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Cover Photo: Riders in the 2023 Ruby Roubaix Gravel Fondo. Photo by Charlie Ekburg, sweetlightphotography.com

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MOUNTAIN BIKING

Bentonville, Arkansas: A Worthy Capital?



Derrick launches at Leatherwood. Bentonville Mountain Biking. Photo by Tom Jow

By Tom Jow

Enter a search for "Bentonville

mountain biking" and you will find the statement "Mountain Biking Capital of the World". For those of us in the Mountain West, it seems a

bold statement from a locale where the highest elevation is around 1,300 feet above sea level. Therefore, what reason could they have for this title? Could it be, according to the Trailforks app, the presence of 342 mountain bike trails, not including neighboring Bella Vista, Fayetteville, or Eureka Springs? Or maybe it has something to do with the additional twenty-six interconnected paved city trails not including the Razorback Greenway which stretches more than thirty miles from Bella Vista in the north to Fayetteville to the south? In April of this year, I went to visit a friend that lives in the area. This is what I found out.

After arriving at Northwest Arkansas Regional Airport the day before, the first area my friend took us to was the Coler Mountain Bike preserve. Completed in 2020, this

Continued on page 12

2024

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WOMEN'S CYCLING

A Front Row Seat for the Growth of Women's Bike Racing



Lauren winning stage 3 of the Tour of Normandie. Photo Aymeric Lassak



Navigating riders and other team cars behind the peloton. Photo by Peter Abraham



Cynisca DS Gillian Ellsay behind the wheel. Photo by Peter Abraham

By Peter Abraham

Over the last year, I've been paying attention to the theme of women's empowerment in both sports and popular culture: the success of the Barbiemovie, Taylor Swift's wildly popular Eras tour, the growing FIFA Women's World Cup, and the most popular college athlete in America is Iowa's basketball star Caitlin Clark. Each of these things, along with hundreds of other examples, testify to the growing clout of women across many aspects of society.

As this relates to cycling, the women's side of the sport is currently undergoing explosive growth, evidenced by not only the wildly popular and relatively new (started in 2022) Tour de France Femmes avec Zwift, but also the women's Paris-Roubaix avec Zwift event and a rapidly expanding calendar of races and teams. Moreover, the recent boom in gravel racing includes a huge number of female cyclists. The SBT GRVL event in Colorado, for example, had 31% women participating last year. That may not sound groundbreaking, but for a traditionally male-dominated

sport like cycling, that percentage is a huge leap forward. There are also more and more women's road racing teams sprouting up every year, and in 2025 for the first time ever the UCI World Championships will feature a U23 women's race. This should encourage even more young women to start racing and aim high in their journey.

I wanted to see what the current state of European women's racing looked like up close. After a recent work trip to London and Spain, I had a day or two to do get from London to Paris, where I was meeting my daughter. As it happened, these days coincided with the Tour of Normandie pro women's race, and my friend Chris Gutowsky's Cynisca Cycling team was racing there. So I took the ferry across the Channel from Portsmouth to Caen and met up with the team at their hotel.

And, spoiler: Cynisca's Lauren Stephens won the stage in a daring late race solo breakaway. I'll never forget my good fortune to be in the car with team director Gillian Ellsay and mechanic (and Lauren's husband) Mat Stephens that day.

Here's what I learned during my

day at the races:

1. Women's cycling is exciting and on the way up. I love what Cynisca Cycling is doing: they are the only American bike racing team that spends the majority of their season in Europe repping the USA. Men's UCI World Tour teams like EF, Human Powered Health and Trek are registered in the US, but they have almost no American riders, and there's almost no American identity to their teams other than maybe the bikes they ride. And there are some American teams, like DNA Pro Cycling at this race, who come over to a few races in Europe once or twice a year. Cynisca, on the other hand, has nine American riders out of 16 athletes. The balance of the team is Canadian, French and Irish. The team has a service course in France, and they are in Europe for the majority of the season. And Cynisca is a team focused on developing female bike racers. There aren't many teams that do that, but it is changing. Many UCI Women's World Tour teams are now starting

up development programs and in 2025 there will be an entirely new team category, Pro Teams, which will form a second tier under the World Tour level. Given the popularity of the Tour de France Femmes avec Zwift, and the addition of the U23 women's race at the UCI World Road Championships next year in Rwanda, there is tremendous growth happening in women's cycling. And Cynisca is at the forefront of this movement. I expect to see this category grow a lot over the next five years, and it was great to see how the host towns in France embraced the race.

2. European women's racing is incredibly fast: Lauren won the stage 3, with its 83 miles and 6,000' of climbing, at an average speed of 25 mph. That's just very, very quick for either men's or women's racing. And there were about 120 women in the field. I would compare the speed of the women's European pro peloton to a men's Cat 1-2 race in the United States. It's really that much faster over there.

3. I learned about the importance of team bonding. Specifically, the team dinner after each stage in the evening is critical. Sitting with the team over vegetable soup and pasta the evening before the race, I realized it's the only time during the week when the riders and staff can get to know each other. The rest of the day riders and staff are busy working, on or off the bike. And like a team in any sport, strong relationships between teammates are incredibly valuable and essential to

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We used VeloViewer to follow a detailed map of the route. Photo by Peter Abraham

success.

4. Back in the long line of team cars behind the peloton it's incredibly hectic and dangerous. You never see this part when you watch a bike race on tv. Each team car has a place in line behind the race (we were #11 on this day), but some cars are moving up to get past the peloton because they have a rider in the break. Or maybe a rider got a flat and their team car in the middle of the caravan has to pull over with the rider for a wheel change. Or some athlete has dropped back to the cars to hand off some extra clothing. This is going on continuously throughout the race, sometimes going down a hill at 60 mph and around blind corners. Honestly, it was amazing to me that no riders got run over, and I found it super stressful just being a passenger. Inside the car, there is the official race radio, from the official's car just behind the peloton, blaring away in French, then the team radio communications with the riders, then VeloViewer on an iPad for the course map, then an iPhone



Team presentation before the start. L-R: Emilie Fortin, Lauren Stephens, Fiona Mangan, Greta Richioud, Pauline Allin. Photo by Peter Abraham

showing average speed and elapsed kilometers, and I held up my phone with the live broadcast of the race on it. That's a lot of stimulation to process in real time. I give Cynisca team DS Gillian Ells credit for staying calm and collected while navigating this "race within a race" in the team cars.

5. The staff works incredibly hard behind the scenes to make sure everything comes together for the athletes on race days. Mat and Lothar were out cleaning up and prepping bikes in the rain until about 8 pm, then directeurs sportifs Gillian and Billy and the soigneurs Dea and Mark were all working on various tasks in the evening and morning before the race. So much work goes into setting it up for the women to perform on the road. Prepping food, getting the bikes ready, putting gas in the vehicles, filling water bottles, and the list goes on. I have so much respect for the work that goes on behind the scenes to make the race

CYCLING TRIVIA

Tour of Romandie Cycling Trivia

By Dave Campbell

In professional cycling, May typically brings to mind the Giro d'Italia. However, there is another significant stage race held during this time: May's Tour of Romandie. This challenging race takes place in the French-speaking part of Switzerland and serves as a crucial preparation event for both the Giro and the Tour de France. Since its inception in 1947 to celebrate Swiss cycling's 50th anniversary, the Tour of Romandie has become an important target race in its own right. In 2022, organizers introduced a women's event held in the fall.

The mountainous race traditionally kicks off and concludes with time trials, spanning approximately one week as it winds through the Jura and Alpine Mountain ranges of Western Switzerland. The thrilling finale often takes place in Lausanne, racing towards Lake Geneva and back.

happen for each team.

Overall, it's fair to say that women's cycling will continue on its current growth trajectory for the foreseeable future. Based on the increasing number of races, the popularity of Tour de France Femmes avec Zwift and the overall up and

Q1. Twelve riders have won Romandie twice, but only one has triumphed here three times. Who is the all-time winningest rider at the Tour of Romandie?

Q2. What is the best finish by an American woman at the Tour of Romandie?

Q3. Many readers may remember Tyler Hamilton's now controversial, given his doping confessions, back-to-back Romandie wins of 2003 and 2004. He was not, however, the first American to win the Tour of Romandie. Can you name that rider and the year?

Q4. As an important prep race, who was the last rider to win both the Tour of Romandie and then the Tour de France in the same year? How about the Tour of Romandie-Giro d'Italia double?

Q5. Many riders have won the Romandie-Giro or Romandie-Tour double, but only one rider has won

all three in a single season. Who was that rider? Hint: It is probably not who you think it is!

See Answers on Page 21

Dave Campbell was born and raised in Lander, Wyoming and now resides in Bend, Oregon. A retired High School Science and Health teacher, Dave won four Wyoming state cycling championships before moving to Oregon to attend the U of O in Eugene. While there, Dave was a collegiate All American and went on to win six Oregon State Cycling Championships as well as a Masters National Road Title on the Tandem. He started writing Trivia in 1992 for Oregon Cycling News and continued the column with the Northwest Bicycle Paper. Dave also writes cycling history at "Clips_and_Straps" on Instagram and announces at cycling events throughout Oregon

to the right trend line of women's sports this is a logical conclusion. On top of these things, it's just more fun to have two kinds of racing to watch rather than just one.

Peter started racing bikes in high school and has contin-

ued to ride his entire life. He also runs the Abraham Studio (ABRHM.com), which works with purpose-driven brands in sports, technology and healthcare to find their voices and tell their stories. He lives in Los Angeles, California.



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NUTRITION

The Athletes Kitchen: Athletes, Iron, and Anemia



A salmon and spinach salad is a good source of iron. Photo and food by Dave Iltis

By Nancy Clark MS RD CSSD

My teammate eats ice chips like crazy. Isn't that a sign of being anemic?

Something must be wrong with me. I get out of breath just walking up a flight of stairs...

Should I eat lots of spinach to boost my iron intake, given I've stopped eating red meat?

Many of today's athletes are eating little or no red meat (beef, lamb), which is one of the best sources of dietary iron. These athletes are simultaneously consuming less iron. Iron is a mineral found in the hemoglobin molecule inside red blood cells. It helps transport oxygen from your lungs to your muscles. Iron deficiency contributes to anemia, with symptoms of unusual fatigue during aerobic exercise—or even when climbing a flight of stairs. Athletes with anemia may complain about light-headedness, weakness, poor performance, and yes, a desire to chew on ice! While fatigue can also be caused by lack of sleep, depression, stress, and calorie restriction, fatigue due to an iron deficient diet is common.

Iron deficiency anemia is more prevalent among athletes—in particular, athletes in running and endurance sports—than among the general

population. That's because athletes lose iron with heavy sweating, blood loss in urine or via the intestinal tract, and damage to red blood cells caused by footstrikes while running. Female athletes lose blood via monthly menstruation, hence women are more prone to becoming anemic than are men. This study shows just how prevalent the problem is: A survey of 277 everyday runners (~60% females; average age, 40 years) participating in the Detroit Free Press Half- or full Marathon indicates ~50% of the women and 15% of the men had clinical iron deficiency. 15% of the women and 3% of the men had severe iron deficiency. Just think how much faster these athletes could have run!

What to do

If you think you might be anemic, get your blood tested to rule out anemia (and remeasure it in 6 to 8 weeks after treatment). The diagnostic criteria are:

- hemoglobin (the iron-containing molecule within the red blood cell) less than 120 (female) or 130 (male) g/L
- ferritin (a marker of iron stores): <12 ng/mL (Ferritin should be >30-40, if not higher),
- transferrin saturation, <16%

Preventing and/or resolving anemia

If you limit your intake of iron-rich beef and lamb, be sure to consume alternate sources of iron, such as dark-meat chicken or turkey (legs, thighs), tuna, or salmon. About 40% of the heme-iron in animal protein is absorbed, as compared to only 5% of the non-heme iron in plants. Don't count on plant sources of iron such as almonds, spinach, lentils, beans and grains to satisfy your iron needs! Only about 2% of the iron in spinach might get absorbed. Despite Popeye's claim that spinach made him strong to the finish, spinach is a poor source of absorbable iron. Combining heme-iron in animal protein with non-heme (plant) iron optimizes absorption. Hence, add some tuna to your spinach salad, turkey to lentil soup, beef to chili.

If you are an athlete who "eats clean" and minimizes your intake of "white foods" (such as white bread, pasta and rice), take note. Refined grains are generally enriched or fortified with iron. Hence, eliminating enriched white bread and other refined grains reduces your intake of iron (as well as other added nutrients). The US Dietary Guidelines recommend eating at least half your grains as whole grains. (This is not a compromise based on the assumption Americans would never eat all whole grains). Enriched white pasta and breads do offer important nutrients!

Enriched breakfast cereals such as Cheerios, Grapenuts, and Kellogg's Raisin Bran are good sources of iron. (In comparison, "all natural" cereals, like granola or Puffins, have no additives. That means, they have no added iron.) To enhance the absorption of the iron in enriched cereals, include a source of vitamin C with the meal -- such as an orange or orange juice, a clementine, or some strawberries.

Research indicates iron tends to be absorbed better in the morning than in the evening. This is due, in part, to the daily fluctuation of the hormone hepcidin. Hepcidin hinders iron absorption from the intestinal tract and is a key regulator of iron absorption. Hepcidin increases after

exercise, triggered by exercise's inflammatory response. Hence, to optimize your iron absorption, pay attention to when you eat iron-rich foods or take an iron supplement in relation to when you exercise. A good time to consume iron or iron supplements is with an iron-rich breakfast either before or shortly after a workout, but NOT 3 to 6 hours afterwards, when hepcidin peaks. This timing will optimize iron absorption as well as tolerance, given iron supplements are better tolerated when taken with food.

Iron supplements

If you are anemic, you want to boost your dietary iron intake. You will also need to take supplemental iron to correct the deficiency. Do not self-prescribe high doses of iron supplements. Your doctor should prescribe the dose best for your body. Taking too much iron puts some athletes at risk of iron-overload, which is dangerous.

Supplements come in two forms: Ferrous iron (gluconate, sulphate, fumarate) and ferric iron (citrate, sulphate). Ferrous is better absorbed from the gut, but ferric iron settles better in the gut. Some athletes find iron supplements contribute to nausea and constipation. If that's your case, you want to experiment

with different brands to find the supplement your body tolerates best. Slow-release ferrous sulphate and ferrous bisglycinate are popular choices. Taking an iron supplement every other day is as effective as taking it daily.

The bottom line

To iron out performance problems such as needless fatigue, be sure your diet supports your athletic goals. A registered dietitian (RD) who is a certified specialist in sports dietetics (CSSD) can teach you how to consume an optimal diet that helps you be strong to the finish (with or without the spinach)!

Reference

Kohler L et al. Prevalence of iron deficiency in endurance runners: a cross-sectional study of the Detroit Free Press Marathon and Half-marathon athletes. *Blood* (2022) 140 (supplement):11074-11075

Nancy Clark MS RD CSSD counsels both fitness exercisers and competitive athletes in the Boston-area (Newton; 617-795-1875). Her best-selling Sports Nutrition Guidebook is a popular resource, as is her online workshop. Visit NancyClarkRD.com for info.

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FHWA Updates Traffic Control Standards With Improved Bike Safety

National standards for traffic control devices will be taking cyclists' needs into greater account in the future. The Federal Highway Administration (FHWA) adopted a revised Manual on Uniform Traffic Control Devices for Streets and Highways (MUTCD) in January that includes many ways to make cycling safer, with calls for green bike lanes, bike boxes, signals, signs and more. The guide provides standards for

state and local transportation officials.

The new rules reflect technological updates. FHWA plans to update MUTCD quadrennially. The latest review finalizes some measures that were provisionally approved, such as green pavement for bicyclists.

The new MUTCD includes several provisions to enhance bicycle safety, including bike boxes at intersections and bicycle traffic signal faces. It also redesigns the U.S.

Bicycle Route sign. It also offers new guidance on setting speed limits on roads where motorists are likely to encounter bicyclists.

Previous standards for intersections and crosswalks considered pedestrian volume. Now engineering studies will also need to consider bicycle use. One matter planners should keep in mind: current bike and pedestrian counts may not reflect the future because if crosswalks are added, they likely will

increase use.

Despite mixed comments, FHWA decided to prohibit bicycle-face signals at pedestrian hybrid beacons, which are meant to enhance pedestrian safety at mid-block crossings on high-volume streets. Some cities already use them. FHWA explains that "pedestrian-type traffic control would not be appropriate for bicycle traffic operating as vehicles with much higher relative speeds than pedestrians and therefore violates

road user expectancy and introduces a safety risk for bicyclists due to the manner in which the clearance interval operates."

Find the final rule at <https://www.federalregister.gov/documents/2023/12/19/2023-27178/national-standards-for-traffic-control-devices-the-manual-on-uniform-traffic-control-devices-for>

-Charles Pekow

Study: Updates to Crash Prediction Needed

A study from the National Cooperative Highway Research Program suggests that the standard crash prediction modeling system requires revision to better account for circumstances involving bicycles. The Federal Highway Administration has used the Highway Safety Manual since 2010, which was originally designed for cars and does not adequately address cyclist considerations.

In its latest report titled "Pedestrian and Bicycle Safety Performance Functions," the program aims to rectify this issue. The report criticizes the manual's generalized approach for estimating site-specific pedestrian and bicycle crashes, stating that it lacks sensitivity to conditions influencing such crashes, including exposure and infrastructure. Additionally, it provides insufficient information for evaluating the site-specific impacts of projects aimed at enhancing pedestrian and bicycle safety, especially beyond signalized intersections.

The report emphasizes the need for an update that considers various factors such as differences between urban, suburban, and rural roads, the number of lanes, and one-way versus two-way streets. Despite the majority of bike crashes occurring in metropolitan areas, the study highlights the limited availability of count data for rural areas.

The program recommends standardizing methods for determining bike counts, noting that state and local agencies use varied approaches, each with its limitations. The report acknowledges cost as the primary barrier to collecting pedestrian and bicycle performance data.

For those interested, the report can be downloaded at <https://nap.nationalacademies.org/download/27294>

-Charles Pekow



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BICYCLE TOURING

Touring the Netherlands on a Self-Guided Tour



Cycling in The Netherlands is a joy! Smooth bicycle-dedicated pathways, friendly Dutch and fairytale scenery. Photo by Jim Isaacson

By Matt Davidson

I absolutely love cycle touring! Different than all my previous bike tours, on this trip I stitched together a paid, self-guided adventure designed by a tour company along with another couple, and then ventured out on my own Self-Supported tour in France, Belgium, and the Netherlands. That Self-Supported tour is described in an interview with Lou Melini in a companion article. After completing five self-supported North American bike tours, which inevitably involved some camping escapades, and throwing in a biking adventure in Thailand with my son, my wife LouAnn was tentatively considering the idea of bike touring. The catch? Only if it meant cozying up in comfortable hotels instead of wrestling with tents in the rain at campgrounds. Another non-negotiable was that the tour had to stick to flat or nearly flat terrain, offer ample chances for restaurant meals, boast bicycle-friendly pathways, and come with a luggage-carrying Sherpa. Then, I had an “Ahh-Hah!” moment that seemed to tick all the boxes!

