountain Enduro, Big Mountain Enduro Series, Big Sky, MT, BME Stop #3: 3 to 4 stages per day and upwards of 7,500 feet of descending, most of which will be lift accessed, but with some pedal transitions equalling roughly 3,000 feet of climbing over both days. Steep and technical, Brandon Ontiveros, brandon@bigmountainenduro.com, bigmountainenduro.com

July 24, 2021 — Winter Park Sunrise to Sunset, Roll Massif, Winter Park, CO, Winter Park Sunrise to Sunset will be held in conjunction with Crooked Gravel, The 12-hour relay format and the section of trails used in Sunrise to Sunset are just above town, making access and relaxation between laps super easy. The option to race in teams, from two person to five person squads, gives teammates not on course a chance to enjoy the festive and mountainous atmosphere. , Tracy Powers, support@rollmassif.com, rollmassif.com

July 24, 2021 — Crooked Gravel, Roll Massif, Winter Park, CO, This ride is held in conjunction with Sunrise Sunset Winter Park. The 65- and 93-mile routes get right down to business, taking riders from downtown Winter Park out remote gravel roads and up into the mountains. With high altitude, panoramic views and crisp mountain air, you'll be fired up before the ride even starts! , Tracy Powers, support@rollmassif.com, rollmassif.com

July 24, 2021 — The Rift Gravel Race Iceland, Hvolsvöllur, 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@theriftbike, theriftbike

July 30-August 1, 2021 — Pomerelle Pounder DH, Go-Ride Gravity Series, Albion, ID, Two USAC sanctioned downhill races in two days. , Ron Lindley, 801-375-3231, info@utahgoh.com, Darren Lightfield, 208-608-6444, wildrockiesmail@yahoo.com, go-ride.com, utahgoh.org

July 30-August 1, 2021 — 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,affles, unmatched swag, food, beer and live music. , Paul Anderson, 719-219-9364, panderson4@lifetimfitness.com, leadvilleaceseries.com

July 30-August 1, 2021 — NW Cup Downhill Series, 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 31-August 1, 2021 — 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 31, 2021 — Telluride 100 Mountain Bike Race, Telluride, CO, 100 mile mtb race, Tobin, 970-417-1751, tobin@behling.com, telluride100.com

July 31, 2021 — Jug Mountain Enduro, Wild Rockies Series, McCall, ID, Enduro mtb race, Alex Phipps, 208-841-4120, alex01phipps@gmail.com, twist-edturteracing.com

August 1, 2021 — Race Montana Triathlon, Great Falls, MT, Sprint and Olympic Distances along with the option of a solo or team triathlon. Long and short events are offered for youth participants. Beginner adults can sign up for "Try A Tri" Triathlon (100-meter swim, 3-mile bike, and 1-mile walk/run). All participants get a free pass to the Electric City Water Park on the day of the event. , Ron Roy, 406-761-2222, info@racemt.com, racemt.com/event/race-montana-triathlon, racemt.com

August 7, 2021 — Pierre's Hole MTB Race, National Ultra Endurance Series, Alfa, WY, 12th Annual! Staging begins at the Grand Targhee Resort, ample lodging and amenities available. 100 consists of 33-mile loop, each lap features approx. 4,000 ft climbing on single and double-track trails. The race course is on an IMBA Epic trails at Grand Targhee. Total elevation for the 100 mile race is approx. 13,000 ft. 100 mile (3 laps), 100km (2 laps), 50km (1 lap) events. The 100 mile race is part of the NUE Series and the 100 k is a new NUE marathon series race. , Andy Williams, 800-TARGHEE ext. 1309, awilliams@grandtarghee.com, grandtarghee.com/pierreshole-50-100-mountain-bike-race/

August 7-8, 2021 — Tamarack Twister & Enduro, Knobby Tire Series, Donnelly, ID, Cross country and enduro race on Sunday at a beautiful venue. Cross Country race, Fast and flowy, Alex Phipps, 208-841-4120, alex01phipps@gmail.com, twist-edturteracing.com

August 7-8, 2021 — Oak Flats MTB Race, New Mexico Off Road Series, Albuquerque, NM, fast and flowy course, Jan Bear, 505-730-4665, janbea@gmail.com, Par , 505-730-2615, par-menides.org/inel@gmail.com, nmoris.org, oak-flatsmtb.com

August 14, 2021 — Leadville Trail 100, Leadville Race Series, Leadville, CO, One of the most notorious and challenging bike races in the world. 100 mile out-and-back. , Paul Anderson, 719-219-9364, panderson4@lifetimfitness.com, leadvilleaceseries.com

August 14-15, 2021 — 12 and 24 Hours of Flathead, Kalspell, MT, A non-profit race to provide awareness and adaptive equipment to individuals living with paralysis and other life altering disabilities. Race features both bicycle and hand cycle courses. Held in Herron Park. , Tia Celentano, 406-261-1769, info@24hoursofflathead.org, 24hoursofflathead.org, facebook.com/24HoursOfFlathead

August 14, 2021 — Enduro Pescado Whitefish Enduro, Montana Enduro Series, Whitefish, MT, Montana Enduro Series , contact@montanaenduro.com, Christine Wike, christine@montanabicycleguild.org, montanaenduro.com

August 14, 2021 — Big Mountain Enduro, Big Mountain Enduro Series, Winter Park, CO, BME Stop #3: The BME returns to Winter Park again in 2021. Taking place on August 14th, this ever-popular event will blend high altitude racing mixed with rugged terrain and big descents. , Brandon Ontiveros, brandon@bigmountainenduro.com, bigmountainenduro.com

August 14, 2021 — Colorado Junior Cup, Bailey, CO, Colorado Junior Cup returns for its 3rd year on May 9, 2020 in Bailey, Colorado. Come on out all junior mountain bike racers, Dave Muscianisi, 303-817-6523, dave@rattleraces.com, rattleracing.com, coloradojuniorcup.com

August 15, 2021 — SBT GRVL Gravel Grinder, Steamboat Springs, CO, 6:30 am on Yampa Street. Three distances: 37/100/141 miles with 2000/6000/9000 feet of climbing, respectively. Mixed surface with the majority on hard packed gravel roads, Amy Charity, 970-215-4045, info@sbtrgvl.com, sbtrgvl.com

August 21, 2021 — York 38 Special, York, MT, Ride 38 or 76 miles on single track, gravel, and Forest Service roads through breathtaking scenery in the Helena National Forest gaining 3000 vertical feet, Rita Naylor, 406-475-3085, rbnmon-tana@gmail.com, york38special.org

August 21, 2021 — Tamarack Trail Party, Trail Party, Tamarack, ID, Trail Party , ,

August 22, 2021 — Battle of the Gravel, Good Dirt Ride, Savery, WY, The Battle of the Gravel will host 3 self-supported distances - a 21, 68 and 91 miles (we will have water/drink mix/snacks along the way & with the motos). The event will start and finish at the Boyer YL Ranch with a BBQ dinner to celebrate the finish. The ride is semi supported with three stops. Lodging and camping available at the Boyer YL Ranch and in the town of Baggs (20 miles). All proceeds go to support our work with Africa cyclists at teamafricarisng.org, Kimberly Coats, 307-383-7778, 530-744-8773, teamwandacycling@gmail.com, battleofthegravel.com

August 22, 2021 — The Last Best Ride Gravel, Whitefish, MT, 48 and 78 miles, Jessica Cerra, info@thelastbestridemt.com, thelastbestridemt.com

August 28, 2021 — Big Sky Biggie, Big Sky, MT, Big Sky, MT, 30 and 80 Mile races on Saturday. Starting in Big Sky's Town Center (Meadow Village) and climbing into the scenic views from Lone Peak and Buck Ridge, riders will ride some of the area's most exhilarating (and challenging) pieces of single-track, double-track, gravel roads and the occasional paved segment. , Natalie Osborne, 907-223-0858, natalie@bigsky-biggie.com, bigskybiggie.com

August 28, 2021 — La Tierra Torture Mountain Bike Race, Tentative, New Mexico Off Road Series, Santa Fe, NM, fast and flowy course, Jan Bear, 505-730-4665, janbea@gmail.com, nmoris.org, core-crew.com

August 28-29, 2021 — Lake City Alpine 50, Lake City, CO, This lung-busting race will take you by the iconic Lake San Cristobal before climbing through the alpine tundra to the two of the highest passes in Colorado: Cinnamon Pass (12,640 feet) and Engineer Pass (12,800) feet. The race will feature over 7,500 feet of climbing through some of the most incredible sections of the San Juan Mountains. This is a USA Cycling sanctioned event. benefit the Town of Lake City and the Lake Fork Valley Conservancy. , Michael Fleishman, mike@lakecityalpine50.com, lake-cityalpine50.com

August 28, 2021 — Old-Fashioned Mountain Bike Race, Flagstaff, AZ, The MTB season re-starts in Flagstaff. Technical challenges await - 1-2-3 lap categories . Old school mountain bike racing in Fort Valley. , Jeff Frost, 928-380-0633, canisbleu@gmail.com, baibunermtb.com, leadvilleaceseries.com

August 28-29, 2021 — Snowmass Enduro, Revolution Enduro Series, Snowmass, CO, Encompassing thousands of feet of descent, you won't want to miss this lift served, two day, gravity filled Enduro. , David Scully, 970-846-5012, david@revolutionenduro.com, revolutionenduro.com, snowmass-colorado-enduro/

August 28-29, 2021 — 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. , Brandon Ontiveros, brandon@bigmountainenduro.com, bigmountainenduro.com

September 2-5, 2021 — Rebecca's Private Idaho Gravel Grinder and Festival, Ketchum, ID, Lifestyle, mountain bike and outdoor festival over Labor Day Weekend. The cornerstone of the two-day event is a 100-mile Gravel Grinder (or 50-mile option) mountain bike race & ride in the scenic Pioneer Mountains of Central Idaho, with renowned mountain bike champion and endurance athlete Rebecca Rusch. The weekend activities are centered around giving back to non-profit organizations that foster diversity, equity, and inclusion in cycling. Join the "Queen of Pain" on this beautiful route that ends in a great down-home party with food, festivities, music, and libations. Colleen Quindlen, 254-541-9661, colleen@rebeccarusch.com, rebeccasprivatetidaho.com

