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#### **NUTRITION**

### The Athlete's Kitchen: Optimizing Your Immune Response



Healthy foods for the immune system. Photo by Dave Iltis

#### By Nancy Clark MS RD CSSD

I fear getting sick when I travel to competitions. Anything I can eat to prevent illness?

What's the best diet to boost my immune system?

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I have nasty wounds from a bike crash. Will extra protein help fightoff infection and speed recovery?"

Staying healthy is a top priority for athletes who want to be able to train well, improve their athletic performance, and compete at a high level. But athletes get sick and injured. Even if you eat the healthi-

est diet around, ACL tears, broken bones, cuts, scrapes, and bruises happen—to say nothing of colds, Covid, and the flu. Nutrition is key to reducing the risk of illness and injury, as well as speeding up recovery. Older athletes, in particular, want to enjoy an immuno-protective diet due to reduced immune function with aging.

The immune system is a highly active organ system, distributed through the whole body. How well it functions depends on how well you nourish it. Athletes who skimp on food and have lack-luster nutrition are more likely to get sick and injured compared to well-nourished athletes. Fighting inflammation demands a good diet.

Moderate exercise itself improves immune function and is health protective. In comparison, intense and prolonged endurance exercise is associated with depressed immune function. That's why athletes (and everyone, for that matter) want to eat well on a daily basis, to reduce their risk of illness and injury. Inadequate sleep, anxiety, mental and physical stress can also erode immune func-

tion, as can dehydration. (The first line of immune defense is a mouth moist with saliva.) Good nutrition helps nip in the bud little niggling injuries that can explode into bigger ones, and sniffles that can turn into pneumonia This article offers nutrition tips for athletes who want to optimize their immune function to fend off illness and injury as well as enhance recovery from daily training sessions.

- Eat enough calories. The less you eat, the less energy your body has to repair and heal itself—and the fewer nutrients you consume. Chronically skimping on food (i.e., stopping eating because you think you should or the food is gone, and not because you feel satisfied) can easily predispose an athlete to muscle, tendon and ligament injuries and is associated with deficiencies in calcium, iron, vitamin D, carb and protein.
- Eat enough protein. Protein provides amino acids that are the building blocks needed to make antibodies and other antimicrobial factors involved in the healing process. Athletes should target about 20 to 30 grams protein per meal. That's the equivalent of three eggs or a can of tuna or 1 cup cottage cheese or 5 tablespoons of peanut butter or the whole 15-oz. can of kidney beans. Note: you need to eat more calories of plant (as compared to animal) protein to consume enough of the amino acids that are essential for fighting infection. Injured athletes who are unable to train can easily consume too little protein if they fear weight gain and cut too many calories. After surgery such as ACL repair or joint replacement, athletes

may also fail to eat enough protein due to lack of appetite.

- Eat enough carbohydrate: Without carbs for fuel, the body burns protein. Hence, a steady carbohydrate intake (preferably from nutrient-dense, fiber-rich whole grains, vegetables and fruits) can spare protein from being used for fuel. The recommended intake (1.5 to 2.25 g carb/lb body weight (3-5 g/kg) per day translates into consuming about 200 to 350 calories from starches, fruits and veggies per meal. Don't be one of the too many athletes who over-eats protein and skimps on grains. If that sounds familiar because you fear carbs are fattening, think again. Excess calories of any kind of food are fattening.
- Carbs are particularly important during prolonged exercise. Endurance athletes should consume at least 30-60 grams of carb per hour during exercise—and >60 g/h during sessions lasting for more than two hours—to reduce hypoglycemia with its stress-hormone response that negatively impacts the immune system. After a hard workout, refueling with carbs+ protein (for example, chocolate milk) within 2 hours helps restore immune function and optimizes recovery.
- Enjoy healthy fat at each meal. Healthy fats that knock down inflammation include avocado, peanut butter, olive oil, and oily fish (salmon, sardines). Including some healthy fat in each meal not only helps tame inflammation but also

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#### **CYCLING WEST**

Dave Iltis, Editor, Publisher, & Advertising dave@cyclingutah.com

Assistant Editor: Lisa Hazel Assistant Editor: Steven Sheffield

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Cycling West Late Spring 2025 Cover Photo: Kyle Horvath, Ryan Warner (Kyle's son), and Jasper (RIP), nearing the summit of High Roller Trail in Cave Lake State Park outside Ely, Nevada.

Photo by John Shafer, photo-john.

#### **BIKEPACKING**

### Bikepacking New Mexico's Caja del Rio



The trailhead. Bikepacking New Mexico's Caja del Rio. Photo by Don Scheese

#### **Bv Don Scheese**

"There comes a time when a man must hide. Must slip away from the human world and its clutching, insane, insatiable demands." —Edward Abbey, "Coda: Cape Solitude" in Abbey's Road: Take the Other

In the pre-dawn light I could hear, from the cozy warmth of my sleeping bag inside the tent, the soft hoots of great horned owls from the rim of the gorge. Donning layers of clothing in the 40-degree chill, I slowly emerged from the cocoon of the bag and tent. Looking west I saw the lovely light of sunrise softly illuminating the peaks of the fire-scarred Jemez Mountains. Below twisted the river, a silvery blue, still lying in the cold morning shadows. The sky was clear and cloudless and there was barely a breath of wind. It was going to be another good day.

I was camped on the rim of the Rio Grande gorge on the Caja del Rio, about 10 miles from the trailhead, on a section known as Chino

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Mesa, worlds away from the tourist trap referred to in some circles as "Santa Fake." The Caja del Rio, Spanish for "box of the river," is a plateau around 100,000 acres in size lying west by southwest of the capital of New Mexico. It is bounded on the west by the canyon itself, on the south by the Cochiti Indian Reservation, on the east by the city of Santa Fe, and on the north by the reservation of the San Ildefonso tribe. Its elevation ranges from 7300 feet above sea level at its highest points to a low of 5400' along the river.

The terrain is rocky, full of lavastrewn igneous chunks the result of volcanic activity over a million years ago. Atop this volcanic soil grow blue grama and sacaton grasses, sagebrush, prickly pear, staghorn cholla, banana yucca, and pinyonjuniper forest. The only reliable water sources are the river far below and scattered wells dug by ranchers to keep their cattle alive.

For thousands of years indigenous peoples lived on and visited this plateau, evidenced by scattered remains of habitation sites and petro-



Don Scheese, Bikepacking New Mexico's Caja del Rio. Photo by Don Scheese

glyphs carved onto the faces of the basalt rocks. The nearby Puebloan tribes still consider this land sacred and part of their homeland. In Euroamerican times the Caja was sliced by the El Camino Real, or the "Royal Road," the connecting route from Mexico City to Santa Fe, a 1600-mile supply road dating back to the 1600s following Spanish conquest and colonization of the territory. Centuries of grazing and over-grazing by Spanish and then Anglo-American ranchers followed. Today the Caja is managed as a unit of the Santa Fe National Forest, and ranching remains a main use. More recently, however, recreation is flourishing, with hiking, biking, and horseback riding growing in popularity as the Caja becomes better known. Unfortunately, abuses like illegal dumping and target shooting have been longstanding practices

I'd started my bikepacking trip the day before around noon from HQ Well, a main trailhead on the Caja. Carrying around 30 pounds on my trusty steel Niner RLT, including 6 liters of water, I anticipated a challenging but not overly taxing adventure. There are no steep long climbs on the plateau, the main challenges being the occasionally rutted, sandy, rocky stretches across rolling terrain interrupted by shallow arroyo cross-

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### Bikepacking Caja Del Rio - continued from page 3

ings. The first six miles took me through a P-J forest with spur roads leading to and around nearby summits like Twin Hills, Ortiz Mountain, and Montoso Peak, all modest rises in the topography. On the northeast horizon soared the snow-capped Sangre de Christos, representing the southernmost reaches of the Rocky Mountains.

I managed to maintain my momentum grinding down to lower gears on the short punchy rises, while enjoying the freewheeling if short descents and the not-frequent-enough stretches of champagne gravel, always on the lookout for the best line amidst the ruts, sand traps, and soft spots of the road's crest.

At mile six I turned off the main artery onto a spur road heading due north, across Chino Mesa. Here the road surface worsened to deeper ruts and softer crests, slowing me down even further. No matter: I had plenty of time to reach my intended destination of a camp on the edge of the gorge, silently chanting my mantra, "It's not how far you travel, it's how much you enjoy the ride and the experience." I came to several chunky sections across more arroyos, and ever the cautious older solo rider, chose to hike-a-bike these sectionswhy risk a cracked rim, popped spoke, and/or broken bones for the cheap short thrill of bombing across the rocks? Gradually the gradient decreased, and I could cruise leisurely on a long flat plateau extending to



View from camp. Bikepacking New Mexico's Caja del Rio. Photo by Don Scheese

the edge of the gorge, a nice finish to the day's ride.

At road's end, I stopped, stunned by both the views and the silence. I had not met a single vehicle or another person since leaving the trailhead. Now the only sounds were the wind through the trees and the occasional chirp of a bird. I thought: this is exactly why I came here, why I took the time and effort to reach this point.

To the west lay the burnt-over country of the Jemez Mountains, in the foreground glimpses of the city of Los Alamos, home to the national laboratory where the atomic bomb was developed. Along the western edge of the escarpment was White Rock Canyon, named for the soft volcanic tuff in which Ancestral Puebloans carved out cavates, or

cave dwellings, in nearby Bandelier National Monument. Immediately below, 1000 feet below, lay the Rio Grande, its waters backed up by Cochiti Dam some ten miles downstream. There was some evidence of civilization, admittedly...but given the quietude, I experienced the illusion, if not the total reality, of wild country.

A fire ring with a pile of readily placed firewood lay nearby. There was enough space for me to set up my 1-person tent, small kitchen, and Helinox chair to take in the surrounding views, sheltered by scattered junipers. It was a good site.

For the rest of the afternoon and into the early evening I did nothing but take in the views and contemplate the eternal question: Why was I here? Truthfully, I was in something

of a funk—the recent unexpected death of a beloved family member, toxic politics, the totalitarian and oligarchical directions this country is headed towards, had had me in a melancholy mood for days if not weeks. So, I came here, like Abbey, to escape....to discover my own Cape Solitude...

"Each time I come here; I wonder why I ever go back. Every time I go anywhere out in the desert or mountains, I wonder why I should return. Someday I won't."

(Abbey, "Cape Solitude")

The Caja is not wilderness per se, but it is wild country. Granted, there are obvious signs of civilization. There are numerous roads (disqualifying the area for wilderness designation). A towering power line transects the northern part of the plateau. There are scattered cattle tanks, corrals, and wells strung about the landscape. A far greater threat to the area's wildness is the plan to build yet another power line, from Los Alamos across the river to Santa Fe. Proposed by the Los Alamos National Lab (LANL), it would extend for 14 miles and connect to the existing power grid; the LANL claims it needs an additional power supply for its operations. As part of the power line a new highway, connecting the west side of the river to the eastern side, is also being proposed, which would require the highest bridge in New Mexico to be built. Because the project runs across federal lands, an environmental impact statement

is required, to be conducted by the U.S. Forest Service. Both the New Mexico Wilderness Alliance and a group recently formed to protect the area from such further incursions, the Caja del Rio Coalition, have vehemently opposed this new project, along with some one hundred organizations and individuals.

Members of the New Mexico Congressional delegation drew up legislation to declare the Caja a national monument, but, for whatever reasons, the bill was never signed into law in the waning days of the Biden administration. As a result, the Caja remains a severely threatened landscape.

Such thoughts were not helpful in easing me out of my funk...

"All my life a loner, an outsider, a barbarian from the steppes, the wolf on the snow-covered hill looking down at the lights of the village, I think I've never been accepted by my fellow men, fellow women, never been a bona fide member of the club. And looking back at the human race, feeling I never belonged, my first thought, right now, is—thanks God. Or Whatever." (Abbey, "Cape Solitude")

Occasional sips of whiskey helped to improve my attitude the rest of the afternoon. After all, I thought, I'm not here to solve the world's problems, I'm here to escape them, If only momentarily. And to be reminded of the virtues and benefits of the Simple Life and (as the saying goes) Getting Back to Nature. Does the Caja del Rio deserve

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Montoso Peak. Bikepacking New Mexico's Caja del Rio. Photo by Don

further protection as a national monument? An interesting question. The Antiquities Act, passed by Congress and signed into law by President Teddy Roosevelt back in 1906, gives the president sole authority 'to declare by public proclamation historic landmarks, historic and prehistoric structures, and other objects of historic or scientific interest that are situated upon the lands owned or controlled by the Government of the United States to be national monuments...." Roosevelt then wasted no time the next three years of his presidency by setting aside 18 new national monuments. Many of them, like Montezuma Castle in Arizona. Chaco Canyon, and Gila Cliff Dwellings in New Mexico, were clearly preserved for their archeological and historic value. Others, like Devils Tower in Wyoming, Petrified Forest in Arizona, and Muir Woods in California, had obvious scientific-i.e., geological or ecological-value. Since Roosevelt's time, many other presidents have created more national monuments, often in the last hours of their administration, much to the delight of environmental organizations, and much to the anger of some local residents opposed to "locking up" valuable natural resources like timber, minerals, and grazing rights. The continuing brouhaha over Bears Ears National Monument in southern Utah epitomizes the conflict over preservation versus exploitation. Two states-Alaska and Wyominghave recently passed laws prohibiting the creation of national monuments unless they are enacted by



A typical road. Bikepacking New Mexico's Caja del Rio. Photo by Don

Congress, not the President.

To get back to the question at hand: does the Caja del Rio deserve to be set aside as a national monument? It has some archaeological value given the evidence of ancient residences and rock art but compared to the spectacular ruins of Chaco and other Ancestral Puebloan sites set aside as national monuments, clearly does not measure up to the standards established by the Antiquities Act. As for "scientific value," the volcanic landscape of the Caja possesses some geologic value, but it's hard to make the case that it is as visually impressive as national monuments like Devil's Tower, Petrified Forest, or Mount Olympus (now Olympic National Forest).

The gorge of the Rio Grande

on the western edge of the plateau does, I would argue, represent sublime scenery, but the Antiquities Act does not specifically mention aesthetic values of nature as a criterion for preservation. The gorge itself is an example of geologic value, which I think renders the Caja at least worthy of consideration as a national monument. Maybe the best case for stronger preservation than simply national forest land lies in the idea of the Caja as an island of solitude and serenity within close proximity to a metropolitan area of well over 1 million people (if you include Albuquerque, just 30 miles south). Solitude and serenity, though not explicitly stated as criteria for national monument status in the Antiquities Act, should be included as such. After all, wild lands com-

prise only about 4-5% of the total US land mass.

National monument or not, the Caja represents a local retreat from the stresses and tribulations of what Abbey called "syphilization." It is said that Time heals all wounds. So does solitude in nature, if only temporarily. So, I spent the rest of the twilight taking in the sensory pleasures of the natural world. Like the passing of time, the seamless transition from dusk to darkness...the ephemeral beauty of a spectacular sunset... the phenomenon of alpenglow on the distant peaks of the Sangre de Christos... the appearance of the first star...the lights of Los Alamos glowing across the canyon like the embers of a dying campfire...the incessant insistent calls of a couple of common poorwills... the appearance of the Big Dipper, standing on its handle, in the dark night sky...

The ride back was uneventful. I returned to the vehicle, refreshed and ready to face the human world, and its myriad problems, once again.

"As any honest magician knows, true magic inheres in the ordinary, the commonplace, the everyday, the mystery of the obvious. Only petty minds and trivial souls yearn for supernatural events, incapable of perceiving that everything-everything!—within and around them is pure miracle."

(Abbey, "Cape Solitude")



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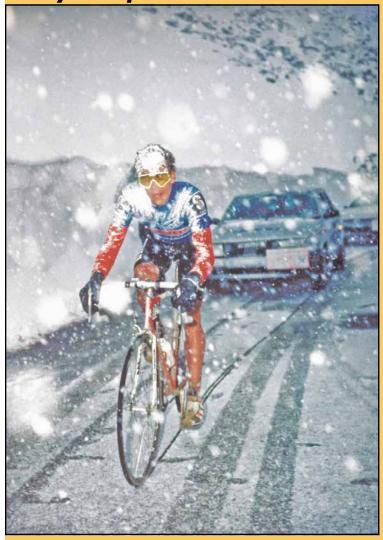






#### **BICYCLE HISTORY**

### Andy Hampsten and the 1988 Giro d'Italia: America's only win in Italy's Grand Tour



Andy Hampsten in the snow on Gavia Pass in the 1988 Giro d'Italia. Photo by Sergio Penazzo

#### By Dave Campbell

It was mid-June of 1988, and I had just taken the last final of my freshman year at the University of

Oregon and was strolling through the Student Union. My mind was on the packing I still had to do back in my dorm room before heading back to Wyoming when I ran into my U of O cycling club teammate Michael Keep. His face lit up when he saw me with that manic passion for bike racing that we shared.

"Have you heard?" he asked. 'Andy Hampsten just won the Giro!" he exclaimed. Mike was always flush with the latest news on cycling because unlike me, he had a subscription to VeloNews, as well as friends at the Olympic Training Center in Colorado Springs. I had not heard and was absolutely thrilled and craving details.

"I guess it was just a classic Giro victory, and he took the lead through horrible snowy conditions in the mountains that were totally epic!" he continued. "And then his 7-Eleven team had to defend his lead and they did it! Can you believe it?"

Given that Greg Lemond became America's first Tour de France winner in 1986 and his young teammate Hampsten was fourth, I could believe it, but what an incredible and historic accomplishment. Hampsten left Lemond's French team the year before, which many felt was "the best in the world" to return as leader of the fledgling American 7-Eleven squad, giving additional significance to the victory...he won with an American team!

"We" Americans had come so far in such a short period of time. George Mount, after all, was the first to ride a Grand Tour, taking on the Giro in 1981, followed by Jonathan Boyer tackling the Tour later the same year and we hadn't gotten a rider on a Grand Tour podium until Lemond was third in the 1984 Tour, the same year an American team (Gianni Motta-Linea MD) first contested the Giro.