Picture cycling on flat, immaculately maintained, glass-smooth, separated bike paths where bicyclists rule at intersections and get priority over cars. Where else but



Zippering along a canal near Leiden, Netherlands. Photo by Matt Davidson

the Netherlands? With more bicycles than people, it's a cycling utopia. There are 23 million bikes for 18 million Dutch, and it seems like almost everyone in the country stays fit and healthy by pedaling. I managed to convince LouAnn to join me on a Dutch bike tour with our friends Jim and Robyn, knowing that 30-40 mile cycling days would be a breeze and a fantastic way to explore Europe.

Once our destination and budget were set, the next dilemma was whether to design our own bike tour or pay a tour company for their expertise, planning, and bicycles. Shipping our bikes to Europe or renting them upon arrival was an option, but that presented a whole new set of potential problems. Currently, Delta Airlines allows a bicycle box weighing under 50 lbs to be checked in at no charge as flight luggage. Any additional bags would incur a fee. However, lugging your bike box through airports, possibly involving escalators, isn't always a walk in the park. Therefore, having bikes provided by a tour company and included in the package cost seemed pretty appealing, especially for those less comfortable fixing their own bikes. If I were touring solo, I'd be fine fixing any mechanical failures and playing the waiting game, but it's not as fun when a group is stuck while one person's bike undergoes surgery.

Next, the decision was whether to join a bike tour with a paid leader

and a group of 5-10 strangers or venture out on our own using a tour company's route. For someone new to overnight bike touring, having a tour company leader guiding every turn might be a good starting point. Your likelihood of getting lost is pretty low when riding with a tour leader. The alternative was a “self-guided” bike tour, meaning the route is predetermined, loaded onto easily readable cycling computers provided with every bike group. No one is leading your path or selecting your lunch stops and timing, other than your group's decisions on following a route, be it the GPS-provided route or your own daily variation. In both tour types, you are free from loaded luggage panniers weighing you down—instead, your luggage is transferred every day to the next night's lodging. From start to finish, our self-guided group only included my spouse and friends—no one else. We decided that as a group, we could comfortably navigate each day and preferred to travel without a paid guide. To share the navigation responsibility, my friend Jim and I alternated that leader role, which turned out fine. I imagine our group missed out on some additional geographic or cultural explanations along the way by not having a paid leader. However, windmills are pretty hard to miss, and Google searches helped fill in the blanks.

We chose a Dutch company called Holland Bike Tours (HBT, hollandbiketours.com) primarily because friends had completed a tour with that company in the past, and their \$1250 pricing for six nights, including buffet breakfasts and bikes, seemed reasonable compared to other luxury tour companies. All our mid-range hotels were comfortable, air-conditioned, and had convenient bike storage spaces. Before we launched our tour, the owner talked a bit about Dutch culture and history, gave us a detailed tour pamphlet describing each town stop,

restaurants, explained how to use the cycle computers, and provided well-maintained bikes. The tour bikes were equipped with 8 speeds, included fenders for possible rainy days, hydraulic brakes, straight handlebars with an upright riding position, one empty pannier for snacks, and lights for night riding.

I would almost give HBT an A+ rating, except for the fact that while on tour, our luggage didn't get transported for a few hours until after we rolled into our destinations at normal afternoon times for two of the six nights' hotels. Late luggage meant that we couldn't change into fresh clothes immediately and venture out into the towns on those occasions. When asked, HBT provided an excuse that really didn't hold water. Other than those two instances, I would recommend Holland Bike Tours if someone wanted to pay a tour company to arrange a trip. For adventurous self-supported travelers, I would estimate you could maybe shave off about \$300-\$600 per person off the total cost by finding and arranging your route, bicycles, and camping. That's a bit of extra work to research convenient hotel options and really worth the added cost to use local expertise. When looking at all tour options, it seemed that comparable leader-guided tours would increase tour costs by about \$400 per person if that's the style that works for you.

The Netherlands did not disappoint! Anyone who has even casually observed a bike path in the United States and has the faintest interest in experiencing tourism on two wheels would be pleasantly surprised by how the Netherlands has prioritized cycling over gas-powered transportation. The Dutch government assigns a very high societal value to bicycling for everyday life, including commuting for work, shopping, or just out for an evening with friends. As a result, fantastic segregated two-lane bike paths are built everywhere,

and everyone can ride throughout cities, countryside farms, and along neighborhood canals, feeling very safe and protected from speeding cars. Locals even watch out for tourists on bicycles, giving them a wide berth and unprompted cycling safety advice. In the Netherlands, you will see a wide variety of bikes, including cargo bikes, tandems, kiddie carriers, and even teenagers dressed up with their dates sitting side-saddle across the top tube. If a trip is less than 30 minutes on a bicycle, I learned that most Dutch would take a bike rather than a car, even well into retirement age.

Our complete 210-mile route started in Haarlem and weaved through Leiden, Gouda, Dordrecht, Willemstad, Zierikzee, Middelburg, and finished in Bruges. Only after viewing the elevation charts did I realize we were bicycling below sea level for a portion of the time. Maybe riding below sea level added to the intrigue and mystique about riding in the Netherlands! Over the past 700 years, the Dutch have brilliantly reclaimed marshland and pumped water off into canals, creating usable farmland. Most of the 10,000 windmills were historically used as water pumps, although some were built to grind grain or purposed as a sawmill. Now, only about 1000 windmills still exist and make for great photo opportunities. If you haven't toured outside the United States in a cycling wonderland and it is within your budget, it's well worth the added cost. Try it — you may be surprised at what you have been missing!

Trip Details:

Number of days: 7

Total Miles: 210

Route start and Finish: Haarlem, Netherlands to Brugge, Belgium

Trip Date: September 2023

Trip tip: Be flexible and spend extra effort getting to talk with and know a few locals and understand their culture better.

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BICYCLE TOURING

Riding EuroVelo 19 – The Meuse Cycle Route with Cyclotourist Matt Davidson



Smooth sailing along La Meuse. St. Mihiel, France to Laneville Sur Meuse, France. Photo by Matt Davidson



I'm positive that the sign means "Flat, super-smooth bike path in a Dutch cycling wonderland." Photo by Matt Davidson



Cheese-mongers in the Geldermalsen, Netherlands Farmers Market answering my request to pose for a pic in Cycling West! Photo by Matt Davidson

By Lou Melini

I have known Matt Davidson for nearly 2 decades from a few group bike tours. He has taken a number of tours, mostly as solo self-supported. In 2023 Matt did a guided tour in the Netherlands with his wife having his gear shuttled from hotel to hotel [See companion story]. Upon completion of that ride, he did a completely self-supported tour on EuroVelo 19 - Meuse Cycle Route (en.eurovelo.com/ev19).

Cycling West: Was this your first European trip? What other bike tours have you done in Europe?

Matt Davidson: My September 2023 tour was my inaugural European bike ride, and my second international tour following one in Thailand a few years ago. While I designed the self-supported portion of this tour to last two weeks, I knew I wanted to cycle in more than one country just to experience different languages, food, and cultures. It's not too difficult to patch together a route that accomplishes 3-4 countries in two weeks, considering how small some of the European countries are. It is easy to do 50-75 mile distances daily on a bike tour averaging a

leisurely 10mph. I have completed seven other multi-day tours spanning from 2-30 days in the United States. I still want to cover different areas of the US in the future, but this trip was designed for a completely different experience where I would be out of my comfort zone.

CW: Matt, you rode EuroVelo 19 - Meuse Cycle Route. Discuss briefly the EuroVelo system in Europe. What was your general route and why did you choose that route?

MD: After deciding that I wanted to bike tour in Europe, I started researching some route options and studying a map of Europe. Then I browsed several travel books and looked at online journals from crazyguyonabike.com to see what other routes people have done throughout Europe. I also joined several Facebook groups for bike touring in Europe. You would be absolutely amazed at how many different permutations there are for European bike touring groups - Bikepacking, European Cycling, EuroVelo Routes, and so forth ... And then somewhere along the way I saw someone's comments about EuroVelo 19 which originates in France and follows the Meuse River towards Rotterdam, matching my rough destination of

Amsterdam and allowing several cycling days in France at the start.

EuroVelo.com is a great resource and starting point - their website explains, "EuroVelo is a network of 19 long-distance cycle routes that cross and connect Europe. The routes can be used by long-distance cycle tourists, as well as by local people making daily journeys. Only routes approved by the European Cyclists' Federation can be called "EuroVelo." Simply put, in choosing my route for a first tour in Europe, why reinvent the wheel?

Additionally, GPX route files are available for download on the EuroVelo.com website making it super simple to follow any one or a combination of routes via your bicycling computer or a bicycling cell phone app with turn-by-turn directions. Those apps are essentially similar to your cell phone's Google Maps driving directions, for following a pre-established bicycle route.

Given my chipper age of 63, I prefer flatter routes even though I can trudge up hills like a 17-year-old, albeit much slower but surely cresting eventually. Therefore, following any river sounded both scenic and flat-ish.

EuroVelo 19 starts in a small town due north of Dijon, France called Langres and then meets up with a barely flowing creek that has been designated as the Meuse River. Following the Meuse, the route heads north through quiet, small villages, in between fields of commercially grown sunflowers for their oil, and directly into Verdun.

Several towns have massive 15th century castles.

The route then turns west toward Belgium, Netherlands, and eventually to Rotterdam on the coast. In Rotterdam, the Meuse is wide enough to accommodate industrial barges that look like they could hold a football field. And as an added bonus for EV19, there was a Warmshowers host in Langres, France that agreed to host me and would accept a UPS bike box delivery in advance of my arrival by train.

Most of my Warmshowers or camping accommodations didn't always align with EuroVelo 19, but that didn't cause any problems to re-route back towards the next destination along my original targeted path. It's also a trade-off sometimes when the established route bypasses small towns that could offer interesting monuments, and vice-versa when I wanted to shorten my day due to rain and make a beeline to dry lodging for the night.

CW: Did you carry anything special or specific for European travel such as an electrical plug that was compatible with European outlets?

MD: Absolutely, a European adaptor plug is a necessity. In fact, I should have brought two multi-port adaptors in case I lost one and to

eliminate having to swap between my shaver and my items needing overnight charging. These adaptors are small and lightweight, so having a backup could save an immense amount of last-minute scrambling to replace one.

Although it is not a European necessity, I am a big fan of bringing and using my bright-orange distancing flag that helps draw attention to me on the road, especially when the shoulder is narrow. Interestingly, I was advised that using my distancing flag in the Netherlands was considered "rude" because all Dutch cyclists and drivers are extremely considerate of bicyclists on the road, to the point where bike riders are considered King and cars take a secondary or almost subservient role on the roads! A flag sticking out only takes up space that other cyclists could use when passing. No need for additional European bike equipment in my experience, especially in The Netherlands. The Dutch roads are almost always designed around bike commuting pathways as biking is part of their culture and city governments' objectives. However, if you are biking through Amsterdam, a good lock is necessary because your unlocked bike will be stolen faster than you can say Amstel Light.

CW: You mentioned several apps in your crazy-guy-on-a-bike journal. Could you discuss the apps that you used, which ones were helpful and not helpful. Were the apps specific for different countries.

I have to preface this answer with why I relied on cell phone navigation rather than a GPS-enabled bike computer. And I won't try to compare bike computers vs. cell phone apps, since I didn't bring a Garmin-type bike computer on my trip. I figured that's one less piece of technology to deal with. In addition, a cell phone along with a backup battery gets the job done for navigation. Some more tech-savvy cyclists would point out that cycle computer batteries will outlast cell phone navigation 2x-3x and they're right. Maybe on the next tour I'll invest in a Garmin and get more comfortable using that device

Continued on page 14

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Robin Morton (left) and the team, one week before the 1984 Giro, the team with Gianni Motta at his factory. Photo courtesy Robin Morton



Tim Rutledge in the Prologue of the 1984 Giro d'Italia in Lucca, Italy. Photo courtesy Heather Rutledge

By Dave Campbell

In the summer of 1984, I was fifteen years old and in my second year of serious bike racing. I was desperate to learn everything I could about this new sport that was still decidedly foreign to me and most of America. I was especially interested to learn about "our" progress in the exotic, incredibly demanding, and tradition rich races of Europe. Unlike most U.S. events, thousands

watched these long-standing races from the roadside and up to this point, very few Americans had even contested them. In fact, only three... George Mount, Jonathan Boyer, and Greg Lemond. Each one of them had been veritable pioneers: Mount the first American to ride the Giro d'Italia, Boyer the first to ride the Tour de France, (both in 1981), and of course Lemond, not just racing but winning and currently riding as the reigning World Professional Road champion.

All these riders, however, accomplished their overseas cycling feats as mavericks on foreign teams. My main source of information on their exploits came from Velo News, a twice a month newspaper that I would read I soon as it arrived at "Freewheel Sports", my local bike shop in Lander, Wyoming. Imagine

my surprise one summer afternoon in 1984 when I discovered an American professional team had just competed in the 67th edition of the Giro d'Italia, the first American team ever to tackle a Grand Tour!

The Gianni Motta-Linea MD squad (sponsored by the Italian bicycle maker and a furniture company) had taken on the second biggest professional stage race in the world. The race ran from Lucca on May 17th and finishing in Verona on June 10th, covering 3808 kilometers over 22 stages. Six of the nine riders were Americans, all were neo-pros, and all the Americans (National pro champion John Eustice, Karl Maxon, Daniel Franger, Michael Carter, Tim Rutledge, and Greg Saunders) finished the race! After the historical and groundbreaking bits, though the story became one more of survival and perseverance. Their best finisher was Californian Franger in 78th overall at nearly two hours down on Italian winner Francesco Moser. He notably ranked 8th in the Young Rider division. Of the 171 starters, 143 riders made it to the finish in Verona and the last placed man was American Saunders. He was in this position from stage nine through to stage twenty-two, but he didn't quit!!! He hung tough! The team finished last of the nineteen teams in the team competition, over five hours behind, but they finished!

Their best performance came from Karl Maxon, of Eugene, Oregon. The 24-year-old distance runner turned cyclist broke away alone on Stage four from Bologna to Numana on the Adriatic Coast, only 13 kilometers from the start. His lead peaked at 22 minutes, and he stayed off the front for 217 of the 238-kilometers! Until recently, it was the longest solo breakaway in Giro history, and he was even the virtual race leader at one point! Velo News reported that he likely would have stayed away but crashes by two favorites (Laurent Fignon and Johan Van de Velde) prompted defending champion Giuseppe Saronni's team (Del Tongo-Colnago of Italy) to attack, putting paid to the Americans chances. Maxon rallied to finish a very respectable twelfth in the final time trial into Verona, enroute to 127th overall. It was noted how much promise he had shown. I would note that for me personally, he would later become a mentor and friend and ultimately a

rival when I moved to Eugene to go to college and in subsequent years of racing in Oregon.

An Interview with Robin Morton – Director of the Gianni Motta-Linea MD Team

I recently interviewed Philadelphia native, Robin Morton, the pioneering director of the squad, to get the whole story. Robin's husband raced for the Pennsylvania Bike Club in Chestnut Hill, a renowned racing club that had existed since the late 1920s and produced several very good riders over the years. The Mortons were very involved in the club by 1980. In 1982, John Eustice, a Pennsylvania bike club alum had come home from racing in Europe, and it was grinding him down after many years of being over there. He was racing on the French SEM team (led by Irishman Sean Kelly) along with fellow American Jonathan Boyer. Robin picks up the story: "We met John at a club function, and he really wanted to put together an American team to go over and race in Europe. That was the impetus for the Gianni Motta team. John and I started to work together, and I helped him put together the Tour of America in 1983, sponsored by Gios. (note: The 1983 Tour of America was a one-off Pro-Am East Coast Spring Stage race that attracted some of the World's top professionals). He brought over Roger De Vlaeminck and Claude Michely, a Luxembourger, who was a cyclo-cross rider. We had 3 or 4 Americans on the team and that was the beginning of it all."

"We were not involved at all with the USCF (United State Cycling Federation, now USA Cycling). We did it on our own. John had a lot of connections in Europe, and I handled the organizational side of things. We just started working together and we met Gianni Motta (former Italian professional cyclist turned bicycle manufacturer) when John was racing in Europe after Tour of America. Gianni wanted to do an American team. At that point, John had the National Champion's jersey that he had won in Baltimore. In the early 80s on the east coast, there were a lot of free agent pros, you didn't have to be on a team then. It was a little bit different than today. There were also a lot of guys who wanted to turn pro but needed a team. The first race we did in 1984 as the Gianni Motta team was the Tour of Texas and then we went to the Tour Willamette and Cascade Classic (both in Oregon) and then headed to Italy!"

"We got into the Giro through Motta, who was a big champion in Italy, a past Giro and Tour de Suisse winner. (Note: A pro from 1964 through 1976, Motta won the 1966 Giro and the 1967 Tour of Switzerland. The team's jersey featured pink and yellow commemorating each event's leader's jersey. The jerseys were later changed to a stars and stripes design for the Americans historic debut in the Giro.). He had a very charismatic and gregarious personality, very outgoing, and he had a lot of connections. At that point, the 7-Eleven team wasn't over in Europe yet (note: they actually were racing in Europe but as amateurs with the US National Team and their focus

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on the 1984 Los Angeles Olympics), but they had a really big budget and were a much different organization. But the Italians and particularly race director Vincenzo Torriani, wanted to have an American team in the race. And certainly, I was something totally unique to get them publicity, an American team with a woman as a manager! I was totally different. So, they wanted the team!"

"Besides Motta providing bicycles, he came up with other sponsors to cover all of our expenses. We went over right after Cascade (the long running Bend, Oregon stage race then held in the spring) in April. When we first went over, we were definitely 'fish out of water' so to speak. We had a different mentality than all of the European teams. But now, even though there are bigger and better funded teams, the difference between American riders and the Europeans is not so great. But then, there just weren't that many American pros. Most of our guys had just turned pro and hadn't raced much in Europe! Gianni Motta really set their training schedules and then followed the team on these mega rides near where he lived in Lombardia. He was still very fit then and very attentive to their diets."

"The reaction towards us was very mixed. I was treated pretty well and after we had been there a while, the riders were accepted. Karl had some standout performances. Obviously, he went on to be in some European teams like Fagor on his own, so he was a very talented guy. Until recently he had the longest solo breakaway in the Giro. In the final time trial, he was 12th without any aero equipment! Not even a disc wheel! Mike Carter, only 21, was a really good climber, this was his first trip to Europe. He went on to be on Motorola, a really talented guy. (note: In 1991, Carter finished third in the Tour of Romandie and rode the Tour de France with Motorola) It was a good little team and I think we hung in there and had some decent results. But again, it was really hard. We only did two European races before the Giro, Giro di Toscana (note: Maxon finished a creditable 16th) and then we went to the Giro di Puglia prior to starting the Giro."

"I think the biggest difference was the structure. The disciplined system and a certain way of doing things. The very specific and traditional way teams had of doing things. I think that was a little bit challenging. There is a whole cultural difference between Americans and Italians or Europeans in general. Some of our guys had not even been to Europe to race before! The way that the team was organized was a little bit challenging. The riders on the other teams were just much more traditional and old-fashioned in their organization. Team personnel, for instance, weren't allowed to eat with the riders. They had their own table, but I didn't want to do that. Really the team personnel didn't speak any English and I barely spoke any Italian, so I wanted to eat with the riders. And that alone was pretty controversial!"

