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*2017 EVENT
CALENDARS
INSIDE!*



IN THIS ISSUE

- 2017 EVENT CALENDARS!!
- CYCLE THE SIERRA PREVIEW
- METAL COWBOY RETURNS
- TOUR OF UTAH TEAMS
- MONTANA BIKE TOURING
- BIKE FIT FOR N+1 BIKES
- BIKE MONTH GUIDE
- BACK TO THE BIKE
- STOMP OUT SHAME RIDE
- EAST CANYON ROAD RACE
- ICUP REPORT
- OUTERBIKE WRAPUP

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Cover Photo: Big air at Trailside Park in Park City, Utah.

Photo by Dave Iltis

BIKE MONTH

May is Bike Month! It's Time to Ride!

By Dave Iltis

Each year since 1956, America has celebrated May as Bike Month. What better month to ride? The weather is great, school is out or winding down, and the flowers are out! Established by the League of American Bicyclists, Bike Month is a time to celebrate the bicycle and what it means for fun, transportation, competition, health, and the environment.

A great way to participate is to take part in the National Bike Challenge (nationalbikechallenge.org) where riders keep track of their mileage and rides throughout the month. In Utah, with the recent purchase of Strava data for bike planning, consider using the Strava app to track your rides and get better data for the state.

In Utah, Idaho, Wyoming, Montana, W. Colorado, N. Arizona, Nevada there are tons of great events to participate in.

May 15-19 is Bike to Work week. May 9 is Bike to School Day. And, on May 14, Cyclofemme rides for women only take place throughout the world (cyclofemme.com).

Also, on May 17, the international Ride of Silence takes place in communities around the globe to honor cyclists killed or injured riding on the roads. (rideofsilence.org).

Take a some time to ride with



Bike to Work Day in Salt Lake City is on May 23, 2017. National Bike to Work Day is May 19, 2019. Photo by Dave Iltis

others this month and celebrate May is Bike Month!

We present a calendar of regional events below:

May 1-31 — Provo Bike Challenge, Utah Bike Month, Provo, UT. Prizes and awards. Join the challenge and keep track of your riding all month (using the Strava app). Part of the National Bike Challenge! Aaron Skabelund, 385-207-6879, a.skabelund@gmail.com, provomayor.com/2015/04/28/provo-bike-challenge/

May 1-29 — Monday Night Night Rides, Utah Bike Month, Provo, UT, Joaquin Park, 400 E 400 N, 9 pm every Monday in May, a casual ride through the streets of Provo, Aaron Skabelund, 385-207-6879, a.skabelund@gmail.com, bikeprovo.org, [facebook.com/events/1895586710717790/](https://www.facebook.com/events/1895586710717790/)

May 10 — National Bike to School Day, Utah Bike Month, Everywhere, UT. A day to climb out of the motor vehicle and onto your bike on your way to school. None, noemall@cyclingutah.com, walkbiketoschool.org/ready/about-the-events/bike-to-school-day

May 13-20 — Boise Bike Week, Bike Month, Boise, ID. A celebration of cycling in all of its forms. Boise Bike Week take place in the middle of National Bike Month and recognizes National Bike to Work Day on Friday May 19th. There is something for everyone: Mountain bike clinics, gravel rides, movies, women's rides, Bike to Work Breakfast, Market rides and commuter seminars. It all culminates with a big block party on Saturday May 20 in downtown Boise. Come ride with us! Lisa Brady, 208-761-8507, lvca@biketreasurevalley.org, boisebike-week.org, biketreasurevalley.org

May 13 — Cyclofemme Ride, Utah Bike Month, Provo, UT. Women's only ride. Join us for the 4th Annual CycloFemme ride. We are teaming up with the Provo Bicycle Collective and Provo City to make this ride a great. This will be a casual ride for all ages. The ride will start at Center Street and University Ave. at 2 pm at the Historic County Courthouse and will take a nice slow paced 5 mile ride around Downtown Provo ending at Joaquin Park., Heather Skabelund, 971-

Continued on page 15



SANTA FE CENTURY
Santa Fe, New Mexico
May 20 - 21, 2017

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HALF-CENTURY RIDE
20 MILE RIDE
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COMMUTER COLUMN

Scott Larsen Commutes with Strong Company Support



Scott leaving the Qualtrics building in Provo, Utah. Photo by Jamie Morningstar

By Jamie Morningstar

Scott Larsen is a forty-something software engineer who works for Provo-based Qualtrics. Scott recently discovered the joys of commuting by bike, in part because of the strong cycling culture at Qualtrics.