When the 7-Eleven team first tackled the Giro d'Italia in 1985, it was their first attempt at a Grand

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Tour, and they were seen as a bit of a novelty... "the criterium boys go to Europe". Their goals were modest: win a stage and place a rider in the top twenty overall. They accomplished both goals, first with Ron Kiefel winning into Perugia and then struck again with Hampsten (on loan from the Levi's-Raleigh team) claiming victory atop Gran Paradiso and squeaking into twentieth overall. They rode the Tour de France in 1986 and 1987 and when they returned to the Giro in 1988, their goals and capacity had risen significantly.

From the late-1970s through the mid-1880s the Giro routes had been a bit anemic. The Italian stars of the era, Beppe Saronni and Francesco Moser struggled in the high mountains but shone in time trials and sprints. As such, race director Vincenzo Torriani designed courses to best suit them, with minimal mountains and few summit finishes. By 1988, however, Moser had retired and Saronni was well past his prime and racing as Del Tongo's road captain.

The 71st Giro was the most difficult in years, featuring seven mountain stages, five summit finishes, and a mountain time trial over its 3579 kilometers. On Italian television prior to the start the twenty teams of nine riders each were presented, and the leaders were asked who they thought would win with all deflecting the pressure to other riders. Italian Franco Chioccioli of Del Tongo was a favorite as was Swiss Urs Zimmerman, Frenchman Jean-Francois Bernard of Toshiba-Look, Spaniard Pedro Delgado of Reynolds, and Dutchman Erik Breukink of Panasonic.

When the interviewer asked Raul Alcala of the 7-Eleven squad what he thought, he said "Oh, Andy is going to win!" bringing his bored teammates to their feet as they thrust out their arms and exclaimed "Yeah!"

The team had enjoyed an excellent spring with Hampsten winning a mountain stage at Paris-Nice, Kiefel placing third in Ghent-Wevelgem and winning the Giro di Toscana, and Bob Roll and Davis Phinney both winning stages of the Tour of Romandie, where Hampsten came fourth overall. Hampsten had trained especially hard that winter, at the urging of coach Mike Neel, who convinced him to train for up to eight hours solid in rugged weather to build a bigger foundation. Hampsten had taken this to heart, often doing long snowy hikes in the dead of the Colorado winter.

Having won the Tour de Suisse in 1986-87, Hampsten had chosen to focus on the Giro instead and studied the route meticulously. Italian cycling legend Gianni Motta, the 1966 Giro champion who had supported the first Americans in the Giro back in 1984, counseled him about the fearsome Passo Gavia which would feature in Stage fourteen. Motta noted the pass was last used by the Giro in 1960, the Italian riders didn't know it, and they had no idea how hard it was. Starting at an elevation of 1258 meters, the Gavia rises to 2621 meters, over 8500 feet high, in just over 17 kilometers, at an average gradient of 7.9%. The road turns to dirt after 6 km and the steepest pitches occur shortly thereafter and peak at 16%. There was likely to be difficult weather there and the

Giro, he assured Hampsten would be won and lost on the Gavia.

Hampsten was 13th in the opening time trial in Urbino, twenty seconds down on Bernard. His team was 9th in the Team Time Trial on Stage four in Vieste, conceding over a minute and a half to Chioccioli's Del Tongo squad. The Italian would take the lead two days later with victory in the first summit finish to Campitello Matese, but Hampsten was second, just twelve seconds behind and moved into eighth overall, just over two minutes down.

The next big test came on the summit finish of the 205-kilometer stage twelve from Novara to Selvino. Hampsten attacked with three kilometers to go and won the stage solo. He joyously crossed the line eleven seconds clear of Delgado to move into fifth, now just 1:18 in arrears. He told Geoff Drake, who penned the definitive book "Team 7-Eleven" that "I just felt so good, I thought other people were playing a practical joke on me. I just rode away."

As the Gavia stage approached and severe weather moved in, team director Jim Ochowicz raided the local ski shops for warm clothing for his riders. The 7-Eleven soigneurs coated the riders with lanolin as if they were preparing to swim the English Channel and prepared extra bags with warm clothes and tea for the summit, because the Gavia stage would finish not on the summit but rather in Bormio following a 25-kilometer descent. The rain was already turning into snow at the 9 a.m. start at 600 meters elevation so the riders knew when they climbed to 2600 meters the conditions would be brutal.

Dutch points leader Johan Van der Velde led an eight man break away over the Passo Tonale in heavy sleet while the race favorites waited for the final climb. As his teammates delivered him hot tea throughout the stage, Hampsten looked over his competitors and decided they were suffering more than he was. He thought many of them looked scared and as they approached the Gavia, he removed his raincoat, hat, and legwarmers and the team led him out for his big attack. On the advice of team doctor Max Testa, Hampsten punched it as soon as the road turned to dirt, marked by a stand of larch trees at a hairpin with 14 km to go, just as they entered the steepest

Riding within himself in a low gear of 39x25, knowing the race will be won on the descent, Hampsten's first time-split is 47 seconds over Breukink. As the snowfall gets heavier, he takes a wool neck warmer and hat and when he brushes the snow off his head to pull on the cap, is shocked to feel a giant snowball roll down his back! Van de Velde hits the summit first but has very little warm clothing on, and according to Neel was "frozen like a statue' and will go on to lose over forty-five minutes on the descent. Hampsten, meanwhile, stops to put on a rain jacket and is caught by Breukink.

The dirt road beneath the slush actually provided the riders with good traction but visibility was almost zero and there is no lead car, no helicopter, no follow car, and no escort whatsoever. The riders just followed the tire tracks in the road and tried to make it down the mountain as best they could and just



survive in the frigid conditions. At one point, Hampsten looked down at his legs, which were bright red, and his shins were covered with ice, and he decided he wouldn't look down again.

As the snow turned to rain with seven km to go, Breukink accelerated away with Hampsten unable to respond. The Dutch rider would win the stage seven seconds clear, but the physically and emotionally exhausted American took the pink jersey with a 15 second cushion over his rival while Chioccioli was the next closest on GC at nearly four minutes down. Eight stages still remained but the Gavia had been decisive.

Continued snowfall shortened the following stage, and the riders climbed the Stelvio pass in team cars. Bernard, who lost nine minutes on the Gavia, won the abbreviated stage into the ski station at Merano 2000 and Hampsten put another 27 seconds into Breukink on the fifteenkilometer-long finishing climb. All of the favorites finished together on Stages 16 and 17 with Hampsten's next major challenge being the Stage 18 time trial, 18 kilometers from Levico Terme up to Vetriolo Terme. After six kilometers on flat city streets, the stage would climb nearly 1000 meters at an average of 8.4% through a dozen switchbacks. After calmly warming up on rollers listening to music, Hampsten pegged his heart rate at 180 beats per minute on the advice of Testa and laid waste to all comers. Leading at every check point, he won the stage by 32 seconds and increased his GC lead to 1:51 over Breukink and 5:10 on Zimmerman. It was the best time trial performance of his career, and he later said, "it hurt so much, it was almost like a meditation.'

Stage 19, a 233-kilometer slog through the Dolomites to Arta Terme was where it could have all come undone. Zimmerman attacked on the Passo Duran and crossed the summit nearly a minute clear, but Hampsten stayed alongside Breukink and didn't worry. But when Italian Stefano Giuliani bridges across, the gap starts to really grow. Hampsten only has teammates Jeff Pierce and Bob Roll with him and Breukink is forcing him to chase as the gap grows to four minutes. Roll is dropped with only sixty kilometers remaining and Mike Neel makes the difficult call to wait for a chasing group behind that contains several more teammates, risking losing the race in order to win it. While Hampsten's group soft pedals, "Slim Zim" moves seven minutes up and is now the leader on the road, while Breukink has effectively lost his GC spot as well.

Fortunately, the forty-rider group contains Slurpees riders Ron Kiefel, Dag-Otto Lauritzen, Raul Alcala, and Bob Roll who were ready to give everything for their team leader. Hampsten, meanwhile, convinces Breukink to commit his Panasonic

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teammates to the chase as well and slowly and with great effort, the gap comes down to just three minutes on the line and Hampsten's Giro is saved.

Just two sprint stages and a 43-kilometer closing time trial in Vittorio Veneto remained for the 125 riders left of the 180 that set out. Hampsten has 1:49 on Zimmerman and 2:06 on Breukink, but the Dutchman is a ferocious time trialist on flat terrain. A thunderstorm rolls in during the stage and Hampsten wisely backs off on a slippery descent while Zimmerman, riding double discs in the gusty winds, takes risks and crashes heavily, ultimately conceding his second place on GC to Breukink. The Panasonic rider finishes fifth behind Polish chrono specialist Lech Piasecki but puts only 23 seconds into the pinkclad American, who finishes seventh on the day.

Following the awards ceremony, where Hampsten also won the combined jersey and King of the Mountains competition, the 7-Eleven squad piled into their team cars to drive three hours up the autostrada to Villa d'Alme, just outside Bergamo to celebrate. Why so far? They had reserved tables at the Bar Augusto, where team members Davis Phinney, Kiefel, Hampsten and others had regularly stayed during their amateur days while racing in Northern Italy with the US National Team.

The adopted Italian home of the American riders is filled with trophies and framed jerseys, including Fausto Coppi's maglia rosa from his first Giro win in 1940. In the early 80s, the team was so proud when

they finally brought their own small trophy from an amateur race back for the proprietor to put on the mantle and now, they had claimed the very biggest prize in Italian cycling. That night, amidst the popping of champagne corks, another pink jersey was proudly hung on the wall, with the signature of a proud American... Andy Hampsten!

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•Dreier, Frederick. (2024) Giro d'Italia Redux: The Amazing Story of Andy Hampsten's 1988 Giro d'Italia Victory. <u>VeloNews.com</u>

•Martin, Pierre; Penazzo, Sergio; Bratino, Dante; Schamps, Daniel; & Vos, Cor. (1984) Tour 84. Kennedy Brothers Publishing Ltd. •Wilcockson, John. (2008) Hampsten and the 1988 Pink Jersey: Parts 1-4. <u>VeloNews.com</u>.

Dave Campbell was born and raised in Lander, Wyoming and now resides in Bend, Oregon. 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.



June 1, 2025

## Lake Tahoe, NV

## America's Most Beautiful **Bike Ride**





**Register** and pedal our mission toward cures. Choose from three stunning event routes: an exclusive 35 miles, 72 miles, or 100 miles.

**Ride** around the turquoise shore, take in the mountains with your fellow riders cheering you on, and enjoy a post-ride celebration.

**Support** blood cancer patients and their families by raising awareness and funds for LLS. **Together, we can create a world without blood cancers!** 

#### Immune Support -Continued from page 2

enhances absorption of health-protective vitamins A, D, E and K. Fat also makes the food taste good; it carries flavor. You'll want to adjust your fat intake according to how many calories you need after having met your protein and carb requirements.

- Choose primarily nutrientdense foods for vitamins and minerals. Deeply colored fruit (oranges, blueberries, strawberries) and veggies (broccoli, carrots, red peppers) are rich in not only vitamins and minerals but also many immuneboosting phytochemicals. They are better than anything you'll find in a pill. Some nutrients can be hard to consume without supplements:
- -Vitamin D (2,000-4,000 IU/ day during winter months to maintain a normal blood level),
- -Iron (pills should be taken under medical supervision), and
- -Omega-3 fats DHA and EPA if you don't eat fish (250 mg/day may benefit immune tolerance and reduce inflammation).

Supplements such as HMB, creatine, collagen and probiotics may or may not be helpful; responses vary from athlete to athlete.

• Keep your gut happy. An estimated 80% to 90% of immune function stems from gut microbes. They thrive on fiber-rich fruit, vegetables and whole grains, as well as fermented foods such as yogurt, kefir, and kombucha.

The bottom line: To create a strong defense system that helps fend-off illness and the risk of getting injured, you want to keep your immune system well-fortified with adequate protein, calories, and fiber-rich carbs. By eating for health (more so than dieting to lose weight), you'll boost your chances of getting to the podium.

#### Reference:

Kozjek NR et al. Nutrition for Optimising Immune Function and Recovery from Injury in Sports, Clinical Nutrition ESPEN, Jan 2025

Nancy Clark MS RD CSSD counsels both fitness exercisers and competitive athletes in the Boston-area (617-795-1875). Her best-selling Sports Nutrition Guidebook is a popular resource. Visit NancyClarkRD.com for more informa-

#### Congress Approves Mountain View Corridor Completion Act

A missing link in the Wasatch Front bike system can be built. Congress approved the Mountain View Corridor Completion Act, which transfers about 200 acres from the Bureau of Land Management within Camp Williams to the State of Utah so it can complete the roadway linking communities in Salt Lake and Utah counties. The National Guard uses the land, 26 miles south of Salt Lake City, as a training ground but the land in question is wilderness.

Meanwhile, the Utah Department of Transportation (UDOT) is building four miles of a 12-foot-wide asphalt shared-use path. This includes four pedestrian bridges near 2100 North, two grade-separated crossings, and a pedestrian bridge over Porter Rockwell Boulevard," UDOT spokesperson Wyatt Woolley stated in an email.

"The goal of this addition to the active transportation network is to improve connectivity with existing and planned trails in the area. The new trail will link to the existing 2100 North path and provide a connection to the future Jordan Narrows Trail. Additionally, we are constructing a box culvert for a future crossing and bridge that will connect the multi-use path to the trail network north of the project, enhancing regional access for pedestrians and cyclists," Woolley added.

For more, see: https://www.congress.gov/congressional-report/118thcongress/house-report/668/1

-Charles Pekow

#### Colorado Senators Reintroduce CORE Act

Colorado's senators introduced the Colorado Outdoor Recreation The bill would set aside about 420,000 acres in Colorado for wilderness and outdoor recreation.

Nearly 80,000 acres would be designated for conservation and recreation, including mountain biking. Some of the land lies in the White River National Forest along the Continental Divide.

The bill was referred to the

Committee on Energy and Natural sources. Rep. Joe Neguse introduced it in the House as H.R. and Economy (CORE) Act (S 764). 1728, referred to the Committee on Natural Resources. Three other House Democrats from Colorado cosponsored it. The same legislators have been introducing similar legislation every Congress since 2016 with no results. For more, see: https://www.bennet.senate.gov/ about/core-act/

-Charles Pekow

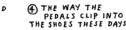
## 20 REASONS

















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THE CHALLENGE OF SCALING



(16) EATING A LOT

ND BURNING IT OF F













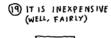


(17) IT IS NON-POLLUTING











(20) THE FEELING OF YOUR HAIR\*



davewalker.com

#### New Utah Bills Prohibit Drivers From Blocking Bike Lanes; Allow E-Bike **Powered Food Carts**

A new bill prohibiting drivers from blocking bike lanes passed the Utah Legislature and signed into law by Governor Spencer Cox on March 27, 2025. Bicycle Lane Safety Amendments (HB290) passed in the House of Representatives by a vote of 61-10 and the Senate by a vote of 16-8. The bill states that a motor vehicle may not drive in a bike lane, that motor vehicles must yield to bicyclists when crossing a bike lane and may not park or stop a car in a bike lane. It further states that highway authorities (transportation departments) may obstruct bike lanes but must provide an alternate route for bicyclists and minimize the impact on cyclists. Lastly, it clarifies the definition of a bike lane including that a bike lane does not include shared lanes intended for both motor vehicles and bicycles. The bill was sponsored by Rep. Verona Mauga. The bill will take effect on May 7, 2025.

Another bill, Food Cart Amendments (HB134), was signed by Governor Cox on March 19, 2025, and will also take effect on May 7th. The bill changes the law so that a food cart can be moved with a class 1, 2, or 3 electric bicycle. Previously, motorized food carts were

not allowed. Food carts, as opposed to food trucks, are mobile kitchens set up on the street to prepare and sell street food to passers-by.

Dave Iltis, editor of Cycling West, discussed his role in getting the bill passed. He said, "In 2024, when visiting Hatch's Chocolates in Salt Lake City, I noticed that they had a brand-new electric bike powered ice cream cart. When I asked the owner about it, he said that they weren't allowed to use it because Salt Lake City wouldn't issue a permit because it had a motor." This led to learning that the state law was the ultimate problem since it didn't allow for motorized food carts. So, we worked with Rep. Jen Dailey-Provost to introduce the bill and get it passed. The next steps are to notify Salt Lake City when the law goes into effect and see if they will finally issue Hatch's a permit. This is just one more step in promoting a non-polluting, bicycle-powered

For more information on these two bills, visit the official website of the Utah State Legislature at https:// <u>le.utah.gov/</u>.

-James Knight

#### Idaho Passes Bills Hampering Bike Lane Construction

Senate Bill 1140 and Senate Bill 1144 have passed in the state of Idaho. These bills will regulate and dictate when bike lanes and sidewalks can be built in Ada County, including Boise. The bills were sponsored by now former Senator Mark Harris, who is from Soda Springs, Idaho. Senate Bill 1140 passed with 28-6-1 in the Senate and 59-9-2 in the House, while Senate Bill 1144 passed 26-7-2 in the Senate and 58-10-2 in the House and were signed into law by Governor Brad Little according to legislature.idaho.gov.

These bills passed despite the community electing two new pro-pedestrian and bicycling Ada County Highway District commissioners Alexis Pickering and Patricia Nilsson, as Colton Grange notes in the Cycling West editorial "Advocacy Alert: Idaho Bills Will Severely Impact Bike Projects." While these bills primarily impact Boise and other areas within Ada County. The bills were brought forth by politicians from outside

of Ada County. As Colton Grange noted in the same editorial "A bunch of politicians who don't live in Ada County are voting to overrule the results of that election and threaten ACHD members with jail time should they commit the crime of building a bike lane. It's excessive regulation. It's government overreach."

The new bills essentially say that bike lanes and pedestrian facilities can only be improved upon or added to a highway project if they provide a secondary benefit to the project, or are near schools or parks, or if there are federal regulations requiring such action. Any elected person who tries to infringe on these laws can be charged with a misdemeanor and punished by up to a year in prison and \$1000 fine.