"The racing was a lot more controlled then, today there is no real patron, or boss, in the peloton. It was a lot slower in the beginning and everyone stayed together, and there always would be teams that were allowed to go away and be in the breakaway, but it was much a more controlled style of racing than now. When the television helicopters arrived to show the final hours, the

race went crazy! I still remember Stage 18 from Lecco to Merano, and it snowed a lot, and it was freezing. It was one of those "are they going to be able to ride tomorrow" kind of things. It was a 252-km stage with a bunch of climbs in the South Tyrol

area and that stood out as a really hard day."

"We were outliers. We were a blip on the radar screen, because most people don't have a lot of historical information, they don't even know about the team! We did it a little bit

differently...we didn't go through the USCF (now USA Cycling).., it wasn't a national team, we didn't have a big budget and a lot of money for promotion like 7-Eleven (note: they turned professional in 1985 and raced the Giro, winning two

stages through Ron Kiefel and Andy Hampsten) did. We did it on our own, it was a very small team with a very small budget. It was definitely an adventure and an experience and

Continued on page 15

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**Bentonville -
Continued from page 3**

area contains seventeen miles of trails for riders of all skill levels. On the east side of the preserve, “The Hub” features several trails departing in many directions, much like the spokes of a wheel (hence the name). This area features smooth, fast flow lines with perfectly sculpted and maintained jumps, berms. For those that like it rough, the Rock Solid, Rock Soft and Rock Salad trails include man made rock gardens, jumps and natural tech features. Once at the bottom, five of the six trails use the low angle Pedal Assist trail to return to the top. After a few laps here we headed to the westside trails. One of the few natural trails in the preserve, “Here’s Johnny”, is a narrow single track with several natural technical rock features and minor exposure. After that, we went to a real fun feature of the preserve, the half mile “ThunderDome” dual slalom track. Race your friends. This was so fun we had to do a few laps. On the last lap we made a bet that the winner gets a free lunch. Guess who paid?

Nestled inside the preserve, the Airship Coffee Shop serves tasty sandwiches, pastries, coffee, and beer. Besides having delicious food, the shop is only accessible by human power. After lunch we rode perfectly paved bike paths and more manicured flow trails to the Slaughter Pen trail network. Along the way we crossed the Masterpiece Bridge, one of sixteen pieces of rideable art



The Castle Hub, Slaughter Pen trails. Bentonville Mountain Biking. Photo by Tom Jow

in Bentonville. Another work of art (though not one of the sixteen) was our destination; the Castle Hub. This mass of stonework, metal and wood is the starting point of seven distinct downhill trails; three green, two blue and two black. The green trails have well-made berms and jumps. The blue trails are similar, except with bigger jumps. The black trails have even bigger jumps. One of the black trails, Dragon Scales, is a tech flow trail (meaning it has rocks in addition to jumps). The other, Loam Wolf, descends on rough single track through tight trees with natural obstacles. All the downhill runs are short, between a quarter and half mile long. The return trail to the top is about a half mile. Because of this, it is easy to ride multiple laps in order to see which is the favorite. It’s also a great way to work on skills and progress to more difficult terrain.

One drawback to the town trails is that being inside the city limits, they tend to be very busy.

The following day we headed out to Eureka Springs, home of the Great Passion Play theater performance and the sixty-seven-foot-tall Christ of the Ozarks statue. The trails at Passion Play are all built in a more natural style, there was not a single high berm in sight. A funny feature of the network are the religious names, Genesis, Exodus, and Deliverance for example. The trail’s surface here is of many varieties, kitty litter, square marbles, large rocks and even a little dirt. All levels of rider are welcome. There are not too steep undulating descents for some, and steep rocky tech and drops for others. My favorite here was the Deliverance trail. Halfway down there is a long rocky patch followed by a steep chute with a quick



A nice big trailhead shelter with clean bathrooms, shaded tables, and bike workstation. Bentonville Mountain Biking. Photo by Tom Jow

right-left turn, through a “keyhole” in the rock. It’s not too difficult at a moderate speed. However, miss that left into the opening, and it’s head first into a wall of rock. Despite not having high altitude, the thirty or so minute climb to the top requires just as much effort as some of the trails at home in Utah. We rode a few laps before stopping for lunch, and afterwards rode a couple more. It was a lot of fun.

After two days of pedaling, we were ready for some pure downhill riding. We headed back out to Eureka Springs to the Lake Leatherwood Gravity Project. Located at the Topo Motel on Arkansas Highway 62, this area features seven downhill trails and all-day shuttle service for \$45. Surrounded by some cross-country trails, the downhill area has seven trails departing from two hubs.



Need direction in life? Bentonville Mountain Biking. Photo by Tom Jow

Starting with green trail number six, I could tell it was going to be a challenging day. My tires felt like they were sliding all over the place. I felt off balance on the jumps. Good thing the trail was barely a mile long. In just a few minutes we were at the bottom where there was a shuttle waiting for us. Minutes later we were unloading for our next run. Boy that was fast. The next trail, blue level, I was still having a hard time getting into a flow. Were the trails too short? Was I just tired? Certainly, being on these trails for the first time is a factor. Then, while waiting for the shuttle, I read the trail information sign. It was stated that the trail ratings were relative only to the trails at Leatherwood. Thinking about it, the first trail did seem more difficult than most green trails. Maybe that was it. The blue trails were about average, or so they seemed. The black trails were,

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Masterpiece Bridge, rideable art number 13. Bentonville Mountain Biking. Photo by Tom Jow

well... big. It wasn't just the drops that were big, but the jumps too. What was unique about some of the jumps at Leatherwood was the level of stone work that went into them. Perfectly shaped six-foot ramps made of stones. While by the end of the day I was feeling comfortable on the bike, I never did tempt any of those big stone ramps.

After a rest day watching the total solar eclipse, we headed down to Centennial Park in Fayetteville. The weekend before my arrival a US Pro Cup XC Series race had been held there. I wanted to see what the elite race course was like. How close was it to the World Cup courses I had seen on television? Lucky for us, the tape and signage was still in place. The course started at the top of the hill, winding around the plateau before descending into the woods.

Jumps, berms, and rock gardens are all part of the course. The "A" line usually contained technical features while the "B" line was smoother and a little bit longer. The trails were wide with plenty of room to pass. Climbs were steep, some with rocky tech sections and some were smooth and fast. The 3.2-mile lap with 373 feet of climbing was fun at a fun ride pace. At race pace a lap (not to mention four) would certainly feel much different.

After the race course, we descended to the west, eventually crossing through some neighborhoods to the Mt. Kessler network. Here we would ride what felt like the longest continual climb of the week (about three miles) piecing together the Fayetteville Traverse, Serpentine, and Trent's Trail. From

there we rode the Crazy Mary trail, the one mile of which looked steeper on Trailforks. Back up to the Fayetteville Traverse, and down the super fun Flight Training downhill trail to the road. After riding back up to the truck, I decided we needed to ride the unriden World Cup 5 trail. Boy, am I glad we did. Fifty yards after entering the trail we encountered a smooth six-foot drop on the "A" line. Can you imagine being at race pace and hitting a six-foot drop with mandatory air not once, but multiple times?

My final day of riding was preceded by an afternoon and evening of light to moderate rain. The Back 40, Little Sugar and Blowing Springs trails surround the city of Bella Vista, where I was staying. After a short pedal we dropped onto the Tunnel Vision trail. This and the other trails in the area wind in, out, around, up and down the forested hills of the area. The trees were just beginning to fill out their foliage and for much of the ride we were in cool shade. The trail surface is mainly small rocks on top of well-draining soil. There were few puddles encountered during our ride. There were also few obstacles encountered, natural or man-made. The trails were cross country fast and fun. No wonder this area made up a large portion of the Big Sugar 100k and Little Sugar 50k race courses in 2023. I was really wishing I had my short travel bike on that day.

So, did Bentonville, Arkansas live up to the title, "Mountain Bike Capital of the World"? After a week of riding, I will say that it is about as close as anyplace is going to get. The city of Bentonville, along with Fayetteville, Bella Vista and Eureka Springs contain an extremely wide variety of trails; something for everyone. Smooth, wide bike paths to ride across town, or to the city next door. Flow trails for every skill level. Natural trails for cross country. A downhill area with a shuttle. A World Cup level cross country race course. The one thing missing is high altitude with climbs that go on for hours. Before naysaying, however, keep in mind that trails are only a part of it. The city is so bikeable. The people are so nice! Rarely if ever a cross word is shared by motorist to cyclist. Go to coffee or lunch and don't worry that your bikes are not locked. The community is not just supportive of cyclists, but it seems like nearly everyone there IS a cyclist. Don't believe me? I recommend making a trip to see for yourself.

Getting there

Northwest Arkansas National airport (XNA) in Fayetteville is approximately twenty minutes from Bentonville. Airlines serving the airport are American and Delta Airlines. Flights might be cheaper to Tulsa, Oklahoma but it is a two-hour drive. Other places one might be



Try your luck against former President Bush. Bentonville Mountain Biking. Photo by Tom Jow

visiting nearby include Little Rock, AR (3 hours), St. Louis, MO (5 hours), Memphis, TN (5 hours), and Nashville, TN (8 hours).

Fun facts

An average of approximately seven miles of trail is built every day.

The Flow Feed trail app tracks real time trail soil conditions with in-ground sensors.

Northwest Arkansas Community College has degree and certificate programs for both trail building and bicycle technicians.

The Ledger Building downtown has exterior ramps in order to ride all the way to your office on any of its six levels.

The City of Bentonville has sixteen pieces of rideable art.

Not bike things to do

Music and food at First Fridays on the Square.

Crystal Bridges Museum of American Art.

The Wal-Mart Museum

The Cooper Chapel (Bella Vista)

The Pea Ridge National Military Park (Civil War monument)

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EuroVelo 19 - Continued from page 9

for touring. Until then, I can only share my experience with navigation by cell apps.

Many European cyclists rely on a German based app called Komoot that is similar to Strava. So, I started my navigation while in France on Komoot. Unlike the Strava's free version, Komoot provides verbal turn-by-turn navigation which was extremely helpful for my purposes. Also, I was not building a route that apps like RideWithGPS offer, and only using imported GPX route files so Komoot seemed to work well. Several times, Komoot sent me down some insurmountable paths that would have required two flights of stairs from a bridge to the eventual bike path, and down a farm path that eventually just stopped. I knew it wasn't my senior-user-error when two Belgian 20-something bike tourists confirmed they experienced the same Komoot pathway spaghetti.

However, one time in the Netherlands, one of my Warmshowers hosts recommended

the Fietsknoop app that guides you through scenic sites using destinations or node markers, not just A to B on the shortest path. Most importantly for the Dutch cyclists, every bike path in the whole country has a unique regional node number assignment, and Fietsknoop synchs with node mapping. Scenic path guidance was clearly evident when the app suggested I follow a horse-shoe shaped route and I, instead, almost cut across the two ends of the circuitous pathway only to discover a beautiful village and public art display as suggested along the Komoot route.

CW: Your daily mileage seemed lower than your U.S. trips. Did you lower your daily mileage purposely to see the sights?

MD: You're correct that I did cycle shorter distances the last several days of my tour. During the first week, after departing from Langres, France I averaged 52 miles per day, and at that point I realized that I'll end up in Amsterdam too early. I added several shorter days and gave myself more time to sight-see. For

example, I spent an afternoon walking through the Sedan Castle rather than riding more miles.

Other factors that impacted my daily mileage were the location of my Warmshowers hosts and my focus on not arriving too late in Amsterdam to meet my wife and make it in time for the flight home. I could have created a bigger loop route to Amsterdam, and in hindsight that could have allowed me to see another country, Luxembourg, by veering off the EV19. On this particular tour, I only pre-booked and knew exactly where I would be staying for the very first night. After that, beginning on Day 2 I made up my daily distances depending on that night's lodging, between camping or hotel or a Warmshowers stay.

CW: You met a lot of people either from Warmshowers or at cafes. Could you reflect on some of the interactions that were helpful, humorous, etc.

MD: Unless you really don't like talking to people and prefer to spend your non-riding time alone, Warmshowers is the way to tour

when feasible. Every Warmshowers host has been super friendly, and almost always offer a comfortable bed to spend the night. Mostly hosts are bike tourists themselves, so they can provide local route advice, equipment suggestions, and understand your quest for adventure.

Funny stories: probably one of my memorable Warmshowers experience was being hosted on a beautiful interior designed Netherlands houseboat. There were two children ages 3 and 5 who spoke only Dutch, of course. In the evening, I got down on the floor and watched in wonder as they spoke continuous Dutch to me, telling me all about each plastic animal, and various knick-knack toys, believing that I completely understood what they were saying. Amazingly, I learned about the universal language of play, completely absorbing what they were telling me, without knowing any of the exact words. It felt magical.

Over past tours, I've learned that bike touring opens conversations with 99% of all strangers. Where are you going? Where did you start? Where are you from? No, not England, United States. In Europe, I found that even when people are not interested in your bike tour stats, opening up a conversation with a "hello" in their native tongue, instantly tags you as a foreigner and opens up conversation for learning more about their country, city, town, or village. When I stumbled upon a group of retired Belgian men sharing their weekly coffee at a 7-11 type store, I joined the table and had a lively conversation about their country. When I asked one man, "What concerns you about Belgium these days?" he shared his concerns about the cultural divisions between Belgium's North conservative populace and the South's more liberal French speaking regions — not only cultural divisions but competition for state budget and infrastructure Euro allocations. Somehow it was reassuring to know that the U.S. is not alone in our regional differences, even in a small country like Belgium.

CW: Matt, tell me about a hap-penstance moment that was memorable.

MD: The answer to this requires yet another Warmshowers story... Each Warmshowers host profile has a few sentences about themselves, sometimes brief and other times lengthy and detailed. Frequently, there are several hosts listed within a city limits, so there could be options as to whom you ask for a hosted night.

In one small Netherlands village, only one host was listed, and the profile description was a bit unconventional, so I almost considered camping instead of asking to stay. Good thing I didn't choose to camp because this particular host actually turned out to be a most gracious and welcoming host. He shared a ton of history and cultural knowledge about the Dutch, a great dinner, and also provided a much-needed laundry service.

On the evening of my stay, my host asked if I would like to bike with him to the outdoor market the next day. Of course!

In the morning, we biked a mile together to the weekly local town square and I was the only tourist in sight. At each mobile food stall, my host would introduce me in Dutch to his proprietor friends like the fish mongers and describe a bit about my journey.



Views along the Meuse had me gazing at the architecture and lots of stone...bridges, houses, and castle/mansions. Photo by Matt Davidson

Instantly, I received warm village welcomes complete with good English explanations and prodigious sampling of their wares - different local cheeses (no I can't carry the whole wheel), freshly baked breads unlike any in the U.S., bakeries, various cookies and marzipan cakes, many shaped Drop (licorice), and fish that almost seemed to be still wiggling and pulled the previous hour from the North Sea. I stuffed my panniers with my newfound delicacies, rode off towards the next town, smiling the whole way because I knew that this weekly small village shopping experience happened by a stroke of luck and could not have even been planned had I pre-booked the experience in a tour.

CW: Are you ever concerned about your safety when bike touring?

MD: Yes, I am concerned but not overwhelmed enough to prevent me from touring. I try to minimize my risk, by electing less traveled roads, wearing bright clothing, using a red-flashing blinker, and adding on my bright orange distancing flag to provide added visibility.

Other than car-related safety, I have found that bike touring notifies observers that you are a harmless, friendly traveler, only arriving somewhere or passing through to explore and experience the area. On my last tour, I was once asked, "How do I know you're not a criminal?" Naturally, I answered that no criminal would use a fully loaded touring bike as a get-away vehicle! And to spend all my energy and calories bike touring and publicly blogging about it just wouldn't make any sense if someone wanted to commit crimes.

Read all about Matt's adventures on crazyguyonabike.com — profile link: cgoab.com/Mattd60. It's a wonderful way to travel and experience an area, interacting with friendly locals, and seeing the world at 10 miles per hour!

Trip Details

Number of days: 12

Total Miles: 517

Route start and Finish: Langres, France to Amsterdam, Netherlands
Trip Date: September 2023 after the Self-Guided, paid tour with wife and friends

Trip Tip: Unless you like the solitude of hotels, try Warmshowers and meet ultra-friendly bike tourists.

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

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Gianni Motta Team - Continued from page 14

something that wasn't done by the book. It was just something that John wanted to do, it was his vision, and I bought into that, and we just said "hey, let's do it!" It was a really wonderful experience and we had teams for eight years and the next year we did the Vuelta. We worked with European teams that John rode for, we later had Roberto Gaggioli (note: Gaggioli won CoreStates in 1988 and was one of the winningest riders on the American circuit in the late 80s and early 90s) and a great junior team that went to race in Italy. For me it led to a lot of other

A lot of the Americans came home, happy with their performance and the fact that they finished but frustrated with the internal issue of money and sponsorship with Gianni and the Linea MD furniture company. That was very draining... whether they were going to get paid. I felt a lot of personal satisfaction but also a lot of angst with how it all played out money-wise. It was really hard, and I give my riders all a lot of credit because we were all like fish out of water! We were not a super big team where everything was super well-organized and ran perfectly with lots of money and extra personnel to help. It was very much on a shoestring sort of thing. We all just did the best we could."



Tim Rutledge leads the Gianni Motta-Linea MD team off the line in the 60 km Stage 1 Team Time Trial in the 1984 Giro d'Italia. Photo courtesy Tim Rutledge

things, and I went on to work for the company that put on both the Philadelphia (CoreStates) and San Francisco races and I worked for them for fifteen years. But when we did it, it was not something that a lot of people were aware of."

"All of the Americans finished. There were some issues with sponsorship. We did not find the sponsors, which was controlled by the European management and there were some issues...as there often is. So, all the riders were given an incentive, they got a bonus to finish the Giro. The sponsors didn't think many would finish the race and when it became clear they would, they didn't want to pay! Well, we found out afterwards that one of the mechanics was told to tighten the rider's bottom brackets! So, every day when he worked on the bikes, he tightened the bottom brackets, so it made it a little harder to pedal! So, the fact that they finished the Giro is pretty incredible because it was like they were riding through quicksand!"

"We had a couple soigneurs and mechanics, but we didn't bring them from the United States. The accommodations were typical small Italian hotels that were used to hosting cyclists and they were pretty good. I think the food was a little bit of an issue initially, especially breakfast. The Americans were used to eating a certain way and they didn't want a steak and pasta for breakfast! I mean things have obviously changed although riders still adopt a certain kind of diet but having a steak and a big bowl of pasta at 6:30 in the morning without a lot of other choices took a little getting used to!"

"There was satisfaction among the riders for finishing the Giro but there were issues with the riders getting paid. No one knew what was going to happen next, were they going to do the Tour of Switzerland?"

"It was a great experience, and I am sure that when they look back on it now their take on things is very different than it was right after the Giro. Because I know mine is! Ha! At that time, I was just like this was the hardest thing I've ever done, and I can't believe I made it through this! I was about to leave during the middle of the Giro just because I couldn't deal with the whole sponsorship thing anymore. I was sort of being shunted off and not involved or able to have a say. It was just 'get through it and finish it'! A lot of the riders were really accepting, though, and I got invited into this Rancilio sponsor RV at the end and got to hang out with Roberto Visentini, Moser, Saronni, and all the big riders. I got to experience the whole spectrum, so in the end, I have to say the Italians were pretty accepting."