Here's what Scott has to share about why he chooses a bike for his 14-mile round-trip commute.

Cycling West: When did you start cycling?

Scott Larsen: My cycling story is probably pretty similar to that of a lot of commuters out there. I really like my cycling commute, but I don't even remotely consider myself a cyclist.

When I was young, I played lots of soccer, ran the hurdles, and have wonderful memories of running in the rain at night. But in my youth I shattered both of my calcaneus (heel) bones taking an unexpectedly high fall during a nighttime game of hide and seek and was told that I would spend most of my life in a wheelchair.

Eventually I healed enough that I was able to walk again, but any exercise that involves impact is still strictly forbidden.

In college, I had a friend that enjoyed mountain biking. I went with him a few times and it was a nice social thing. But I didn't share his love for mountain biking (in fact, I was a little intimidated by it) and stopped riding when he graduated.

CW: What caused you to rediscover cycling?

SL: My feet still keep me from running, but I have a lot to be grateful for. Between a job that I love and my 8 children, whom I love spending time with, there isn't a lot of time left over for hobbies.

One year ago, I took a job at Qualtrics in Provo. Shortly after moving to Utah Valley from the east coast, my daughter and I decided to hike Mt. Timpanogos. It was a pretty big hike, and I realized "I'm getting older faster than I want. It's time for me to grow younger instead!"

In the process of relocating cross-country, I had sold my old commuter car. On that hike, I started to wonder

what would happen if I bought a bike instead of another car. I live seven miles from work, and had no idea if I could ride that far! Remember, it has been 20 years since I had ridden a bike, but I was game to find out if a bike would help me get in shape and save us some money, so I thought I'd give it a try.

That was 10 months ago and I've ridden to and from work pretty much every day since.

CW: Wow! What keeps you committed to your commute? What do you like about it?

SL: By car, my commute costs 30 minutes (15 minutes each way). By bike, it costs 60 minutes (30 minutes each way). So I see the "cost" of cycle commuting as the incremental 30 minutes each day it takes me to commute by bike.

But I get so much back from that 30-minute investment! I get 60 minutes of sharpening-the-saw time. Sometimes I listen to podcasts. Sometimes I actually stop and talk to random people on the trail. Sometimes I ride hard, and sometimes I let go, sit up straight, roll my shoulders back, and "smell the flowers" along the way. I love riding in the rain, and the snow and ice are nice mix-ups to my day.

Almost all of my seven-mile route is on the Murdock Canal Trail, a multi-purpose trail that runs for 20 miles north-to-south through northern Utah County. The trail is wide, level, and well-maintained - they even plow most of it in the winter. I love it that I don't have to worry about cars except at a few easy crossings.

The bottom line is that my time with my family and time at work are both better because of my time on the bike -- it's good for my soul. And, yes, now I'm getting younger faster than I'm getting older!

CW: How do you deal with the practical considerations of a longer commute? What about the weather?

SL: I ride nearly every day and from work in basically any weather: rain, snow, sun, whatever. I've learned the value of carrying a bag with a flat kit and a pair of waterproof pants.

I picked up some TorrentShell pants from Patagonia and they've been a lifesaver. I also have a similar rain jacket. I carry them most days and I just pull them on when it's raining hard enough that I'd have wet clothes at work. They're comfortable pants and I haven't found them to be hot even though they're waterproof - after all, I come from the East and would rather bike in the rain than in the desert any day.

In the summer I bring an extra shirt to change into when I get to the office. In the winter I take off my base-layer during the work day and leave a pair of work shoes in the office. I don't bike with cleats, but in the winter I wear a pair of hiking boots that are too heavy and hot to wear around the office.

Tips from Qualtrics on Creating a Bike-Friendly Workplace

Qualtrics prides itself on being a cycle-friendly company. As the title sponsor of the Huntsman 140 ride, every Qualtrics employee is encouraged to ride to support the Huntsman Cancer Institute, and a love for road cycling, mountain biking, and cycle commuting is shared by many employees.

In August of 2016, Qualtrics relocated to a new building in Provo and decided to devote some of the new space to a revamped commuter room. Barry Webster, head of facilities at Qualtrics, shares some tips for adding a bike room to your workplace:

1. **Security:** Security is the most important aspect of designing a bike storage room - if people don't feel comfortable leaving their bikes unattended in the room, it simply won't get used. Our bike room at Qualtrics has security cameras inside and out and is controlled by key card access so that every cyclist feels safe and confident leaving their bike there.