September 4, 2021 — Party at Paja, Trail Party, Los Alamos, NM, Trail Party , ,

September 5, 2021 — Fistful of Dirt Gravel Grinder, Cody, WY, A gravel bike race of grand proportions. With the Good (22 Miles), The Bad (65 Miles), or The Ugly (105 Miles), there will be a distance fit for everyone. Free gourmet burgers and beer on Saturday will be offered during packet pick-up with the race on Sunday and a dang good after-party featuring the Denver-based bluegrass band That Damn Sasquatch. , Fistful of Dirt , howdy@fistfulofdirt.com, Janie Curtis, 307-213-0756, janie@runcodywy.com, fistfulofdirt.com

September 8-11, 2021 — Paydirt, Carson City, NV, VIP Pioneer's Camp will be held from September 8th-10th with the main race/celebration occurring on September 11th. The perfect blend of competition and camaraderie; Paydirt is equal parts race and celebration. With Bike Monkey's Road Rally format; racing takes place on designated segments. It's the perfect mix of full-gas racing while allowing you time to socialize, regroup, and enjoy the bounty of our aid stations. , Bike Monkey, 707-560-1122, info@bikemonkey.net, stelinaspaydirt.com

September 11, 2021 — Race the Rails, Ely, NV, Race the train in Ely! Fun for the whole family! Race a coal fired steam engine that is over 100 years old. The event will accommodate both road and mountain bike riders of all ages. , Kyle Horvath, 755-289-3720, kyle.horvath@elynevada.net, elynevada.com

September 11, 2021 — Gunni Grinder , Gunnison, CO, Two course options. Single loop-format. Although some paved roads are necessary, the vast majority (about 90%) of the course will be on gravel and dirt roads. Some of these roads receive little to no maintenance and can change drastically after heavy rains and/or snowfall. Riders are encouraged to be fully prepared for any and all conditions. The route is remote and therefore, will include signage to help prevent riders from getting off course. , Joel Grimmer, 512-751-8940, joel@aracerevolutions.com, thegunnigrinder.com

September 12, 2021 — Walla Walla Grit, Walla Walla, WA, This Grit has three course lengths which include long, medium, and short routes. The long course starts at 6 a.m., medium begins at 8 a.m., and the short course commences at 9 a.m. , Michael Austin, 509-386-1149, 509-525-4949, mike@allegrocyclery.com, Kathryn Austin, 509-964-8951, kathryn@allegrocyclery.com, tofwy.org

September 18, 2021 — Barn Burner 104, Leadville Race Series, Flagstaff, AZ, 104 mile mountain bike race. Solo, Duo, Teams, Kaibab and Coconino National Forest, Camping on private land. 26 and 52 mile options. Party afterwards with music, food, and beer. , Jeff Frost, 928-380-0633, canisbleu@gmail.com, Paul Anderson, 719-219-9364, panderson4@lifetimfitness.com, baibunermtb.com, leadvilleaceseries.com

September 18, 2021 — Fire on the Rim Mountain Bike Race, Pine, AZ, 15, 30, and 45 mile mtb races near Payson, AZ, Janet Brandt, info@fireontherim.com, fireontherim.com

September 18, 2021 — Helena Enduro, Montana Enduro Series, Helena, MT, Montana Enduro Series , contact@montanaenduro.com, Christine Wike, christine@montanabicycleguild.org, montanaenduro.com, montanabicycleguild.org

September 18, 2021 — Mountains to Meadows, Grinduro, Mt. Shasta, CA, 62 miles of pavement, gravel, and singletrack with a 10N of climbing and twisty descents. Most of the ride is casual, there are four timed sections that are designed to cater to specific strengths. Grinduro racers and spectators are treated to three days of camping, live music (including a late-night DJ), beer, awesome food, and campfires. , Kurt Stockton, ks@sieratrails.org, grinduro.com

September 19, 2021 — Rats 50 Endurance MTB Race, Eagle, CO, With the start/finish line right in the heart of Eagle friends and family can enjoy a weekend of relaxing with a beer, a hot meal, music and a massage at the recovery station. The singletrack is beautiful with a great test of stamina by featuring uphill grinds, short ups and downs, and a couple of big climbs which will test your fitness and culminate into a worthwhile summer training. Racers will have three aid stations and will receive a finisher's memento and age group awards. Proceeds will benefit The Cycle Effect, a local non-profit with the mission to empower girls through mountain biking. , Reid Delman, 303-249-1112, reid.delman@geminiadventures.com, Kyla Claudell, 303-249-1112, kyla@geminiadventures.com, geminiadventures.com

September 25-February 26, 2021 — The Fox US Open of Mountain Biking, Big Bear Lake, CA, Chuck Hodge, 719-434-4200, chodge@usacycling.org, usacycling.org

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

DLI (DMV) Criterium — Utah Crit Series, West Valley City, UT, Weekly Training Crit at the Driver's Training Center, 4700S. 2780W., A flite - 6 pm, B flite between 6:45 and 7:05, Call for information regarding C flite. Wednesdays April 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. IT series consisting of 18 races on five difference courses, with weekly and end-of-series prizes. Check the website for the location of the weekly course. , Stephen Clyde, 435-750-8785, swc@mdsc.com, Ben Kofeod, benhof@hotmail.com, Travis Dunn, travis.dunn@usu.edu, loganraceclub.org

May 22, 2021 — 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. , Jared Eborn, 801-599-9268, jared@extramileracing.com, extramileracing.com, racebearlake.com

May 22, 2021 — Midvale Criterium, UCA Series, Midvale, UT, Course: TBD, Dirk Cowley, 801-699-5126, dcowley@comcast.net, racedayeventmanagement.com

June 5, 2021 — Porcupine Hill Climb, UCA Series, Salt Lake City, UT, 18th Annual, Start: Porcupine Pub & Grille finishing at the Brighton Ski Resort, Big Cottonwood Canyon. Citizen's and licensed rider categories. State Championship Hill Climb for licensed categories. 14.7 miles, 3800' of climbing! , Jared Eborn, 801-599-9268, jared@extramileracing.com, extramileracing.com, bikereg.com/porcupine

June 11-12, 2021 — Rush Valley Road Race, UCA Series, Rush Valley, UT, Marek Shon, 801-209-2479, utcritseries@gmail.com, race2wheels.com

June 11-12, 2021 — 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

June 19, 2021 — 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. \$2,000 cash plus prizes. , James Ferguson, 801-476-9476, ferguson8118@comcast.net

June 24-26, 2021 — Utah Summer Games, Utah Summer Games Cycling, Cedar City, UT, Hill Climb (4 miles with average grade of 7%, Time Trial (10 miles out and back course), Criterium (.95 mile closed course, counter clockwise), Road Race (20, 40 and 60 mile course) with overall Omnium. , Pace Clarke, 435-865-8423, paceclarke@suu.edu, Quinn Pratt, 435-572-0007, usgycling@gmail.com, utahsummergames.org

June 26, 2021 — Old Snowbasin Road Hill Climb, Utah State Hill Climb Series, UCA Series, Snowbasin, UT, Late June will see the second race with a road that contains a long climb with a short but fast descent in the middle known as Old Snowbasin Road. During this event, we see riders who can handle their bikes on two short, hard packed sections. This climb will commence by mass starts broken into different start segments. , Dirk Cowley, 801-699-5126, dcowley@comcast.net, racedaywebsites.com

July 9-10, 2021 — Cache Gran Fondo, UCI Gran Fondo World Series, USA AND Gran Fondo National Series, Logan, UT, Celebrating our 10th year! In 2020, we worked with state and local officials to re-engineer our event. We are serious about the health and safety of our riders and we plan to be ever-vigilant again this year. We are a UCI Gran Fondo World Championship and GFNS Qualifier, but riders of all abilities are invited to participate. IT on Friday followed by 38, 50, 70 and 100-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 (UCI winners receive a jersey and medal), finisher medals, and unique jerseys at a cost. 20% of UCI racers in 16 different age categories qualify for UCI World Championships. , Troy Oldham, 435-764-2979, oldhamtroy@gmail.com, cachegranfondo.com

July 10, 2021 — Utah State Time Trial Championship, UCA Series, Rush Valley, UT, Marek Shon, 801-

209-2479, utcritseries@gmail.com, race2wheels.com

July 17-18, 2021 — Salt Lake Criteriums, USA CRITS, Salt Lake City, UT, Professional and amateur categories, expo and more! Benefits the Utah Food Bank, Dirk Cowley, 801-699-5126, dcowley@comcast.net, Eric Gardiner, 801-660-9173, saltlakecrit@gmail.com, saltlakecriterium.com

July 26-August 1, 2021 — Larry H. Miller Tour of Utah, Various, UT, The Tour of Utah is a UCI 2.Pro sanctioned men's professional cycling stage race that is part of the new UCI ProSeries. As America's toughest Stage Race, the week-long event features 120 riders from 17 teams on a variable race route throughout Utah. It is broadcast worldwide on Tour Tracker and is free for spectators. , Larry H. Miller Tour of Utah , 801-325-7000, info@tourofutah.com, tourofutah.com

July 30-31, 2021 — 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 31, 2021 — Mirror Lake Highway Road Race, UCA Series, Kamas, UT, Details TBD. , Troy Huebner, 427-0532, troywarkone@comcast.net

August 14, 2021 — Wildflower Hill Climb, Mountain Green, UT, Timed 5.5 mile climb during the 65 mile course option in this women-only cycling event. , Nick Bowsher, 801-610-9422, info@wildfloweroutdoor.com, wildfloweroutdoor.com

August 27-30, 2021 — Hoodoo 500, Planet Ultra Grand Slam Endurance Series, St. George, UT, 500 mile loop race through Southern Utah. Non-stop or stage race, solo and relay team divisions. 300 mile option as well. , Deborah Bowling, 818-889-2453, ermbassy@planetultra.com, Hoodoo500.com

September 11, 2021 — LOTOJA Classic Road Race, Logan, UT, 39th Annual, 1 day, 3 states, 200-plus mile road race from Logan, UT to Jackson Hole, WY, Brent Chambers, 801-546-0090, info@lotoja.com, lotoja.com

September 11, 2021 — Suncrest Hill Climb, Utah State Hill Climb Series, Draper, UT, The final climb of this series will feature the Back Side of Suncrest, this climb is fast but steep as riders will test their sustainable power output at the end of the season. This climb will be held in time trial format with a rider starting every 30 seconds. , Dirk Cowley, 801-699-5126, dcowley@comcast.net, racedayeventmanagement.com