This article is dedicated to Tim and Heather Rutledge and their family. Tim passed away on February 12, 2024 after a long and difficult battle with cancer.

The 107th edition of the Giro d'Italia begins May 4th in Venaria Reale and concludes May 26th in Rome.

References:

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2. Martin, Pierre; Penazzo, Sergio; Bratino, Dante; Schamps, Daniel; & Vos, Cor. (1984) Tour 84. Kennedy Brothers Publishing Ltd.
3. Morton, R. (2023, November 27). Personal communication.

Dave Campbell was born and raised in Lander, Wyoming and now resides in Bend, Oregon. Dave writes cycling history at "Clips_and_Straps" on Instagram and announces at cycling events throughout Oregon

Additional Visibility Measures Should be Used when Transporting Children by Bicycle

Cargo bikes, trailers, and child seats can all help transport children by bicycle instead of using a car. However, their safety hasn't been adequately studied. To address this, the Journal of Pediatric Health Care published a study titled "Child Safety on Bicycle Seats A Study Evaluating the Need for Additional Markers to Increase the Visibility of Children When Transported by

Bicycle."

"There is a gap in the literature of studies looking at child visibility and safety when transported by bicycle, especially in cities where cycling is starting to grow," the report warns. The research took place in Lisbon, the Portuguese capital, which suffers from "poor cycling infrastructure and low cycling modal share, and cyclists find it difficult to ride safely due to the lack of dedicated infrastructure

and the constant sharing of the road with reckless drivers."

Still, the study found parents didn't see transporting children as much of a safety issue, but it does indicate that more safety features, such as increasing visibility of children, are needed.

See https://link.springer.com/chapter/10.1007/978-3-031-47281-7_24

-Charles Pekow

New Bike Path Coming to Tooele Valley, Utah?

The Midvalley Highway Project in Tooele County, Utah won final approval from the Federal Highway Administration. The Utah Department of Transportation (UDOT) determined that the area needs better bike connections and the project will include a 12-foot-wide bike/ped path along the highway, noting that "(n)o dedicated bike lanes are present in the study area" and despite eight schools in the study area, no designated safe routes to school exist.

The plan includes eventually providing a variety of multi-use and separated bike lanes in the area, including a connection between the Midvalley Highway and SR-36 at the southern end of Tooele Valley.

The project will extend Midvalley Highway and build an accompanying bike path from SR-138 to SR-36 through Erda City, Grantsville City, and Tooele City.

UDOT still has to find funding for the project. "It could be 10-15 years out," says A. Oanh Le-Spradlin, P.E., UDOT Region

Two project manager. The local communities will have to push for it, she says. "We (UDOT) cannot lobby for the funds," though it can apply for grant money when available. "We encourage local governments and the local communities to apply for money and we will help you with it when we can." It likely will be built in stages, she suggests.

See <https://udot.utah.gov/midvalley>

-Charles Pekow

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Salt Lake City, UT 84105
(801) 997-0002
saltlakeebikes.com

Saturday Cycles

230 S 500 W.
Salt Lake City, UT 84101
(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 10

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

Trek Bicycle Store of American Fork
Meadows Shopping Center
356 N 750 W, #D-11
American Fork, UT 84003
(801) 763-1222
trekbikes.com/us/en_US/retail/american_fork

Utah Mountain Biking
169 W. Main St.
Lehi, UT 84043
801-653-2689
utahmountainbiking.com

Southern Utah County
Al's Cyclery / Al's Sporting Goods
643 East University Parkway
Orem, UT 84097
435-752-5151
als.com

Hangar 15 Bicycles
1756 S State Street
Orem, UT 84097
385-375-2133
hangar15bicycles.com

Hangar 15 Bicycles
877 N. 700 E.
Spanish Fork, UT 84660
(801) 504-6655
hangar15bicycles.com

Level Nine Sports
644 State St.
Orem, UT 84057
801-607-2493
levelninesports.com

Mad Dog Cycles
350 N. Orem Blvd
Orem, UT 84057
(801) 222-9577
maddogcycles.com

Racer's Cycle Service
Mobile Bike Shop
Provo, UT
(801) 375-5873
racerscycle.net

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

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

CALIFORNIA

Box Dog Bikes
494 14th Street
San Francisco, CA 94103
415-431-9627
boxdogbikes.com

Dr. J's Bicycle Shop
1693 Mission Dr.
Solvang, CA 93463
805-688-6263
www.djsbikeshop.com

REI Berkeley
1338 San Pablo Ave
Berkeley, CA 94702
510-527-4140
rei.com/stores/berkeley

COLORADO

Southwest Colorado
Brown Cycles
549 Main Street
Grand Junction, CO 81501
970-245-7939
browncycles.com

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

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
harloebikes@icloud.com
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

McU Sports
822 W Jefferson St
Boise, ID 83702
208-342-7734
mcusports.com

REI Boise
8300 W Emerald St
Boise, ID 83704
208-322-1141
rei.com/stores/boise.html

Ridgeline Bike & Ski
10470 W. Overland Rd.
Boise, ID 83709
208-376-9240
ridgelinebikenski.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

Idaho Mountain Trading
474 Shoup Ave
Idaho Falls, ID 83402
208-523-6679
idahomountaintrading.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
Sled Shed
49 East Main St
Rexburg, ID, 83440
208-356-7116
sledshedshop.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

Sturtevants
340 N. Main
Ketchum, ID 83340
208-726-4512
sturtevants-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
elephantsperch.com

MONTANA

Free Heel and Wheel
33 Yellowstone Avenue
West Yellowstone, MT 59758
406-646-7744
freeheelandwheel.com

Summit Bike Ski
26 South Grand Ave
Bozeman, MT 59715
406-587-1064
summitbikeandski.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

NEW MEXICO

Bosque Mobile Bicycle Repair
Albuquerque, NM
bosquemobilebicyclerepair.com

Fat Tire Cycles
421 Montañito Rd NE
Albuquerque, NM 87107
505-345-9005
fattirecycles.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
410 W Pearl Ave
Jackson, WY 83001
307-200-6144
thehubbikes.com

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

REI
974 West Broadway
Jackson, WY 83001-9475
307-284-1938
REI.com/stores/Jackson-Hole

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

WESTERN STATES

CALENDAR OF EVENTS

Calendar Guidelines:

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

For the full year calendar, visit CyclingWest.com!

BMX

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

Deseret Peak BMX — Grantsville, UT, Outdoor Racing located on the SW corner of the Deseret Peak Complex. Racing every Monday and every other Wednesday, June through October. Registration 5-7pm, Danie Raaford, 385-315-0349, Strider2rider@gmail.com, deseretpeakcomplex.com, usabmx.com/tracks/1518

Advocacy

Bike Utah — UT, Utah's Statewide Advocacy Group. They work on education and other bike related advocacy. Bike Utah, 406-498-9995, info@bikeutah.org, bikeutah.org

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

Salt Lake County Bicycle Advisory Committee — Salt Lake City, UT, The SLCBAC committee works to improve cycling conditions in Salt Lake County and is an official committee. Meetings are the second Wednesday of each month from 5:30-7:30 pm and are held in Suite N-2800 of the Salt Lake County

Government Center, 2001 S. State St., Salt Lake City, UT., Helen Peters, 385-468-4860, HPeters@slco.org, bicycle.slco.org

Trails Foundation of Northern Utah — Ogden, UT, Weber County's trails group. We are committed to the idea that a non-motorized network of public pathways significantly contribute to our community's economic vitality and quality of life. Aric Manning, 801-393-2304, tfnu@tfnu.org, tfnu.org

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

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

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

Bike Provo — Provo, UT, Please join us every first Thursday of the month at 6 pm in the Provo Public Library (550 N University Ave) to help make Provo a more active transportation and transit friendly community. Bike Walk Provo, bikewalkprovo@gmail.com, bikewalkprovo.org

Trails Alliance of Southern Utah — St. George, UT, TASU, info@tasutah.org, tasutah.org

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

WOBAC - Weber Ogden Bicycle Advisory Committee — Ogden, UT, Josh Jones, 801-629-8757, joshjones@ogdensci.com

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

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

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

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

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

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

Teton Valley Trails and Pathways (TVTAP) — Jackson, WY, Promotes trails and pathways in the Wydaho area of Wyoming and Idaho. Dan Verbeten, 208-201-1622, dant@tvtap.org, tvtap.org, tetonbiketfest.org

Bike Orem — Orem, UT, The Orem Bicycle Coalition exists to cultivate a more bicycle friendly community in Orem so that more residents will be able and excited to ride in our community. We do this by encouraging bicycle safety, accessibility, inclusivity, and infrastructure to the community and its residents. Come join us! Currently we are meeting on the second Wednesday of each month, from 5:30pm to 7:00pm at Mad Dog Cycles. The address is 350 North Orem Blvd, Orem, UT 84057, Randy Gibb, 801-222-9577, randy@maddogcycles.com, [facebook.com/BikeOrem](https://www.facebook.com/BikeOrem)

Sweet Streets — Salt Lake City, UT, SLC based advocacy group that works for safer streets, Taylor Anderson, taylor@buildingsaltlake.com, sweetstreetsllc.com

Cycling Salt Lake — Salt Lake City, UT, Advocates for better cycling of all types in Salt Lake City, County, and on the Wasatch Front. Reach out to join our email list serve. Dave Illis, 801-574-3413, dave@cyclingsouthwest.com, cyclingsouthwest.com

Southern Nevada Mountain Bike Association (SNMBA) — NV, The SNMBA advocates for mountain biking across all of Southern Nevada. Allison Cormier, info@smba.org, smba.org

California Bicycle Coalition — CA, CalBike advocates for equitable, inclusive, and prosperous communities where bicycling helps to enable all Californians to lead healthy and joyful lives. Kevin Claxton, info@calbike.org, calbike.org

Bike East Bay — Oakland, CA, The East Bay's Bicycle Advocacy organization. They strive for Education, Advocacy, and Community Engagement, Bike East Bay, 5108457433, events@bikeeastbay.org, bikeeastbay.org

Walk Bike Berkeley — Berkeley, CA, Walk Bike Berkeley, info@walkbikeberkeley.org, walkbikeberkeley.org

Mountain Bike the Teton — Driggs, ID, Mountain Bike Trails Advocacy in the Teton, Chris Brule, 307-413-1998, info@mountainbiketetons.org, mountainbiketetons.org

Events, Swaps, Lectures & BIKE MONTH

999 Ride — Salt Lake City, UT, Casual fun ride through the streets of Salt Lake City. Meet at 9 pm at 900 E and 900 S (999). The ride leaves about 10 pm. Every Thursday night.

May 2, 2024 — Bike to Work Day in Provo City, Utah Bike Month, Provo, UT, Provo businesses will host stations located throughout the city and hand out free breakfast, drinks, and other treats to people who arrive by bike from 7:30 - 9:00 am. (Provo City's breakfast station will be open at 6:30 am for early bird

riders.) Pick up some breakfast and coffee, get to know your fellow commuters., Aaron Skabelund, 385-207-6879, a.skabelund@gmail.com, bikeprovopro.org

May 3-4, 2024 — US Bank Fruita Fat Tire Festival, Fruita, CO, 27th Anniversary festival kicking off the Mtn bike season in CO, world renowned trails, Bike Demo at 18 Road and Downtown Product Expo, and live music, George Gatsos, 970-858-7220, info@otefruita.com, fruitatfatfretival.com

May 4, 2024 — Bike/Walk Tour of Salt Lake City, Utah Bike Month, Salt Lake City, UT, First segment starts at 10 am on the east side of North Temple Station, under the Atlas mural. At 10:30 we'll head out on a bike ride through the west side to a pit stop and rally point at Central Pointe Station at noon. From there, we'll split up into a walking tour of the S-Line trail (hosted by Bryant Heath, aka @slsees) and an east side bike tour, with everyone coming back together at Monument Plaza in Sugar House at 2 pm. Taylor Anderson, taylor@buildingsaltlake.com, [facebook.com/events/7411549158925567](https://www.facebook.com/events/7411549158925567), sweetstreetsllc.org

May 5, 2024 — National Ride A Bike Day, Utah Bike Month, Everywhere, UT, Celebrating National Ride A Bike Day is simple: go for a ride -- any ride. Whether it's a short trip on a bikeshare bike or a double century, any way you choose to ride a bike is the right way to ride a bike. Cycling West, noemail@cyclingsouthwest.com, cyclingsouthwest.com, bikeleague.org

May 8, 2024 — Bike to Work, School, and Play Day, Utah Bike Month, Park City, UT, Hosted at the Parley's Park, Jeremy Ranch and Trailside Elementary Schools and Ecker Hill Middle School. Start the day with a ride to school and receive snacks, drinks, and fun giveaways. Heinrich Defers, 435-649-8710, 435-659-1188, hdefers@parkcity.org, Julia Collins, julia.collins@parkcity.org, Sam Schwöbel, 435-649-1564, ext. 25, sam@basinrecreation.org, Nichole Wilson, 435-649-1564, ext. 33, nichole@basinrecreation.org, basinrecreation.org/event/bike-to-school/

May 8, 2024 — National Bike to School Day, Utah Bike Month, Everywhere, UT, A day to climb out of the motor vehicle and onto your bike on your way to school. Cycling West, noemail@cyclingsouthwest.com, walkbiketoschool.org

May 11-12, 2024 — Cole Sport Bike Swap, Park City, UT, 9-5 Sat., 9-3 Sun. \$20 fee if bike sells. Proceeds go to Mountain Trails Foundation. Drop bikes off at Cole Sport, 1615 Park Ave. on 5/10. Pick up is by 3 pm on 5/12, Scott Dudevair, 435-649-4806, scott@dudevair.com, colesport.com, mountaintrails.org, colesport.com

May 11, 2024 — Bike Day with the Mayor of Springville City, Utah Bike Month, Springville City, UT, Springville City Civic Center, ride with Mayor Packard and the City Council at the annual Bike with the Mayor event. The event is a fun activity for anyone (of all ages). The event will start at 10:00 am with snacks, games, and, of course, the bike ride. After the ride, the Splash Pad will open for the season!, Rod Oldroyd, 801-491-7684, rodoldroyd@springville.org, springville.org/bike-with-mayor/

May 11, 2024 — Jackson Hole Community Bike Swap, Jackson, WY, Bicycle Drop-Off is Friday from 12-7. This event is open to all kinds of bikes - Town Cruisers, Kids' Bikes, Road Bikes, Mountain Bikes, and everything in between. All that is asked is that bikes are in working order. Cary Smith, 307-200-6144, cary@thehubbikes.com, [facebook.com/events/3736858873307378](https://www.facebook.com/events/3736858873307378)

May 13-19, 2024 — National Bike to Work Week, Utah Bike Month, Everywhere, UT, Week-long festival with events, Bike to Work Day, and more. Cycling West, noemail@cyclingsouthwest.com, cyclingsouthwest.com/event-calendars/bicycling-events-swaps-and-festivals, bikeleague.org/events/bike-month

May 13-18, 2024 — Boise Bike Week, Bike Month, Boise, ID, Friday, May 17: Bike to Work Day! Coffee and Treats from 7-9am Saturday, May 18: Northend Neighborhood Association Mobility Summit. 11-4:30 PM in Hyde Park Saturday, May 18: Cycle for Independence Register here at their website: Home - Cycle for Independence Sunday, May 18: Ronde van Boise. A ride that consists of many short climbs around the city. Sponsored by Reed's Cycle. Locations around Boise, bi-annual bike counts are upon us once again and this time we are counting for the entire month of May, Lisa Brady, 208-761-8507, tvca@biketreasurevalley.org, boisebikeweek.org, biketreasurevalley.org

May 13-17, 2024 — Bike to Work and School Week, Utah Bike Month, Logan, UT, Bike events and bike passport around Logan, May 6, Cache Valley Fairgrounds, and more. fuel zones at the Transit Center 7-9 AM and at the Laub Plaza 4-6 PM each day, Landis Wenger, 435-755-1646, bpac@cachempco.org, trails.cachecounty.org

May 13-19, 2024 — Utah Bike to Work Week, Utah Bike Month, All, UT, State employees across Utah are being encouraged to use their bikes to get to work this week. This could include using their bikes in conjunction with public transportation as a means of reducing single-occupancy vehicle trips. This effort is a way to raise awareness about active transportation options available to commuters. Jared Bowling, jbowling@utah.gov, udot.utah.gov

May 13-19, 2024 — National Bike to Work Week, Utah Bike Month, Everywhere, UT, A week to climb out of the motor vehicle and onto your bike on your way to work. Cycling West, noemail@cyclingsouthwest.com, bikeleague.org

May 13, 2024 — Draper Mayor's Bike to Work Day, Utah Bike Month, Draper, UT, Mayor Troy Walker invites the community to join him on a fun, family-friendly bike ride that travels both the Porter Rockwell & Canal Trails. The ride will be held Monday, May 13 from 6:30 - 7:30 PM. Enjoy complimentary coffee, juice, and snacks to fuel your ride. There will be two options to choose from on-site: a 7-mile ride or a 14-mile ride. Both rides begin and end at Draper Park (see map attachment). This event is free and open to all ages. A parent must accompany riders under the age of 18. To participate, riders must provide their own bicycle and helmet, and complete a waiver onsite. Draper City, info@draperutah.gov, draperutah.gov/bikeide

May 15, 2024 — Ride of Silence, Bike Month, Prescott, AZ, Ride to honor dead and injured cyclists and to honor Amber Harrington who was killed by a drunk driver in 2015. Organized by Bike Prescott. Ride will begin at 5:30pm at the SE corner of the Prescott courthouse square. Patricia David, info@bikeprescott.org, Neil Hannum, 970-759-2126, aztecadventures01@gmail.com, rideofsilence.org, bikeprescott.org

May 15, 2024 — Ride of Silence, Utah Bike Month, Provo, UT, Join the Provo chapter of the Worldwide Ride of Silence to ride to honor people who were killed or injured while biking this last year and last several years. We will begin at Dixon Middle School and go for a short, slow, silent ride with brief stops at the ghost bike memorials for Doug Crow and Mark Robinson, and return to Dixon Middle School where we will have light refreshments. Meet at 6:30. Dixon Middle School, 750 W 200 N. Ride begins at 7 pm sharp. Lucy Ordaz Sanchez, 801-477-7048, lucyo@provo.edu, rideofsilence.org

May 16, 2024 — Salt Lake City Mayor's Bike to Work Day, Utah Bike Month, Salt Lake City, UT, A mellow ride with Salt Lake City Mayor Erin Wendt under police escort. 7:30 am. Wasatch Hollow Preserve. Ride starts at 8am to the City and County Building. Coffee and breakfast refreshments. Salt Lake City Transportation, 801-535-6630, bikeslc@slcgov.com, slcityevents.com

May 16, 2024 — Bike to Wherever Day, Bike Month, San Francisco, CA, Join people across San Francisco and the Bay Area in riding your bike to get to wherever you need to go -- or just for fun!, SF Bike Coalition, 415-431-2453, info@sfbike.org, sfbike.org/bike-to-wherever-day/, bayareabiketowork.com

May 16, 2024 — Bike to Work Day, Bike Month, East Bay, CA, It's the Bay Area's biggest day for bicycling, and this year Bike East Bay is bringing you safe, socially distanced fun. Pledge to ride to get all the details, find your nearest energizer station, and get ready for the big day!, Bike East Bay, 5108457433, events@bikeeastbay.org, Caitlin Gleason, 707.480.6897, cailin@bikeeastbay.org, bikeeastbay.org/btwd