For more information, you can view the Colton Grange editorial at https://www.cyclingwest.com/columns/guest-editorials/advocacy-alert-idaho-bills-willseverely-impact-bike-projects/

-James Knight

#### **BIKE INDUSTRY**

### What is the Current State of the Bike Industry?



Sea Otter 2025 looked like business as usual. Photo by Peter Abraham

#### By Peter Abraham

As I have done for the last three years, I drove up to the long-running Sea Otter Classic last week. The event, held at Laguna Seca Raceway in Monterey, has been held every year since 1991. It's a combination bike racing festival, trade show and community gathering for all kinds of bikes. I like just walking around the event and taking it all in. I also enjoy riding in some of the races if possible. Between observing things and talking to bike industry leaders, you can get a picture of what is happening in the ecosystem. Here's what I learned this year:

#### **Trade Tariffs**

These were like a black cloud hanging over the event. From a distance, you could look across the venue and it seemed normal: thousands of cyclists, booths, brands but when you got leaders one on one, you understood how devastating the tariffs are. I met with dozens of bike industry CEOs and leadership teams last week, and opposition to and anger with Trump's reckless trade policies was unanimous. It's not only the tariffs themselves but also the drunken, on again/off again nature of them that is preventing many businesses in America (not just bikes) from doing any planning for the future. Bike brands are truly paralyzed because they have no idea what they will be paying for their goods moving forward. And the tariffs come after three years of the worst recession the bike industry has ever had. Many brands were already on the ropes. It's going to be a very, very difficult few years for bike businesses.

#### **Brand America**

You can't deny that American brands selling abroad, particularly in Europe, Asia and Canada — are facing stiff headwinds right now. The collective anger around the world towards the United States should not be underestimated. Any brand associated with our country — Nike, United Airlines, Ford, etc. — is going to have a hard time selling in those markets. And I believe bikes are no different. We'll see this more

early July.

#### **Technology**

I've been writing about this for a couple years, but I did not see much new/interesting technology on display at Sea Otter. Most high-performance bike frames are all made using the same pre-preg carbon fiber process, at the same Asian factories, with designs that are almost identical. The only thing differentiating them is the paint job. There were some interesting 3D Printed MTB frames and parts, but you'd have to know to look for them. They were not promoted at all. (Disclosure: I'm part of a 3D Printing technology business in the UK) It feels to me like there's whitespace for brands to experiment with new & different ways to make frames that solve customer problems.

There are two brands — SRAM and Shimano — that dominate bike components around the world. I grew up riding the Italian brand Campagnolo, which, while it still technically exists, feels like a historical footnote at this point. I know people at both SRAM and Shimano, and they make fine products. I've used both extensively over the last 20 years. But would the entire ecosystem be healthier with some competition? The Classified shifting system is interesting, and there may be some other people doing interesting things. But never once in three days at Sea Otter did I hear anyone say, "Peter, you have to go see what these guys are doing."

clearly when publicly traded companies release their Q2 earnings in



Liv held an excellent panel aimed at women in the bike industry, with Rachael Burnside, Anne-Marije Rook, Michelle Duffy and Cassondra Spring. Photo by Peter Abraham

I feel like a broken record here. The bike industry — both employees and customers — is too white and male. That category is only 30% of the American population, and the other 70% of our country is being mostly ignored by the bike world. This is not something that can be solved overnight by any single business. It will take collective energy over decades to overcome this. But it's not impossible. I used to be in the running business, and I watched 5K races go from 25% female in 1990 to 57% female in 2015. Bikes could make similar progress if all of us commit to it.

#### **Brand Energy**

Where is the young, fresh energy around bike brands? I'm currently seeing the running world explode with innovative brands - Satisfy, Tracksmith, Bandit, Soar, etc. — and I ask myself why this isn't happening in bikes. I do believe that Maap and Pas Normal Studios have some of this energy. But in the hardware category I don't feel this, and there was very little creativity on display at Sea Otter that was inspiring. At least half of the brand booths at the event were just a tent with some bikes underneath. Can these brands not come up with something, anything, more interesting than that? Feels like many bike businesses don't understand the importance of having a brand, a point of differentiation and a point of view.

#### **Athletes**

The first event of the Grand Prix gravel series took place on Thursday, and I was struck by how many pro athletes told me that the speeds were "insanely fast." As is happening in European road racing, people seem to show up to the first races fitter and fitter each successive season. "Racing your way into shape" is no longer possible, and in any cycling discipline in 2025 - road, MTB, gravel — the fitness levels are exceptional, the fields are deep, and the racing is very fast from the gun.

#### Conclusion

Overall it feels like the bike industry is in a flat spot right now. Part of that is due to circumstances beyond its control - unnecessary



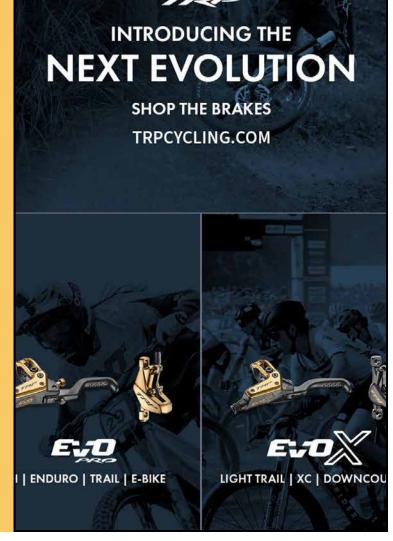
I rode in the beautiful 90-mile Carmelo Fondo. I love riding bikes in places like this! Photo courtesy **Peter Abraham** 

trade tariffs - but also the industry has stopped innovating, building diverse communities and building compelling brands. I look at the current landscape, and I smell opportunity. The time is ripe for some interesting businesses to enter the bicycle space and grab market share. Let's see what happens over the rest of this year.

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







#### **ADVOCACY**

## New Mexico To Allow 'Idaho Stop' So Cyclists Can Roll Through Stop Signs

tuitive to people who don't use bicy-

cles, this is already common prac-

tice among bicycle riders in New

Mexico because a cyclist wants to

carry their momentum on the bike,

said Sen. Antoinette Sedillo Lopez,

who carried the bill, during a hearing

the blind spot of motorists who have

stopped at an intersection, Sedillo

ber at-large of nonprofit advocacy

organization BikeABQ, told the

committee being able to treat a stop

sign as a yield sign and a traffic light

as a stop sign enhances cyclist safety

because it reduces their exposure to

cars, increases their visibility to cars

Lopez told the committee.

Doing this gets the cyclist out of

Eric Biedermann, a board mem-

in the Senate Judiciary Committee.



New Mexico is implementing the Idaho Stop Law starting July 1, 2025. This photo features the Albuquerque car wash from Breaking Bad. Photo by Mark Phillips

### By Austin Fisher, Source New Mexico

Starting on July 1, people riding bicycles in New Mexico will be able to ride through stop signs without coming to a full stop, and stop at red traffic lights and continue even if the light hasn't turned green — as long as it's safe to do so.

That's according to a new state law Gov. Michelle Lujan Grisham signed on March 21.

Senate Bill 73 changes New Mexico's traffic law to allow cyclists to treat stop signs as yield signs, and to treat red traffic lights as stop signs and proceed if there are no other cars, cyclists or pedestrians.

While it may seem counterin- and reduces the risk of being "right

hooked" if a car doesn't see them or a "left cross" from oncoming traffic. "There are a number of ways in

"There are a number of ways in which being able to proceed through an intersection with a head start before the cars move really enhances cyclist safety," Biedermann told the committee. He was also speaking on behalf of Bike Santa Fe and Velo Cruces.

The so-called "Idaho stop" — taking its name from the first U.S. state to ease traffic laws for cyclists — resulted in a 14.5% reduction in cyclist injuries a year after the state of Idaho enacted a similar law in 1982, according to a review of Idaho Office of Highway Safety data.

In New Mexico, between 2019 and 2023, 1,457 cyclists had crashes, according to the University of New Mexico Geospatial and Population Studies Center. Of those, 39 were killed, 115 were seriously injured and 694 were able to walk away.

Lynn Pickard, a retired New Mexico Court of Appeals judge and member of Santa Fe Seniors on Bikes, told the committee data show that as many as half of collisions between cars and bikes happen within intersections.

"So anything we can do to get cyclists into and out of the intersections quickly — leaving of course, for us, to determine our own safety if there are other cars there or pedestrians there — would be really helpful for us," she said.

## When Bikes Fail: Studies Examine the Physics of Pitch-Overs and the Hidden Risks of Structural Defects

You might suffer the misfortune of falling forward when your bike hits an object. You also might not be aware of structural defects on your bicycle. A few new studies looked at these problems.

Boom! Your front tire hits something on the road and over the front of the vehicle you land. Ouch! Such a "pitch-over" can occur when the forward momentum of the vehicle and rider gets stopped. A paper released by Engineering Systems Inc, a self-described "forensic engineering and scientific investigation firm," looked at the issue from a unique perspective based on Newton's Second Law of Motion, which states that the force of a moving object equals its mass multiplied by its acceleration.

The researchers examined differing heights of obstructions and how they interacted with the speed and weight of the bike and rider. The greater the force, the taller the obstruction needed to create a pitch-over.

See Bicycle Pitch-over Reconstruction Analysis at research gate.net/publication/390391661 Bicycle Pitchover Reconstruction Analysis.

Meanwhile, an Australian study suggests that accidents may occur due to structural defects in bicycles that riders might not be aware of. These defects can arise from manufacturing issues or previous crashes and are often not visible. Researchers have yet to thoroughly examine what users know about these defects or how they inspect for them, according to the Cross-Sectional Survey to Investigate Bicycle Riders' Knowledge and Experience of Structural Weakness in Bicycles in Australia.

About 25 percent of surveyed riders said they replaced a part they suspected had been damaged but more than a third didn't see the need to check for flaws when buying a used bike. "Results suggest that structural weakness in bicycles is fairly common while awareness of the issue, and methods of testing for it, is limited," the study says. It calls for more public education.

See www.researchgate.net/publication/390651654 Cross-sectional\_survey\_to\_investigate\_bicycle\_riders' knowledge and experience\_of\_structural\_weak-ness\_in\_bicycles\_in\_Australia

-Charles Pekow

Source New Mexico is part of States Newsroom, a nonprofit news network supported by grants and a coalition of donors as a 501c(3) public charity. Source New Mexico maintains editorial independence. Contact Editor Julia Goldberg for questions: info@sourcenm.com.



#### **TRAILS**

### Trail Access in Jeopardy as Trump Cuts Hit Federal Land Agencies



Lisa Hazel on the Fisher Creek Trail near Stanley, Idaho. Trails like this one on Forest Service land may be impacted by cuts to the Federal Budget and to the land agencies. Photo by Dave Iltis

Mobile Bike Fit

**By Charles Pekow** 

Staff and budget cuts imposed by the Trump regime may mean fewer opportunities to ride on federal lands in the long run, but nobody knows how much, and people don't even want to talk about it.

National Parks Conservation Association representative Kati Schmidt gave Cycling West a statement saying, "Everyone, from cyclists to hikers to park rangers to locals to international travelers and beyond, has reason to be concerned about the Trump administration's ongoing and nonsensical attacks on America's beloved national parks. Over the last three months, the National Park Service (NPS) workforce has declined by 10% - and this comes after years of understaffing struggles due to underfunding by Congress, across America's 430 national park sites."

THE POWER OF BICYCLES

Schmidt added that the association couldn't say how the staff shortages may affect trail maintenance or developing long-range trail plans. However, she added in an email, "Between funding freezes and staff losses, it's anyone's guess what projects will move forward and where."

Calls and emails to press officers and other staffers from NPS, the Bureau of Land Management (BLM) and U.S. Forest Service (USFS) largely went unanswered or were greeted with lines like "I'm not at liberty to talk about it." Steven Hall, communications director for BLM in Colorado, for instance had "no comment on the transition.'

Bruce Hallman, BLM spokesperson in Idaho, said, however "so far, I think we are able to manage it alright. I have not heard of any major (trails) that have been neglected. In general, we have not been hit like some other places may have been."

The USFS press office would

VillageBicycleProject.org

only give a bland statement, not attributed to any specific person, saying "it would be inappropriate to speculate on the future (but it) is our intent to maintain access to recreation opportunities to the greatest degree possible."

Even the International Mountain Biking Association, which coordinates with the BLM on a Connecting with Communities national recreation strategy partnership, did not respond to several of our queries.

On the other hand, Matthew Nelson, executive director of the Arizona Trail Association (ATA), eagerly spoke with us. ATA works to maintain the Arizona Trail, which twists more than 800 miles northsouth through Arizona from Utah to Mexico, traversing four National Forests, BLM property and two

National Parks. He said, "The theme of the season for us and our partners is a climate of fear ... we have no idea of what a federal budget will look like."

Nelson said that the Tonto National Forest, for instance, lost though some have been called back as temps. "What we're seeing is ... trail maintenance is becoming less of a priority" as well as "absolute uncertainty and chaos.... It has been an extreme challenge, these past four months."

Madeline Bautista, Public Affairs Specialist for the Tonto National Forest did not respond to our query.

Nelson added that "the biggest stagnation we see now is in planning," noting that it takes years to create a trail, from conception to opening. A few plans for bike trails

**Volume Six** 

have so far been pushed back a quarter or two, he said.

As to existing mountain bike trails, some maintenance can continue because volunteers do much

As far as USFS staff involvement, 70 percent of its recreation staff, "it's not lifting a shovel; it's passively coordinating the work of the mountain bike clubs," says Andy Stahl, executive director of Forest Service Employees for Environmental Ethics. But, he said, "we are going to reach the point when you call the Forest Service office, no one answers."

> Stahl added that the staff shortages began in the Biden administration, when the focus became firefighting at the expense of other priorities and USFS couldn't hire seasonal staff for recreation. "I'm not sure how much worse Trump can make it, but he is certainly trying," Stahl says.













## Cycling **Possibilities**



Elliott R. Mott

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- store.bookbaby.com/book/cycling-possibilities



#### **BICYCLE TOURING**

### A Bike Tour in Spain - Mountains, the Alhambra, and Panaderias



Leaning into a beautifully-banked corner on a 20km descent, Ashley is winning her own Vuelta. Bike Touring in Spain. Photo by Tom Diegel

#### **By Tom Diegel**

If you're into bike packing/touring - or even if you're not! - eventually you'll be drawn to ride in Europe. Whether you have visions of leisurely days in rolling hills smelling of lavender with castles on the horizons between stops at great little bakeries tucked into quaint little cobble-streeted villages or long grinds up the iconic climbs you see skinny guys flying up on their way to mountaintop finishes in The Tour, Western Europe has it all. To be sure, France and Italy are the most logical and probably most popular destinations for American cyclists, but certainly not be overlooked is the home of the Other Big Tour, Spain. Doing your own Vuelta a España ensures that you'll be able to get it all: rolling hills, big mountain climbs with

food, fascinating history, plenty of dedicated cycle tracks, plenty of castles, friendly people who treat cyclists with high regard while both in their cars and out, and of course plenty of panaderias for amazing baked goods!

We had done a lot of tours in Europe: Italy, Switzerland, France, Scotland, Austria, Germany, and others, but Spain - taking up most of the Iberian Peninsula along with Portugal - was kind of out of the way of the rest of those countries, so we hadn't quite made it there. But we knew that Spain was deserving of its own trip, and with a nice long window of time in the Fall of 2023 we decided to try to "do" Spain on our bikes, which was actually laughable: it's such a big and diverse country that even two months enabled us to only get a taste of the country.

We started in early October; like many places, Fall is a great time



We assume St. James also rode this singletrack on the Camino Santiago. Bike Touring in Spain. Photo by Tom Diegel



The clay-tiled roofs common to southern Spain create a cool mosaic as you climb out of the towns. Bike Touring in Spain. Photo by Tom Diegel

in Spain, because the summer heat is off and as the fall wears on you can work your way south to maintain warmish weather. We began our tour in Bilbao, which is effectively on the north coast not far from the southwest coast of France and provided us with an opportunity to of course visit the famous - and worthy - Guggenheim Museum there before heading into the countryside. While we didn't quite plan on it, we actually began riding on the famous Camino de Santiago. a pilgrimage inspired by the apostle Saint James that people from all over the world travel to Spain to do; it's kind of like doing the Appalachian Trail but more urban, and while it's "a form of spiritual path or retreat for the pilgrims' spiritual growth" it also offers some fun and challenging singletrack riding!

With a quick detour into far SW France to the Euro surf capital of Biarritz to pick up my wife Ashley who'd been on a non-bike tour with her mom and other octogenarians, she and I and our friend Amy started a loop that we pretty much made up as we went to explore the hills south of Bilbao. While not tall mountains, these "hills" were steep, and most of our riding was on gravel to rugged double track, so we learned to adjust our daily kilometerage accordingly. But even our shorter days got us into cool little villages that all had cheap accommodations if we needed them and remote hills with decent water for easy camping (though wild camping is technically not legal in Spain - nor, really, in the rest of western Europe - no one really cares if you camp, and if you feel like you should ask permission due to the proximity to a house locals virtually always say "sure, camp here, camp there, no problem!). And some of the "hills" were real: we decided to do a late-day climb to stay at a converted monastery for a couple of nights,



And the dirt roads were really fun. Bike Touring in Spain. Photo by Tom Diegel

and the paved climb was probably 15 miles.

After 10 days of riding, we dropped Amy off in Bilbao, and on the advice of a climber friend of ours we headed for the Picos De Europa, a little-known limestone range rising over 8000 feet out of the Atlantic about halfway across the northern edge of Spain that's sort a mini-Dolomites. These mountains proximity to the Atlantic means that they tend to get some weather, and indeed traversing the coast to get there we got impressive amounts

of rain and 60 mph winds that sort of shut us down for a day, but gave us that much more incentive to visit one of Spain's famous caves: Cuevas El Castillo, which has paintings on it that are over 40,000 years old! With clearing weather, we were able to indeed head into the Picos, which provided big gravel climbs and descents that were steep enough to actually be bit scary, especially while craning our necks to ogle at the craggy limestone peaks that loomed on all sides of us.