Regional Weekly Road Race Series

Regional Road Racing

ID, WY, MT, NV, AZ, NM, CO, MT, OR, WA, and Beyond

May 2, 2021 — Koppenberg Road Race, Superior, CO, The infamous Koppenberg Race, featuring the climb (17% grade), is the queen of the spring time cycling events in Colorado. This rustic setting sits next to, and incorporates parts of the Mourgul Bismark Course. Boulder's Spring Classic is set to be the deciding factor once again. The Koppenberg is a 5.5 mile road race circuit, with 300ft of elevation gain per lap, and includes 2 miles on a packed dirt road. Those who do well here are marked men and women at the King of the spring time cycling events, the Superior Mourgul, Lance Panigutti, 303-408-1195, lance@withoutlimits.com, whitelinecycling.com

May 7-9, 2021 — USA Cycling Collegiate Road National Championships, Augusta, GA, Chuck Hodge, 719-434-4200, chodge@usacycling.org, usacycling.org

May 8, 2021 — Steamboat Roubaix, Steamboat Springs, CO, Get ready to stretch out the legs and shake out the winter cobwebs at Steamboat Velo's new race: The Steamboat Roubaix. With multiple dirt sections, fast pavement, punchy climbs, and springtime mountain conditions on three courses, this USAC-

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Utah Weekly Road Race Series

Utah Criterium Series — Locations TBD, Utah Crit Series, West Valley City, UT, Saturdays at 11 am in March - Tuesdays at 6pm, April - through September, and 8 at 6 pm and 8 at 7 pm, Locations TBD, Marek Shon, 801-209-2479, utcritseries@gmail.com, race2wheels.com

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sanctioned race will no doubt be a Classic. Come prepared for all weather, bring your mask, and get excited to return to racing! Corey Piscopo, 970-367-3517, corey@bikesteamboat.com, bikesteamboat.com/roubaix

May 9, 2021 — Rocky Mountain Roubaix. Frenchtown, MT. A one-day road cycling race inspired by the Spring Classics. Mix of smooth and rugged pavement, ample sections of gravel, undulating terrain, and beautiful Montana landscape. 40-70 miles. 1200-2200 ft gain. Ride or Race. Proceeds benefiting the Zootown Derailleurs youth cycling program. Cory Kaufman, 406-279-4109, cory@compelli-livestiming.com, Jesse Carnes, jcarnes@compelli-livestiming.com, rockymountainroubaix.com/moniacycling.net

May 9-July 18, 2021 — Early Birds in Fremont. Fremont, CA, May 9th, May 16th, and July 18th, Robert Leibold, 209-604-1354, velopro1@gmail.com, velopromo.com

May 15-16, 2021 — 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, dccowley@comcast.net, Bob and Kris Walker, bobandkrisw@yahoo.com, Tony Chesrow, 435-671-2505, hebemisports@yahoo.com, idahocycling.com

May 15, 2021 — Lookout Mountain Time Trial. 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, cmccycling@gmail.com, 303-378-3940, ridegolden.10M.HC@gmail.com, coloradocycling.org

May 15, 2021 — Highly Faulkner SoMo Time Trial. Phoenix, AZ. Begins at 8:00 a.m. and ends at 5:00 p.m. at South Mountain on 10919 S Central Ave, Phoenix, AZ 85042. Vitesse, azcycling.org, event/somo-time-trial/

May 16, 2021 — Louisville Critérium. Louisville, CO. Kick off the spring season at one of the fastest races in Colorado. Louisville offers fast flowing corners, a power incline, and wide open roads to really put the hammer down. Lance Panigutti, 303-408-1195, lance@withoutlimits.com, whitelinecycling.com

May 16, 2021 — 3 Bears TT #1. Somewhere, AZ. Time trial will begin at 8:00 a.m., azcycling.org, event/3-bears-tt-1/

May 22-23, 2021 — Superior Morgul Omnium. Superior, CO. 8 mile time trial, 60m time trial, Superior Morgul road race, Lance Panigutti, 303-408-1195, lance@withoutlimits.com, white-linecycling.com

May 28-30, 2021 — Iron Horse Bicycle Classic. Durango, CO. 49th 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 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@ironhorsebicycleclassic.com, ironhorsebicycleclassic.com

May 29, 2021 — Cantua Creek Road Race. Coalinga, CA. This USA Cycling licensed, out and back race will be held on a well paved, old section of Highway 33 in central California., Robert Leibold, 209-604-1354, velopro1@gmail.com, velopromo.com

May 30, 2021 — Regalado Road Race. Oakland, CA, Robert Leibold, 209-604-1354, velopro1@gmail.com, velopromo.com

June 4-6, 2021 — Tour of Walla Walla Stage Race. Walla Walla, WA. Pacific NW premier 3 day stage race. - 2 RR's, crit, TT, Eight fields, 5 for men and 3 for women- Men Pro-1,2, 3, 4, 5, Mstrs 40+ cats 1-4; Wom 1-2, 3, 4; Stage Race - 2 RR's, Crit, TT, Men Pro-1,2, 3, 4, 5, Mstrs 40+ Cats 1-4, Wom 1-2, 3, 4., Michael Austin, 509-386-1149, 509-525-4949, mike@allegrocyclery.com, Kathryn Austin, 509-964-8951, kathryn@allegrocyclery.com, twwf.org

June 5, 2021 — Sawtooth 200-mile Team Challenge. Boise, ID. New dual 15th annual team relay race from Boise to Sun Valley. 200 and 100 mile route through challenging mountain terrain. 200 mile route consists of 4 or 6 person teams and 100 mile route either solo or 2 person teams. Participants finish with BBQ and Sawtooth brew in beautiful Ketchum., Katie Hedrich, 951-733-5198, katie@omnigoevents.com, sawtooth200.com

June 5, 2021 — Just for the Hill of It. White Bird, ID. Benefit for Stryng Hospital & Clinics Hospice, race 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!, Dina Higgins, 208-983-8550, chiggins@strynghospital.org, strynghospital.org/hill-of-it-challenge.html

June 5-6, 2021 — Flagstaff Omnium. Flagstaff, AZ. Climb to the Snowbowl Ski Area, 6.34 miles-1850 ft of Climbing - avg 5.6%, Williams-Perkins Road Race, Jeff Frost, 928-380-0633, canisbleu@gmail.com, Kyle, 928-773-1862, singletackbikes@yahoo.com, singletackbikes.com/flagstaffomnium

June 5, 2021 — Copperopolis Road Race. Copperopolis, CA. 40th Copperopolis Road Race, Milton, CA, the Paris-Roubaix of California.

21 mile loops (105 miles for 1/2/Pro riders) in the foothills of the Sierra Nevada, featuring quiet country and roads that can be best described as mostly patches and some pavement., Robert Leibold, 209-604-1354, velopro1@gmail.com, velopromo.com

June 17-20, 2021 — USA Cycling Professional Road, ITT, and Critérium National Championships. Knoxville, TN, Chuck Hodge, 719-434-4200, chodge@usacycling.org, usacycling.org

June 19, 2021 — Bike the Bluff. Show Low, AZ. 13th Annual, AZ Elite Road Race Championship, USAC Sanctioned Races, Citizens Race, 22-81 miles, Critérium, Jeff Frost, 928-380-0633, canisbleu@gmail.com, Christy Church, 928-242-3722, christy@bikethebluff.com, bikethebluff.com, azcycling.org/event/bike-the-bluff-state-road-race/

June 24-27, 2021 — USA Cycling Amateur Road National Championships. Clay County, FL, Elite, U23 and Junior Road National Championships., Chuck Hodge, 719-434-4200, chodge@usacycling.org, usacycling.org

June 25-27, 2021 — Baker City Cycling Classic. Tentative, Oregon Women's Prestige Series, 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., Brian Vegter, 541-325-1689, dogbricloud.com, Brian Cimmiyotti, 541-371-3303, 509-374-8424, scottscycleandsports@gmail.com, bakercitycycling.org

June 26, 2021 — Twin Falls Old Town Critérium. Tentative, SWICA, Twin Falls, ID, Idaho State Critérium Championships, Terry Patterson, 208-420-0087, tpatterson@csi.edu, idahobikeracing.org, toldtowncrit.com

July 3, 2021 — Leesville Gap Road Race. Williams, CA. 62 miles for everyone up and over storied 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 7-11, 2021 — USA Cycling Para-Cycling Road National Championships. Boise, ID, Chuck Hodge, 719-434-4200, chodge@usacycling.org, usacycling.org

July 9, 2021 — Chrono Kristin Armstrong Time Trial. Pro Road Tour, Boise, ID, UCI 1.2 men's, women's time trial, Mike Cooley, 208-343-3782, mcooley@georgescycles.com, georgescycles.com, chronokristinarmstrong.com

July 10, 2021 — ASWD Twilight Critérium. USA Crits, Boise, ID, 34th Annual, Pro Road Tour, races for all categories, and race under the lights for the pros., Mike Cooley, 208-343-3782, mcooley@georgescycles.com, boisewillightcritérium.com

July 11, 2021 — George's Road Race. Boise, ID, Mike Cooley, 208-343-3782, mcooley@georgescycles.com, georgescycles.com

July 15-21, 2021 — USA Cycling Junior, Elite, and Para-cycling Track National Championships. Trexlertown, PA, Chuck Hodge, 719-434-4200, chodge@usacycling.org, usacycling.org

July 18, 2021 — USA Cycling Grand Fondo National Championships. Asheville, NC, Shawn Brett, 719-434-4200, sbrett@usacycling.org, usacycling.org

July 24, 2021 — Bob Cook Memorial Mount Evans Hill Climb. Colorado Summit Cycling Series, Idaho Springs, CO, 54th 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, jenn@teamevergreen.org, Kim Nordquist, 303-249-6168, director@bicyclerace.com, bicyclerace.com, teamevergreen.org

August 7, 2021 — The Broadmoor Pikes Peak Cycling Hill Climb. Colorado Springs, CO. This is an epic hill climb on Pikes Peak, America's Mountain, starting at 9,390 feet and finishing 12.42 miles later at 14,115 feet with an elevation gain of 4725 feet. There is a timed race and gran fondo, with waves starting at 6:13 am, The Sports Corp., 719-634-7333, info@thesportscorp.org, Jeff Mosher, 719-634-7333 Ext 1005, jeff@the-sportscorp.org, PikesPeakCyclingHillClimb.org