May 16, 2024 — Bike to Work Day, Bike Month, Marin County, CA, Tom Boss, 415-456 3469, info@marinbike.org, marinbike.org, bayareabiketowork.com

May 17, 2024 — National Bike to Work Day, Utah Bike Month, Everywhere, UT, A day to climb out of the motor vehicle and onto your bike on your way to work. Cycling West, noemail@cyclingsouthwest.com, bikeleague.org

May 18, 2024 — SLUG Cat Alleycat Bike Race!, Utah Bike Month, Salt Lake City, UT, Starts at Saturday Cycles, 230 S 500 W. This exciting alleycat event features a scavenger hunt bike race that takes you all over Salt Lake City. Bike with the coolest cats you know in town, make new friends, and win awesome prizes from our local sponsors! 10th Annual Registration is open between 4-5 pm and at 5 the race will begin. Cyclists will ride around the city to collect points for their manifest. At 7pm we will begin the award ceremony and cyclists can relax for a well-earned celebration. Angela Brown, 801-487-9221, angela@slugmag.com, Nick Zunkowski, 801-487-9221, nick@slugmag.com, slugmag.com/slug-cat/

May 31-June 2, 2024 — Big Gear Show, Denver, CO, An exciting new model of experiential event that showcases up-and-coming gear for specialty retailers, transitioning to a welcoming platform for consumers to learn about brands and gear that get them outdoors. It will be held at the Colorado Convention Center concurrently with (e)volution. Lance Camisasca, lance@thebiggearshow.com, Dave Petri, 336-429-6860, dave@lostpaddle.com, thebiggearshow.com, [facebook.com/TheBigGearShow](https://www.facebook.com/TheBigGearShow)

June 7-9, 2024 — Reno River Roll, Bike Month, Reno Bike Week, Reno, NV, A seven mile family-friendly slow roll along the Truckee River. Costumes welcome, Truckee Meadows Bicycle Alliance, 775-323-4488, info@bikewashoe.org, bikewashoe.org, renoriverfestival.com/reno-river-roll

Gravel Races and Rides

May 4, 2024 — Three-Quarter Minus Cykelturn Gravel Grinder, Idaho Panhandle Gravel Series, Sandpoint, ID, Two routes: 75 miles and 52 miles. Long route mix of singletrack, pavement and gravel, about 4700 feet of climbing Short route: pavement/gravel,

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2200 ft climbing, Sringa Cyclery , 208-610-9990, syringacyclery@gmail.com, syringacyclery.com

May 4, 2024 — 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, quad-busting hills, breathtaking views, wildlife cameos, epic adventure and of course, fun., Morgan Muri, 303-475-6053, morgan@desertgravel.com, desertgravel.com

May 11, 2024 — 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 11, 2024 — Guffey Huffer Gravel Grinder, Salida, CO, This ride will begin at Subculture Cyclery with a neutral rollout. A mile in, the gravel begins and lasts for the remainder of the ride. This event is fully unsupported and participants will need to be self-sufficient with water, food, warm clothes, and rain gear., Mark Walker, markwalker@gmail.com, coloradoes.wordpress.com

May 12, 2024 — Dirty Edge Gravel 50K, Fruita, CO, Riding the Dirty Edge will make you realize why 18 Road is world class. With expansive views of the beautiful Bookcliffs you will ride through the endless gravel roads of the North Fruita Desert before attacking the back canyon section of the Edge Loop. This mix of smooth gravel, sporty fun, and gorgeous vistas will make the Dirty Edge a Fruita classic. Racers will feel supported with three aid stations, finisher medals and age group awards. Sunny and dry, springtime in Fruita is the perfect time to experience the desert on a bike. This race is part of the Adventure Fest at 18 Road and includes admission to all of the weekend events!, Reid Delman, 303-249-1112, reid.delman@geminiadventures.com, geminiadventures.com, geminiadventures.com

May 17-19, 2024 — Santa Fe Century Gravel Rides, Santa Fe, NM, Gravel Ride/Distance options of Gravelon (55 mile), or the Gravelito (25 mile) on Rowe Mesa, Santa Fe Century , 505-490-6387, ride@santafecentury.com, santafecentury.com

May 18, 2024 — Wild Horse Gravel Race, Delle, UT, Explore a land only 45 minutes west of downtown Salt Lake City where hundreds of wild horses roam. It's wide open. It's challenging. And all of it's unpaved. Distances of 77 or 35 miles, Breanne Nalder-Harward, 801-550-0434, breaanne@utahgravelseries.com, utahgravelseries.com

May 18, 2024 — Wild Horse Gravel, De Beque, CO, Looking to ride some wild west gravel? Ride Wild Horse Gravel This May and choose your own adventure on Colorado's Western Slope with both a 65- or 30-mile course. Afterward, kick back around the campfire and at the country cook-out for some local music at the High Lonesome Ranch, Scott Olmsted, 720-819-7306, support@theridecollective.com, theridecollective.com

May 19, 2024 — Stetina's Paydirt, Carson City, NV, The old way of all-out racing is not the way at Stetina's Carson City Paydirt. Instead, the Paydirt consists of two substantial timed segments to keep things competitive without separating yourself from dear friends in the dusty west of Nevada's desert. In addition to on-bike racing, there are two bonus segments that consist of fun and games back at the post-race festival. Riding a mechanical bull and participating in a fire-toss competition could be all that separates you at the end of the day., Clemence Heymelot, 707-560-1122, info@bikemonkey.net, stetinaspaydirt.com

May 24-26, 2024 — Iron Horse Bicycle Classic, Durango, CO, 52nd 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 Race and vendors., Ian Burnett, 970-259-4621, director@ironhorsebicycleclassic.com, ironhorsebicycleclassic.com

May 25-27, 2024 — Mad Gravel, Elbert, CO, Three distances to choose from including: the Sprint (43 miles), Marathon (78 miles), and Ultra (123 miles), Dave Muscianisi, 303-817-6523, events@rattleracing.com, rattleracing.com/event/madgravel/

May 26, 2024 — Badlands Gravel Battle, Medora, ND, Come GRIND across 120 miles, and ROLL over 10,500 ft of elevation gain on the fast and rugged red scoria roads that crisscross the BADLANDS of western North Dakota., Nick Ybarra, 701.570.9138 , nick@experiencecand.org, experiencecand.org/badlands-gravel-battle

June 1, 2024 — The Dead Swede Gravel Grinder, Wyoming Gravel Grinder Series, Sheridan, WY, 40 or 100 miles, Sheridan Bicycle Company , 307-763-4481, sheridanbicycledco@hotmail.com, thedeadswede.com

June 1, 2024 — Weiser River Trail Ride, Council, ID, Gravel bike ride of either 48 or 28 miles on the Weiser River Trail, a rail conversion trail. Shuttles from Cambridge or Council. Snacks and Lunch., Ron Hundahl, 208-566-1025 , 208-253-4433, octoberfreak@gmail.com, kotaho.com/annual-bike-ride-weiser-rivertrail.org

June 1, 2024 — The Dusty Bandita, Ovando, MT, 45 and 80 mile options, a women's gravel bike race built not only to expand our presence in a male-dominated sport of bike racing, but to inspire all women to go beyond their limits, physically and mentally; dig deep, climb the big climbs, and take the inside line; Breathe in the crisp Montana air and leave our cares behind. The distance options available are for the racer or adventurer alike. We want to instill the feeling of freedom and confidence while we ultimately broaden the field of women cyclists entering cycling events throughout the local area, state, and nation., Bit Lui, thedustybandita@gmail.com, thedustybandita.com

June 2, 2024 — Cascade Gravel Grinder, Bend, OR, Experience gravel greatness in the Cascades through three gravel ride distances starting and finishing in beautiful Sisters, Oregon.Small Gravel: 44 Miles, 3500 Feet Elevation; Medium Gravel: 66 Miles, 3500 Feet Elevation; Big Gravel, 94 Miles, 8600 Feet Elevation, Chad Sperry, grinderinfo@breakawaypro.com, oregongravelgrinder.com

June 8, 2024 — Moots Ranch Rally, Steamboat Springs, CO, 2 courses, either a 76 or 54 mile route, both are almost 100% gravel and will include a few competitive timed segments, Moots , 970-879-1676, 970-329-2563, info@moots.com, moots.com, moots.myshopify.com/products/ranch-rally-registration-2024

June 8, 2024 — Pine Island Gravel Odyssey, Spearfish, South Dakota, 45, 70, 110, 210 mile gravel ride/race, Perry Jewett, 605-641-4963, ridgeriders@blackhills.com, dakotafiveo.com

June 8, 2024 — Gas Field Gravel Grinder, Aztec, NM, This route is almost all dirt while starting and finishing on a few miles of pavement. You'll encounter breathtaking views on some of the most remote gas field roads north of Aztec, NM, 10 miles, 26 miles and 50 miles. These roads may be sander on the 50 mile loop than the shorter courses, make sure your gravel bike is running fatter tires for the sandy roads NM has to offer. If you don't have a gravel bike a mountain bike is perfectly acceptable. MANDATORY navigation device with the route you are riding on the 50-mile distance. The course will be marked the best we can but if we use the combination, we should avoid lost riders., Neil Hannum, 970-759-2126, aztecadventures01@gmail.com, William Farmer, 505-402-3959, gfarmer360@gmail.com, aztecadventures.com

June 8, 2024 — Over the Hill Gravel Grinder, Horseshoe Bend, ID, 3 routes for all abilities. Each route offers challenging terrain and scenic views of the Payette River valley. The Warhorse route is 84 miles with just over 8,500 feet of climbing. The My Little Pony loop is about 43 miles with an elevation gain of 4,200 feet. The Hobby Horse route, which is 17 miles with 1,200 feet of climbing. All routes will be fully supported with aid stations at key locations along the way. The ride will be followed by a fun after-party at the Locking Horns Riverside Restaurant, Dave Fotsch, 208-331-9266, dave.fotsch@gmail.com, bikereg.com/over-the-hill-gravel-grinder

June 15, 2024 — 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 churning road that runs along the Park's rim and winds you through Pinyon 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, cathedralgorge_vc@cturbonet.com, beaverdamgravelgrinder.com

June 15, 2024 — Lost and Found Gravel Grinder, Lost Sierra Triple Crown, Portola, CA, The perfect blend of pavement, dirt, and gravel roads over 35, 60, or 100 miles of epicly beautiful gravel riding in the Lost Sierra. Followed by live music, expo, beer, and awesome food with lots of good people. More than a ride, L&F is a whole weekend of Lost Sierra fun dedicated to raising funds for the Lost Sierra Route., Greg Williams, willie@sierratrails.org, Sierra Trails , info@sierratrails.org, lostandfoundbikeride.com

June 15, 2024 — CHAFE 150 Gravel Grinder, Sandpoint, ID, Sringa Cyclery , 208-610-9990, syringacyclery@gmail.com, Jane Huang, chafe150@outlook.com, chafe150.org

June 21-February 22, 2024 — Belgian Waffle Ride - Hendersonville, TRIPLET CROWN OF GRAVEL, Hendersonville, NC, Michael Marcx, 760-815-0927, mmx@MonumentsofCycling.com, belgianwaffle-ride.be

June 21-22, 2024 — GRODEO & Builder Round-up, Ogden, UT, 6th Annual, the GRODEO and the Builder Round-Up create a two-day celebration of bicycles at ENVE HQ in Ogden, Utah. We'll combine the elegant bicycle designs of our handmade builder partners, and the adventure of gravel riding right outside our door. Total Distance: 92 miles, Gravel & Trails: 50 miles, Pavement: 42 miles, Feet of Climbing: 8,300 feet, Feed Zones: 4, enve.com/grodeo/

June 22, 2024 — Ruby Roubaix Gravel Grand Fondo, Lamolle, 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 Lamolle, Nevada. Choice of a 22, 38, 64, or full 117 mile loop on pavement, gravel and dirt roads. Ride it or race it!, Ruby Roubaix Event Director , 775-389-1862, info@rubyroubaix.com, rubyroubaix.com

June 22, 2024 — Monument Valley Bike Race, Tour de Rez Cup, Monument Valley, UT, The 15-mile route travels along dirt roads and double track in the Gouldings and the Ojeto community. The route is entirely dirt road and includes some rolling terrain. The course will be among some beautiful rocks, with views of formations for which the area is well known., Tom Riggenbach, 928-429-0345, chusakaman@yahoo.com, navaajoyes@runsignup.com, Race/UT/MonumentValley/MonumentValleyBikeRace

June 23, 2024 — Big Horn Gravel, Gypsum, CO, BigHorn Gravel , info@bighorngravel.com, bighorngravel.com

June 26-30, 2024 — Oregon Trail Gravel Grinder, Sisters, OR, Ready to race the Oregon Trail? Do you want to test your limits and push yourself in the most challenging and beautiful scenery? 350 total miles ~ 30K total feet elevation gain., Chad Sperry, grinderinfo@breakawaypro.com, oregongravelgrinder.com

June 29, 2024 — Truckee Tahoe Gravel, Truckee, CA, Three days of activities with a competitive off-road bicycle race featuring the incredible dirt and gravel roads in the Tahoe National Forest, best suited for a gravel/cross bike or a hardtail MTB. 3 course options: 65.1 mi (Long), 58.1 mi (Medium) and 26.2 (Rollout - non timed) + Family Fun Route (15 mi). Benefits the Truckee-based non-profit Adventure Risk Challenge., Clemence Heymelot, 707-560-1122, info@bikemonkey.net, truckeediffondo.com

June 29, 2024 — Dirty Dino Gravel Race, Utah Gravel Series, Vernal, UT, Come get Jurassic-kicked on 1 of the 3 amazing routes through the Uinta Mountains and Dinosaurland. Choose from 28, 63, 103 mile routes. It's going to be RAWRsome!, Breanne Nalder-Harward, 801-550-0434, breaanne@utahgravelseries.com, utahgravelseries.com, [facebook.com/Dirty-Dino-Gravel-Grinder-103665632203894](https://www.facebook.com/Dirty-Dino-Gravel-Grinder-103665632203894)

June 29, 2024 — Garden City Gravel: MtsaSeelyMtsa, Missoula, MT, Gold Creek proper to Seely Lake and then back. No vehicles, just you and the woods. It's been

one of the more popular gravel routes to ride and we are proud to bring this new route to the event format, Shaun Radley, 406-219-1318, montanacyclocross@gmail.com, montanacyclocross.com/events/the-cyclinghouse.com

June 29, 2024 — Garden City Gravel 55, Missoula, MT, West Nine Mile takes you over some scenic Montana double track, just outside of Missoula around Huson, Shaun Radley, 406-219-1318, montanacyclocross@gmail.com, montanacyclocross.com/events/the-cyclinghouse.com

June 29, 2024 — Monarch Grind Gravel Grinder, Idaho Panhandle Gravel Series, Sandpoint, ID, One route: 70 miles and 8000 ft climbing, 98% USFS gravel roads and double track. Epic mountain and lake vistas., Sringa Cyclery , 208-610-9990, syringacyclery@gmail.com, syringacyclery.com

Lizard Head Bike Tours — Various, UT, CO, and More, Multiple dates - Texas, Utah, Canada, Colorado, Oregon, New Mexico, Montana, and tons of other locations! Road, MTB, Gravel Tours, John Humphries, 970-728-5891, info@lizardheadcyclingguides.com, Lauren Lasky, 508-561-7580, lauren@lizardheadcycling.com, lizardheadcyclingguides.com

May 3-5, 2024 — BetterRide MTB Camp, Moab, UT, Take your skills to the next level by investing in yourself! Learn the skills to greatly improve your riding and drills to master those skills. Increase your confidence, skill and efficiency with the most experienced (20 years), effective and sought after coach in the sport, Gene Hamilton!, lise Harms, admin@betterride.net, betterride.net

May 11, 2024 — Manzanita Mountain Epic, New Mexico Endurance Series, Tijeras, NM, Unsupported epic mtb ride, nm-es.weebly.com

May 17-19, 2024 — BetterRide MTB Trail Domination MTB Skills Course/Camp/Clinic, Moab, UT, Take your skills to the next level by investing in yourself! Learn the skills to greatly improve your riding and drills to master those skills. Increase your confidence, skill and efficiency with the most experienced (20 years), effective and sought after coach in the sport, Gene Hamilton!, lise Harms, admin@betterride.net, betterride.net

June 1, 2024 — RAT Race, Ridgway, CO, Benefits Colorado Plateau Mountain Bike Trail Association. 26 miles of singletrack, Tisha McCombs, 970-244-8877, coordinator@copmoba.org, copmoba.org, ratrace.com

June 4-9, 2024 — Great Rift Community Adventure Ride & Challenge, Craters of the Moon National Monument, ID, The Great Rift Dirt Tour is 283 miles with 9,831 ft of climbing, 87% unpaved with 150+ miles of rugged double track. This isn't a gravel ride. Bring your wide tires and maybe a suspension fork. This self-supported event is not a race and is free with an option to donate to further cycling route development in Idaho. The community ride offers a unique experience of riding at your own pace without feeling the need to keep up while offering the opportunity to link up with others along the way., Aaron Couch, 208-534-6156, aaron@destinationroute.com, destinationroute.com

June 17-21, 2024 — Granite Ridge Girls Mountain Bike Camps, Cheyenne, WY, Curt Gowdy State Park. 2 1/2 day girls camp June 9-11, 4 1/2 day coed camp June 12-16, ages 12-18. Riding skills and education sessions., Richard Vincent, 307-760-1917, 307-777-6478, enduro.rv@gmail.com, wyom-tbcamps.org

June 24-28, 2024 — Stone Temple Co-Ed Mountain Bike Camps, Cheyenne, WY, Curt Gowdy State Park. 2 1/2 day girls camp June 9-11, 4 1/2 day coed camp June 12-16, ages 12-18. Riding skills and education sessions., Richard Vincent, 307-760-1917, 307-777-6478, enduro.rv@gmail.com, wyom-tbcamps.org

June 28-30, 2024 — 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 efficiency with the most experienced (20 years), effective and sought after coach in the sport, Gene Hamilton!, lise Harms, admin@betterride.net, betterride.net

June 28-30, 2024 — Boise Mountain Bike Festival, Boise, ID, Held at Eagle Bike Park and Bogus Basin Resort, Group rides (XC, Trail, DH, Gravel); Meet and greet local bike shops and learn about their weekly rides and community involvement; Skill Demonstrations: Watch the pros along with QandA; Coaching: Day-of sign up for small group coaching sessions; Whip-Off Jam Big Air by pro riders; Raw Slalom Challenge; Fundraiser/Raffle: Bike giveaway, swag giveaway. Over 13k in giveaways; Food and Beer vendors; Be active in the Boise mountain bike community., Boise MTB Festival , boisemtbikefestival@gmail.com, boisemtbikefestival.com

Utah Weekly MTB Race Series

April 10-July 31, 2024 — Weekly Race Series, WRS, Sundance, Wasatch County, UT, Wednesday nights, April-August. Venue alternates between Wasatch County sites and Sundance, 5:30 pm Racer check-in and 6:30 pm prompt start time. Pros/Experts 1hr race time, Sports 50mins, Beginners 30-40mins., WRS Races, 435.565.4602(Wasatch), 801-223-4849 (Sundance), races@weeklyrace-series.com, weeklyraceseries.com