We had two other friends - the





LATE SPRING 2025 CYCLINGWEST.COM 13



The Guggenheim is as cool outside as it is inside. Bike Touring in Spain. Photo by Tom Diegel



The author with the Megans. Bike Touring in Spain. Photo courtesy Tom Diegel

Megans - whom we were meeting in Valencia on the coast, so once we plunged out of the Picos we got into the mid-country flats north of Madrid, where we discovered Via Verdes. Via Verdes are the Spanish versions of our rails-to-trails, but particularly in the flatter interior they are far more extensive than our very spotty rail trails, and you can ride them for literally hundreds of kilometers of car-free, relatively flat cruising. Since we were running a bit behind to meet the Megans we were easily able to jump on the still-in-use rails (i.e. trains) to make up time, and soon enough we were flying down a long descent through - not surprisingly - endless orange groves as we approached Valencia. We rode singletrack pretty much right up to the airport's runways, rendezvoused with the Megans, and started the next leg of our trip.

Bikepacking.com is a great website with incredible routes on it from all corners of the world, and Spain is no exception. The one that piqued our interest and prompted us to meet the Megans in Valencia is a tour called the "Altravesur" that goes for over 800 miles generally following one of the Great Trails of Europe - the GR 7 - from the east coast of Spain trending southwest, ending near Gibraltar, with the Sierra Nevada mountains and many national parks enroute. Our standard mode is to find a cool bikepacking route and use it as sort of a general guide; we ride the routes when convenient and of course always find them to have great riding and Ride With GPS provides the nice turn by turn instructions, but we get easily distracted by both near and far side attractions and have no problem veering off the established routes to satisfy our own curiosities. Most of the time these "side adventures" work out, but one memorable day had us in a dusty agricultural area reminiscent of California's Central Valley with something like 60 mph crosswinds blowing us into the highway that one ended with us stuffing all four of us and our bikes into a van-taxi to get us off the highway



The Guggenheim building is as impressive as its art. Even if you're not very artsy the Guggenheim is incredible.. Bike Touring in Spain. Photo by Tom Diegel



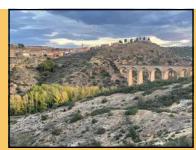
Ah, La panaderias! Spain does not get nearly enough credit for their amazing power pastries that adorn bakeries in every vilage. Leave your pseudo-food shots and blocks at home. Bike Touring in Spain. Photo by Tom Diegel

and into a hotel!

Another variation took us to Almeria (where one of the Megans flew home from) that had an incredible Moorish castle (the "Moors" were Muslims from Northern Africa who ruled Spain in the Middle Ages), while yet another took us into the Tabernas Desert, which is somewhat reminiscent of Southern Utah and - like our desert - was made famous by "Spaghetti Westerns" like Clint Eastwood's "Fistful of Dollars" in the 70's (we stumbled into a Universal Studios-type of Western movie set so Euros can get a sense of the American West ... in southern

Not far from the desert we climbed back up into the mountains and basically rode - in two days - a famous stage of the actual Vuelta a España (Almería to Alto de Velefique) that was last won by Ryder Hesjedal. Because we were on the periphery of the desert there's not a lot of vegetation, so as we crested the pass, we could basically gaze down on all the twists of turns of our upcoming 4000-foot descent.

The Sierra Nevada mountains



Via Verdes are able to take advantage of beautiful 19th-century railroad bridges. Bike Touring in Spain. Photo by Tom Diegel



The Spanish appreciate their cyclists as much as the French! Bike Touring in Spain. Photo by Tom Diegel

are the biggest and highest in Spain, rising basically out of the Mediterranean Sea to over 11,000 feet. We were back on the Altravesur to get to the Sierras, but once there we started doing our own variations to milk the range, which included a stop in a town famous for its pork products (complete with a pork museum), a great bed and breakfast with both a hike and a ride up to the highest peak in the Sierras, and lots of undulating roads that traversed around the lower flanks of the peaks. At the western edge of the Sierras is Granada, home to what may be Spain's most famous site, the Alhambra. The Alhambra is a huge Moorish castle on a hill towering above Granada, and its grounds and interior museums are impressive and vast (and they need to be to hold the crowds).

As if the Alhambra wasn't impressive enough, our next site - with many kilometers of fabulous, mostly-gravel roads in between - was Ronda, a town famous not only



The Picos de Europa are big limestone crags that are similar to the Dolomites, but with only double tracks crossing through them. Bike Touring in Spain. Photo by Tom Diegel

for its vaunted bullfighting ring (and associated museum; a weird spectacle but certainly an integral part of Spanish culture) but also the fact that it's a full-on city that evenly straddles a deep and difficult-to-access gorge, with only a couple of ancient bridges going across the chasm that are perpetually filled with walking and gaping tourists; cars don't rule in Ronda.

Getting back onto the Altravesur we wiggled our way down through remote hills laced with great double track to an overlook with a great view of Gibraltar and across the Strait to the 14,000-foot Atlas Mountains of Morocco.

We decided not to go to Gibraltar, which is a bit of an odd place since it's a British Overseas Territory that is a tiny peninsula jutting off Spain between Europe and Africa. Instead, we rode to the city of Cadiz, one of the major ports of Spain since it's at the intersection of the Pacific and the Mediterranean. We bade goodbye to our other Megan and carried on into Portugal, which can be left for a future tale.

We went to Spain with very little knowledge of its history or culture and realized that it's not just another European destination; between its Moorish occupation and long reign



Spanish Churros come all curled up like this with a cup full of warm chocolate to dip them into; combined with cafe it's standard morning fare. Author Tom and Ashley approve of this breakfast. Bike Touring in Spain. Photo courtesy Tom Diegel

by the dictator Franco and somewhat isolated-yet-vast terrain Spain is a dramatically different place. But like its Euro neighbors to the north and east, it's a fascinating country with incredible food, great people, a long and storied history of bicycling, drivers who treat cyclists with respect, and - importantly - great panaderias!

We had the luxury of being able to do a two-month trip to explore a lot of corners of the country, but we left a lot to return to, and focusing on any one of the many zones for a more-normal, couple-of-week trip would undoubtedly be an incredible bicycle journey for everyone.



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#### **BOOK REVIEW**

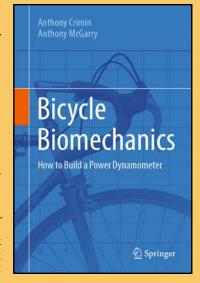
### A Power-Boosting Ride, If You Can Do the Math: Inside the Science of Bicycle Biomechanics

By Charles Pekow

Bicycle Biomechanics: How to Build a Power Dynamometer

So how can you learn to bike more efficiently? Or understand the mechanics of just how your body's interaction with the pedal machine actually moves you along? A new book provides answers and explains how you can adjust the vehicle to give your more power per revolution. The answer depends on what you want to use the bicycle for. The book discusses what to look for in buying a bike but mostly about adjusting it to your desired outcomes. The catch is, it's hard to understand the very technical tome.

Bicycle Biomechanics: How to Build a Power Dynamometer discusses in very technical language the process of riding a bike and explains how to install a dynamom-



eter so you can see how you're doing. Dictionary.com defines dynamometer as "a device for measuring (either) mechanical force (or) mechanical power, especially one that measures the output or driving torque of a rotating machine."

The book describes biomechanics as "the branch of science focused on the technique of objectively quantifying human motion or indeed that of any living animal." To the book's credit, it thankfully defines most of the technical terms.

The book, written by Anthony Crimin and Anthony McGarry — two scholars from the United Kingdom, explains how to go beyond the basic bicycle setup. The authors intend to help people at all levels from professionals to commuters, but the book is sooo full of technical jargon and equations that only those in engineering or a related field and those who remember well their algebra will understand. Don't read Bicycle Biomechanics for a thrill or humor. It even talks of "analytical analysis."

But if you slog through it, you can learn some ways to try to ride more efficiently if you've got the knack to assemble a dynamometer. The book is loaded with charts, graphs and equations, such as:

"The power developed by the cyclist is calculated by taking the product of the moment (M) and crank angular velocity (Eqs. 5.12 and 5.13). The relationship between the number of crank revolutions per minute (rpm) and the angular velocity is shown by Eq. 5.14.

M = crank length (l) x F effective force (5.12)

 $P = M \omega (5.13)$ 

 $\omega = 120\pi/\text{rpm} (5.14)$ "

Others are much more complicated. For example, sentences like "Markers are usually placed on identifiable bony prominences such as knee epicondyles, ankle malleolus, and the iliac crest of the pelvis—for both 2D video analysis and full 3D motion capture." Whew!

The first chapter goes through the history and pre-history of modern bicycles, discussing their 19th Century forerunners (or should we say forecycles?). It starts out telling you that bicycles haven't changed much in many ways over their history: pedals and handlebars remain in the same place. Changes in wheelbase, fork rake and trail have made bikes more adaptable to specific uses. For instance, racing bikes "have steeper steering angles (74°) compared to touring or audax geometry (72°) as more toe clearance is required for mudguards or panniers. This can affect the wheelbase and the 'slacker' head tube angle for non-racing machines and increases the wheelbase, which makes the frame less agile but provides greater straight-line stability.

Lighter materials and design changes to improve aerodynamic have improved cycles over time. Tricycles, quadricycles and even hand-powered machines make cycling possible for some people. The book says that bicycles were developed in "tandem" with roller skates, which may have helped inspire people to believe in wheels under feet.

The second chapter discusses drag and aerodynamics. Just like outfits, racing bikes are tweaked to fit the racer, but most drag is caused by the rider. Weight, clothes and position don't make much difference inside a car but affect your motion on a bike and the book explains why you can improve your efficiency with well-lubricated and maintained chains.

The book says that racers who break speed records do so largely because of design – it's not just their strength or talent (or performance enhancing drugs, Lance Armstrong). Some racing bike designers focus on weight; others on drag resistance.

The lesson here for average cyclists is not to worry much about

drag reducing unless you participate in races: "do not adopt super aerodynamic positions and think you will go faster, as there is also a compromise between comfort and ergonomics/flexibility to hold these positions."

The third chapter focuses on design. It says AI tools, even on cellphones, can help riders position themselves to find optimum relationships, for instance, between motion and limb position, saddle height and knee flexion. The chapter discusses how to measure forces riders use. It recommends one specific tool, MyVeloFit, which can help your fit (http://myvelofit.com/pricing/rider/). You can also use your own cellphone camera

Everything from the seat height to the tilt of the saddle and the height and length of the stem affects not just your legs, but the position of your elbows, and adjusting them can help find the right position for you. "By setting the saddle in a more forward position, it was found that more work was performed at the knee joint, along with reduced work at the hip," we learn.

If you consider what to do with all the contact points and joints, you can reduce the load on your spine.

Chapter four covers "muscle physiology and force development," with a formula to balance comfort and maximum power. The direction of the saddle nose can affect your speed. It makes a difference when going uphill because you use energy just to maintain a position on the saddle, if that doesn't saddle you with too much detail.

A mathematical formula tells you how cadence and power relate, at what point power peaks, and how it varies with crank length, but the basic advice is just to optimize your comfort. The authors acknowledge that biomechanics and bike set-up won't explain everything, as they don't measure your muscle composition and aerobic and anaerobic capacities.

The final chapter tells you how to build a power dynamometer, fit it on your bike, and calibrate. You can choose from three different types: crank, bottom bracket force and pedals. And – it could get costly.

Since the authors come from Great Britain, some of the references differ from what you'd find in North America, but if you love technical reading, take racing seriously, or are willing to work to get a little more speed or energy efficiency, you might find the volume helpful.

Bicycle Biomechanics: How to Build a Power Dynamometer by Anthony Crimin and Anthony McGarry, 150 pages, is available as an ebook for \$119 or hardbound at \$159.99 from Springer Nature, link. springer.com/book/10.1007/978-3-031-85712-6.





LATE SPRING 2025 CYCLINGWEST.COM 15

#### **ADVOCACY**

## New Utah Law Will Hinder Bike Lanes and Street Safety in Salt Lake City

#### **By James Knight**

Recently passed Utah Senate Bill 195 would threaten the creation of new bike lanes in Salt Lake City, making Salt Lake City streets less safe. The bill, sponsored by Senator Wayne Harper, would essentially prevent new bike lanes in the general area of the city center of Salt Lake City. It seeks to do so by banning narrowing or reduction of travel lanes from at least February 25, 2025 to mid-2028 without approval of each project by the Utah Department of Transportation. This means that the city will not be able to put in new bike lanes or do any road work that could potentially slow car traffic down, without initiating a cumbersome traffic study for each project. The bill also targets the Salt Lake City Vision Zero Program, which is an initiative that seeks to eliminate traffic fatalities, in that it will hamper projects designed to make streets safer.

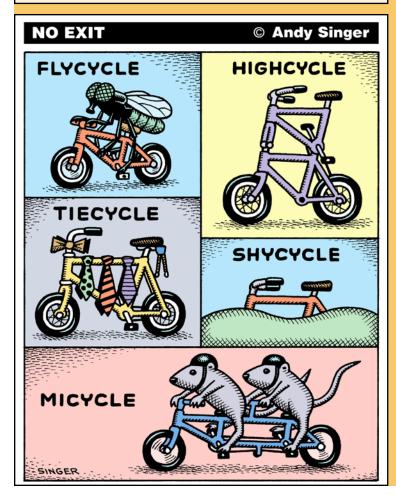
Jon Larsen, Salt Lake City's Transportation Division director, discussed the bill in detail, saying "SB-195 puts a hold on any lane reductions or projects that could impede traffic flow on major roads in Salt Lake City, east of I-15, west of Foothill Blvd, south of 600 North and north of 2100 South. This impacts our ability to build new bike lanes and implement projects that improve safety for all users. The bill requires Salt Lake City to do a study of the impacts of these types of projects over the past five years, as well as an analysis of planned projects. The Utah Department of Transportation (UDOT) will review this study, and any projects that they approve will be allowed to move forward."

Benjamin Wood, the Chair of Sweet Streets, a local street safety advocacy organization, and editor for Salt Lake City Weekly, seconded the problems with the bill, saying that "it really can't be overstated just how damaging this law is to the effort to create safe, multi-modal transportation options on the Wasatch Front."

Due to so many people relying on their own cars or public transportation in larger cities, city officials don't seem to put in sufficient bike lanes or other safety measures. Wood described SB195 as "essentially codifying this paradigm that car traffic is superior to all other forms of movement and that it's not worth the hassle to try and get trail and bike lane users' safety across an existing right-of-way for car travel."

While Wood believes Salt Lake has the resources and means necessary to get a quality project done, he expects street planners to get tired of UDOT'S review process.

While not taking bicycle safety seriously on Salt Lake City streets sounds like a major problem, Wood isn't surprised at the legislature's lack of commitment to street safety. Wood said, "We knew something like this was coming. We've seen similar "ban the bike lane" backlashes in Canada, the UK and areas around the world. The question now is whether the Legislature will take the lesson that it's not worth picking on SLC streets, or whether they'll be emboldened by the fight to extend these anti-safe streets posture statewide."



#### **BIKE MONTH**

### May is Bike Month Across the West!

#### By Dave Iltis

In 1956, the League of American Bicyclists created Bike Month to celebrate the bicycle and bicycling. Cities and bike organizations throughout the west celebrate the month with bike to work days, bike festivals, urban tours, bike to school days, bike bingo, art strolls, and more.

Some of the events include Bike to Work Week from May 12-18, 2025 and National Bike to Work Day on Friday, May 16.

The Ride of Silence happens on May 21 at 7 pm to honor those who have been hit or killed while on their bicycle. If there's not an event in your area, or to find local events, look to RideofSilence.org.

Cycling West has compiled a number of events throughout the west – find events in the calendar starting on page 18 or see our 2025 Bike Month calendar here: cyclingwest.com/bike-month/may-2025-is-bike-month-across-the-west/. We also have a couple of fun bike bingo cards, links to events, including the National Bike Challenge, and more!



### **CYCLING TRIVIA**

### Giro d'Italia Trivia Questions



The 2025 Giro d'Italia route.

#### By Dave Campbell

It's May and that means it is time for the Giro d'Italia!!! The Italian Grand Tour began in 1909 and this year will mark the 108th running of the Men's Tour of Italy. The race begins May 9th in Durres, Albania and finishes June 1st in Rome. Eighteen teams will contest twenty-one stages totaling 3413

kilometers in their quest to bring home the Maglia rosa, the coveted pink leader's jersey. The Women's Giro meanwhile will contest its 35th edition from July 6-13, beginning in Bergamo, Tuscany in Northern Italy. The riders will cover 939.6 kilometers before finishing on the Dino and Enzo Ferrari autodrome in Imola.

Q1. Which American rider has started the most Giros d'Italia?

Q2. Twelve Americans have won a stage in the Giro d'Italia, can you name them all?

Q3. Only one rider won every Giro he started...three in total. Despite the fact that the winningest nation (by far) in Giro history is Italy, this rider is not Italian!

Q4. In Giro d'Italia Women (begun in 1988 as the Giro d'Italia Femminile, later known as the Giro Rosa then the Giro Donne) who has won the most stages?

Q5. It is rare for overall win-

ners of Grand Tours to also win the points and mountains jerseys but in the case of the all-time greats, it does occasionally happen. The Giro d'Italia Women's is the longest running women's grand tour and arguably the most consistently competitive and prestigious. Has any rider won all three major jersey competitions?

#### See answers on page 22.

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

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#### **CYCLINGWEST.COM**

#### **Level Nine Sports**

Orem. UT 84057 801-607-2493

#### **Mad Dog Cycles**

350 N. Orem Blvd Orem, UT 84057 (801) 222-9577

#### Racer's Cycle Service

Mobile Bike Shop (801) 375-5873 racerscycle.net

#### Ride' N Bikes

36 W. Utah Ave Payson, UT 84651 (801) 465-8881

#### Taylor's Bike Shop

1520 N. 200 W. Provo, UT 84604

#### **ARIZONA**

#### **Cave Creek**

**Flat Tire Bike Shop** 

6032 E Cave Creek Rd Cave Creek, AZ 85331 480-488-5261

#### <u>Flagstaff</u>

**Absolute Bikes** 

202 East Route 66 Flagstaff, AZ 86001 absolutebikes nett

#### **CALIFORNIA**

#### **Box Dog Bikes**

494 14th Street San Francisco, CA 94103 415-431-9627

#### Dr. J's Bicycle Shop

1693 Mission Dr. Solvang, CA 93463 805-688-6263

#### **REI Berkeley**

1338 San Pablo Ave Berkeley, CA 94702

### **COLORADO**

#### Front Range

**Evergreen Bike Shop** 

28677 Buffalo Park Road Evergreen, CO 80439 720-328-3726

#### **Southwest Colorado**

**Brown Cycles** 549 Main Street

Grand Junction, CO 81501 970-245-7939

#### Colorado Backcountry Biker

Fruita CO 81521 970-858-3917

109 N. Lena Street

#### **Ridgway Adventure Sports**

Ridgway, CO 81432 970-626-8500 ridgwayadventuresports.com

#### **Ridgway Wrench**

621 Cora St. Suite 102 Ridgway, CO 81432 970-318-0799

> **Support** Your **Local Bike** Shop!