August 14, 2021 — Lamolle Canyon Hill Climb. Lamolle, NV. Self-reporting, ride it and time yourself. 14th annual, Road Race hill climb, 12 miles, 3000ft hill climb in Ruby Mountains. Race starts at 9am. Post event picnic and awards in Lamolle Grove, 11:30am. Gayle Hughes, 775-753-7789, 775-934-4532, nvelkovelo@gmail.com, elkovelo.com

August 15, 2021 — Suisun Harbor Critérium. Suisun City, CA. 2021 Northern California/Nevada District Critérium Championships. A fast paced four cornered downtown criterium on a short loop. USAC licensed, Robert Leibold, 209-604-1354, velopro1@gmail.com, velopromo.com

August 21, 2021 — Bogus Basin Hill Climb. Boise, ID, 43rd Annual, Mike Cooley, 208-343-3782, mcooley@georgescycles.com, georgescycles.com

August 28, 2021 — Race Against Time. San Manuel, AZ. Race will begin at 8:00 a.m., azcycling.org, event/race-against-time-2/

August 29, 2021 — La Vuelta a Santa Catalina Hill Climb. San Manuel, AZ. Climb will begin at 8:00

a.m., azcycling.org/event/la-vuelta-a-santa-catalina-road-race/

September 4-6, 2021 — Steamboat Stage Race. Steamboat Springs, CO. Now in year 13. Pro-am road racing returns to Steamboat Springs Labor day weekend 2021, with all new courses. USA Cycling sanctioned., Corey Piscopo, 970-367-3517, corey@bikesteamboat.com, bikesteamboat.com

September 6, 2021 — Il Giro di San Francisco. San Francisco, CA. 46th annual Labor Day Critérium on the Embarcadero. Challenging 3 corner course that has hosted some of the best in the nation. 9 separate events including kids challenge. USAC licensed., Robert Leibold, 209-604-1354, velopro1@gmail.com, velopromo.com

September 12, 2021 — Arizona State Time Trial 40K Championships. Picoacho, AZ. Arizona State Individual Time Trial, 40K. Course out & back, flat, first ride start 6:30 AM, rider go off in 30 seconds intervals. USA Cycling State awards., Joey Luliano, juliano88@gmail.com, tucsonmstrs.org, azcycling.org/event/state-time-trials-20-and-40k/

September 12, 2021 — Arizona State Time Trial 20K Championships. Picoacho, AZ. Arizona State Individual Time Trial, 20K. Course out & back, flat, first ride start 6:30 AM, rider go off in 30 seconds intervals. USA Cycling State awards., Joey Luliano, juliano88@gmail.com, tucsonmstrs.org, azcycling.org/event/state-time-trials-20-and-40k/

September 17-19, 2021 — Silver State 508. Mountain West Ultra Cup, Reno, NV. 38th Annual, Founded by John Marino in 1983 and recognized as "The Toughest 48 hours in Sport," This 508-mile bicycle race is revered the world over for its epic mountain climbs, stark desert scenery, desolate roads, and its reputation as one of the toughest but most gratifying endurance challenges available, bar none. Solo, two-person and four-person relays with stage and open divisions offered with subcategories for tandems, recumbents, fixed gear, and classic bikes. A Race Across America (RAAM) Qualifier, starts and ends in Reno and traverses across Highway 50, also known as "The Loneliest Road in America" Robert Panzera, 917-543-2670, Robert@ccsd.com, Jo Panzera, jo@ccsd.com, the508.com

September 19, 2021 — Oakland Grand Pri. Oakland, CA. Exciting multi lap criterium racing in uptown Oakland for the 16th year. USAC licensed., Robert Leibold, 209-604-1354, velopro1@gmail.com, velopromo.com

September 26, 2021 — Mt. Graham Hill Climb. Safford, AZ. 8 am, mass start, Nippy Fieldhake III, 520-747-2544, nippy-mr-smarty-pants@uno.com, azcycling.org/event/mt-graham-state-hc-2/

September 29-October 3, 2021 — Tour of the Gila. Silver City, NM. 5 stages, UCI women, amateur categories, great spring racing!, Jack Brennan, 575-590-2612, brennan5231@comcast.net, tourofthegila.com

Utah Road Touring and Gran Fondos

May 8, 2021 — FrontRunner Metric Century Ride. Salt Lake City, UT. 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 SLC. Registration opens Christmas Day! We sold out in 2019, register early and don't miss out. Matt Storms, 801-448-6061, staff@fortherwinracing.com, fortherwinracing.com

May 15, 2021 — Ride for the Angels. Copperton, UT. 11th Annual. Start: 8:30am; 8655 West 10390 South Copperton Park; Routes: 25, 50 miles and Metric Century 62.5 miles; \$50.00 includes swag bag and ride shirt. With each registration you will be entered to win a new bike. Drawing to be held Saturday at 8:00 am, right before the start of the event. Rest stops and road support. Great counsel Post Ride Picnic too!, Dennis Carrigan, 801-201-5164, dennis@angelshands.org, angelshands.org

May 15, 2021 — Central Utah Series. Salt Lake Randonneurs Brevet Series, Nephi, UT. Self-supported rides. Choose from 300 km (190 miles) or 400 km (250 miles) self supported ride on rural roads of Juab and Sanpete Counties. A brevet is a timed ultra distance event., Richard Stum, 435-462-2266, richard@eogear.com, saltlakerandos.org

May 22, 2021 — 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., Joey Dye, 435-674-3185, joey@redrockbicycle.com, Margaret Gibson, 435-229-6251, margaret@redrockbicycle.com, Ryan Gurr, info@spingeeks.com, ridesouthernutah.com

June 1-30, 2021 — Golden Spoke. Utah Bike Month, Wasatch Front, UT. Virtual Ride in 2021. This third annual cycling event features 100 miles of interconnected trail systems across the Wasatch Region with multiple starting locations from Provo to Ogden, Utah. This year's theme also highlights the theme of the Spike 150 celebration of the completion of transcontinental railroad. Rides of various lengths — with 100

mile, 75 mile, 50 mile, 25 mile, 10 mile and 1.5 mile segments — will feature connections with local communities around various historic and contemporary railroad themes. Some stretches of trail in Utah, Davis and Weber County, will also include trails to trails cycling paths. The rides are geared for fun and community engagement rather than competition, and are planned to accommodate riders of all ages and abilities., Heidi Goedhart, 801-783-8426, hgoedhart@utah.gov, goldenspokeutah.org

June 3-5, 2021 — Red Rock Randonnee. Salt Lake Randonneurs Brevet Series, Kanab, UT. Minimally-supported ride near Zion, Bryce & the Grand Canyon. 375- or 622-mile options (600 or 1000km). A brevet (bruh vay) is a timed ultra distance event organized under the auspices of our national organization Randonneurs USA., Richard Stum, 435-462-2266, richard@eogear.com, saltlakerandos.org

June 12, 2021 — Huntsman SportsFest - Run, Ride, Play, Support Cancer Research. Delta, UT. An epic ride supporting Huntsman Cancer Institute (HCI). Distances: 25, 50, 75, 100 & 140-miles. 100% of all funds support the mission of HCI., Jen Murano-Tucker, 801-584-5815, jmurano@huntsmanfoundation.org, huntsmansportsfestval.com

June 19, 2021 — Castle Country Century. Scofield, UT. Enjoy scenic riding from Scofield reservoir up and over the Monticello mountains, down through Huntington Canyon and out into the high desert plateaus before finishing in Price, UT. Scenic, challenging and an overall good time. Over 5,300' of climbing and 7,200' of descending. Century and Metric Century available., Mark Jesperison, 435-637-2453, mark@castlecountrycycling.com, Ed Malmgren, 435-637-2453, ed@castlecountrycycling.com, castlecountrycycling.com, carbonrec.com

June 25, 2021 — Antelope by Moonlight Bike Ride. Antelope Island, UT. 27th Annual, 10pm. Open to participants of all ages and starts at the Antelope Island's White Rock Bay. This year's theme is the Rolling 20's. It will contain a speakeasy mocktail lounge, a Great Gatsby party, and swanky photo ops., Antelope by Moonlight 801-451-3237, tou@dvscountyutah.gov, dvscountyutah.gov, antelopeby-moonlight.com

June 26, 2021 — Bike MS: Harmons Best Dam Bike Ride. Bike MS, Logan, UT. Join thousands of cyclists from around the region and celebrate 34 years of Bike MS, the premier fundraising cycling series in the nation raising funds for a world free of MS. The Bike MS experience offers route options ranging from 45 to 150 miles over two days and is friendly to all abilities with rest stops every 8-12 miles. Camping, meals, and entertainment based out of Cache Valley Fairgrounds (400 S 500 W) in Logan., Melissa Mathews, 801-424-0112, Melissa.Mathews@nms.org, bikemsutah.org

June 26-26, 2021 — Backroads of the Great Basin 400K. Saratoga Springs, UT. Self-supported loop ride out to Delta and back, going around Utah Lake. 250-miles (400km). A brevet (bruh vay) is a timed ultra distance event organized under the auspices of our national organization Randonneurs USA., Richard Stum, 435-462-2266, richard@eogear.com, saltlakerandos.org

July 9-10, 2021 — Cache Gran Fondo. UCI Gran Fondo World Series, USA AND Gran Fondo National Series, Logan, UT. Celebrating our 10th year! In 2020, we worked with state and local officials to re-engineer our event. We are serious about the health and safety of our riders and we plan to be ever-vigilant again this year. We are a UCI Gran Fondo World Championship and GFNS Qualifier, but riders of all abilities are invited to participate. TT on Friday, followed by 38, 50, 70 and 100-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 (UCI winners receive a jersey and medal), finisher medals, and unique jerseys at a cost. 20% of UCI racers in 16 different age categories qualify for UCI World Championships., Troy Oldham, 435-764-2979, oldhamtroy@gmail.com, cachegranfondo.com

July 13-14, 2021 — Raspberry Rumble Series. Salt Lake Randonneurs Brevet Series, Logan, UT. Self-supported 188, 250 or 375-mile ride in Cache Valley and southern Idaho. This is a timed brevet co-sponsored by the national organization, Randonneurs USA., Richard Stum, 435-462-2266, richard@eogear.com, saltlakerandos.org