May 14-August 14, 2024 — Mid-Week Mountain Bike Race Series, Wasatch Front, Wasatch Back, Salt Lake Valley, Utah Valley, UT, Tuesday, Wednesday, and Thursday nights. Locations TBD. Fun, competitive mountain bike racing for all ages and abilities. XC races and Mini Enduro races, Bike Utah , 406-498-9995, info@bikeutah.org, mid-weekmtb.com

Regional Weekly MTB Race Series

May 8-June 26, 2024 — Missoula MTB League, Missoula, MT, Various courses. May 8, 15, 22, 29 June 5, 12, 19, 26, 2024. Eight weeks of mountain biking in the evenings. Free mountain bike race series. Fun divisions for all abilities. Top 3 pick from the prize table. Relaxed and fun. Postluck post race., Shaun Radley, 406-219-1318, montanacyclocross@gmail.com, montanacyclocross.com/events/

May 8-August 28, 2024 — Bi-Weekly MTB Series, Aspen, CO, Wednesday MTB series, Kristen , info@aspencyclingclub.org, aspencyclingclub.org/spring-valley-scramble

May 22-August 28, 2024 — VRD Town Mountain Bike Race Series, Vail Town Series, Vail, CO, XC Races, Wednesday nights, Vail Recreation District Sports , 970-479-2280, sports@vailrec.com, vailrec.com/sports-activities/vail-rec/mountain-bike-racing/mtb-race-series

May 29-June 26, 2024 — Session Series Weekly Enduro Series, Floyd Hill, CO, A weeknight series ending in a weekend finale, riders check their better judgment at the start for a timed downhill run on the infamous Sluice Trail at Floyd Hill on June 19, 26. So close to Denver, but miles away in drops, jumps, and technical downhill features. Also held at Maryland Mountain May 29, June 6., Jennifer Barbour, 303-503-4616, jen@teamevergreen.org, 303-720-4509, caprice@teamevergreen.org, sessionseries.org

May 29-July 17, 2024 — Sturgis Music On Main Mountain Bike Series, Sturgis, SD, Experience the warm summer evenings out on the local bike trails by participating in the 7th Annual Music on Main Mountain Bike Race Series each Wednesday evening starting at 6:00 PM at Harley Davidson Rally Point, no entry fee, Joe Eitzkorn, 605-720-4046, xtremedakotabicycles@outlook.com, officialsturgisevents.com/mountain-bike-race-series

Utah Mountain Bike Racing

May 4, 2024 — Utah Summer Games, Utah Summer Games Cycling, Cedar City, UT, MTB racing, Danny Hall, 435-865-8423, dan@greentlabels@gmail.com, utahsummergames.org

May 8-12, 2024 — Soho Bike Fest and Pan American MTB Championships, USA Cycling Pro XCT, Heber, UT, Pan American MTB Championships: Cross Country, time trial, and SIXC races. Part of the Pro Cross-Country Tour. UCI sanctioned too. Come out



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| Race 1: May 4 -5 Sat: ST/pre-ride XC Sun: XC Hoot/Pioneer/Dascombe Nevada City, CA | Race 2: May 25 XC Ridin' High at the Ranch Susanville, CA | Race 3: June 1-2 Sat: ST/pre-ride XC Sun: XC The Ranch-TDS Trails Grass Valley, CA District MTB Championship | Race 4: Oct 12-13 Sat: Parliament Enduro/ST/pre-ride XC Sun: XC Scotts Flat Lake, CA |
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Series details & on-line reg: ybonc.org/events/dirt-classic/
NO on-site, race day registration

and watch the top pros or race your race. Gravel race tool, Soldier Hollow, sobobikefest@gmail.com, sobobikefest.com

May 18, 2024 — Three Peaks Classic ICUP. Intermountain Cup, Cedar City, UT, Utah State Championship, 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., Margaret Gibson, 435-229-6251, margaret@redrockbicycle.com, intermountaincup.com, ridesouthernutah.com

June 1-2, 2024 — Sundance Showdown Downhill. Go-Ride Gravity Series, Sundance Resort, UT, USAC sanctioned Super D (Saturday) and Downhill (Sunday), Ron Lindley, 801-375-3231, info@utahdh.org, go-ride.com, utahdh.org

June 8, 2024 — Wasatch 50. Intermountain Cup Endurance Series, Soldier Hollow, UT, endurance cross country mtb race, Margaret Gibson, 435-229-6251, margaret@redrockbicycle.com, intermountaincup.com

June 22, 2024 — Fast Times at Richfield ICUP. Intermountain Cup, Richfield, UT, Check back for complete details., Margaret Gibson, 435-229-6251, margaret@redrockbicycle.com, intermountaincup.com

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

May 3-4, 2024 — 18 Hours of Fruita. Fruita, CO. One of the most beloved endurance events in Colorado with the famous midnight start. With a fast and fun single-track course located 10 minutes northwest of Fruita, Colorado, within the "poosh environs" of Highline Lake State Park with its green grass and warm showers. This is a great race to kick off your riding season., George Gatsos, 970-858-7220, info@ofefruita.com, 18hoursoffruita.com

May 4, 2024 — 9 1/2 Hours of Disco. Salmon, ID. A full day of incredible riding on 10 miles of buffed out singletrack at the base of the Beaverhead Mountains. 1700ish ft. of climbing/ascending, great prizes, space for camping, live music and the Disco Lounge. Max Lohmeyer, 208-357-9109, 208-756-7613, max@ridesalmon.com, Ride Salmon, info@ridesalmon.com, salmonidahomtb.org, ride-salmon.com

May 4, 2024 — Flagstaff Frenzy. Flagstaff, AZ. The 2021 MBAA finals, Anthony Quintile, 928-779-5969, flagstaff@absolutebikes.net, Tim Racette, 480-442-4229, info@mbaa.net, Denise Barron, 928-530-0868, mbaa.net, absolutebikes.net

May 4-5, 2024 — California Dirt MTB Series Race 1. California Dirt MTB Series, Nevada City, CA, Hoot - Pioneer -Dascombe Trails. Saturday STXC and pre-ride XC course, Sunday XC Race, Jet Lowe, yboncfan@gmail.com, ybonc.org/events/dirt-classic

May 4-5, 2024 — Big Mountain Enduro. Big Mountain Enduro Series, Mt. Nebo, AR, BME Stop #1: Mount Nebo State Park is a 1,750 ft mountain escape in the heart of the Arkansas River Valley and is part of the Monument Trails system., Robert Herber, robert@bigmountainenduro.com, bigmountainenduro.com

May 5, 2024 — Fangdango. Bailey, CO, 6 mile circuit, XC race, Dave Muscianisi, 303-817-6523, events@rattleracing.com, rattleracing.com/event/fangdango/

May 11, 2024 — Arizona State MTB Championships. Prescott, AZ, Arizona State MTB Championships (USAC Sanctioned) at Emmanuul Pines, Tim Racette, 480-442-4229, info@mbaa.net, mbaa.net

May 11, 2024 — Sarlacc Attack 50K. Fruita, CO. Ride the Edge! This is not just the name of the trail but a description of the Sarlacc Attack 50K course which combines The Edge and Sarlacc trails to make up an epic adventure. You'll ride on the edge of cliffs and your limits. World class singletrack, uphill grinds, and flow descents are abundant on the Edge Loop. The Sarlacc trail section is some of the most fun singletrack on the course and riders will be there on the season's opening week. This race is part of the Adventure Fest at 18 Road, Reid Delman, 303-249-1112, reid.delman@geminiadventures.com, Kyla Claudell, 303-249-1112, kyla@geminiadventures.com, geminiadventures.com

May 11, 2024 — 12 Hours of Mesa Verde. Cortez, CO. Race course is 16.4 miles of Phil's World singletrack and stages from the Montezuma County Fairgrounds, 12 Hours of Mesa Verde, 970-394-1212, info@12hoursofmesaverde.com, 12hoursofmesaverde.com

May 11-12, 2024 — Big Mountain Enduro. Big Mountain Enduro Series, Ride Rock Creek, NC, BME Stop #2., Robert Herber, robert@bigmountainenduro.com, bigmountainenduro.com

May 17-19, 2024 — NW Cup Downhill Series (Dry Hill #2). Northwest Cup Downhill Series, Port Angeles, WA, Downhill race. Held at Silver Mountain Bike Park. Friday will be open practice. Saturday will be split practice by category. Pro/JuniorX seeding Saturday evening. Sunday racing all categories. Scott Tucker, 360-797-4288, scott@nwcup.com, nwcup.com

May 18, 2024 — Pocatello Pedal Fest. Pocatello, ID, Cross Country Races. Beginner, Sport, Expert & Open Classes (12, 17, 27 miles). Awards, prizes, raffle, music, food & fun., Alex Phipps, 208-841-4120, alex01phipps@gmail.com, pocatellopedalfest.com, twistedturtleracing.com

May 18, 2024 — Royal Gorge Six and Twelve Hour MTB Races. Canon City, CO. Six and Twelve Hour MTB Races, Seth Bush, 505-554-0059, ECapitan@ziarides.com, ziarides.com

May 22, 2024 — VRD Town Mountain Bike Race Series: Minturn Mini. Minturn, CO. Kids only XC, Vail Recreation District Sports, 970-479-2280, sports@vailrec.com

May 24-26, 2024 — Iron Horse Bicycle Classic. Durango, CO, 52nd 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 Race and vendors., Ian Burnett, 970-259-4621, director@ironhorsebicycleclassic.com, ironhorsebicycleclassic.com

May 25-26, 2024 — The Original Growler. Gunnison, CO. The challenging singletrack is on some of the finest trails Colorado has to offer., Gunnison Trails, info@gunnisontrails.org, originalgrowler.com, gunnisontrails.org

May 25, 2024 — California Dirt MTB Series Race 2. California Dirt MTB Series, Susanville, CA, Ridin' High at The Ranch, XC race, Jet Lowe, yboncfan@gmail.com, ybonc.org/events/dirt-classic

May 29-June 19, 2024 — STXC Series. Eagle, ID, Eagle bike park - May 29th and June 12th, Lydie Gulch - June 5th and June 19th, Alex Phipps, 208-841-4120, alex01phipps@gmail.com, twistedturtleracing.com

May 30-June 13, 2024 — Enduro Series. Eagle, ID, May 30th and June 13th, Alex Phipps, 208-841-4120, alex01phipps@gmail.com, twistedturtleracing.com

June 1, 2024 — Sunrise to Sunset. Castle Rock, CO. Looking for a 12-hour endurance trail race that is equal parts challenging and fun? Elephant Rock's Sunrise to Sunset is just that. Kickback with your friends and ride the flowy track of Phillip S. Miller Park this summer. Register as an individual or form a team, Dave Muscianisi, 303-817-6523, events@rattleracing.com, rattleracing.com

June 1, 2024 — Wente 8-Hour MTB. Willits, CA. The funnest 8-hour mountain bike race you'll ever do. 3 days of venue access including a private lake for swimming and boating, 8 Miles, 1,745' of climbing and berry-berms for days. NOTE: Wente is on a private boy scout reservation. It is closed to the public on all days of the year except during race weekend. No trespassing!, Clemence Heymelot, 707-560-1122, info@bikemonkey.net, racewente.com

June 1-2, 2024 — California Dirt MTB Series Race 3. tentative, California Dirt MTB Series, Grass Valley, CA, TDS Ranch, Saturday Pre-Ride XC, Short Track Race, Sunday XC Race, Jet Lowe, yboncfan@gmail.com, ybonc.org/events/dirt-classic

June 6-9, 2024 — Missoula XC. US Pro XCT, Missoula, MT, UCI racing short track, cross country racing along with full amateur age group racing. Thursday is the clinic. Friday is the short track racing. Saturday is UCI and Elite XC racing. Sunday is age group XC racing., Shaun Radley, 406-219-1318, montanacyclocross@gmail.com, montanacyclocross.com/events/

June 8, 2024 — 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. The first and longest running enduro

mountain bike race in America. Beginner to Pro categories. Be a part of MTB history, 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 8, 2024 — Salida Big Friggin Loop. Colorado Endurance Series, Salida, CO. This self-supported endurance ride is mixed with gravel and singletrack. There will be the base loop and long loop to choose from with the long loop passing through the ghost town of Futurity with a brief hike-a-bike., coloradoes.wordpress.com/swes-event-list/sbfl

June 8-9, 2024 — Big Mountain Enduro. Big Mountain Enduro Series, Sunrise Park, AZ, BME Stop #3., Robert Herber, robert@bigmountainenduro.com, bigmountainenduro.com

June 8, 2024 — Offer Creek MTB Race. Harmon Lake, ND. The 10th year of the Offer Creek MTB Race is coming at you, will you be there? This race provides a distance and experience for everyone as it follows the contours of the beautiful Harmon Lake. The trail provides everything from canopy covered technical to wide-open, fast and flowy, singletrack. We will be capping the race at 200 participants for 2024, so get registered early! Set a goal, challenge your friends and family, and compete for more than \$4200 in cash prizes., Melissa Marquardt, 701-221-9833, melissa@701cycleandsport.com, 701cycleandsport.com

June 13-16, 2024 — Leadville Training Camp. Leadville Race Series, Leadville, CO. Ride with past champions and experience every inch of the LT 100 MTB course in Leadville. A question and answer session will offer insight into proper training, diet and race strategy. Camp riders will get tons of camp swag, great food and amazing, unforgettable experience., Paul Anderson, 719-219-9364, panderson4@lifetimfitness.com, leadville-raceseries.com

June 15, 2024 — USA Cycling Marathon MTB National Championships. Auburn, AL, Chuck Hodge, 719-434-4200, chodge@usacycling.org, usacycling.org

June 15-16, 2024 — Silver Mountain Enduro - North American Enduro Cup. Montana Enduro Series, Idaho Enduro Series, North American Enduro Cup, Kellogg, ID. Held at Silver Mountain Ski Resort, EWS qualifier, world class trails, national caliber competition. New trails, race categories to include e-bikes* and more amateur age categories, cut-off times, full on finish line festivities and MORE!, Scott Tucker, 360-797-4288, scott@nwcup.com, North American Enduro Cup, contact@naenduro.com, naenduro.com

June 15, 2024 — The Bailey Hundo. Buffalo Creek, CO. 10th year for the race. The HUNDO is 100 miles with 10,000 vertical feet, the HUNDHO 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, Caprice Boss, 303-720-4509, caprice@teamevergreen.org, baileyhundo.org

June 15, 2024 — Terrible Two. Sebastopol, CA. The Terrible Two is our region's version of an epic, and has been running since 1976. There are two challenging routes, neither for the faint of heart. The first, starting at 121 miles is considered a tough century, and a gateway ride to the more formidable Terrible Two 200 mile course. It is a slightly abbreviated version of the Terrible Two and excludes Napa County. If also starts two hours later. Both are equally supported throughout., Lorenzo Freschet, 707-483-6965, lf@srcc.com, srcc.com, webflow.io, srcc.com

June 21-23, 2024 — NW Cup Downhill Series (Tamarack). Northwest Cup Downhill Series, Tamarack, ID, Downhill race. Held at Tamarack Bike Park. Friday will be open practice. Saturday will be split practice by category. Pro/JuniorX seeding Saturday evening. Sunday racing all categories. PRO GRT too, Scott Tucker, 360-797-4288, scott@nwcup.com, nwcup.com

June 21, 2024 — Mullet Cycling Classic. Missoula, MT. Business in the front. Party in the back. There's no better way to kick off the racing season than to play to our strengths. That's why in 2020 we're starting things off with a two-rider relay race: one person goes up, the other person comes down., Ben Horan, 312-502-5997, bhoran@gmail.com, mtbmissoula.org

June 22, 2024 — 9 to 5. Knobby Tire Series, McCall, ID. High speed rolling double-track. Tight, technical sagetbrush single-track, water crossings, quick steep drops, nasty, little granny gear climbs. Single speeders dream., Alex Phipps, 208-841-4120, alex01phipps@gmail.com, twistedturtleracing.com

June 22, 2024 — Lake Tahoe Mountain Bike Race. Tahoe City, CA. Sweet trails and singletrack. Juniors and all NICA riders welcome. Race in the cross country course, 4 hour or 8 hour race as a solo or on a team of 2, 3 or 4 (teams of 3 and 4 apply to the 8hr race only). The course is approximately 12.8 miles. Fast lap times are around 50 minutes. Cross country race is two laps. The course is a mix of single track and fire-road. It is a fast and smooth course with few technical sections. The most laps wins. Approximately 1350 feet ascending and descending per lap, Todd Jackson, 530-546-1019, todd@bigblueadventure.com, Kiley McInroy, kiley@bigblueadventure.com, bigblueadventure.com

June 23, 2024 — Send It at Jug Mountain Ranch Enduro. Wild Rockies Series, McCall, ID, Enduro MTB race, Alex Phipps, 208-841-4120, alex01phipps@gmail.com, twistedturtleracing.com

June 23, 2024 — Purgatory Enduro. Revolution Enduro Series, Purgatory, CO, David Scully, 970-846-5012, david@revolutionenduro.com, revolutionenduro.com

June 26, 2024 — Mid Week Melee. Morrison, CO. Three distances to choose from including: the Elite Mini Course (1.9 miles), Short Course (4.3 miles), and Long Course (4.8 miles)., Dave Muscianisi, 303-817-6523, events@attlerracing.com, attlerracing.com

June 26-30, 2024 — Junior Bike Week. Crested Butte, CO. Since 2016, we've had one goal - to host the biggest kids' bike party right here, the birthplace of mountain biking. Junior Bike Week is the only multi-day mountain bike festival that exclusively celebrates getting more kids on bikes; and we would love to have you join us for both non-competitive festive events as well as competitive racing., Amy Nolan, 970-596-4085, director@junior-bikeweek.com, juniorbikeweek.com

June 28-30, 2024 — NW Cup Downhill Series (Whitefish). Northwest Cup Downhill Series, Whitefish, MT, Downhill race. Held at Whitefish Bike Park. Friday will be open practice. Saturday will be split practice by category. Pro/JuniorX seeding Saturday evening. Sunday racing all categories. Scott Tucker, 360-797-4288, scott@nwcup.com, nwcup.com

June 29, 2024 — Helenduro. Montana Enduro Series, Helena, MT, Montana Enduro Series, contact@montanaenduro.com, Eric Silvers, eric@montanabicycleguild.org, montanaenduro.com, montanabicycleguild.org

June 29, 2024 — La Tierra Torture Mountain Bike Race. New Mexico Off Road Series, Santa Fe, NM, fast and flowy course, Jan Bear, 505-670-4665, janbear@gmail.com, nmois.org, core-crew.com

June 29-30, 2024 — Big Mountain Enduro. Big Mountain Enduro Series, Angel Fire, NM, BME Stop #4: a two-day race entailing upwards of 12,000 feet of long technical descents throughout the weekend. Racers can expect 3 to 4 stages per day on some of the most legit trails in the country., Robert Herber, robert@bigmountainenduro.com, bigmountainenduro.com

June 29, 2024 — Lutsen 99er. Leadville Race Series, Lutsen, MN. This race offers 99, 69, 49, 25, and kid distances combined with a weekend packed with fun, adventure and "killer" mountain biking for everyone., Paul Anderson, 719-219-9364, panderson4@lifetimfitness.com, leadville-raceseries.com, lutsen99er@lutsen99er.com