#### Over the Edge Sports

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

#### IDAHO

#### **Boise**

#### **Bob's Bicycles**

6681 West Fairview Boise, ID. 83704 w.bobs-bicvcles.con

#### **Boise Bicycle Project**

1027 S Lusk St Roice ID 83706 208-429-6520

#### **Custom Cycles**

2515 N Lander St Boise, ID 83703 208-559-6917

ebook.com/Custom-Cycles-1071105139568418

#### **Eastside Cycles**

3123 South Brown Way Boise, ID 83706 208.344.3005

#### George's Cycles 312 S. 3rd Stree

Boise, ID 83702 208-343-3782

#### George's Cycles

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

#### **Idaho Mountain Touring**

Boise, ID 83702 208-336-3854

#### McU Sports

822 W Jefferson St Boise, ID 83702 208-342-7734

#### **REI Boise**

8300 W Emerald St Boise, ID 83704 208-322-1141

#### Ridgeline Bike & Ski

10470 W. Overland Ro Boise, ID 83709

#### TriTown

1517 North 13th Street Boise, ID 83702 208-297-7943

**Rolling H Cycles** 115 13th Ave Sou Nampa, ID 83651 208-466-7655

#### **Victor/Driggs**

#### Habitat

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

#### **Peaked Sports**

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

#### <u>Idaho Falls</u>

#### Dave's Bike Shop

Idaho Falls, ID 83402 208-529-6886

#### **Idaho Mountain Trading**

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

#### <u>Pocatello</u>

**Barries Ski and Sport** 624 Yellowstone Ave Pocatello ID 208-232-8996

#### **Element Outfitters**

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

#### **Element Outfitters**

1570 N Yellowstone Ave Pocatello, ID 208-232-8722

#### **Rexburg**

**Sled Shed** 49 East Main St Rexburg, ID, 83440 208-356-7116

#### <u>Twin Falls</u>

#### **Epic Elevation Sports**

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

#### Spoke and Wheel

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

#### **Cycle Therapy**

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

#### <u>Salmon</u>

#### The Hub

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

#### Sun Valley/Hailey/Ketchum

#### Durance

131 2nd Ave S Ketchum ID 83340 208-726-7693

#### **Power House**

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

#### **Sturtevants**

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

#### **Sun Summit South**

418 South Main Stree Hailey, ID 83333 208-788-6006

#### The Elephant Perch

280 East Ave Ketchum, ID 83340 208-726-3497

#### MONTANA

#### Free Heel and Wheel

33 Yellowstone Avenue West Yellowstone, MT 59758 406-646-7744

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

#### **NEVADA**

#### **Boulder City**

**All Mountain Cyclery** 1601 Nevada Highway Boulder City, NV 89005 702-250-6596

#### **ELY**

#### **Sportsworld**

Ely, NV 89301 775-289-8886

#### <u>Las Vegas</u>

**Giant Las Vegas** Las Vegas, NV 89178 702-844-2453

#### Las Vegas Cyclery

10575 Discovery D (702) 596-2953 lasvegascyclery.com

### **NEW MEXICO**

#### **Bosque Mobile Bicycle Repair**

Albuquerque, NM

#### **Fat Tire Cycles**

421 Montaño Rd NE Albuquerque, NM 87107 fattirecycles.com

### **WYOMING**

#### Jackson Area

#### **Open Range Cycles**

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

#### **Hoback Sports**

520 W Broadway Ave # 3 Jackson, Wyoming 83001 307-733-5335

#### **Hoff's Bike Smith**

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

#### The Hub

410 W Pearl Ave Jackson, WY 83001 307-200-6144

#### **Teton Bike**

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

### REI

974 West Broadway Jackson, WY 83001-9475 307-284-1938

#### **Teton Village Sports** 3285 W Village Drive Teton Village, WY 83025

Wilson Backcountry Sports 1230 Ida Lane

Wilson, WY 83014



#### **WESTERN STATES**

## **CALENDAR OF EVENTS**

#### **Calendar Guidelines:**

Listings are free on a space available basis and at our discretion. Submit your event to:

<u>calendar@cyclingutah.com</u> with date, name of event, website, phone number and contact person and other appropriate information.

Let us know about any corrections to existing listings!

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For the full year calendar, visit <a href="CyclingWest.com">CyclingWest.com</a>!

#### **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 Radford, 385-315-0349, Strider2rider@gmail.com, deseretpeakcomplex.com, usabmx.com/tracks/1518

May 9-11, 2025 — USA Cycling Elite BMX National Championships, Tulsa, OK, USAC Events , 719-434-4200, <u>nationalevents@</u> usacycling.org, usacycling.org

#### Advocacy

Bike Utah — UT, Utah's Statewide Advocacy Group. They work on education and other bike related advocacy. Bike Utah , 406-498-995, 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

flat Attack

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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,
HPaters/Solog org blockle Stop 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, <a href="mailto:trinu@tfnu.org">tfnu.org</a>, <a href="mailto:trinu@tfnu.org">tfnu.org</a>

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,

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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,

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

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

Idaho Bike Walk Alliance — Boise, ID, Idahoʻs Statewide bicycle advocacy organization, Cynthia Gibson, 208-345-1105, <u>cynthia@ida-</u> howalkbike.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.co.

**Wyoming Pathways** — Wilson, WY, Statewide bicycle advocacy organization, Tim Young, 307-413-8464, , <u>wyopath.org</u>

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, bznbybike@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, dan@tvtap. org, tvtap.org, tetonbikefest.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, tacebook com/likeOrem.

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

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

Southern Nevada Mountain Bike Association (SNMBA) — NV, The SNMBA advocates for mountain biking across all of Southern Nevada., Alison Cormier, info@snmba.org, snmba.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 Tetons — Driggs, ID, Mountain Bike Trails Advocacy in the Tetons, Chris Brule, 307-413-1998, 208-557-4332, info@mountainbiketetons.org, mountainbiketetons.org

#### Events, Swaps,Lectures

999 Ride — Salt Lake City, UT, Casual fun ride through the streets of Salt Lake City. Meet



Become a member of the League of American Bicyclists: bikeleague.org/join at 9 pm at 900 E and 900 \$ (999). The ride leaves about 10 pm. Every Thursday night.,

May 2-4, 2025 — US Bank Fruita Fat Tire Festival, Fruita, CO, Kicks off the Mtn bike season in CO, world renowned trails, Bike Demo at 18 Road and Downtown Product Expo, and live music, George Gatseos, 970-858-7220, info

May 4, 2025 — 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@cyclingutah.com. bikelegaye.org

May 7, 2025 — Notional 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, noemal@cyclingutah.com, walkbiketoschool.org

etoschool.org

May 9, 2025 — 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 till with the school and receive snacks, drinks, and fun giveaways., Heinrich Deters, 435-649-8710, 435-659-1188, hadeters@parkctty.org, Julia Collins, julia.collins.gorarkctty.org, Sam Schwoebel, 435-649-1564, ext. 25, sam@ basinrecreation.org, Nichole Wilson, 435-649-1564, ext. 33, nichole@basinrecreation.org, basinrecreation.org/events/bike-to-school-day/

school-day/
May 10, 2025 — SLUG Cat Alleycat Bike Race!,
Utah Bike Month, Salt Lake City, UT, Starts at
Saturday Cycles, 230 \$ 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/, facebook.
com/events/669023166083471/

Comi, events (669023160083471)

May 10-11, 2025 — Park City High School Mountain Bike Team Bike Swap, Park City, UT, Benefits Park City High School Mountain Bike Team and the Young Riders Youth Mountain Biking Program. Located at Utah Film Studios: 4001 Kearns Blvd. Park City, UT. Saturday, 8am-5pm and Sunday 11am-3pm. Buy or sell gear. Need a a bike? Need to get some of that old equipment out of your garage? This is the perfect opportunity, and proceeds raised at this event help to fund the Park City High School Mountain Bike Team and the Young Riders organization based out of Park City, UT. To sell your gear you can drop off your bike and fill out the information at Utah Film Studios: 4001 Kearns Bivd. Park City, UT. To Film Studios. 4001 Kearns Bivd. Park City, UT. To Film Studios. 4001 Kearns Bivd. Park City, UT. To Film Studios. 4001 Kearns Bivd. Park City, UT. To Film Studios. 4001 Kearns Bivd. Park City, UT. To Film Studios. 4001 Kearns Bivd. Park City, UT. To Film Studios. 4001 Kearns Bivd. Park City, UT. To Film Studios. 4001 Kearns Bivd. Park City, UT. To Film Studios. 4001 Kearns Bivd. Park City, UT. To Film Studios. 4001 Kearns Bivd. Park City, UT. To Film Studios. 4001 Kearns Bivd. Park City, UT. To Film Studios. 4001 Kearns Bivd. Park City, UT. To Film Studios. 4001 Kearns Bivd. Park City UT. To Film Studios. 4001 Kearns Bivd. Park City UT. To Film Studios. 4001 Kearns Bivd. Park City UT. To Film Studios. 4001 Kearns Bivd. Park City UT. To Film Studios. 4001 Kearns Bivd. Park City UT. To Film Studios. 4001 Kearns Bivd. Park City UT. To Film Studios. 4001 Kearns Bivd. Park City UT. To Film Studios. 4001 Kearns Bivd. Park City UT. To Film Studios. 4001 Kearns Bivd. Park City UT. To Film Studios. 4001 Kearns Bivd. Park City UT. To Film Studios. 4001 Kearns Bivd. Park City UT. To Film Studios. 4001 Kearns Bivd. Park City UT. To Film Studios. 4001 Kearns Bivd. Park City UT. To Film Studios. 4001 Kearns Bivd. Park City UT. To Film Studios. 4001 Kearns Bivd. Park City UT. To Film Studios. 4001 Kearns Biv

May 10, 2025 — Draper Mayor's Bike to Work Day, Utah Bike Month, Draper, UT, Join Draper City Mayor Troy Walker on this free group ride along the beautiful Jordan River Parkway Trail to celebrate the Golden Spoke Trail network, There are two route options to choose from, both options leave from Rotary Park at 11:00 AM, Draper City, Info@draperutah.gov, draperutah.gov/blk.

May 12-18, 2025 — National Bike to Work Week, Utah Bike Month, Everywhere, UT, Week-long festival with events, Bike to Work Day, and more., Cycling West, noemail@cyclingutah.com, cyclingwest.com/event-calendars/bicycling-events-swaps-and-festivals bikelegang arg/eyents/bike-month

May 12-18, 2025 — Bike to Work and School Week, Utah Bike Month, Logan, UT, All week - Scavenger hunt at Logan Library - includes prizes! Each visit to a fuel station is 1 entry to a prize drawing! 7:30-9:30 AM M-F fuel stations and bike tune ups at Transit Center4:30-6:30 PM; Fuel Stations: Mon: Elkhorn Park, Nibley, Tues: Logan Library, Wed: Adams Park, Logan, Thur: City Building, North Logan, Fri: Zollinger Park, Providence, Landis Wenger, 435-755-1646, bpac@cachempo.org, trails.cachecounty.org

May 12-18, 2025 — 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, <a href="mailto:jbowling@utah.gov">jbowling@utah.gov</a>, udot.utah.gov

**LATE SPRING 2025** 

May 12-18, 2025 — Flagstaff Bike to Work Week, Bike Month, Flagstaff, AZ, Bike to work, record your commute, win prizest, Anthony Quintile, 928-526-7704, info@flagstaffbiking.org, Kyle Hornbeck, kyle.hornbeck@gmall.com, flagstaffbiking.org

May 12-18, 2025 — 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 , noemali@cyclingutah.com.bikeleague.org

May 15, 2025 — 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 funt, SF Bike Coalition, 415-431-2453, info@sfbike.org, stbike.org/bike-to-wherever-day/, bayareabiketowork.com

May 15, 2025 — Bike to Work Day, Bike Month, East Bay, CA, It's the Bay Area's biggest day for blcycling, 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 dayl, Bike East Bay, 5108457433, events@bikeeastbay.org, Caitlin Gleason, 707,480.6897, caitlin@bikeeastbay.org, bikeeastbay.org/btwd

May 15, 2025 — Bike to Work Day, Bike Month, Marin County, CA, Tom Boss, 415-456 3469, info@marinbike.org, marinbike.org, bayare-ability and work country.

May 16, 2025 — 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@cyclingutah.com, bikeleague.org

May 16, 2025 — Bozeman Bike to Work Day, Bike Month, Bozeman, MT, Ride Your Bike To Work Day and treat yourself to a free coffee at several locations, Alex Lussier, lussiera@hotmail.com, Megan Lawson, 406-570-7475, meganmclawson@gmail.com, Gallatin Valley Bicycle Club, gybcbike@gmail.com, gallatinvalleybicycleclub.org/community-events/bike-to-work-week

May 21, 2025 — 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, Nell Hannum, 970-759-2126, aztecadventures01@gmail.com, rideofsilence.org, bikeprescott.org

rideofsilence.org, bikeprescott.org

May 21, 2025 — Ride of Silence. Utah Bike
Month, Provo, UT, Join the Provo chapter
of the Warldwide 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, 801-4777048, Jucyo@prov.edu, rideofsilence.org,
bikewalkprovo.org/bike-month-2025

May 22, 2025 — Salt Lake City Mayor's Bike to Work Day, Utah Bike Month, Salt Lake City, UT, A mellow ride with Salt Lake City Mayor Erin Mendenhall under police escort. 7:30 am, Bend in the River (Jordan River Parkway Trail at Fremont Ave). Ride starts at 8am to the City and County Building. Coffee and breakfast refreshments!, Salt Lake City Transportation, 801-535-6630, bikeslc@slc-gov.com, slcityevents.com

May 31, 2025 — Bike/Walk Tour of Salt Lake City, Utah Bike Month, Salt Lake City, UT, 10 am, Salt Lake City downtown public library, Benjamin Wood, Bjaminwood@gmail.com, facebook.com/events/978789967670256, sweetstreetsslc.ora

#### **Gravel Races**

#### and Rides

May 3, 2025 — Three-Quarter Minus Cykeltur 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, 2200 ft climbing, Syringa Cyclery, 208-610-



New! Dinner service 7 Days a Week: Small Plates, Entrees, & Salads Great Selection of Wine and Beer!

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- 9990, <u>syringacyclery@gmail.com</u>, <u>syringacyclery.com</u>
- May 3, 2025 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, wildliffe cameos, epic adventure and of course, fun., Morgan Murri, 303-475-6053, morgan@desertgravel.com, desertgravel.com
- May 3, 2025 Utah Summer Games Gravel Race, Utah Summer Games Cycling, Cedar City, UT, Gravel Race, Danny Hall, 435-865-8423, danofgreenlabels@gmail.com, Justin Daniels, 801-673-6315, djdaniels39@hotmail. com, utahsummergames.org
- May 10, 2025 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. It's all unpaved. Distances of 76 or 35 miles, or both courses with the new Super Stallion 104 miles, Breanne Nalder-Harward, breanne@utahgravelseries.com, utahgravelseries.com
- May 10, 2025 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, markpwalker@gmail.com, coloradoes.wordpress.com
- May 10, 2025 King Ridge (Grasshopper Greatest Hits), Grasshopper Adventure Series, Sonoma County, CA, 91 mil. 9,116 ft. (Long), 3 Timed Segments. 65 mi. 5,807 ft. (Short), 2 Timed Segments. Grasshopper is back in SoCo! Celebrate the Series Finale with a 3 segment (2 for the short course) all-road adventure. Bohemian Hwy-Joy Rd.-Coleman Valley-Meyers Grade-Fort Ross-Kruse (dirt)-Hauser Bridge-King Ridge-, Miguel Crawford, info@grasshopperadventureseries.com, grasshopperadventureseries.com
- May 11, 2025 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, Kyla Claudell, 303-249-1112, kyla@geminiadventures.com, geminiadventures.com
- May 17-18, 2025 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, santafe
- May 17, 2025 Volcano Fire Road 120k Gravel Grinder, , Veyo, UT, Fun and challenging ravel racel 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@ planefultra.com, gravelgrinder.com
- May 17, 2025 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, Reid Delman, 303-249-1112, reid delman@geminiadventures.com, Kyla Claudell, 303-249-1112, kyla@geminiadventures.com, theridecollective.com
- collective.com

  May 17, 2025 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 youself 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 17, 2025 Garden City Gravel, MT Off-Road Cup, Missoula, MT, West Nine Mile takes you over some scenic Montana double track, just outside of Missoula around Huson, 55 and 25 mile courses, Shaun Radley, 406-219-1318, montanacyclocross@ gmail.com, montanacyclocross.com/ events/, thecyclinahouse.com
- May 23-24, 2025 Belgian Waffle Ride Cedar City, Quad-Tippel Crown of Gravel, Cedar City, UT, The Sixth Annual BWR UTAH takes place around the beautiful National Parks in southwest Utah and spends considerable mileage inside Dixie National Forest. The new 'unroad' course will feature less single-track and more of the incredible gravel rollers and truck trails the area is ripe with. Pain and suffering will commence at 7am featuring one wave start for all there are three event distances. Waffles are served at 5am. The BWR Unroad Expowill open on Friday and run throughout the duration of the event until the beers, jeers and awards are distributed for all the day's heroic efforts, Michael Marckx, 760-815-0927, mmx@MonumentsofCycling.com, Brandon Burk, bburk@cedarcifyutah.onmicrosoft.com, belgianwaffleride.bike
- May 23-25, 2025 Iron Horse Bicycle Classic, Durango, CO, 53rd Annual, Road Race and Tour from Durango to Silverton Saturday 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 Kids Race and Kids Village, Mountain Bike Race, Gravel Race and vendors, Ian Burnett, 970-259-4621, director@liconhorsebicycleclassic.com,