July 17, 2021 — Iron Lung Ride. Huntsville, UT. 40, 80, or 100 mile options out and back starting in Huntsville with a solid climb up Old Snowbasin Road, down Trappers Loop, through Morgan and out to the top of Big Mountain. Challenging climbing, with plenty of rollers and flats to recover. Utah Triple Crank qualifier, along with LOTOJA and Kokopelli Relay., Michelle Lyman, 801-941-5526, info@ironlungride.com, ironlungride.com

July 30-31, 2021 — Saints to Sinners Bike Relay. Salt Lake City, UT. Fundraiser relay road race from Salt Lake to Las Vegas. Over 500 miles with elevations from 1500 to 10500 feet. Race in teams through the night, fundraiser event for ALS/Lou Gehrig's Disease., Steven Tew, 801-822-4870, Steven@SaintsToSinners.com, Chad Neumeyer, 801-856-7018, chad@saintstosinners.com, SaintsToSinners.com

July 31, 2021 — Wasatch Front Series. Tentative, Salt Lake Randonneurs Brevet Series, North Salt Lake City, UT. Self-supported ride up Emigration Canyon, along the Wasatch Front and out to Antelope Island. 108, 200, 300 km (67.6, 124.3, 187.4 mile) options. A brevet (bruh vay) is a timed ultra distance event, Richard Stum, 435-462-2266, richard@eogear.com, saltlakerandos.org

August 14, 2021 — Wildflower Pedalfest. Morgan, UT. A non-competitive, women only road bike ride. All ages and levels welcome. The 65 mile course option has a timed hill climb with prizes., Nick Bowsher, 801-610-9422, info@wildfloweroutdoor.com, wildfloweroutdoor.com

August 14, 2021 — To the Moon and Back Century Ride. Tabiona, UT. Located in the High Uintas, four ride options: 150 miles, Century, 75, 50, and 25. Ride back roads of Duchesne County, very minimal traffic. Free overnight camping. Elevations from 6,522 to 8,150. Fully Supported Ride. 100% of proceeds go to Rapha House and Operation Underground Railroad., Karen

Redden, 435-828-0467, royredden@gmail.com, tothemoonandback-events.com

August 21, 2021 — Wasatch Back Super Series. Tentative, BCC SuperSeries, Salt Lake Randonneurs, Draper, UT. Self-supported, timed 237km (137-mile) ride from the Salt Lake Valley climbing over to Henefer, down to Heber City and returning via the new Cascade Springs road onto the Alpine Loop. Over 12,000-ft of vertical gain!, BCC, roadcaptain@bccutah.org, Richard Stum, 435-462-2266, richard@eogear.com, bccutah.org

August 21, 2021 — Sevier Valley Rooster Ride. Richfield, UT. Sevier County in conjunction with Sevier County Trail Days is presenting a 33, 55, or 1

Utah allowing riders to see a wild variety of unique countryside. Course goes through the "Parowan Gap" and past petroglyphs left by the areas past native inhabitants, along with prehistoric dinosaur footprints. Michael Marckx, 760-815-0927, mrx@MonumentsofCycling.com, belgianwaffleride.bike

Regional Road Touring and Gran Fondos
ID, WY, MT, NV, AZ, NM, CO, MT, OR, WA, and Beyond

May 8-21, 2021 — Cycle for Independence. Boise, ID, Virtual 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 Walhot, 208-336-5333, cycleforindependence@gmail.com, Allan Schneider, 208-870-4831, aschneider@hotmail.com, cycleforindependence.org

May 22, 2021 — Cycle Magic Valley. Twin Falls, ID, Cycle Magic Valley is a virtual ride this year. You will receive a cool swag bag, special social distancing CMV shirt, and a 2020 CMV medal. Denise Alexander, dalexander@filetel.com, mavtec.org, bluecirclesports.com/EventDetail_Master.aspx?meid=3244

May 29, 2021 — Heartbreak Century and Double Century. King of the Mountains Century Challenge, Frazer 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 1-19, 2021 — Tour d'Funk Treasure Valley Ride to Defeat ALS. Eagle, ID, Join the second virtual and third annual "Tour d'Funk" Treasure Valley Ride to Defeat ALS to raise money to defeat Lou Gehrig's Disease. Register for free today to complete the ride anywhere. Then, join the free Strava app and connect with the Tour d'Funk Treasure Valley Ride to Defeat ALS Cycling Club. We are creating an event that challenges you to raise awareness, fundraise, and pedal your biket, Elizabeth Loomis, 208-615-1458, elizabeth@alsa-ec.org, webwa.alsa.org/site/1fR?fr_id=141728pg=entry

June 5, 2021 — 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 6, 2021 — America's Most Beautiful Bike Ride - Lake Tahoe. Tentative, Stateline, NV, 29th annual, in conjunction with the Leukemia & Lymphoma Society Team in Training program. Fully supported with rest stops, Tech support and SAG. 100 mile century, 72 miles, (boat cruise - 35 mile fun ride TBD), Curtis Fong, 800-565-2704, 775-771-3246, tfgt@bikethestwest.com, bikethestwest.com, bikeandskitahoe.com

June 6, 2021 — Elephant Rock. Roll Massif, Castle Rock, CO, This year we have three road courses (44, 60 and 100 miles), one gravel/road route (32 miles) and one great family ride (8 miles), Tracy Powers, support@rollmassif.com, rollmassif.com

June 12, 2021 — Tour of Two Forests. Santa Clarita, CA, 200 mile ride, Deborah Bowling, 818-889-2453, embassy@planetultra.com, planetultra.com

June 12, 2021 — Fremont Area Road Tour (FART). Lander, WY, The Lander Cycling Club is hosting the 12th Annual Fremont Area Road Tour. Join us for another year of fun with friends on the road! This event showcases the Lander cycling experience and offers a unique adventure for the whole family. Cyclists can follow a 75-mile set route or mix and match loops to design their own experience. Collect passport stamps from each aid station for bragging rights. Afterward, join us downtown for an old fashioned BBQ block party with plenty of food, music, and drinks! Gwen Robson, 307-330-3002, fremontareaoadtour@gmail.com, Tony Ferris, landercycling@gmail.com, Amanda Dyer, 307-332-3394, landercycling.edu, fremontareaoadtour.com, landercycling.org

June 13-18, 2021 — Ride the Rockies. Durango, CO, Ride the loop to explore Colorado's Rocky Mountains by bicycle. The 2021 tour will be a brand new route showcasing the state's unmatched scenery and breathtaking mountain views. Proceeds benefit Colorado nonprofits through The Denver Post Community Foundation, Ride The Rockies, 303-954-6700, ridetherockies@denverpost.com, ridetherockies.com

June 19, 2021 — 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., Donae Young, 208-221-9300, spinderella33@gmail.com, spinderellaride.com

June 19, 2021 — Ruby Roubaix (formerly Ride Around the Rubies). Lamolite, NV, Gravel Fondo! See the Ruby Mountains like you've never seen them before during this one day bicycle ride or race beginning and ending in scenic Lamolite, Nevada. Choice of a 20, 36, 62 or full 117 mile loop on pavement, gravel and dirt roads. Ride it or race it, Kerry Aguirre, 775-397-1922, kerry.aguirre@gmail.com, rubyrubairide.com

June 21, 2021 — RATPOD (Ride Around the Pioneers in One Day). Dillon, CO, 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 Mak-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 26, 2021 — Cheyenne Superday Tour de Prairie. Cheyenne, WY, This long-distance course heads south past the Capitol before heading west under I-25 and up Happy Jack Road to Vedauwo. Get ready for some fresh air and swift elevation changes! The Tour de Prairie features 25-, 50-, 75- and 100-mile rest stations/turn around points. Breakfast and lunch are included for registered Tour de Prairie riders, Lori DeVilbiss, 307-773-1044, ldevilbiss@cheyennecc.org, CheyenneEvents.org, CheyenneRec.org

June 26, 2021 — Alta Alpina Challenge. Markleeville, CA, Experience the breathtaking scenic beauty of classic Sierra roadways. Metric and Century options 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, altaalpina.org/challenge

June 26, 2021 — Wild Sierra Century and Metric. 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., Gregg Westerbeck, 877-845-2453, social@altaalpina.org, Michael Bayer, challenge@altaalpina.org, altaalpina.org/challenge/century.html

June 26, 2021 — Alta Alpina Challenge 8-Pass Double Century. Markleeville, CA, The Toughest Single Day Ride in the World. Exclusive 8 Pass Jersey available for finishers, Gregg Westerbeck, 877-845-2453, social@altaalpina.org, Michael Bayer, challenge@altaalpina.org, altaalpina.org/challenge

July 9-11, 2021 — Ride the Rockies Getaways: Gold Rush Gravel. Woodland Park, CO, A three day self to semi-supported ride that circumnavigates Colorado's famed Gold Belt region, an amazing area rich in old west history and replete with stunning scenery., Deirdre Moynihan, 303-954-6704, dmoynihan@denverpost.com, Ride The Rockies, 303-954-6700, ridetherockies@denverpost.com, ridetherockies.com

July 11-16, 2021 — Tour de Wyoming. Thermopops, WY, 24th Annual. Bike tour circling Wyoming's Bighorn Basin with daily distances from 55 to 70 miles. Amber Travy, 307-742-5840, atravys@wyoming.com, cycleyoming.org, tourdewyoming.org

July 17, 2021 — 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 route options: 26, 46, 66, 116 miles, and a 100 mile gravel route., Katie Lindquist, 970-846-9206, info@tourdesteamboat.com, tourdesteamboat.com

July 17, 2021 — Watsonville Criterion. Watsonville, CA, Robert Leibold, 209-604-1354, velopro1@gmail.com, velopro.com

July 18, 2021 — Canyon Belgian Waffle Ride - San Diego. TRIPEL CROWN OF GRAVEL, San Diego, CA, Pain and suffering will commence at 7 a.m. featuring four waves predicated on riders' USAC categories. The expo will remain open on Sunday throughout the duration of the event until the beers, leers and awards are distributed for all the day's heroic efforts., Michael Marckx, 760-815-0927, mrx@MonumentsofCycling.com, belgianwaffleride.bike