Utah Weekly Road Race Series

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

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

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

Logan Race Club Thursday Night Time Trial Series — Logan, UT. Thursdays. TT series consisting of 18 races on five 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 Kofod, benhof@hotmail.com, loganraceclub.org, Travis Dunn, travis.dunn@usu.edu, loganraceclub.org

Utah Road Race Series — Utah Crit Series. Salt Lake City, UT, Fridays, Marek Shon, 801-209-2479, utcritseries@gmail.com, race2wheels.com

May 7-July 9 — Utah Crit League. UCA Series. Various, UT, Tuesday night criteriums, Dirk Cowley, 801-699-5126, dcowley@comcast.net, utahcyclingevents.com

Utah Road Racing

May 4, 2024 — East Canyon Echo Road Race and Gran Fondo. UCA Series, Henefer, UT, 10 AM start for all courses beginning at Big Rock Campground with the 60 mile option going through Henefer and continuing through Echo Canyon. The route turns back to Henefer and finishes at Big Rock Campground. The 40 mile option only rides to the mouth of Echo Canyon and turns back to the campground while the 14 mile option will go up the Hogs Back and turn around to finish at Big Rock Campground with all the other courses., James Zwick, 801-870-4578, sports@sports-am.com, sports-am.com

May 4-5, 2024 — Moab Fondo Fest. Moab, UT. Gear up for double the adventure at the Moab Fondo Fest! Enjoy a 60-mile Gran Fondo on Saturday or a thrilling 60-mile Gravel Fondo on Sunday. Choose one or conquer both, TransRockies, 866-373-3376, info@transrockies.com, granfondomoab.com

May 11, 2024 — 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., Trevor Leavitt, trevor.leavitt@gmail.com, bikerereg.com, bearlake_loganraceclub.org

May 11, 2024 — Hobbie Creek Classic. Springville, UT. Mass start chip-timed ride, SAG, 57- and 24-mile options through fields and around West Mountain and Utah Lake's southern shore. Perfect early season race, Marci Mahana, marci.mahana@wavetro-nix.com, brooksee-raceentry.com, hobbie-creek-classic/race-information

May 25, 2024 — Hashkëniinîl Bike Race. Tour de Rez Cup, Navajo Mountain, UT, 50-mile road race, 10-mile road ride Navajo Mountain community near Eëhãnihîl (Pioneer Day) rodeo grounds, Tom Riggenbach, 928-429-0345, chuskaman@yahoo.com, navajojays.org, runsignup.com, Race/UT/NavajoMountain/HashkëniinîlBikeRace

June 1, 2024 — West Mountain Road Race. UCA Series, Spanish Fork, UT. Starts at Lincoln Beach, Troy Huebner, 801-427-0852, troy.huebner@tealdrones.com, cyclingpoint-series.com

June 7-8, 2024 — 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 22, 2024 — Utah Hill Climb - Snowbird. UCA Series, Snowbird, UT, Dirk Cowley, 801-699-5126, dcowley@comcast.net, utahcyclingevents.com

Regional Weekly Road Race Series

May 14-July 16, 2024 — SWICA Fairground Criterion Series. SWICA Criterion Series, Boise, ID. Local training crit series at Expo Idaho West lot (Glenwood Street south of Hawks Stadium). Every Tuesday, John Rogers, 208-284-9671, obccwebdesign@yahoo.com, idahobikeracing.org

May 15-August 14, 2024 — ICE BAR Time Trial/Hillclimb Series. ICE BAR Series, Pocatello, ID. Flat time trials: Start at Rainbow Road, 6.2m(10k). Scoring is best 2 of 4 times., May 4 at 6:30 pm, 7:00 pm, June 1, June 29 and July 27 Hill Climbs: Park at Cherry Springs, Crystal start at Cherry Springs and Scout start at bottom of Scout Mtn Rd. Scoring is best Crystal plus best Scout time. Approximately 5 mile climbs. mass start., May 18 -Crystal Summit (mass start), 6:30 pm:7:00 pm: June 15-Summit, July 13-Crystal Summit (Senior Games), August 10-Scout, Categories: End of season awards for men and women's overall winners of these categories: A's , B's , Master's 50+, Masters 60+, Triathlete, Recreational (Non TT bike, Eddie Merckx style), Single Speed, and Clydesdale (210 lbs+) and Athena (150 lbs+), Tony Chesow, 435-671-2506, hebertsports@yahoo.com, Bob Ellis, bobellis@isu.edu, idahocycling.com

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

May 2-5, 2024 — Tour de Bloom Stage Race (Omniium). Wenatchee, WA. The event features a road race in Waterville on Friday, an out and back 10-mile TT, a twilight criterium in historic downtown Wenatchee on Saturday, and a road race in Plain Washington with an uphill finish on Sunday. \$20k equal payout Pro M&W. Ace Bollinger, 509-679-5003, acebollinger@nwi.net, wenatcheevalleyvelo.com/current-event/tour-de-bloom/

May 4, 2024 — Spring Breakout Series #2. SWICA, Kuna, ID, 16 mile loop, 1-4 loops depending on category, held in Kuna, Justin Ward, 208-322-8042, sales@bobs-bicycles.com, springseries.com

May 4, 2024 — Capitol City Crit. Bismarck, ND. This one is for all you road

May 11, 2024 — Spring Breakout Series #3. SWICA, Kuna, ID. 16 mile loop, 1-4 loops depending on category, held in Kuna, Justin Ward, 208-322-8042, sales@bobs-bicycles.com, springseries.com

May 11, 2024 — Steamboat Roubaix. Steamboat Springs, CO, Paying homage to the mother of all rough road races, this will challenge all of your skills as a bike racer — speed, handling, power, tactics, team strategy, and grit. The Hell of the High Rockies brings a fun and challenging course to pro-am racers looking to test their racing skills in a good old fashioned peloton., Corey Piscopo, 970-367-3517, corey@bikesteamboat.com, bikesteamboat.com/roubaix

May 14-19, 2024 — USA Cycling Professional Road, ITT, and Criterium National Championships. Charleston, WV, Chuck Hodge, 719-434-4200, chodge@usacycling.org, usacycling.org

May 17-19, 2024 — Boulder Omnium. Boulder, CO, 3-Day Omnium featuring IT, Crit, and RR, Jamestown Time Trial, Louisville Criterium, Morgul Road Race, Lance Panigutti, 303-408-1195, lance@withoutlimits.com, withoutlimits.co

May 18, 2024 — Ride for the Pass. Aspen, CO. Benefits the Independence Pass Foundation. 24th Annual from the Winter Gate, 4 miles east of Aspen, to the Independence Ghost Town approximately 10 miles east up Highway 82 on Independence Pass, gains approximately 2200 feet of elevation, from 8,500ft to 10,700ft., Mark Fuller, 970-963-4959, 970-618-5086, fulcon@comcast.net, Karin Teague, 970-274-9690, 970-379-1222, director@independencepass.org, independencepass.org

May 18-19, 2024 — Marsh Valley 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, 435-671-2506, hebermistsports@yahoo.com, utahcyclingevents.com

May 24-26, 2024 — Iron Horse Bicycle Classic. Durango, CO, 52nd 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 Race and vendors. Ian Burnett, 970-259-4621, director@ironhorsebicycleclassic.com, ironhorsebicycleclassic.com

May 25, 2024 — Wards Ferry Road Race. Sonora, CA, Robert Leibold, 209-604-1354, velopro1@gmail.com, velopromo.com

June 1-2, 2024 — River City Cycling Classic. Spokane, WA, Omnium. Time trial and road race on Saturday, a criterium on Sunday. Racers can compete in events individually with no need to pass one event to qualify for the next; race 1, 2, or all 3 events. Nathan Gallahan, 208-771-2099, nathan.gallahan@gmail.com, rivercitycycling.org, [facebook.com/RCCyclingClassic](https://www.facebook.com/RCCyclingClassic)

June 2, 2024 — Regalado Road Race. Oakdale, CA, Robert Leibold, 209-604-1354, velopro1@gmail.com, velopromo.com

June 7-9, 2024 — Pike's Peak APEX. Colorado Springs, CO, Choose to race one day, two days, or all three days! The Pikes Peak Apex features exhilarating, exceptionally crafted routes through dirt roads, jeep trails, and the amazing alpine singlettrack that is quintessential Pikes Peak. The terrain will be challenging, but not overly technical. This Rocky Mountain trail experience through the aspens in Colorado's backcountry will draw not only professional riders, but also amateur cyclists looking for a bucket list endurance experience., Cycling , 719-634-7333, info@thesportscorp.org, Jeff Mosher, 719-634-7333 Ext 1005, jeff@thesportscorp.org, pikespeakapex.com, coloradospringssports.org

June 9, 2024 — Emmett-Roubaix Road Race. Emmett, ID, Justin Ward, 208-322-8042, sales@bobs-bicycles.com, idahobikeracing.org

June 16, 2024 — Excel Sports Sunshine Pass Hill Climb. Boulder, CO, 3000 feet in 9.8 miles including 3 miles of hard pack dirt., Barry Lee, 720-244-8228, 720-409-7048, blee1216@icloud.com, bicyclecolorado.org

June 21-23, 2024 — Baker City Cycling Classic. Baker City, OR, Three days and four stages in beautiful eastern Oregon, with great support and unparalleled scenery. Over 8,000 ft of climbing over the three days in one of the country's most beautiful cycling regions. Pros and amateurs race the same courses and the women's and men's prize purses are matched by sponsor BELLA Main St. Market, Ace Bollinger, 509-679-5003, acebollinger@nwi.net, Brian Cimmiyotti, 541-371-3303, 509-374-8424, scottscycleandsports@gmail.com, bakercitycyclingclassic.com

June 29, 2024 — Boise Twilight Criterium. American Criterium Cup, Boise, ID, 36th Annual, Pro Road Tour, races for all categories, and race under the lights for the pros., Mike Cooley, 208-371-5175, mike.cooley1958@gmail.com, boisewillightcriterium.com

Utah Road Touring and Gran Fondos

May 4-5, 2024 — Moab Fondo Fest. Moab, UT. Gear up for double the adventure at the Moab Fondo Fest! Enjoy a 60-mile Gran Fondo on Saturday or a thrilling 60-mile Gravel Fondo on Sunday. Choose one or conquer both, TransRockies , 866-373-3376, info@transrockies.com, granfondomoab.com

May 11, 2024 — FrontRunner Metric Century Ride. Salt Lake City, UT, 13th Annual Point to point metric century (62.5 miles) bicycle ride from Salt Lake City's Intermodal Hub to Ogden. Return to Salt Lake City via the UTA FrontRunner train service. Your bicycle will be transported via private truck to SLC. Registration opens Christmas Day! We sold out for the last few years, register early and don't miss out. Only 640' of total climbing, Matt Storms, 801-230-9270, staff@forthewinracing.com, frontrunnercentury.com

May 11, 2024 — Wasatch Front/Antelope Island Brevet. Salt Lake Randonneurs Brevet Series, North Salt Lake City, UT, 100k/200k/300k, self-supported brevet starting in North Salt Lake. Ride over Big Mountain and North Ogden Divide, then to Antelope Island and complete the loop, Richard Stum, 435-462-2266, richard@eogear.com, Ken Moss, 801-833-2782, rba@saltlakerandos.org, saltlakerandos.org

May 11, 2024 — Golden Spoke. Utah Bike Month, Wasatch Front, UT, Celebrate 100+ miles of the Golden Spoke Trail Network connecting from Ogden to Provo. This free, family-friendly event offers several ride options so people of all bicycling ability levels may participate. Two rides (50 miles) will start simultaneously in Ogden and Provo, and converge at Tracy Aviary's Jordan River Nature Center in South Salt Lake, where an End of Ride Event will be happening from 11 a.m. to 3:00 p.m. Additional shorter rides will begin in Farmington and Lehi (25 miles), and Millicreek (10 miles). There will also be short 3 and 6 mile loop rides to the Redwood Nature Area or Decker Lake in West Valley City, that begin and end at the Nature Center., Jared Bowling, bowling@utah.gov, goldenspokeutah.org

June 1, 2024 — Little Red Riding Hood. Lewiston, UT, Women-only ride. 17, 30, 55, 70 and 100 mile distances in Cache Valley, fundraiser for Women's Cancer Research at the Huntsman Cancer Institute. This event sells out quickly. Registration each year opens in January, Tim Shea, 801-598-0294, tshea580@gmail.com, lrh.org

June 1, 2024 — Ride the Gap Gravel & Century. Ride Southern Utah Road Gran Fondos, Parowan, UT, Enjoy cooler weather in the high country of beautiful Southern Utah. Fun and fast with a mileage option for every rider. Nothing like a small town with big fun! Enjoy open roads and very little traffic., Margaret Gibson, 435-229-6251, margaret@redrockbicycle.com, ridesouthernutah.com

June 1, 2024 — Yuba Res & Double Loop. Salt Lake Randonneurs Brevet Series, Nephi, UT, 200, 300, 400, 600K rides. A brevet is a timed ultra distance, self-supported event., Richard Stum, 435-462-2266, richard@eogear.com, Ken Moss, 801-833-2782, rba@saltlakerandos.org, saltlakerandos.org

June 8, 2024 — Huntsman SportsFest - Run, Ride, Play. Support Cancer Research. Utah Triple Crank, Salt Lake City, UT, An epic ride supporting Huntsman Cancer Institute (HCI). Distances: 15, 53, 75, 102, 135 & 140-miles. 100% of all funds support the mission of HCI., Jen Murano-Tucker, 801-584-5815, jmurano@huntsmanfoundation.org, huntsmansportsfestival.com

June 14, 2024 — Raspberry Ramble. Salt Lake Randonneurs Brevet Series, Logan, UT, Self-supported brevet 188, 250 or 375-mile in Cache Valley and southern Idaho. 5AM start in Logan, Richard Stum, 435-462-2266, richard@eogear.com, Ken Moss, 801-833-2782, rba@saltlakerandos.org, saltlakerandos.org

June 15, 2024 — RAW (Ride Around the Wellsvilles). Logan, UT, The Logan Rotary Club's Ride Around the Wellsvilles will begin

at 129 North Main, The Sportsman, 65 mile ride. Benefits local youth with new bikes and helmets, and internationally, provides clean drinking water. Bike Rodeo tool, Gary Saxton, 435-752-2161, 435-374-8076, logan-downtown@gmail.com, rotaryraw.com

June 22-23, 2024 — Bike MS: Harmons Best Dam Bike Ride. Bike MS, Logan, UT, Join hundreds of cyclists from around the region and celebrate 37 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 20 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 Matthews, 801-424-0112, Melissa.Matthews@nmss.org, Sara Allsuag, 774-254-2668, sara.allsuag@nmss.org, Mary Walter, mary.walter@nmss.org, bikemsutah.org

June 22, 2024 — The Longest Day - Ride for Alzheimers. Tremonton, UT, Raise funds for the Alzheimer's Association. Starting at 7 am at Schuman Park in Tremonton, we will stage our 3rd annual 100 mile route (shorter distances available) with rest rooms and aid stations throughout Box Elder County., Kirk Johnson, 801-513-9728, kirkj78@gmail.com, Tiffany Schultz, 435-257-1171, tiffany.schultz@edwardjones.com, act.alz.org/goto/spencerdow2024

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

Lizard Head Bike Tours — Various, UT, CO, and More, Multiple dates - Texas, Utah, Canada, Colorado, Oregon, New Mexico, Montana, and tons of other locations! Road, MTB, Gravel Tours, John Humphries, 970-728-5891, info@lizardheadcyclingguides.com, Lauren Lasky, 508-561-7580, lauren@lizardheadcycling.com, lizardheadcyclingguides.com

May 4-June 15, 2024 — Death Ride Training Ride Series. Markleeville, CA, Experience the breathtaking scenic beauty of classic Sierra roadways. Ride through wilderness areas with no traffic lights and just a few stop signs. Choose your favorite passes or pick one of six ride options. May 4, Woodfords (2 passes, about 53 miles), May 18, Topaz (2+ passes, about 58 miles), June 1, Woodfords (2 passes, about 54 miles), June 15, Markleeville (2+ passes, about 65 miles), Gregg Westerbeck, 877-845-2453, social@altaaipina.org, Michael Bayer, challenge@altaaipina.org, altaaipina.org/training

May 4, 2024 — Wine Country Century. Santa Rosa, CA, 50th Annual! Enjoy riding in the gorgeous Sonoma County springtime! 35 miles, 100k, and 100 miles with extravagantly stocked rest stops and welcoming volunteers. Lorenzo Freschet, 707-483-6965, lr@srcc.com, srcc.com

May 4, 2024 — Breathless Agony Century. King of the Mountains Century Challenge, Redlands, CA, Deborah Bowling, 818-889-2453, embassy@planetultra.com, planetultra.com

May 5, 2024 — Grizzly Peak Century. Moraga, CA, Road 30, 50, 75, 100mi, Gravel 60mi - Ride up, down, and around the East Bay hills with hundreds of your fellow cyclists on beautiful and challenging routes with ever changing scenery! Riders get logo socks, rest stops with tons of fresh fruit and home baked goods, clothing drop, basic mechanic service, SAG, AND our fabulous post-ride BBQ lunch including local beer! Proceeds support nonprofits that work to provide broad and inclusive community access to the economic, environmental, and health benefits of cycling!, Bonnie Goldsmith, (510) 847-3948, CenturyReg@grizz.org, Daniel Stoops, stoopsd@gmail.com, grizz.org/century

Tour of Romandie Trivia Answers

(see questions on page 5)

l'Alpe d'Huez in the process!

A1. Irishman Stephen Roche, who won the race in 1983, 1984, and 1987.

A2. Veronica Ewers of Team EF Education was fifth in the inaugural edition behind winner Ashleigh Moolman-Passio of South Africa, the only American to finish in the first ten thus far.

A3. Andy Hampsten in 1992! It was quite a victory as the man he defeated, Spaniard Miguel Indurain would go on to win that year's Giro d'Italia and Tour de France. Hampsten won the mountainous stage three into Ovronnaz to take the lead and defended it, despite Big Mig winning the final time trial to move into second overall, 23 seconds down. 1992 was one of Andy's finest seasons as he finished fifth in the Giro and fourth in the Tour, winning the famous stage to

A4. British rider Chris Froome, in 2013, completing a remarkable streak for his Sky team, who triumphed in Romandie and then the Tour for three successive years with Bradley Wiggins (2011) and then Froome (2012-13). Swiss rider Tony Rominger won Romandie prior to his Giro victory in 1995.

A5. Most would like guess that Belgian Eddy Merckx did this improbable triple. Merckx completed the Giro-Tour double in 1970, 1972, and again in 1974. While he did win Romandie in 1968 before also winning the Giro d'Italia, he never completed the Romandie-Giro-Tour triple. The only rider who did was Irishman Stephen Roche, doing so in his incredible 1987 season in which he also won the World Championship!
-Dave Campbell

Study Recommends Banning Right on Red

You're less likely to get severely hurt at an intersection if the auto is turning right than if it is turning left or going straight concluded a study done at Utah State University. The study focused on crashes with motor vehicles turning right, looking both at crash data and videos of nearly 1,200 incidents in Utah between 2010 and 2019.