- May 24, 2025 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@rattlerracing.com, rattlerracing.com/event/madgravel/, madgravel.com
- May 25, 2025 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 crosshatch the BADLANDS of western North Dakota., Nick Ybarra, 701-570-9138, nick@experienceland.org, experienceland.org/badlands-gravel-battle
- May 30, 2025 West End Gravel Rush, Nucla, CO, 365 miles of the rough, rugged and beautiful Colorado Plateau on the Iconic Kokopelli, Tabeguache and Paradox Tralis, Tim Tait, westendgravelrush@gmail.com, thewestendgravelrush com.
- thewestendgravelrush.com

  May 31, 2025 The Angry Horse Gravel
  Grinder, Bone, ID, a not-for-profit gravel
  event with two courses interwoven in a valley between the Caribou Range, Tex Creek
  Wildlife Management Area, south of the
  Snake River Plains. The proximity to these
  untamed mountains and the Grays Lake
  Wildlife Refuge makes for one wild and rugged day on the bike! This year, prepare for
  a grassroots, self-supported ride with primitive aid only offering water and drop bags.
  Both the Stud Run and Chestnut Mare will
  be ridden clockwise this year., Ryan Edge,
  925-219-5578, edgebicyclerepair@gmail.
  com, ridetheangryhorse.org, bikereg.com/
- June 1, 2025 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, grinder-info@breakawaypro.com, oregongravel-grinder.com
- June 7, 2025 The Dead Swede Gravel Grinder, Wyoming Gravel Grinder Series, Sheridan, WY, 40 or 100 miles, Sheridan Bicycle Company , 307-763-4481, sheridanbicycleco@hotmail.com, thedeadswede.
- June 7, 2025 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, octobertrek@gmail., com, kotaho.com/annual-bike-ride, weiserrivertrail.org
- June 7, 2025 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 allike. We want to instill the feeling of freedom and confidence while we uttimately broaden the field of women cyclists entering cycling events throughout the local area, state, and nation., Bit Lut, thedustybandita@amail.com, thedustybandita.com
- June 7-8, 2025 Belgian Waffle Ride British Columbia, Quad-Tripel Crown of Gravel, Duncan, BC, The Hell of the Great White North, Held at Providence Farm on Vancouver Island with accompanying BWR Unroad Cycling Festival will feature music, a massive beer garden, a variety of food options, and all sorts of family fun, Michael Marckx, 760-815-0927, mmx@ MonumentsofCycling.com, belgianwaffleride.blike
- June 14, 2025 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 milles of epically 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@sierratralis.org, Sierra Trails, info@sierratralis.org, Iostandfoundbikeride.com
- June 14, 2025 Dirty Dino Gravel Race, Utah Gravel Series, Vernal, UT, Come get Jurasskicked on 1 of the 3 amazing routes through the Uinta Mountains above Dinosaurland. Choose from 27, 67, or 102 mile routes. It's going to be RAWRsomel, Breanne Nalder-Harward, breanne@utahgravelseries.com.
- June 14, 2025 Pine Island Gravel Odyssey, Spearfish, South Dakota, 45, 70, 110, 210 mille gravel ride/race, Perry Jewett, 605-641-4963, idageriders@blackhills.com, dakotaffiyee.com
- June 14, 2025 CHAFE 150 Gravel Grinder, Sandpoint, ID, The 75 and 55 mile gravel routes will be mostly along forest service roads of the Cabinet Mountains and gravel and paved back roads of Selle Valley, Syringa Cyclery , 208-610-9990, syringacyclery@gmail.com, Jane Huang, chafe150@ outlook.com, chafe150.org
- June 14, 2025 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, bikerea.com/over-the-hill-gravel-grainder
- ereg.com/over-the-hill-gravel-grinder

  June 20-21, 2025 GRODEO & Builder Roundup, Ogden, UT, 7th Annual, the GRODEO 
  and the Builder Round-Up create a twoday celebration of bicycles at ENVE HQ in 
  Ogden, Utah. We'll combine the elegant 
  bicycle designs of our handmade builder 
  parthers, and the adventure of gravel ridling 
  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, , enve.com/gradeo/
- June 21, 2025 Beaver Dam Gravel Grinder, Beaver Dam State Park, NV, Ride the Rim and see the park from a different perspective. Pedal down an old chaining road that runs along the Park's rim and winds you through Pinyon and Juniper trees. 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 BBC. The course is subject to change based on weather conditions. 35 and 45 mile options, Dawn Andone, 775-728-8101, cathedralgorge vc@lcturbonet.com, beaverdam-gravelgrinder.com
- June 21, 2025 Monument Valley Bike Race,
  Tour de Rez Cup, Monument Valley, UI,
  The 15-mile route travels along dirt roads
  and double track in the Gouldings and the
  Oljeto 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,
  chuskaman@yahoo.com, navajoyes.org,
  runsignup.com/Race/UT/MonumentValley/
  MonumentValleybikeRace
- June 22, 2025 Big Horn Gravel, Gypsum, CO, Ramshorn Escape 85 miles, 10K vert, Little Bighorn 50 miles, 5.7K vert, Gravel Curious (e-bike friendly) 20 miles, 2K vert, Jake Wells, Info@bighorngravel.com, bighorngravel.com
- June 25-29, 2025 Oregon Trail Gravel Grinder, Sisters, OR, Ready to race the Oregon Trial? 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 26-29, 2025 SBT GRVI. Gravel Grinder, Steamboat Springs, CO, 6:30 am on Yampa Street, Steamboat Springs, CO, Four distances: 37/64/104/142 miles with 2000/4000/6000/9000 feet of climbing, respectively. Mixed surface with the majority on hard packed gravel roads, Amy Charity, 970-215-4045, info@sbtgrvi.com, sbtgrvi.com
- June 28, 2025 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, truckeedirfondo.com
- June 28, 2025 Ruby Roubaix Gravel Gran Fondo. Lamoille, NV, Gravel Fondo! See the Ruby Mountains as you've never seen them before during this one-day bicycle ride or race beginning and ending in scenic Lamoille, Nevada. Choice of a 22, 38, 60 or full 120.5 mile loop on pavement, gravel, and dirt roads. Ride or race the coursel, Ruby Roubaix Event Director, 775-389-1862, info@rubyroubaix.com, rubyroubaix.com
- June 28, 2025 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. Syringa Cyclery , 208-610-9990, syringacyclery@gmail.com, syringacyclery.com
- June 28-29, 2025 Belgian Waffle Ride Montana, Quad-Tripel Crown of Gravel, Bozeman, MT, Participants can look forward to an unparalleled experience featuring Bozeman's stunning backcountry riding and vibrant outdoor culture., Michael Marckx, 760-815-0927, mmx@MonumentsofCycling.com, belgianwaffleride.bike
- July 5, 2025 Teton Valley Backyard Rally, JayP's Backyard Series, Victor, ID, With 25, 60, and 100 mile routes as well as a kids kick bik race, there is something for everyone, The 25-mile route is e-bike friendly, Jay Petervary, 307-413-2248, jaypetervary@gmail.com, tetonvalleygravel.com
- July 12, 2025 Crusher in the Tushar, Life Time Grand Prix, Beaver, UT, 70 grueling miles exploring Southern Utah's Tushar Mountains on a mix of dirt, gravel, and asphalt. Features 10,000+ of climbing traversing Utah's highest and most scenic roads. Join us for the original mixed-surface gravel and road classic!, Treva Worrel, crusher/emiltevents.zendesk.com, tusharcrusher.com
- July 12, 2025 Lyons-Heart Gravel Classic, Mandan, ND, For those seeking a chal-

lenging and scenic cycling adventure, the Lyons-Heart Gravel Classic is the ultimate test. Choose from different distance options, including a challenging century (100 miles) for the experienced riders. This event takes you through the stunning landscapes of the Lyon's Den, conquering hills that will have you questioning why they say North Dakota is flat and pushing your limits. It's an excellent opportunity to set ambitious goals, challenge yourself, and experience the satisfaction of overcoming obstacles. Competing for a \$7000 prize purse might help keep the off-season motivation going as well!, Melissa Marquardt, 701-221-9833, melissa@701cycleandsport.com, 701cycleandsport.com

July 13, 2025 — Butte County Gravel Grind, Chico, CA, Join us for an epic ride through the forests of the Colby Mountain Recreation Area! Kicking off from Butte Meadows, this fundraiser race supports our Colby Mountain Project to build an additional 40 miles of trails in the area., Chico Velo, 530-343-8356, info@chicovelo.org, www

#### Mountain Bike

#### Tours and Festivals

April 12-October 11 — MTB the White Rim Trail, Moab, UT, The quintessential Moab multi day bike ride, in Canyonlands National Park. 13 trips to choose from, 3 & 4 days. Small Groups. Outfitted by professional guides. Don't let the name fool you, Holiday River Expeditions knows biking., Karen Johnson, 800-624-6323, 801-266-2087, karen.holiday-river@gmail.com, Natalle Osborn, natalle. holiday-river@gmail.com, bikeraft.com

April 26-September 17 — MTB The Maze Mountain Bike Tour, Moab, UT, Deep in the heart of Canyonlands National Park. 4 trips to choose from, 4 days 3 nights. Small



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### Groups of 7 or less. Outfitted by professional guides. Camp at the Maze Overlook and hike down into the Maze while viewing vertical uplifts and plunging gorges., Karen Johnson, 800-624-6323, 801-266-2087, karen. ver@gmail.com, Natalie olidayriver@gmail.com <u>r@gmail.com</u>, <u>bikeraft.</u>

- 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, zardheadcyclingguides.co 508-561-7580, lauren@liz
- BetterRide MTB Camp Various, AZ, UT, TX, CA, CO, NV, 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 officiantly with the meet experienced and efficiently with the most experienced (20 years), effective and sought after coach in the sport, Gene Hamilton!, Gene and llse Hamilton, 970-261-1869, 435 260 7696, admin@betterride.net, betterride.net
- May 2-4, 2025 MECCA MTB Festival, Huntington, UT, 39th Annual, Held at the Buckhorn RV Resort, Huntington, Utah. Registration begins Friday at 1:00 p.m. followed by a warm up ride, refreshments, games and a prize drawing. Saturday is full of all-day guided rides, ranging from beginner to advanced followed by a yurmmy dinner, games and more fun. Finish up on Sunday with a guided (or on your own) scenic ride. Family friendly., Terri Bennett, 435-749-0755, 435-749-2386, meccabike01@gmail.com, biketheswell.org
- May 17, 2025 Manzanita Mountain Epic New Mexico Endurance Series, Tijeras, NM Unsupported epic mtb ride, nm-es.weebly
- June 7, 2025 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/
- June 20-24, 2025 Granite Ridge Girls Mountain Bike Camps, Cheyenne, WY, Curl Gowdy State Park. 2 1/2 day girls camp, 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. - Granite Ridge Girls ps. Cheyenne, WY, Curt rv@gmail.com, wyomtbcamps.org
- July 12, 2025 Watermelon Beat Down, New Mexico Endurance Series, Cedar Crest, NM, Unsupported epic mtb ride, nm-es.weebly.

#### Utah Weekly MTB

#### Race Series

- April 16-July 30, 2025 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 1 hr race time, Sports 50mins, Beginners 30-40mins, WRS Races, 435.565.4602(Wasatch), 801-293-4849 (Sundance), race@weeklyrace. 223-4849 (Sundance), rac
- May 20-August 13, 2025 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, midweekmtb.com

#### Regional Weekly

#### MTB Race Series

- May 7-August 6, 2025 Bi-Weekly MTB Series, Aspen, CO, Wednesday MTB series, Kristen Heath, 970-618-3309, Info@aspencycling-club.org, aspencyclingclub.org/spring-val-
- May 28-June 18, 2025 Session Series Weekly Enduro Series, Floyd Hill, CO, A weeknight enduro series, riders check their better judgment at the start for a timed downhill at three front-range trail systems: May 28—Floyd Hill, June 5—Maryland Mtn, and June 18—Virginia Canyon, Jennifer Barbour, 303-503-4616, jen@shiftevents.org, Caprice Bass, 303-720-4509, caprice@feamevergreen.org, stifteyents org. sessionseries org.
- Mav 28-July 16, 2025 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 Etzkorn, 605-720-4046, <u>xtremeda</u>
- June 11-July 16, 2025 Missoula MTB League, Missoula, MT, Various courses. May 8, 15, 22, 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. Potluck post race., Shaun Radley 406-219-1318, montanacyclocross@gmail

#### **Utah Mountain**

#### Bike Racing

- May 17, 2025 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 clift roads and the fun singletrack that laces its way through and Pinion trees., Margaret Gibson Juniper and Pinion trees. 435-229-6251, Margaret
- une 1, 2025 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 1, 2025 — Sundance Showdown Downhill
- June 7, 2025 Fast Times at Richfield ICUP, Intermountain Cup, Richfield, UT, Check back for complete details, Margaret Gibson, 435-229-6251, Margaret@ridesouthernutah. com, intermountaincup.com
- June 21, 2025 Wasatch 50, Intermountain Cup Endurance Series, Soldier Hollow, UT, endurance cross country mtb race, Margaret Gibson, 435-229-6251, Margaret@ outhernutah.com, intermountaincup
- June 27-29, 2025 Soho Bike Fest, USA Cycling Pro XCT, Heber, UT, Cross Country and STXC races. Part of the Pro Cross-Country Tour, UCI sanctioned too. Come out and watch the top pros or race your race. Soldier Hollow, sohobikefest@gmail.com, sohobikefest.com
- July 12, 2025 Battle at SoHo ICUP ntain Cup, Midway, UT, Margaret 435-229-6251, Margaret@ride Gibson,

#### Regional Mountain

Bike Racing

ID, WY, MT, NV, AZ,

NM, CO, MT, OR, WA,

#### CA and Beyond

- May 9-10, 2025 Rides & Vibes MTB & Music Fest, Grand Junction, CO, Mountain bike races and music festival, Grand Junction Sports , 970-248-1378, info@grandjunction-sports.org, grandjunctionsports.org, giride-sandylbes com
- May 10, 2025 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/decending, 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, salmonidahomib.org, ridesalmon.com
- salmon.com

  May 10, 2025 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 flowy 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, 303-249-112, reid delman@geminiadventures.com. Kyla reid delman@geminiadventures.com, Claudell, 303-249-1112, kyla@geminia
- May 10, 2025 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, 2025 Crusher Cup #1 MTB Race Series, Lake Sonoma, CA, Jim , jim@b17rac-
- May 16-18, 2025 NW Cup Downhill Series flay 16-18, 2025 — 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, <a href="mailto:scott@nwcup.com">scott@nwcup.com</a>, <a href="mailto:nwcup.com">nwcup.com</a>, <a href="mailto:swcup.com">nwcup.com</a>, <a href="mailto:swcup.com">nwcup.com</a>, <a href="mailto:swcup.com">nwcup.com</a>, <a href="mailto:swcup.com">swcup.com</a>, <a href="mailto:swcup.com">
- May 17, 2025 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, twistedturtleracing.com
- May 17, 2025 Royal Gorge Six and Twelve Hour MTB Races, Cañon City, CO, Six and Twelve Hour MTB Races, Seth Bush, 505-554-0059, ElCapitan@ZiaRides.com, ziarides.com

to the historical mining town of Silverton. Sunday - Kids Race and Kids Village, Mountain Bike Race, Gravel Race and ven-dors., Ian Burnett, 970-259-4621, <u>director@</u>

CYCLINGWEST.COM

- May 24-25, 2025 The Original Growler, Gunnison, CO, The challenging singletrack is on some of the finest trails Colorado has to offer., Gunnison Trails , info org, originalgrowler.com, gunnis
- May 24-25, 2025 Big Mountain Enduro, Big Mountain Enduro Series, Las Vegas, NV, , Robert Herber, robert@bigmountainenduro.com, bigmountainenduro.com
- May 31, 2025 Gowdy Grinder, Cheyenne WY, Cross country mountain bike race that takes place on the trails of Curt Gowdy State Park in southeastern Wyoming. The beginner races are on a course with a handful of short races are on a course with a nandarul of short technical sections, but mostly smooth riding. The more advanced categories will find plenty of challenging riding typical of Curt Gowdy including part of the race course taking place on the famous "Gold" trails., Jodee Pring, 307-631-2980, WyoXMTB@gmail.
- May 31, 2025 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. Klckback with your friends and ride the flowy track of Philip S. Miller Park this summer. Register as an individual or form a team, Dave Muscianisi, 303-817-6523, events@rat-learracing.com
- May 31, 2025 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 bermy-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 trespassingt, Clemence Heymelot, 707-560-1122, info@bikemonkey.net, lacewente.com ente.com
- lay 31, 2025 Homesteader 6 hr, MT Off-Road Cup, Missoula, MT, Shaun Radley, 406-219-1318, montanacyclocross@gmail.com, cling
- June 7, 2025 Salida Big Friggin Loop, Colorado Endurance Series, Salida, CO, T self-supported endurance ride is mixed with gravel and singletrack. There will be the base loop and long loop to chose from with the long loop passing through the ghost town of Futurity with a brief hike-a-bike., col town of Futurity with a brief hike-a-bike., <u>col</u> oradoes.wordpress.com/swes-event-list/sbfl
- June 7, 2025 Spring Valley Scramble, Aspen, CO, Come race the best new MTB course in the Roaring Fork Valley. See why this has become the Colorado High School League's State MTB Course. All are invited to race from Strider to Elite, and everything in between!, Kristen Heath, 970-618-3309,
- June 12-15, 2025 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., Tamara Jenlink, 719-219-9364, TJenlink@tt.ife, leadvilleraceseries.com
- June 14, 2025 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, elyn
- June 14, 2025 The Bailey Hundo, Buffalo Creek, CO, 10th year for the race. The HUNDO is 100 miles with 10,000 vertical feet, the HUNDO is 50 miles with 6,000 vertical feet, in the Buffalo Creek trail system permitted by the USFS, Jennifer Barbour, 303-503-4616, jen@shiftevents.org, Caprice Bass, 303-720-4509, caprice@feamevergreen.org, baileybundo, org
- June 14-15, 2025 Big Mountain Enduro, Big Mountain Enduro Series, Sunrise Park, AZ, BME Stop #3:, Robert Herber, robert@ bigmountainenduro.com, bigmountainen-
- June 14, 2025 Otter Creek MTB Race, Harmon Lake, ND, The 10th year of the Otter 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 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. com, 701 cycle