July 24, 2021 — Fondo on the Palouse. Moscow, ID, Starting at 0700 in Moscow, pick from 3 courses (15, 50, 100 miles) that build on themselves to provide a rolling experience of the Palouse as its communities celebrate along the way., Jay Clevenger, 208-882-0703, fondopalouse@gmail.com, fondopalouse.org

August 7, 2021 — Tour de Big Bear. Big Bear Lake, CA, 10th Anniversary Edition, Southern California's favorite ride! Features legendary aid stations, beautiful mountain scenery, and spectacular summer weather. With 25, 50, 70, 106 and 109 mile courses, there's a route for every cycling enthusiast., Chris Barnes, 951-970-6720, 909-878-0707, bigbearcycling@gmail.com, tourdebear.com, bigbearcycling.com

August 7, 2021 — Copper Triangle Alpine Cycling Classic. Roll Massif, Copper Mountain, CO, The 79-mile loop creates three Colorado mountain passes - Fremont Pass (Elev. 11,318'), Tennessee Pass (Elev. 10,424') and Vail Pass (Elev. 10,662') - for a total elevation gain of 6,500 feet., Tracy Powers, support@rollmassif.com, rollmassif.com

August 8, 2021 — Boulder Roubaix Road Race. Boulder, CO, First held in 1990 and now every other year just north of cycling mecca Boulder, this is an amazing 19 mile loop with mixed terrain, Chris Greulich, 303-619-9419, chris@abc-events.com, abc-events.com

August 14, 2021 — Stonewall Century Bicycle Ride. La Veta, CO, 18th Annual. This out-and-back ride offers cyclists stunning beauty and small-town vibe. Colorado's scenic Highway of Legends (State Hwy 12) between La Veta and Segundo is the backdrop for 25-, 50- and 102-mile routes, featuring up to 8000-feet of climbing., Kent Hay, info@spcycling.org, spcycling.org

August 14, 2021 — Four Peaks Gran Fondo. Pocatello, ID, One Day, 82 miles, Four Peaks: 7900ft total elevation gain. Climb the 4 peaks of the Portneuf Valley: Crystal, Scout Mountain, Pebble Creek, Buckskin. The hill climb portions are timed with timing chips. Downhill portions are not timed. Cumulative climb times will be combined to determine rank. Ride 1-4 peaks as you wish, Danielle Bagley, 208-339-2043, 208-232-8996, barriesevents@gmail.com, David George, 208-317-2225, dgeorge@victoryofidaho.com, 4PGF.com

August 21, 2021 — HeART of Idaho Century Ride. Idaho Falls, ID, 25, 62, and 100 mile options. Entry fees cover entry, t-shirts, fully stocked rest stops, and post ride BBQ. Route is flat to rolling, easy to moderate difficulty. Benefit for the Art Museum of Eastern Idaho., Margaret Wimborne, 208-317-7716, wimbmarg@a91.k12.id.us, d91.k12.id.us/22/Content2/abouf-century-ride

August 21, 2021 — 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. 30, 75, 120 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, kimnor@duist@amsn.com, triplebypass.org

August 21, 2021 — Belgian Waffle Ride - Asheville. TRIPEL CROWN OF GRAVEL, Asheville, NC, The "Hell of the North". The course has scenic views of rolling mountains, rough and rocky outcroppings, lake views, dense forests and passes many rivers and waterfalls. Course will cross the Eastern Continental Divide multiple times! A true multi-surface race with smooth, hard packed, flat, loose, rocky and up/downhill gravel., Michael Marckx, 760-815-0927, mrx@MonumentsofCycling.com, belgianwaffleride.bike

August 22-28, 2021 — Yellowstone National Park Bike Tour. Belgrade, MT, Experience the world's first national park! 7-Day tour includes 6 nights lodging/meals, guide service, entrance fees, daily lunch en route, and more!, John Humphries, 970-728-5891, info@lizardheadcyclingguides.com, lizardheadcyclingguides.com

August 28, 2021 — Venus de Miles. Lyons, CO, Venus de Miles is for all skill levels and features courses to accommodate any active woman - whether this is your first athletic event or your hundredth. Choose among a rolling 32-mile course, a 64-mile metric century, and a 100-mile century course. All courses go through beautiful Boulder County. Fundraiser for Greenhouse Scholars., Greenhouse Scholars, 303-459-5473, venus@greenhousescholars.org, venusdemiles.com/colorado/

August 28, 2021 — Tour de Fox Wine Country. VIRTUAL, Fullon (Santa Rosa), CA, 70-2-mile, 52.4 mile, 34.5-mile. All proceeds from the Tour de Fox Wine Country will benefit The Michael J. Fox Foundation to speed better treatments and a cure for Parkinson's along with the local GOALS Foundation to support special needs children and adults sports and fitness., Bike Monkey, 707-560-1122, info@bikemonkey.net, Tour de Fox, toudefox@michaeljfox.org, tourdefox.michaeljfox.org/winecountry

August 28, 2021 — American Diabetes Association's Tour de Cure Colorado. Parker, CO, VIRTUAL, Tour de Cure is an incredible experience for cyclists, runners, walkers, and extreme ninjas! All routes end back at the Salisbury Park Festival where community members are invited to join in the fun. If you have diabetes you are the VIP of the day. Route options of 12, 30, 63, 100 mile routes, plus a 5k run walk, Lindsay Mark, Megan, Sasha, 720-855-1102 x7010, LPHam@diabetes.org, tylor@diabetes.org, MIJ@diabetes.org, diabetes.org/coloradotourdecure

September 2-October 17, 2021 — Redrock Canyons Utah Bike Tours. Grand Junction, CO, The Redrock Canyons is Lizard Head Cycling's original tour and became our most popular itinerary offer it was featured in the New York Times in 2010. It is a supported lodge-to-lodge road cycling tour that follows a seldom seen route through the Redrock Canyon Country of western Colorado and eastern Utah. It is a superb tour for intermediate/+ riders offering unmatched scenery and fantastic lodging., John Humphries, 970-728-5891, info@lizardheadcyclingguides.com, Lauren Lasky, 508-561-7580, lauren@lizardheadcycling.com, lizardheadcyclingguides.com

September 10-12, 2021 — Pedal the Plains. Kiowa, CO, PTP will take cyclists through the host communities of TBA. Celebrates the agricultural roots and frontier heritage of the Eastern Plains of Colorado. Learn about farming and ranching, while experiencing the culture, history and landscape of Colorado's high plains. The Tour incorporates interactive on-route experiences by staying rest stops on farms, posting educational posters of interest and serving community meals composed of locally sourced food. Also includes the Great Mustang Gravel 100 - 80% on packed dirt or gravel roads, this route will be fun and challenging for the gravel expert or rookie! Proceeds from Pedal the Plains benefit The Denver Post Community Foundation in support of the Colorado FFA Foundation and Colorado 4-H., Deirdre Moynihan, 303-954-6704, dmoynihan@denverpost.com, ridetherockies.com

September 11, 2021 — Race the Rails. Ely, NV, Race the train in Ely! Fun for the whole family! Race a coal fired steam engine that is over 100 years old. The event will accommodate both road and mountain bike riders of all ages., Kyle Horvath, 775-289-3720, kyle.horvath@elnevada.net, elnevada.net

September 12, 2021 — Tour de Tahoe - Bike Big Blue. Tentative, Lake Tahoe, NV, 18th Annual ride around Lake Tahoe's 72 mile Shoreline. Fully supported with rest stops, tech support and SAG. 72 miles, 4300 ft vertical gain. (Boat cruise and 35 mile fun ride TBD). Limited to 2000 participants, Curtis Fong, 800-565-2704, 775-771-3246, tfgt@bikethestwest.com, bikethestwest.com

September 18, 2021 — Tour de Vineyards. Roll Massif, Palisade, CO, Choose between a leisurely 23-mile route that follows the Palisade Fruit & Wine Byway and the more challenging 58-mile route that adds on a loop up and over the Reeder Mesa Climb with a timed segment to challenge your legs and lungs., Tracy Powers, support@rollmassif.com, rollmassif.com

September 18-25, 2021 — California Coast Classic. San Francisco, CA, The Arthritis Foundation's 21th Annual California Coast Classic Bike Tour is a scenic bike ride that takes place over eight days and covers 525 miles along the coast on Highway 1. The Tour starts in the heart of San Francisco and ends on the iconic strand of Los Angeles. Shannon Marang Cox, 909-489-2217, smarangcox@arthritis.org, arthritis.org/events/bike-event

September 19, 2021 — GFNY Santa Fe. Gran Fondo New York, Santa Fe, NM, The roads of GFNY Santa Fe will take riders through the spectacular and diverse terrain of the southwest. Both routes start in downtown Santa Fe, 81 and 55 mile courses, Michael McCalla, mikelikehikebike@hotmail.com, gfnyantsafe.com

September 25, 2021 — Mountains to the Desert Bike Ride. Telluride, CO, 16th Annual, Ride from the beautiful mountains of Telluride to the incredible desert landscape of Gateway, CO for the Just for Kids Foundation! Choose your distance (72 miles, 101 miles, 104 miles or 132 miles) and pass through golden aspens and brilliant red canyon walls to our destination at Gateway Canyons Resort., Katie Geissler, 970-708-0566, director@justforkidsfoundation.org, justforkidsfoundation.org/mountainstodesertride

September 25, 2021 — Tour of the Moon. Roll Massif, Grand Junction, CO, Made famous in the 1980's Coors Classic and later in the cycling movie American Flyers. Its legacy continues as one of the premier road cycling events in the western United States., Tracy Powers, support@rollmassif.com, rollmassif.com

September 26-October 2, 2021 — OATBRAN. Lake Tahoe, NV, 30th annual One Awesome Tour Bike Ride Across Nevada! Following the Legendary Pony Express Trail on U.S. Hwy. 50. 5 days of riding, 420 miles from Lake Tahoe to Great Basin National Park. Fully supported motel style tour... limited to 50 participants., Curtis Fong, 800-565-2704, 775-771-3246, tfgt@bikethestwest.com, bikethestwest.com

Multisport Races

May 8, 2021 — Woman of Steel Triathlon & 5K. TriUtah, American Fork, UT, Don't miss this one-of-a-kind sprint pool triathlon at the American Fork Recreation Center in American Fork, Utah. We'll be celebrating the strong women we love with a great race venue, post event food, boutique vendors, raffle prizes and great camaraderie! All women receive a safe and slick event, sweet event shirts and rad finisher medals!, Brogg Sterrett, 702-401-6044, race@triutah.com, triutah.com