To reduce the chances of auto-bicycle collisions, the study recommends against dual-right turn lanes, in favor of shortening crossings, banning right-turn-on-red, and giving pedestrians a green light before autos.

Find Right-Turn Safety for Walking/Bicycling: Impacts of Curb/Corner Radii and Other Factors at <https://rosap.nhtl.bts.gov/view/dot/72595>
-Charles Pekow

May 5, 2024 — L'Étape Las Vegas. Las Vegas, NV, Gives amateur cyclists the legendary Tour de France experience in the legendary city of Las Vegas! Cyclists, from seasoned veterans to beginners, can compete for an authentic Yellow Jersey; 75-miles, elevation +6,464 ft, 45-miles, elevation +3,035 ft, 25-miles, elevation + 2,260 ft, 10-miles Family Ride , Kids Race, Las Vegas Events , 702-260-8605, cycling@lasvegasevents.com, lasvegas.letapebyfourdefrance.com

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

May 17-19, 2024 — Santa Fe Century and Gran Fondo. Santa Fe, NM, Century (106 mile tour), the Gran Fondo (106 mile timed

Boise, ID, Fundraiser for the Treasure Valley Chapter of the National Federation of the Blind, 10, 25, and metric century (62.5 miles), individual and team rides, routes begin



Spiriderella
Saturday, June 15, 2024
Pocatello, ID

FULLY supported ladies-only ride
All money raised donated to charity
5 different routes to accommodate all levels of riding



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THE POWER OF BICYCLES

BOOK REVIEWS



Jonathan Maskit's "bicycle" Traces History of the Machine

By Charles Pekow

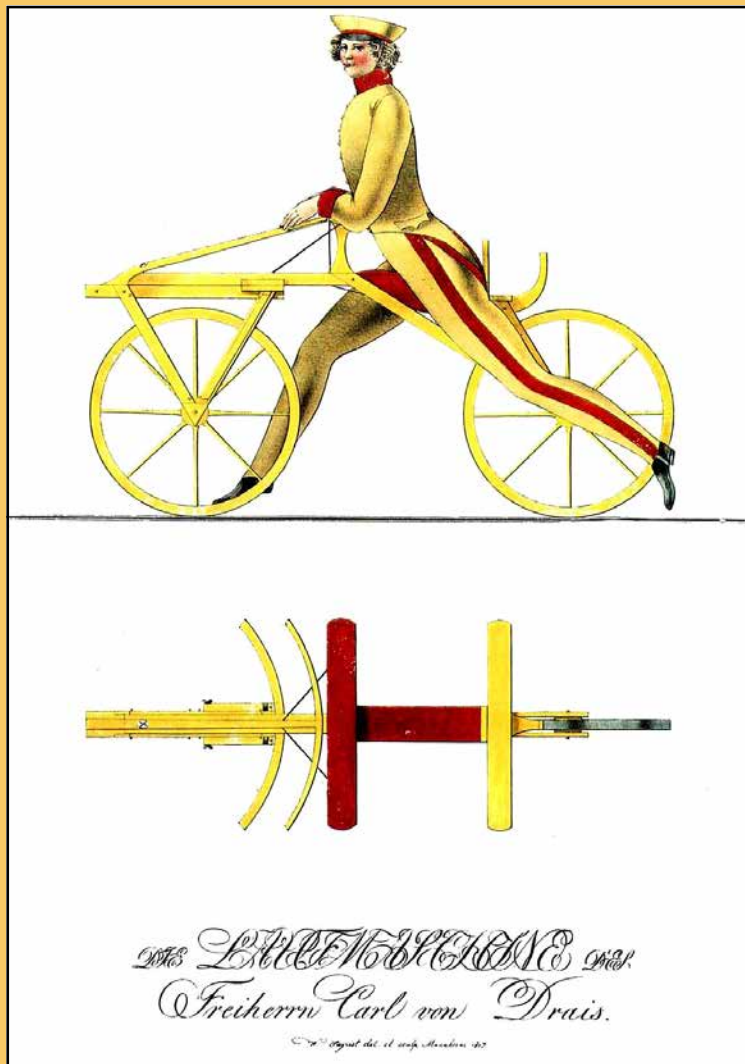
In addition to providing transportation and recreation, the bicycle has impacted culture historically. The difference it made, in all its incarnations over time is chronicled in a new mini-paperback simply entitled bicycle (with a small "b"), written by cyclist Jonathan Maskit.

The book is part of a series on Object Lessons from Bloomsbury Publishing Inc. that describes the histories and "hidden lives of ordinary things" we take for granted, ranging from golf balls to pregnancy tests to drivers licenses to dolls to sewers and so on.

While tracing the history of the machine and its relationship to the automobile, Maskit tells us a lot about his own personal experiences. A common theme in the book is that most of the infrastructure used for cycling wasn't designed for it, even if it was retrofitted for it with the likes of bike lanes and signals. 19th Century bicycle prototypes had to share dirt roads with horses and buggies and since the dawn of the 20th Century cycles shared thoroughfares with larger and more-well armored automated vehicles and the bike rider has generally been at a disadvantage.

The book can get technical in parts and refers to a lot of different scientists and philosophers to make points, even when they weren't writing specifically about bicycling, as a universal truth can apply anywhere. The book sometimes digresses into talks about everything from gun control to maintaining sidewalks for pedestrians.

We also read some about other forms of transit, such as boats and trains, evidently to show how cycling fits into the overall transportation story. Efforts to put steam engines on bicycles flopped long before the electric bike caught on.



Karl Drais' Draisine or Velocipede. Drais is considered the inventor of the bicycle. Photo courtesy Bloomsbury

We also get a technological explanation of how our muscles can power the wheels and how bicycles get built. And should anyone complain about cyclists on the road, you can tell them that many of the inventions routinely used in autos and airplanes, from pneumatic tires to carbon frames, were developed first for bicycles, which sped their use for automated transit. (The Wright Brothers, the author reminds us, were bicycle builders.)

The book takes on a history of the forerunners of the modern bicycle. Maskit traces the origin to 1817 Germany, where people learned to skate during cold winters and thus learned the balance needed to pedal on two wheels. The cyclist scorned by an angry motorist today isn't facing a new phenomenon: early riders weren't welcomed in parks or by carriage operators not eager to share their space.

Though the bike (or its predecessors) never really caught on in Europe and North America during the 19th Century, it never completely went away. And designers gradually found ways to make them safer and easier to ride.

It makes cyclists proud to hear in the book that cycling is the most energy-efficient way to get around on land (the book doesn't say so but only sailing can beat it). Long distances remain a problem, though.

Among the bicycle's cultural impact, it became popular for late 19th Century women, freeing them from their costumes and making it easier for them to get around and unite, and even leading to their fight for suffrage.

In more modern times, Maskit

tells us, largely through personal experience, about all the inconsiderate drivers, or those who don't understand that bicyclists can use the roads too. He tells us of all the times drivers have made inappropriate gestures and even dumped exhaust at him. Thoroughfares between cities can be especially dangerous and unfriendly to bike on as they usually have faster speed limits. He goes on and on about auto crashes and sharing the road. He even tells us how the thoughts of enlightenment and political philosophers Rousseau, Hobbs and Locke apply to considering bicyclists' rights to the road (something the philosophers themselves probably didn't have in mind but their thoughts can be universally applied).

In fact, we get doses of philosophy sprinkled through the book, from Derrida's reminder that we don't control words (motorist, driver) to what 20th Century existentialists say about perception, which sometimes means drivers don't see bicycles because they're not looking for them.

Maskit makes some good points about the need to include more about bicyclists in drivers' education. Let's hope the people who can influence that will read the book and get the message.

The author also devotes a chapter to "ghost bikes," memorials we occasionally (but once is too often) see along the roadways as memorials where cyclists came out on the wrong end of a crash; and another chapter to the movement to allow bicyclists to treat stop signs as yield signs. He promotes at length the idea that cyclists should be treated as

Calendar from page 21

in northwest Boise, supported ride. After ride burgers with all the fixings combined with socializing, music, festivities and prizes. Ramona Walhof, 208-336-5333, cycleforindependence@gmail.com, Allan Schneider, 208-870-4831, aaschneider@hotmail.com, cycleforindependence.org

May 19, 2024 — Strawberry Fields Forever. Watsonville, CA, 30,60, and 100 mile touring loops of beautiful Santa Cruz and Monterey Counties, CA. Sponsored by Cyclists for Cultural Exchange, and includes rest stops, support, full dinner (including strawberries and fresh cream!) at the finish. Robert Leibold, 209-604-1354, velopro1@gmail.com, strawberryfields.org

June 1, 2024 — Tour de Lava. Lava Hot Springs, ID. Distance 16, 32 and 55 miles. All money raised including registration fee goes to Huntsman for cancer research for Prostate Cancer and promoting prostate cancer awareness 1-9 men will get prostate cancer. Simple blood test for PSA. Tami Parris, 208-681-2812, rideondads@gmail.com, rideondads.com, hope.huntsmanccancer.org/rideondads

June 1, 2024 — 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 1-2, 2024 — Bike MS: Los Angeles Coastal Challenge. Bike MS, Ventura, CA. Choose your start line and build your own adventure. Start in Ventura for an easy 30 miles along the river path or Santa Monica for breathtaking 62 miles along PCH or take the challenge and do 105 miles for a combo of mountain and coastal riding. Everyone will come together for the finish line and party at the San Buenaventura State Beach Park to celebrate with food, drinks, music and fun! Overnight in Ventura then enjoy the beauty of Ventura County's coastline and the hills and lakes of Ojai. Sara Allsuag, 774-254-2668, sara.allsuag@nmss.org, JJ Hoffman, 323-839-6414, janette.hoffman@nmss.org, bikemslosangeles.org

June 2, 2024 — America's Most Beautiful Bike Ride - Lake Tahoe. Stateline, NV. Join us in the fight against blood cancer while you experience an amazing day of cycling around Lake Tahoe. 72 or 100 mile options, fully supported and afterparty celebration, Leukemia & Lymphoma Society, 888-557-7177, supportservices@lls.org, cure.lls.org/event/2024-america-s-most-beautiful-bike-ride/e498158

June 9, 2024 — Ride to End Alzheimers. Fort Collins, CO. Come help fund cutting edge research by fundraising and riding to help in the discovery of treatment and prevention methods for Alzheimer's. Ride options are available for 20, 50, 70, and 100 mile distances. Sara Prevost, 833-239-7433, ride@alz.org, alz.org/ride

June 15, 2024 — Spinderella. Pocatello, ID. Ladies-only ride featuring five scenic routes, from 10 to 100 miles. Roll-out begins at 6:00 am at Ross Park in Pocatello, ID. DaNae Young, 208-221-9300, spinderella33@gmail.com, spinderellaride.com

June 15, 2024 — CHAFE 150 Gran Fondo. Idaho Panhandle Gravel Series, Sandpoint, ID. The 150 mile route is a grand loop around the Cabinet Mountains through gorgeous lake and river valleys, encompassing one upriver leg, two downriver legs and one huge lake! In addition, CHAFE offers magnificent 100, 80, 40, and 25 mile routes for riders of any level. Syringa Cyclery, 208-610-9990, syringacyclery@gmail.com, Jane Huang, chafe150@outlook.com, chafe150.org

June 15-22, 2024 — Sierra to the Sea Bicycle Tour. Placerville, CA. 45th Annual. Starts/ends at Gilroy HS between 7-10am. Four scenic Bay Area routes 30m/712ft, 50m/1860ft, 74m/3713ft, and 101m/7182ft. Free ACTC introductory membership. Multiple food stops with a finish line party. SAG supported. Register by 4/27 to receive jersey at start of event. Peter Greene, 407-474-1128, tierrabella2024@gmail.com, tierrabella.org

June 22, 2024 — RATPOD (Ride Around the Pioneers in One Day). Dillon, MT. Now a virtual ride: RATPOD is now RATPOD Unlimited - Your RATPOD, Your way. You can ride any distance you choose, from anywhere you are located all in support of Camp Make-A-Dream. An oncology camp dedicated to ensuring those affected by cancer can live with and beyond their diagnosis. With just a small donation you can be part of this now national event all to honor those affected by cancer. RATPOD is usually a 130-mile one-day charity ride for Camp Make-A-Dream (a cost free cancer camp). The ride takes place in the

beautiful Big Hole Valley of SW Montana., Courtney Imhoff, 406-549-5987, info@ratpod.org, ratpod.org, campdream.org

June 22, 2024 — Cheyenne Superday Tour de Prairie. Cheyenne, WY. This long-distance, 100-mile, course route heads out and back from Cheyenne through the open, rolling prairie into the town of Chugwater for a uniquely Wyoming tour. Features 25-, 50-, 75- and 100-mile rest stations/turn around points. Breakfast and lunch are included. Aliea Eadie, 307-757-7166, aednie@cheyennecity.org, cheyennecity.org/superday-2024

June 29, 2024 — Alta Alpina Challenge. Markleeville, CA. Experience the breathtaking scenic beauty of classic Sierra roadways. Metric and Century options and more or pick one or more of the famous Alta Alpina passes for a personalized ride (30 miles and up). Fundraiser for the Alta Alpina Cycling Club. Gregg Westerbeck, 877-845-2453, social@altaalpina.org, Michael Bayer, challenge@altaalpina.org, altaalpina.org/challenge

June 29-30, 2024 — Bike MS: Colorado. Bike MS, Westminster, CO. With breathtaking mountain views and crisp mountain air, take in the views of Longs Peak, Colorado's most famous 14er, in an area known as one of Colorado's most scenic outdoor paradises. This Bike MS experience offers route options ranging from 32 to 103 miles over two days and is friendly to all abilities with rest stops every 10-12 miles. Lodging, meals, and entertainment based out of Colorado State University in Ft. Collins. Sara Allsuag, 774-254-2668, sara.allsuag@nmss.org, Brittany Rondello, 425-647-6846, brittany.rondello@nmss.org, Erika Barnum, 303-698-6127, Erika.Barnum@nmss.org, bikemscolorado.org

Multisport Races

May 4, 2024 — Ironman 70.3 St. George North American Championship. St. George, UT. Start: Sand Hollow reservoir. Bike through Snow Canyon State Park. Finish Downtown St. George. Ironman, 303-444-4316, stgeorge70.3@ironman.com, Kevin Lewis, 435-986-6615, Kevin@visitstgeorge.com, ironmanstgeorge.com

May 11, 2024 — 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, Novice: Swim 150 yds; Bike 2.4 mi; Run 1.5 mi. Be at the start before 8:45am. Location: South Davis Recreation Center; 550 N 200 W. John Miller, 801-298-6220, john@southdavisrecreation.com, Cindy Hunt, 801-298-6220, cindy@southdavisrecreation.com, southdavisrecreation.com, southdavisraces.com

May 18, 2024 — Woman of Steel Triathlon & 5K. TriUtah, American Fork, UT. Utah's first and most popular all-women's triathlon located in American Fork, Utah. Join us as we celebrate the strong women we love with a great venue. New this year is the 5k and we're feeding you breakfast. Dan Aamad, 385-228-3454, race@trirutah.com, trirutah.com

May 19, 2024 — Ironman 70.3 Morro Bay. Morro Bay, CA. 70.3 mile course. Ironman, boulder70.3@ironman.com, ironman.com

June 1, 2024 — Colorado Triathlon. Boulder, CO. Sprint and Olympic distances, at Boulder Reservoir. Lance Panigutti, 303-408-1195, lance@withoutlimits.com, withoutlimits.co

June 1, 2024 — Ironman 70.3 Hawaii. Kohala Coast, HI. 70.3 mile course. Ironman, boulder70.3@ironman.com, ironman.com

June 8, 2024 — 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. Craig Towler, 318-518-7303, info@bbsctri.com, Michelle Lund, michelle@bbsctri.com, bbsctri.com/sand-hollow

June 8, 2024 — Ironman 70.3 Boulder. Boulder, CO. 70.3 mile course. Ironman, boulder70.3@ironman.com, ironman.com

June 8, 2024 — South Valley Super Sprint Triathlon. Salt Lake Triathlon Series, Riverton, UT. South County outdoor pool, sprint and super sprint. Perry Hacker, 801-613-2116, contact@ustrisports.com, ustrisports.com

June 15, 2024 — XTERRA Lory. XTERRA America Tour, Bellvue, CO. 1/2 mile swim in the clear waters of Horsetooth Reservoir (Eltuk Bay), then a 2-Lap (beginner friendly) 12.2 mile single-track bike over rolling terrain, and across valley bridges at Lory State Park. Finish things off with a fun and challenging 4.8 mile (8k) run through the clouds on single-track trail! Lance Panigutti, 303-408-1195, lance@withoutlimits.com, withoutlimits.com/#/!_xterra-lory

equals with motorists under law and design. While "separate but equal" has been ruled unconstitutional for public schools, he suggests it would work fine for autos and bicycles to keep on separate paths to stay out of each other's way, just as is common for pedestrians.

We also learn a bit about the history of police bike patrols. The book discusses but doesn't resolve the fairly new issues brought up by ebikes, scooters and whatever other new vehicles are complicating the scene. And while he notes that the COVID pandemic increased cycling, the book doesn't deal with how some other factors affect ridership, from climate change to economics to energy sources.

Still, readers will learn much about how the bicycle has changed the world from the book.

Title: bicycle

Author: Jonathan Maskit

Published: Jan 25, 2024

Cost: \$13.45 paperback; \$10.76 ebook

Format: Paperback

Edition: 1st

Pages: 160, including 20 pages of index, bibliography, and footnotes

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BICYCLE ART

Pantani - The Bicycle Art of TJ Eisenhart



Name of artist: TJ Eisenhart

About the artist: Utah born artist now living in SC, grew up with a strong love for racing bikes. When he turned 16 he was racing in Europe with Team USA. He signed with the U23 BMC racing team and race in Europe for 4 years before rac-

ing 3 years with the USA Team Hincapie. He now owns the brand IMAGINARY which blends his love for art and cycling.

Title of piece:
PANTANI

About the piece: I wanted to paint

Pantani in a way deep cycling fans could relate to him. I wanted to show him in deep thought.

[Editor's Note: Marco Pantani was an Italian cyclist who won the Tour de France and the Giro d'Italia in 1998. Regarded as one of the greatest climbers ever, he set records on

Mt. Ventoux and L'Alpe d'Huez. He died in 2004 of acute cocaine poisoning.]

Medium and size:
Acrylic on canvas
Size 30in x 40in

Where can people find or buy

your art?
My website will be up soon but in the meantime everyone can contact and connect with me at any of my social media accounts:
@tjeisenhart
@imaginary_collective

BIKE MONTH

The annual 2024 Golden Spoke cycling event is Saturday, May 11. Come ride with us across more than 100 miles of safe and connected multi-use trails across the Wasatch Front from Ogden to Provo.

Register at GoldenSpoke.net



May is Bike Month, and it's time to pedal your way into adventure! Embrace the fresh air and scenic routes by joining Move Utah for Bike Month Bingo! It's a fun and interactive way to explore your community while promoting health and wellness. There's something for everyone to enjoy. So, grab your helmets, pump up those tires, and roll into Bike Month with Move Utah!

Learn more at move.utah.gov

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|---|---|---|--|--|
| Biked at least 5 miles today | Sign up for the Golden Spoke ride | 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 | Join the Strava Challenge |
| Wore or added reflectors to my bike | Rode to a neighborhood park | Free Space | 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 |