- 1570, <u>imiller@winterparkresort.com</u>, <u>winter</u>
- June 18, 2025 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,
- June 20-22, 2025 NW Cup Downhill Series une 20-22, 2025 — NW Cup Downnill 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 GRI too, Scott Tucker, 360-797-4288, scott@
- June 21, 2025 9 to 5, Knobby Tire Series, McCall, ID, High speed rolling double-track. Tight, technical sagebrush single-track, water crossings, quick steep drops, nasty little granny gear climbs. Single speeders' dream., Alex Phipps, 208-841-4120, alex-01phipps@gmail.com, twistedturtleracing.com
- June 21, 2025 Lake Tahoe Mountain Bike Race, Tahoe City, CA, Sweet trails and singletrack. Juniors and all NICA riders welcome. Race in the cross country race, 4 hour or 8 hour race as a solo or on a team of 2, 3 or 4 (teams of 3 and 4 apply to the 8hr race only). The course is approximately 12.8 miles. Fast lap times are around 50 minutes. Cross country race is two laps. The course is a mix of single track and fire-road. It is a fast and smooth course with few technical sections. The most laps wins. Approximately 1350 feet ascending and descending per lap, Todd Jackson, 530-546-1019, todd@big-blueadventure.com, Kiley McInroy, kiley@bigblueadventure.com, bigblueadventure.com
- June 21-22, 2025 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
  MOREI, Scott Tucker, 360-797-4288, scott@
  nwcup.com, North American Enduro Cup
  , confact@neenduro.com, naenduro.com <u>enduro.com</u>, <u>naenduro.com</u>
- June 21-22, 2025 Missoula XC, US XC Open, MT Off-Road cup, 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,
- June 21-22, 2025 USA Cycling Enduro MTB National Championships, Kellog, ID, USAC Events , 719-434-4200, nationalevents@ usacycling.org, usacycling.org
- June 22, 2025 Send It at Jug Mountain Ranch Enduro, Wild Rockies Series, McCall, ID, Enduro MTB race, Alex Phipps, 208-841-4120, alex01phipps@gmail.com, twistedturt-
- June 25-29, 2025 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., Army Nolan, 970-596-4085, director@junior-bikeweek.com, juniorbikeweek.com
- June 27-29, 2025 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, pwcup.com
- June 28, 2025 - Helenduro, Montana Enduro Series, Helena, MT, Montana Enduro Series, contact@montanaenduro.com, Eric Sivers, eric@montanabicycleguild.org, moneric@montanabicycleguild.org, montanaenduro.com, montanabicycleguild.org
- June 28, 2025 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., Tamara Jenlink, 719-219-9364, TJenlink@
- June 28, 2025 Primal Point-to-Point, XC Mountain Bike Race Series, Winter Park, CO, XC race. There is a category for everyone from junior riders to professional racers even first time racers. Jen Miller, 970-726-1570

- July 12, 2025 Whit Henry's Galena Grinder, Knobby Tire Series, Galena Lodge, ID, XC/Marathon, 40 mile loop; Pro/Expert/SS, 25 mile loop; Sport/Clydesdale, 20 mile loop; Beginner, 10.5 mile loop; and Youth with a 5 mile loop. Alex Phipps, 208-841-4120, alex(ID.phipps/grapil.com twistedtutlerge-
- **Big Mountain Enduro**, Big July 12-13, 2025 -Mountain Enduro Series, Tamarack Resort ID, BME Stop #6:, Robert Herber, robert@ bigmountainenduro.com, bigmountainen
- July 12-13, 2025 Downhill Rockies, Trail Party, Crested Butte, CO, Downhill race, Trail Party trailpartymtb@gmail.com, trailparty.com
- July 13, 2025 Silver Rush 50, Leadville Race Series, Leadville, CO, At 10,000-12,500 feet above sea level, this challenging 50 mile out-and-back course takes racers through the historic mining district on Leadville's East side. This race is known for its long, lung-burning climbs and rocky, steep terrain. Solo or Tandem 50m. Leadville Trail 100 Qualifier, Tamara Jenlink, 719-219-9364, TJenlink@lt.life, leadvillergesesties.com
- July 14-20, 2025 USA Cycling Endurance MTB National Championships, Roanoke, VA, USAC Events, 719-434-4200, <u>nationalev-</u> ents@usacycling.org, usacycling.org

#### **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-cit
- Valley City, UT, Weekly Training Crit at the Driver's Training Center, 4700S. 2780W., A filte 6 pm, B filte between 6:45 and 7:05, Call for information regarding C filte. Wednesdays April August, Marek Shon, 801-209-2479, utcritseries@gmail.com, utahcittseries.com
- Emigration Canyon Hillclimb Series -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, gmail.com, utahcritseries.com
- Logan Race Club Thursday Night Time Trial Series Logan, UT, Thursdays, TT series conogan Race Club Hursday Night Time Iridal Series – Logan, UT, Thursdays, IT series consisting of 18 races on five difference courses, with weekly and end-of-series prizes. Check the website for the location of the weekly course, Stephen Clyde, 435-750-875, swc@mdsc.com, Ben Kofeod, benhkof@hofmall.com, Travis Dunn, travis.dunn@usu.edu, loganraceclub.ora
- Utah Road Race Series Utah Crit Series, Salt Lake City, UT, Fridays, Marek Shon, 801-209-2479, utcritseries@gmail.com, race2wheels.
- April 29-July 15, 2025 Utah Crit League, UCA Series, Various, UT, Tuesday night ums, Dirk Cowley, 801-699-5126, doc

#### Utah Road Racing

- May 3-4, 2025 - Moab Fondo Fest, Moab, UT, Gear up for double the adventure at the Moab Fondo Fest! Enjoy a 50-mile Gran Fondo on Saturday or a thrilling 50-mile Gravel Fondo on Sunday. Choose one or conquer both, TransRockies, 866-373-3376. Info@transrockies.com, granfondomoab.
- May 3, 2025 Goshen Circuit Race, tentative, UCA Series, Goshen, UT, 5.7 mile loop with a couple of punchy rollers and about 375 feet of up and down each lap on paved farm roads in southern Utah County., Troy Huebner, 801-427-0852, troy,huebner@teal. drones.com, cyclingpointseries.com
- May 3, 2025 Hobble Creek Classic, Springyille, UT, Mass start chip-timed ride, SAG, 57- and 24-mile options through fields and around West Mountain and Utah Lake's shore. Perfect early season race Marci Mahana, marci.m

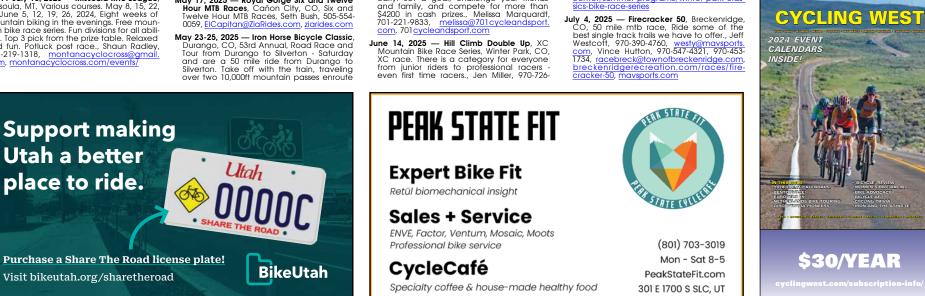
JOIN

**CYCLING WEST!** 

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A BETTER PLACE

THROUGH CYCLING!



- May 10, 2025 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, bikereg.
- May 17, 2025 East Canyon Echo Road Race and Gran Fondo, UCA Series, Henefer, UT, 10 AM start for all courses beginning in Henefer by the park with the 60 mile option going through Echo Canyon. The route turns back to Henefer and finishs at Hogsback. The 40 mile option only rides to the mouth of Echo Canyon and turns back to Hogs Back. Gran Fondo starts at 9., James Zwick, 801-870, 4578, sports@sports-am.com. sports-am.com.
- May 24, 2025 Utah Hill Climb Snowbird, UCA Series, Utah State Hill Climb Series, Snowbird, UT, State Championship, Dirk Cowley, 801-699-5126, dcowley@RaceDayEventSoftware.com, utahcycling-avents.com
- May 24, 2025 Hashkeniinii Bike Race, Tour de Rez Cup, Navajo Mountain, UT, 50-mile road race, 10-mile road ride Navajo Mountain community near Échaniin (Ploneer Day) rodeo grounds, Tom Riggenbach, 928-429-0345, chuskaman@yahoo.com, navajoyes.org, runsignup.com/Race/UT/ NavajoMountain/HashkniniBikeRace
- May 31, 2025 West Mountain Road Race, UCA Series, Spanish Fork, UT, Starts at Lincoln Beach, Troy Huebner, 801-427-0852, troy, huebner@tealdrones.com, cyclingpoint-
- June 14-15, 2025 LHM/CC Salt Lake Criterium, American Criterium Cup, Sandy, UT, Professional and amateur categories, expo and more! Benefits the Utah Food Bank. Saturday: Sandy Promenade; Sunday America First Field Sandy, Utah, Dirk Cowley, 801-699-5126, dcowley@RaceDayEventSoftware.com, saltlakecriterium.com
- June 22, 2025 Need for Speed Time Trial, UCA Series, Salt Lake City, UT, State TT Championship, Dirk Cowley, 801-699-5126, dcowley@RaceDayEventSoftware.com,
- July 12, 2025 Cache Gran Fondo, Suarez Gran Fondo National Series, Logan, UT, Qualifying event in the Western US for the USA Cycling Gran Fondo National Championship, and a true Gran Fondo where riders of all abilities are invited to participate. Chose from distances of 35, 53, 76 and 104-mile courses on Saturday through a fun, low-traffic, and scenic route in Cache Valley, UT. The finish is a festival for all riders, with race prizes, recreational rider prizes, Iroy Oldham, 435-764-2979, oldhamtroy@gmall.com, cachegranfondo.com

#### Regional Weekly

#### Road Race Series

- May 13-July 15, 2025 SWICA Fairground Criterium Series, SWICA Criterium Series, Boise, ID, Local training crit series at Expo Idaho West lot (Glenwood Street south of Hawks Stadium). Every Tuesday, John Rogers, 208-284-9671, obccwebdesign@yahoo.com, idahobikeracing.org
- yahoo.com, Idahobikeracing.org

  May 14-August 13, 2025 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
  14 at 6:30 pm, 7:00 pm, June 11, July 9 and
  July 30Hill Climbs: Park at Cherry Springs,
  Crystal start at Cherry Springs and Scout start
  at bottom of Scout Min Rd. Scoring is best
  Crystal plus best Scout Min Rd. Scoring is best
  Crystal plus best Scout Mine. Approximately
  5 mile climbs. mass start., May 28 -Crystal
  Summit (mass start), 6:30 pm.7:00 pm: June
  25-Scout, July 16-Crystal Summit (Senior
  Games), August 13-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 IT bike, Eddie Merckx
  style), Single Speed, and Clydesdale (210
  lbs+) and Athena (150 lbs+), Tony Chesrow,
  435-671-2506, hebermtsports@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 2-4, 2025 Tour de Bloom Stage Race (Omnium). Wenatchee, WA, The event features a road race in Waterville on Friday, an out and back 10-mile TI, 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, tourdebloom.com, wenatcheevalleyvelo.com/current-event/tour-de-bloom/
- May 16-18, 2025 Boulder Omnium, Boulder, CO, 3-Day Omnium featuring TT, Crit, and RR, Jamestown Time Trial, Louisville Criterium, Morgul Road Race, Lance Panigutti, 303-408-1195, lance@withoutlimits.com, withoutlimits.co
- May 17, 2025 Ride for the Pass, Aspen, CO, The 31st annual Ride for the Pass begins 5 miles east of Aspen at 8,500° in elevation on Highway 82, closed to cars, and climbs 2,200° to the Independence Ghost Town, with an option to continue to the summit of Independence Pass (conditions allowing) at 12,092°, Mark Fuller, 970-963-4959, 970-618-5086, fulcon@comcast.net, Karin Teague, 970-273-9690, 970-379-1222, director@independencepass.org. independencepass.org.
- May 19-26, 2025 USA Cycling Professional Road, IIT, and Criterium National Championships, Charleston, WV, USAC Events , 719-434-4200, nationalevents@usacycling.org, usacycling.org
- May 23-25, 2025 Iron Horse Bicycle Classic, Durango, CO, 53rd Annual, Road Race and Tour from Durango to Silverton Saturday 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 Kids Race and Kids Village, Mountain Bike Race, Gravel Race and vendors., Ian Burnett, 970-259-4621, director@

- <u>ironhorsebicycleclassic.com</u>, <u>ironhorsebicycleclassic.com</u>
- May 24, 2025 Wards Ferry Road Race, VeloPromo, Sonora, CA, Robert Leibold, 209-604-1354, velopro1@gmail.com, velopromo.
- May 31-June 1, 2025 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/RCCvclinaclassic
- June 6-8, 2025 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 singletrack 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, coloradospring-sports.org
- June 7, 2025 Regalado Road Race, VeloPromo, Oakdale, CA, Robert Leibold, 209-604-1354, velopro1@gmail.com, velo-
- June 8-8, 2025 Queen of the Canyons APEX Gravel, Colorado Springs, CO, Start in Colorado Springs, CO, Start in Colorado Springs and ride to Cripple Creek, Canon City and Victor as you follow the Gold Belt Scenic Byway on some of the most amazing gravel climbs you will ever ide. The 135-mile route uses famous climbs like Gold Camp Road, Shelf Road, and Phantom Canyon Road. There is a 65 mile "Half Queen" that allows rides to see all of Gold Camp but get back to town a bit earlier in the day. Join us on the slopes of Pikes Peakl, Cycling, 719-634-7333. info@thesportscorp.org, Jeff Mosher, 719-634-7333 Ext 1005, jeff@thesportscorp.org, Jiespeakapex.com, coloradospringssports.org.
- June 20-22, 2025 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 28-July 2, 2025 USA Cycling Masters & Juniors Road National Championships, Milwaukee, WI, USAC Events , 719-434-4200, nationalevents@usacycling.org, usacycling.org
- July 5, 2025 Watsonville Criterium, VeloPromo, Watsonville, CA, Robert Leibold, 209-604-1354, velopro1@gmail.com, velopromo com

#### **Utah Road Touring**

#### and Gran Fondos

- May 3, 2025 Tour de Brewtah, Salt Lake City, UT, A tour of the city highlighting Salt Lake's great bicycle infrastructure, engaged community, and craft beers., Ryan Miller, info@ tourdebrewtah.com, tourdebrewtah.com
- May 3-4, 2025 Moab Fondo Fest, Moab, UT, Gear up for double the adventure at the Moab Fondo Fest! Enjoy a 50-mile Gran Fondo on Saturday or a thrillling 50-mile Gravel Fondo on Sunday. Choose one or conquer both, TransRockies , 866-373-3376, info@transrockies.com, granfondomoab.com
- May 10, 2025 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, Ken Moss, 801-833-2782, tba@saltlakerandos.org, saltlakerandos.org
- complete the loop, Ken Moss, 801-833-2782, too@saltlakerandos.org, saltlakerandos.org

  May 10, 2025 Golden Spoke, Utah Bike Month, Wasatch Front, UT, Join the annual Golden Spoke Bike Ride event that spans Utah's safe, connected, multi-use trail network across the Wasatch Front from Ogden to Provo. Routes range from 1 to 100 miles—for beginners to experts. Explore, learn, celebrate, and develop skills, in a safe, family-friendly environment. A 100 mile ride begins early in the morning at High Adventure Park on the Ogden River Trail near downtown Ogden. A mid-morning kickoff event follows at Tracy Aviary's Nature Center at Pio Okwai in South Salt Lake, with short rides for beginners in South Salt Lake and Millicreek, and the start of a 50-mile ride. The route between South Salt Lake and Provo includes rest stops and alternate shorter starts and stops along the way, with convenient Frontitunner stations nearby. An end of ride event will be happening throughout the afternoon at the Skipper Bay Trailhead at the Provo River Delta near Utah Lake, with free perks, including food and transit passes for participants, and fun activities for people of all ages and abilities. Registration is required for perks, and availability may be limited on a first come, first served registration basis., Julie Williams, julie@jordantivercommission.gov, goldenspoke.net
- May 17, 2025 East Canyon Echo Gran Fondo, UCA Series, Henefer, UT, Starts in Henefer by the park. The 40 mile option only rides to the mouth of Echo Canyon and turns back to Hogs Back. Gran Fondo starts at 9., James Zwick, 801-870-4578, sports@sports-am.com, sports-am.com
- May 24, 2025 Backroads of the Great Basin, Salt Lake Randonneurs, Saratoga Springs, UT, Self-supported brevet startling in Saratoga Springs, touring thru Eureka and Nephi. 190 or 250 mile options, Ken Moss, 801-833-2782, rba@saltlakerandos.org, saltlakerandos.org
- May 24, 2025 Bear River Cache Valley, Salt Lake Randonneurs Brevet Series, Brigham City, UT, Self-supported timed event going from northern Utah into Cache Valley & back. Choose from 200, 300, or 400K, Ken Moss, 801-833-2782, rba@saltlakerandos.org, saltlakerandos.org