May 8, 2021 — 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 22, 2021 — Sand Hollow Triathlon. BBSC Tri Series, Hurricane, UT, The first race of the Twin Tri series at Sand Hollow State Park, with Sprint, Olympic, Du, Aquabike, 10k, and 5k distances. Bike along scenic sand dunes, and run around a gorgeous, reflective lake. Coupon code: SHCW2020, Craig Towler, 318-518-7303, info@bbscftri.com, Michelle Lund, michelle@bbscftri.com, bbscftri.com, bbscftri.com/sandhollow

June 5, 2021 — Daybreak Triathlon. Salt Lake Triathlon Series, South Jordan, UT, The only open water Olympic distance race in the greater Salt Lake Valley. Get ready for the best spectator swim around with a point to point swim, a killer bike course near the Quairn Mountains and a run around the lake that is unparalleled., Perry Hacker, perryhacker@me.com, ustrisports.com

June 5, 2021 — Colorado Triathlon. BBSC Tri, Sprint and Olympic distances, at Boulder Reservoir, Lance Panigutti, 303-408-1195, lance@withoulimits.com, withoulimits.com

June 12, 2021 — XTERRA Lory. XTERRA America Tour, Bellvue, CO, 1/2 mile swim in the clear waters of Horsetooth Reservoir (Eluk Bay), then a 2-Lap (beginner friendly) 12.2 mile single-track bike over rolling terrain, and across valley bridges at Lory State Park. Finish things off with a fun and challenging 4.8 mile (8k) run through the clouds on single-track trails!, Lance Panigutti, 303-408-1195, lance@withoulimits.com, withoulimits.com/#/xterra-lory

June 12, 2021 — East Canyon Triathlon. TriUtah Points Series, Morgan City, UT, 8th Annual. This race boasts stunning scenery, a fast, technical bike course, and hometown hospitality like no other; with both Sprint and Olympic distance races to choose from, 2-transition point-to-point race. Begins at the beautiful East Canyon Reservoir. The Sprint bike is downhill and fast (please stay safe and in control at all times.) The Olympic bike course has two short but challenging hills followed by a fast descent into Morgan City. Both distances offer a cool, scenic run along the Weber River and local neighborhoods., Brogg Sterrett, 702-401-6044, race@triutah.com, triutah.com

June 12, 2021 — Lookout Mountain Triathlon. Golden, CO, 525 Yard Swim, 10 Mile Bike with 1000' of climbing, 5K Run on dirt roads. Meet at Mt. Vernon Canyon Club just west of Golden, CO., Paul Karlsson, 303-960-8129, info@digdeep-sports.com, digdeep-sports.com

June 19, 2021 — Valkyrie Multisport Relay. Park City, UT, Spans nearly 100 miles of Utah's spectacular Wasatch Back mountain range. The event pits teams of up to 9 specialized competitors against each other, racing against the clock, and exchanging between trail running, kayak/canoe paddling, marathon, mountain biking, stand-up paddle boarding, open water swimming, and road cycling. Race day consists of four events: Full, Sprint, Marathon, and Half—everything culminating with an all-day Expo (Endurance Sports Summit) at the finish line., Shawn Snow, info@valkyrirelay.com, valkyrirelay.com

June 26, 2021 — Dino Tri. TriUtah Points Series, Vernal, UT, 13th Annual. Sprint and Olympic

Distance Triathlon. Race starts with an open swim at Red Fleet state park. The bike starts with a crazy hill climb out of the park and heads into town for a run and finish at Utah State Extension. One of the most beautiful triathlons in Utah!, Brogg Sterrett, 702-401-6044, race@triutah.com, Greg Murphy, 801-656-5897, vernalainofra@yahoo.com, triutah.com

June 26, 2021 — Boulder Sunrise Triathlon. Boulder, CO, Join us in celebrating the start of summer in the triathlon capital of the country, Boulder, CO. An athlete favorite with its breath-taking sunrise swim, fast bike and smooth run course, all with the flattons painted in the background. Includes olympic, sprint, Relay, duathlon, Aquabike, 10k, and 5k., Craig Towler, 318-518-7303, info@bbscftri.com, Michelle Lund, michelle@bbscftri.com, www.bbscftri.com/bouldersunrise

June 26, 2021 — Mt. Pleasant City Triathlon. Mt. Pleasant, UT, Sprint Triathlon (3.1 mile run/12.1 mile bike/300 yard swim), Mt Pleasant Aquatic Center Brittan Adams, 435-462-1333, pool@mtpleasantcity.com, mtpleasantcity.com

June 26, 2021 — Lake Tahoe Triathlon. Tahoe City, CA, The swim occurs in one of the clearest, cleanest, and deepest lakes in North America, Lake Tahoe. Tahoe City is also home to some of the area's most treasured mountain biking trails. The bike course features single track and double track, fields of wildflowers, and breathtaking Sierra views. The races start and finish at Commons Beach on the shore of Lake Tahoe., Todd Jackson, 503-546-1019, todd@bigblueadventure.com, Kiley McClroy, kiley@bigblueadventure.com, bigblueadventure.com, adventuresportsweekiatahoe.com/competetahoe-off-road-triathlon/

June 27, 2021 — Ironman Coeur D'Alene. Coeur D'Alene, ID, 2.4-mile swim in Lake Coeur d'Al

COACHING

Developing Endurance for Long Rides



Sarah Kaufmann working on developing endurance for long rides. Photo by Matt McKinney

By Sarah Kaufmann

Summer is coming and we are getting out for longer days on the bike. Perhaps you have spent the winter on your bike, indoors or out, perhaps you spent the winter on skis, or perhaps you even took the winter off! As you get back into regular days on the bike, ramp your volume up gradually to make sustainable endurance progress.

Long rides make longer rides. Think of your rides in hours (not miles). If your longest ride is 90 minutes, try adding another 30 minutes and get to two hours. Then try two hours, two days in a row. Continue to increase your duration in this way by growing the duration of a single ride and then doing another longer ride the following

day. Try making the second day longer than the first to change and grow the stimulus.

Use 'tempo' work or its slightly higher intensity companion, 'sweet spot,' work. This kind of effort feels like about a 6-8 out of 10 in your Rate of Perceived Exertion. Start on a steady climb or flat section and ride at a 6 or 7 out of 10 with continuous effort. The feeling of exertion will continue to climb but don't let it get above an 8 out of 10. Try doing 4x 10 minutes of these intervals with 5-10 minutes of recovery between. If you are riding with a power meter, tempo power is usually between 80-89% of your Functional Threshold Power. Sweet Spot is between 90%-94% of FTP. As you get more comfortable, try 4x 12; 4x 15; 3x 20, etc. And/or try to shorten the recovery time between

those intervals. Do not get tempted into making this a single continuous push and doing the entire time in zone as one interval. Your power will likely drop (though the intensity will still feel high), so you will not get the same stimulation and adaptation.

Keep in mind that both tempo/sweet spot work and long endurance rides require substantial fueling and hydration to keep you going. Make sure you drink an electrolyte drink and fill a pocket with snacks. Then, make sure you eat and drink small sips and nibbles frequently to keep hydration and fuel coming in. Try to eat something every 30-60 minutes and drink 15-25oz of fluid depending on the temperature and your size. Often, athletes tell me that they crack at the 90-minute mark or some other specific time and when we drill down into it, it turns out they are not eating or drinking enough to fuel the work they are doing. Fitness can help develop your endurance but fueling and a big part of this puzzle too.

On the days you have less time, do the tempo or sweet spot intervals. When you have more time available, try the longer endurance days and adding back-to-back days. This ramping of training stimulus will lead to increased aerobic conditioning - endurance - so you can get out and enjoy long days on the bike this summer.

Sarah Kaufmann is the owner of K Cycling Coaching. She is an elite level XC and CX racer for the DNA Pro Cycling Team. She is based in Salt Lake City, UT and can be reached at sarah@kcyclingcoaching.com or 413.522.3180.



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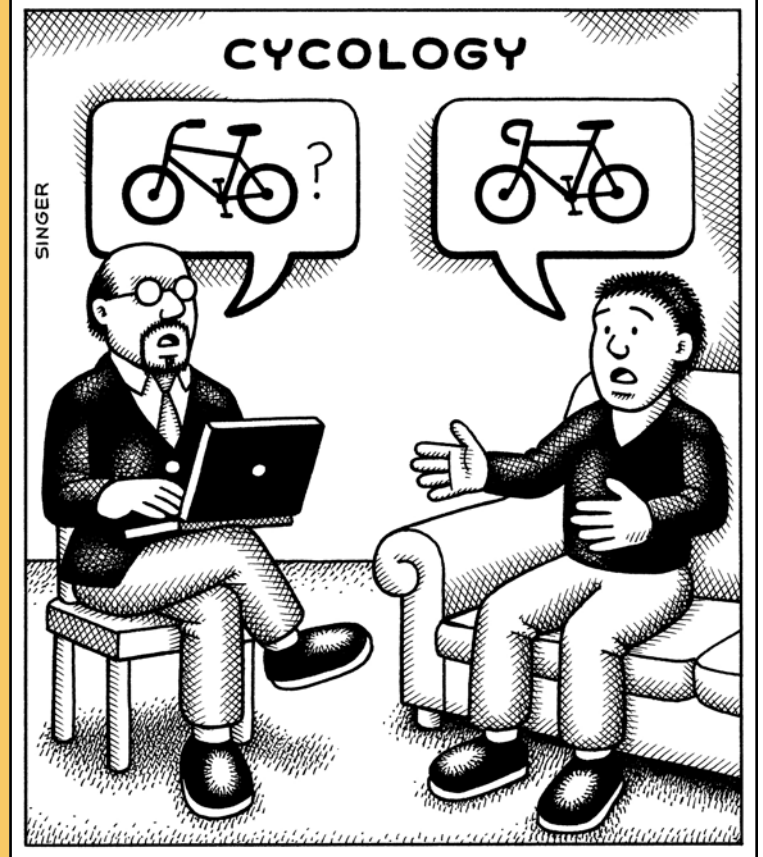
Saturday,
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www.cachevalleycentury.com



NO EXIT

© Andy Singer



Calendar from page 21

Kiley McInroy, kiley@bigblueadventure.com, bigblueadventure.com, donner@ketri.com

July 25, 2021 — Steamboat Lake Triathlon, Steamboat Lake, CO, Sprint Distance Triathlon, Aquabike, & Stand-Up Paddle-Board Options at Steamboat Lake, Lance Panigutti, 303-408-1195, lance@withoutlimits.com, withoutlimits.com

August 7, 2021 — TriathaMom, Riverton, UT, Women only triathlon at the Riverton Country Pool, 300 yard swim, 12 mile bike ride, and 5k run. Carnival style cheering section provided for families of participants., Perry Hacker, peryhacker@me.com, gotriathamom.com

August 7, 2021 — Ironman 70.3 Boulder, Boulder, CO, boulder70.3@ironman.com, ironman.com

August 14, 2021 — Jordanelle Triathlon, TriUtah Points Series, Park City, UT, 21st annual, Enjoy everything from the wildlife and boardwalks on the river bottoms in Rock Cliff Recreation Area at Jordanelle to the local country backdrop of the towns of Francis and Woodland., Brogg Sterrett, 702-401-6044, race@triatl.com, triatl.com

August 14, 2021 — XTERRA Indian Peaks, XTERRA America Tour, Eldora, CO, time trial start on a chilly 1000 meter swim, followed by a 600 meter run to the transition area, a very hilly but beautiful 22km bike ride on the roads and single track of the Eldora Nordic Center, and finally a 7km run on the eastern trails of the Eldora Nordic Center, Paul Karlsson, 303-960-8129, info@dig-deepsports.com, digdeepsports.com

August 15, 2021 — Wild Ride Mountain Triathlon (USAT American Tour Points), Wild Rockies Series, McCall, ID, Ponderosa State Park at Payette Lake, 3/4-mile swim, a 18.5-mile mountain bike and a 6.2-mile trail run, mass start at 9 am in the Park. This year Wild Ride will contain a kids' Off-Road Triathlon and an inaugural duathlon category. The finish line festivities begin at noon, along with racer feed and music., Darren Lightfield, 208-608-6444, wildrockies@mail@yahoo.com, wildrockiesracing.com, webscorer.com

August 15, 2021 — Steamboat Triathlon, Steamboat Springs, CO, Sprint and Olympic distances, at Lake Catamount, Triathlon, Duathlon, Aquabike, and Stand-Up Paddleboard options, Lance Panigutti, 303-408-1195, lance@withoutlimits.com, withoutlimits.com

August 21, 2021 — XTERRA Lake Tahoe, XTERRA America, Incline Village, NV, XTERRA, Sprint, and Duathlon, Course Distance: Full Course: 2X 750 meter swim laps with a 50 meter beach run, 22 mile bike, 6 mile run. Bike Tunnel Creek, and then onto the Flume Trail, which overlooks Lake Tahoe to the Tahoe Rim Trail. Both the Short and Long course complete the 22 mile bike, approximately 4000 feet of climbing. The trail running course is relatively flat, fast and scenic., Todd Jackson, 530-546-1019, todd@bigblueadventure.com, kiley@bigblueadventure.com, bigblueadventure.com, event/xterra-lake-tahoe/, xterraplanet.com

August 22, 2021 — Outdoor Divas Triathlon, Longmont, CO, Union Reservoir, Sprint, women only triathlon, Lance Panigutti, 303-408-1195, lance@withoutlimits.com, withoutlimits.com

August 28, 2021 — Boulder Sunset Triathlon, Boulder, CO, Summer may be coming to an end, but our tri season is still heating up! Join us at the Boulder Reservoir for the 13th Annual Boulder Sunset Triathlon, a local favorite. Includes olympic, sprint, duathlon, Aquabike, 10k, and 5k., Craig Towler, 318-518-7303, info@bbsctri.com, Michelle Lund, michelle@bbsctri.com, bbsctri.com, bouldersunset.com

August 28-29, 2021 — Lake Tahoe Triathlon, Tahoma, CA, The Lake Tahoe Triathlon is a favorite California triathlon of many triathletes. The venue, setting and course offer a truly beautiful and challenging experience. Join us annually the fourth weekend in August in beautiful Lake Tahoe, California for a great race and a time of your life! Half Triathlon, 70.3, Olympic Triathlon, Sprint Triathlon, Duathlon, Aquabike, Todd Jackson, 530-546-1019, todd@bigblueadventure.com, kiley@bigblueadventure.com, bigblueadventure.com

September 4, 2021 — Range 2 River Relay, Salt Lake City, UT, The Range 2 River Relay is an

active transportation team race to explore the Salt Lake Valley's waterways from pristine headwaters to buried creeks and channelized canal to meandering river. Competitors will bike, boat, and run from the Wasatch Mountains to the Jordan River, showcasing opportunities to connect communities and ecosystems between the two. Bike: 3.6 miles; starting at City Creek Canyon Trailhead ending at Fairpark.; Boat: 3.3 miles; starting at Fairpark ending at 1800 N Take-Out.; Run: 3.4 miles; starting at 1800 N Take-Out ending at Fairpark., Brian Tonetti, 585-703-8582, brian@sevendaysontrust.org, sevendaysontrust.org/events/relay

September 6, 2021 — South Davis Labor Day Triathlon, South Davis Racing Series, Bountiful, UT, Now a virtual race! Start at 8:00 am, Swim 350 yds; Bike 12.02 mi; Run 5k, relay; Split the Sprint between 2-3 racers. Novice: Swim 150 yds; Bike 2.5 mi; Run 1.5 mi. Novices start at: 8:45 am. Location: South Davis Recreation Center; 550 N 200 W, John Miller, 801-298-6220, john@south-davisrecreation.com, Cindy Hunt, 801-298-6220, cindy@southdavisrecreation.com, southdavisrecreation.com, southdavisrecreation.com

September 11, 2021 — Brineman Triathlon, TriUtah Points Series, Syracuse, UT, 5th annual. This event not only boasts a spectator friendly swim, a bike course you've only dreamt of and a fast/flat run, but this year it's also the home of the first ever Olympic Course Utah State Triathlon Championship. Sprint, Olympic, and Long Courses, Brogg Sterrett, 702-401-6044, race@triatl.com, triatl.com

September 11, 2021 — Kokopelli Triathlon, BBSC Triathlon Series, Hurricane, UT, This family-friendly event at Sand Hollow Reservoir has something for everyone! Featuring a Sprint, Olympic, Duathlon, Aquabike, 10k and 5k distances., Craig Towler, 318-518-7303, info@bbsctri.com, Michelle Lund, michelle@bbsctri.com, bbsctri.com, kokopelli.com

September 11, 2021 — Harvest Moon Triathlon, Boulder, CO, Long course, at Boulder Reservoir, Triathlon, Duathlon, Aquabike, Lance Panigutti, 303-408-1195, lance@withoutlimits.com, withoutlimits.com

September 17-18, 2021 — Ironman 70.3 St. George World Championship, St. George, UT, 2.4 mile swim, 112 mile bike, 26.2 mile run. 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@visitsst-george.com, ironmanstgeorge.com

September 18, 2021 — Bear Lake Brawl Triathlon, St. Charles, ID, This race is a great course. Bluest water in Utah and Idaho. This is often called the Caribbean of the Rockies. In 2019 the course will go around the lake again for the Half and Full. This course is primarily flat with rolling hills. The East side of the lake road just had a resurfacing in 2018 so it should be the fastest for this race., Joe Coles, 801-335-4940, joe@onhillevents.com, bearlakebrawl.com, onhillevents.com

September 19, 2021 — Oktoberfest Triathlon, Longmont, CO, Union Reservoir, Sprint, Lance Panigutti, 303-408-1195, lance@withoutlimits.com, withoutlimits.com

September 19, 2021 — Tahoe Adventure Challenge, Truckee, CA, A multi-sport event in which teams and individuals participate and compete in kayaking or stand up paddling, mountain biking, trail running, and navigation. Designed such that participating teams will complete in an 8 hour maximum time format. Teams travel on land and lake to gather as many checkpoints as possible and finish within the 8 hour time limit., Todd Jackson, 530-546-1019, todd@bigblueadventure.com, kiley@bigblueadventure.com, bigblueadventure.com, greattrailrace.com

September 25-26, 2021 — XTERRA USA Championship and XTERRA Utah Sprint Race, XTERRA America Tour, Ogden, UT, XTERRA Utah, two distance options: 750m / 19K mountain bike / 5K trail and 1.5k swim / 30k mountain bike / 10k trail run; XTERRA USA/Pan America Championship: 1.5k swim / 30k mountain bike / 10k trail run., Reena Cassidy, 877-751-8880, info@xterraplanet.com, xterraplanet.com, xterra.com

September 25, 2021 — Tribella Triathlon, Aurora, CO, Women's only tri, sprint, super sprint, Cherry Creek Reservoir, Lance Panigutti, 303-408-1195, lance@withoutlimits.com, withoutlimits.com

BICYCLE ART

Three Man Break - The Bicycle Art of Richard Vroom



Title: Three Man Break

Note: The piece depicts the 1928 Tour de France.

Medium: Watercolor on paper.

Rich Vroom is a watercolor artist based in Salt Lake City, Utah. His studio is in Sugarhouse where

he teaches classes, paints, and bike races. He also teaches at the University of Utah.

Prints are available for purchase

from Richard. Contact him at richvroom@msn.com Rich Vroom Watercolors.

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WITH 140-MILE RELAY OPTION



The Ride is a non-competitive, single day, fully-supported ride, with multiple distance options including 25, 50, 75, 100, and 140 miles. Each distance is an out-and-back ride starting and ending at Fort Douglas at the University of Utah, and is ideal for both the beginner and seasoned cyclist.

RIDER PERKS

- Option to sign up solo or with a team and receive a personal fundraising web page
- Incentives for reaching different fundraising levels (jerseys, jackets, cycling bibs, and more)
- A training program for beginner and established cyclists who fundraise \$250 or more
- Join the ranks of thousands who have raised more than \$4.5 million to fuel cancer research at Huntsman Cancer Institute (HCI)

WWW.HUNTSMANSPORTSFEST.COM



CONTACT OUR TEAM

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100% of funds
raised support
the mission of
HCI!