- June 7, 2025 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@gmall.com, Irrh.org
- June 7, 2025 Gran Fondo Utah, Gran Fondo National Series, Payson, UT, The exciting GFNS expands west to showcase its fun format with 95, 63, 35 mile course options, the Gran Course climbs the iconic Mt. Nebo Loop, Robert Evans, 208-780-9568, info@cyclingquests.com, granfondonational-series.com/gran-fondo-utah
- June 14, 2025 Huntsman SportsFest Run. Ride. Play. Support Cancer Research, Utah Triple Crank, Salt Lake City, UT, An epic ride supporting Huntsman Cancer Institute (HCI). Distances: 16, 55, 75, 101, & 140-miles. 100% of all funds support the mission of HCI. Jen Murano-Tucker, 801-584-5815, events@huntsmanfoundation.org, huntsmansports-
- fest.com

  June 28-29, 2025 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 \$ 500
  W) in Logan. Route distances: Day 1: 43, 75,
  100 and Day 2: 20 & 50, Melissa Matthews,
  801-424-0112, Melissa Mathews@nmss.org,
  Erika Barnum, 774-254-2668, erika.barnum@
  nmss.org, Mary Walter, 402-201-8745, mary.
  walter@nmss.org, bikemsutah.org

  July 11, 2025 Antelope by Moonlight Bike
- July 11, 2025 Antelope by Moonlight Bike Ride, Antelope Island, UT, 10:00 pm. Open to participants of all ages, Antelope Island Marina to Fielding Garr Ranch and back. Experience Antelope Island after-hours under the full moon, Antelope by Moonlight, 801-451-3237, anteloperide@daviscountyutah.gov, daviscountyutah.gov/moonlight.
- July 12, 2025 Cache Gran Fondo, Suarez Gran Fondo National Series, Logan, UT, Qualifying event in the Western US for the USACycling Gran Fondo National Championship, and a true Gran Fondo where riders of all abilities are invited to participate. Chose from distances of 35, 53, 76 and 104-mile courses on Saturday through a fun, low-traffic, and scenic route in Cache Valley, UT. The finish is a festival for all riders, with race pizes, recreational rider pizes. Froy Oldham, 435-764-2979, oldhamtroy@

#### **Regional Road Touring**

and Gran Fondos

ID, WY, MT, NV, AZ,

NM, CO, MT, OR, WA,

#### CA and Beyond

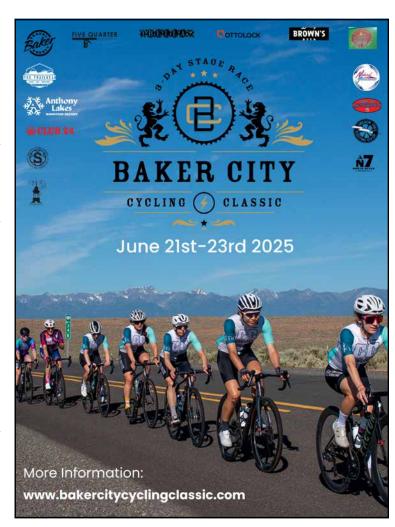
- Lizard Head Bike Tours Various, UT, CO, and More, Multiple dates Texas, Utah, Canada, Colorado, Oregon, New Mexico, Montana, and tons of other locations! Road, MTB, Gravel Tours, John Humphries, 970-728-591, info@lizardheadcyclingguides.com, Lauren Lasky, 508-561-7580, lauren@lizardheadcycling.
- cling.com, lizardheadcyclingguides.com

  May 3-June 28, 2025 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 favoritle 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@
  altraalpina.org, Michael Bayer, challenge@
  altraalpina.org, altraalpina.org/training

  May 3, 2025 Wine Country Century Spata
- May 3, 2025 Wine Country Century, Santa Rosa, CA, 50th Annual! Enjoy riding in the gorgeous Sonoma County springtime! 35 milles, 100k, and 100 miles with extravagantly stocked rest stops and welcoming volunteers, Lorenzo Freschet, 707-483-6965, , tto
- May 3, 2025 Tierra Bella Bicycle Tour, Gilroy, CA, 45th Annual, Starts/ends at Gilroy HS between 7-10am. Four scenic Bay Area routes 30m/712tt, 50m/1880ft, 74m/3713ft, and 101m/7182tt. Free ACTC introductory membership. Multiple food stops with a finish line party. SAG supported., Peter Greene, 407-474-1128, tierrabella2024@gmail.com, tierrabella.org
- May 3, 2025 Breathless Agony Century, King of the Mountains Century Challenge, Redlands, CA, Deborah Bowling, 818-889-2453, embassy@planetultra.com, planetultra.com
- May 3, 2025 Sierra to the Sea Bicycle Tour, Placerville, CA, 46th Annual, Starts/ends at Gilroy HS between 7-10am. Four scenic Bay Area routes 30m/1712tf, 50m/1860tf, 74m/3713tf, 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, tierrabella/2024@gmail.com, tierrabella/2014
- bella 2024@gmail.com, tierrabella.org

  May 4, 2025 Grizziy 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 Stops, stoopsd@gmail.
  com, grizz.org/century

  May 4, 2025 L'Étape Las Vegas, Las Vegas,
- May 4, 2025 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









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authentic Yellow Jersey; 75-miles, elevation +6.464 ft, 45-miles, elevation +3.035 ft, 25-miles, elevation + 2.260 ft, and a family ride, Las Vegas Events , 702-260-8605, cycling@lasvegasevents.com, lasvegas. letapeby/ourdefrance.com

May 10, 2025 — Inland Empire Century, Benton County, WA, Routes showcase the Columbia and Yakima rivers through parks and over bridges. Ride options are from an easy 25 miles to challenging 50, 75 or 100 mile tours. All routes showcase the scenic beauty of the lower Columbia River and Yakima valleys with their vineyards, wheat fields, and fruit orchards., into@tcikiwanis.org, 1cikiwanis.org/inland-empire-century

May 17, 2025 — Cycle for Independence, Boise, ID, Fundraiser for the Treasure Valley Chapter of the National Federation of the Blind, 10, 25, and metric century (62.5 miles), individual and team rides, roules begin in northwest Boise, supported ride. After ride burgers with all the fixings combined with socializing, music, festivities and prizes, Ramona Walhof, 208-336-5333, cycleforindependence@gmail.com, Allan Schneider, 208-870-4831, aaschneider@hotmail.com, cycleforindependence.org

mail.com, cycleforindependence.org

May 17-18, 2025 — 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,
Erika Barnum, 774-254-2668, erika.barnum@
nmss.org, JJ Hoffman, 323-839-6414, [anettehoffman@nmss.org, bikemslosangeles.org

May 17-18, 2025 — Santa Fe Century and

May 17-18, 2025 — Santa Fe Century and Gran Fondo, Santa Fe, NM, Century (106 mile tour), the Gran Fondo (106 mile timed ride), the Half-Century (54 mile tour), Medio Fondo (54 mile timed ride) or a 20 mile route, A scenic course that highlights the landscape of northern New Mexico, starting and finishing in downtown Santa Fe. Riders will pass through the Ortiz Mountains and the Galisteo basin, Santa Fe Century, 505-490-6387, ride@santafecentury.com, santafecentury.com

May 17, 2025 — Tour de Victory, Lafayette, CO, Tour de Victory, the legacy of our late friend Tom Palizzi, takes place in our own backyard and over the beautiful rolling hills of Boulder County. Select your preferred route (100k, 50k, or 20k) and ride any bike you like: road bikes, e-bikes, recumbents, trikes, and more are all welcome! Or NEW this year, join our Pedal in Place ride inside where a stationary bike route option will be available at the YMCA!, Davis Phinney Foundation, 866.358.0285,

contact@dpf.org, https://davisphinneyfoundation.org/event/tour-de-victory/

May 18, 2025 — Strawberry Fields Forever, VeloPromo, Watsonville, CA, 30,60, and 100 mile touring loops of beautiful Santa Cruz and Monterey Countles, CA. Sponsored by Cyclists for Cultural Exchange, and includes rest stops, support, full dinner (including strawberries and fresh cream!) at the finish., Robert Leibold, 209-604-1354, velopro1@gmail.com, strawberryfields.org

May 24, 2025 — Heartbreak Century and Double Century, King of the Mountains Century Challenge, Frazier Park, CA, 100 or 200 mile ride on the roads less traveled in the Los Padres National Forest, Deborah Bowling, 818-889-2453, embassy@planetultra.com, planetultra.com

May 31, 2025 — 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, 2025 — America's Most Beautiful Bike Ride - Lake Tahoe, Stateline, NV, Join the Leukemia & Lymphoma Society to support the blood cancer community while taking in breathtaking views around Lake Tahoe. Choose 35, 72, or 100 miles with full SAG support and transport services. For those affected by blood cancer, your support can be lifesaving. Leukemia & Lymphoma Society , 888-557-7177, supportservices@lls.org , lis.org/ambbr-registration

June 7, 2025 — Gold Country Challenge, Nevada City, CA, Ride the beautiful and historic back roads of the Nevada Country gold country and along the scenic Yuba River. Road rides include challenging 100, 75, 55 and 35 mile options and new 18 mile recreational ride. Excellent route support. Enjoy the post-ride meal and beer under the pines., Bob Long, 530-876-6480, bob. goldcountrychallenge@gmail.com, rolary-goldcountrychallenge.com

June 8, 2025 — Ride to End Alzheimers, Fort Collins, CO, Come help fuel cutting edge research by fundraising and riding to help in the discovery of treatment and prevention methods for Alzheimer's. Ride options are available for 20, 50, 70, and 100 mile distances., Sara Prevost, 833-239-7433, ride@olz.org, alz.org/ride

June 14, 2025 — 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 idets of any level, Syringa Cyclery, 208-610-9990, syringacyclery@gmail.com, Jane Huang, chafe150@outlook.com, chafe150.org





Saturday, June 21, 2025
Pocatello, ID

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

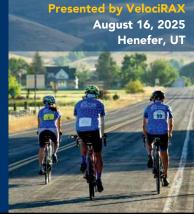


- Established fully-supported ride
- Route options: 10 to 100 miles
- BBQ lunch and beer gardenStocked rest stops every 10-12

Register now cycle.cff.org



RIDE TO END CF



2025 Utah CF Cycle for Life

June 21, 2025 — RATPOD (Ride Around the Pioneers in One Day), Dillon, MT, In support of Camp Mak-A-Dream. An oncology camp dedicated to ensuring those affected by cancer can live with and beyond their diagnosis. With just a small donation you can be part of this now national event all to honor those affected by cancer. 41, 86, 127 mile options. 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 21, 2025 — 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 28, 2025 — 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 four. Features 25-, 50-, 75- and 100-mile rest stations/turn around points. Breakfast and lunch are included. Allea Ednie, 307-757-7166, aednie@cheyennecity.org, cheyennerec.org/superday-2025

June 28-29, 2025 — 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, Erika Barnum, 774-254-2668, erika barnum@nmss.org, Brittany Rondello, 425-647-6846, brittany.rondello@mnss.org, Erika Barnum, 303-698-6127, Erika Barnum@nmss.org, bikemscolorado.org

June 28, 2025 — Aspen Gran Fondo, Aspen, CO, The route encompasses some of the Roaring Fork Valley's most iconic climbs. Choose 36 miles, 62 miles, or 103 miles, with aid stations at the top of each climb and finish line BBQ. Each distance option will build on the previous, so if you are feeling great, keep going, Kristen Heath, 970-618-3309, into@aspencyclingclub.org, aspencyclingclub.org, aspencyclingclub.org

July 12, 2025 — The Triple Bypass, Evergreen, CO, The legendary Triple Bypass is 118 miles with 10,800° of climbing and travels over 3 beautiful mountain passes(Juniper, Loveland, Vail) from Evergreen to Avon, CO, Jennifer Barbour, 303-503-4616, jen@shiftevents.org, Kim Nordquist, 303-249-6168, kimnordquist@msn.com, Caprice Bass, 303-720-4509, caprice@teamevergreen.org, triplebypass.org

July 12, 2025 — Death Ride - Tour of the California Alps, Markleeville, CA, Challenge yourself to the premier cycling event in California. With 103 miles, over 14,000' of climbing, and up to six (6) HC climbs through the stunning Sierra Nevada mountains, this ride is sure to challenge and inspire you!, Melissa Edwards, 530-694-2475, info@deathride.com, deathride.com

July 12-13, 2025 — Seattle to Portland (STP), Seattle, WA, The Seattle to Portland (STP) Blcycle Classic presented by Alaska Airlines is in its 46th year. Heading south from Seattle and ending in Portland, Oregon, STP is a thrilling back-to-back double-century ride through Western Washington that brings 6,000 people together to experience the joy of cycling. Blcycling Magazine calls STP "one of the best cycling events in the nation.", Sarah Mantey, 206-620-0465, sarahm@cascade.org, cascade.org/stp

July 12, 2025 — Tour de Small Towns, Inkom, ID, 39, 87, 150 mile routes, brings together the communities of Southeast Idaho while showcasing the charm and character of each lown along the route, All Gorny, Info@BeOnPoint.Life, beonpoint.life/adventure-retreat/tour-de-small-towns/

July 13-18, 2025 — Tour de Wyoming, Riverton, WY, Bike tour through Wyoming with daily distances from 55 to 70 miles, Amber Travky, 307-742-5840 , atravsky@wyoming.com, tourdewyoming.org

#### Multisport Races

May 10, 2025 — 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 8:45amlocation: 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, southdavisrecreation.com, southdavisrecreation.com.southdavisrecreation.com.southdavisrecs.com

May 10, 2025 — 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, kvin Lewis, 435-986-6615, Kevin@visitstgeorge.com, ironmanstgeorge.com

May 17, 2025 — RAGE Triathlon, Boulder City, NV, Olympic, Sprint, Duathlon, Aquabike, Relays, 10K & 5K. The season starts with this triathlete-favorite race, only minutes from the world-famous Las Vegas Strip, Hoover Dam, and much more, Travis Campbell, info@bbscendurance.com, bbscendurance.com

May 24, 2025 — Woman of Steel Triathlon & 5K, Trilltah, American Fork, UT, Utah's first and most popular all-womens 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 Aamodt, 385-228-3454, race@triultah.com, trilutah.com

May 25, 2025 — Ironman Victoria 70.3, Victoria, B.C., 1.2 mile swim, 56 mile bike, 13.1 mile run, Ironman , <u>boulder70.3@ironman.com</u>, Ironmanbolse.com

May 31, 2025 — Sand Hollow Triathlon, Hurricane, UT, Olympic, Sprint, Duathlon, Aquabike, Relays, 10K & 5K. Bike along scenic sand dunes, and run around a gorgeous, reflective lake, Travis Campbell, info@bbscendurance.com, bbscendurance.com

#### **BICYCLE ART**

# De Ronde - The Bicycle Art of TJ Eisenhart (Right -->)

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

Title of piece: De Ronde

**About the piece**: I was inspired by the incredible ride by Tadej

Pogacar at the Tour of Flanders. I wanted to capture this moment in a portrait using cubism.

Medium and size:

Oil on canvas Size 28in x 28in

Where can people find or buy your art:

People can purchase and view my art at my website

https://www.imaginary-collective.com/

Connect with TJ at any of his social media accounts:

@tjeisenhart

@imaginary\_collective

#### Giro d'Italia Trivia Answers (from page 15)

A1. Joe Dombrowski, who won a stage in 2021 and retired in 2023. He started every Giro between 2015 and 2023 (8 starts) and finished seven recording his best GC finish of 12th in 2019. He won a stage in 2021 and donned the King of the Mountains jersey but sadly crashed out the very next day.

A2. The first American to win a stage in the Giro was Ron Kiefel in 1985 in Perugia, he was followed by his teammate Andy Hampsten the same year atop Gran Paradiso. Hampsten also won two stages in 1988 enroute to the overall title. The next to strike paydirt in Italy was Greg Lemond in 1986 in Cosenza. We would have to wait until 2002 for another when Tyler Hamilton, triumphed in the Numana time trial. In 2004 "Fast Freddie" Rodriguez defeated mighty Alessandro Petacchi (winner of nine stages that year) in a field sprint into Carovigno. In 2005, David Zabriske won the Time Trial into Firenze, but that result has been stricken from the records due to a doping confession. Tyler Farrar won two sprint stages in 2010, first into Utrecht in the Netherlands and then again in Bitonto. In 2012, Taylor Phinney won the opening time trial in Herning, Denmark to

take the pink jersey. In 2017, Tejay Van Garderen triumphed high in the Dolomites at the summit finish at Ortisei/St. Ulrich. The final time trial in 2019 into Verona was won quite spectacularly, and surprisingly, by Chad Haga. Joe Dombrowski arrived alone at the summit-finish in 2021 in Sestolo while the most recent stage winner was Brandon McNulty in 2023 in a mountain stage to Bergamo.

**A3.** Frenchman Bernard Hinault owns that perfect record with triumphs in 1980, 1982, and 1985.

**A4.** Dutchwoman Marianne Vos of course! Widely considered the greatest of all-time, the Jumbo-Visma rider has claimed a staggering 32 stage wins, nearly double the second placed rider enroute to three overall titles.

A5. Remarkably, this has happened five times. The first was 1990 with Frenchwoman Catharine Marsal and then again in 1996 with Italian Fabiana Luperini. The feat was not repeated again until 2011 with Marianne Vos. And finally, Annamiek van Vleuten achieved this dominance on two occasions, both in 2019 and 2023.

-Dave Campbell

## Historic Yellowstone Trail to Be Restored and Reopened in Montana

The Old Yellowstone Trail South is getting restored, improved and reopened. The section runs 13.74 miles through Custer-Gallatin National Forest and Yellowstone National Park in Montana along the Yellowstone River south of U.S. Hwy 89. The gravel trail follows the path of the original railroad line into the park and an old wagon route and will be part of the Great American Rail Trail.

The project includes improving the trail surface and trailheads, adding interpretative signs and installing drainage culverts. The trail suffered significant damage from a flood in 2002. Flooding, erosion and rockfall closed the trail. Another project is addressing these issues.

The plan is to complete the work sometime next year.

The Federal Highway Administration put the cost of the project anywhere between \$2 million and \$5 million. See <a href="https://highways.dot.gov/federal-lands/projects/mt/flap-park-2021-1">highways.dot.gov/federal-lands/projects/mt/flap-park-2021-1</a>

-Charles Pekow