2. **Easy Access:** For a bike room to be well used, it has to be easy to get in and out of the building with all your gear. Qualtrics has underground parking, so we allocated a storage room adjacent to the underground parking to bike storage. It's easy to enter because the garage doors used by cars are available to cyclists.

3. **Choosing Racks and Other Equipment:** We started small with 6 wall-mounted racks and a floor rack. The wall racks are proving popular and we're watching to see which are used most (those designed for fenders vs skinny tires vs mountain bike tires) and will add to the room as its popularity builds. We're lucky to have a gym at Qualtrics, so we didn't have to worry about adding showers or changing rooms for the cycle commuters since those amenities are already included in the gym.

4. **Ask your Cyclists:** We talked with several avid cyclists at Qualtrics before deciding on which racks, mounts, pump, stands, etc. to include in the room. They had a lot of experience with different brands and styles and were really helpful as we decided on the room's equipment.

-Jamie Morningstar

CW: What do you consider essential commuting gear?

SL: I started with a stock mid-range mountain bike: a Cannondale Catalyst. Over time as I got familiar with commuting and as the weather turned colder I added fenders, a rear rack, and a bunch of lights. I purchased some wind breaking gloves, and a base layer to block the cold winter wind.

To carry my computer and work essentials, I started out with a backpack. Unfortunately, I hadn't padded my laptop well and bruised my spine, so I transitioned to a pannier bag. That worked wonderfully until one particularly cold January day when one of the plastic clips got too brittle and broke when I went over a curb. So for now I'm back to the backpack

again, which is working fine now that I've properly padded my laptop. I'll choose metal pannier clips next time!

CW: What was the biggest challenge in your initial weeks of bike commuting?

SL: When I started, I was too worried about how long my commute would take, so in the interest of time I pushed too hard and strained my legs. It took several weeks of going really easy to recover, and then I eased in more gently after that. Now I'm comfortable with my performance and have learned to just enjoy whatever the day's commute is going to bring.

Continued on page 15

Mayor's Bike to Work Day

Tuesday, May 23rd at 7:30am
 900 South Bike Pump Track • 905 South 700 West
www.slcgov.com/biketoworkday

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SPEAKING OF SPOKES

Too Early, Too Cold, Great Ride

Bryce, Ryan, Kristine, Nick, Nancy, David Ward, and Kimball. Photo courtesy David Ward

By David Ward

The Salt Lake Marathon Bike Tour is not my kind of ride. Don't get me wrong. It is a great ride. How often do you get the opportunity to pedal your bike for 26 miles around a busy metropolitan Salt Lake and not have to stop, not even once? Nor do you have to negotiate, or even worry about, traffic. That is the draw of a marathon bike tour, and the Salt Lake Marathon Bike Tour is one of

the best.

So why is it not my kind of ride? Two reasons: Too early and too cold. The marathon itself starts at 7 a.m., and understandably they want to have us cyclists well out of the way of the runners. So we get to start at 6 a.m. That means a 4:30 a.m. alarm setting. With 4 hits on the snooze button, that gets me up by 4:45 a.m. I am then able to be ready and out the door by 5:30 a.m. I live about 5 miles from the start of this event, so I just

jump on my bike and head to the start line. That's the too early issue.

Since this event usually takes place around the third week of April, it is a pretty good bet it will be chilly, and maybe even downright cold. Like this year. When I rolled out my driveway at 5:30 a.m., it was 34° F. Basically freezing. Now, I naturally run a little on the cool side, always a little chilled when others are comfortable. So I don't like cold.

Wimp, you say. Many of you regularly arise in the wee hours, and simply find the cold refreshing. Good for you, but that doesn't change me. I generally stay snuggled in my warm bed for at least a couple hours more. And in my defense, I did do the ride, and enjoyed it, thank you very much. And why was I able to enjoy it? Good, modern gear.

When I arose, I first donned my long-sleeved undershirt, made of some wonderful wicking synthetic material, complete with thumb holes to keep it pulled down to my palms and inside my gloves. Next came my bib shorts. I love bib shorts since they guarantee my lower back will be covered at all times. I followed that with my socks and long lycra (or some similar modern fabric) pants that are tight yet comfortable. I then put on my jersey, light vest and insulated

jacket. Finally I donned my skull cap, helmet, cycling shoes, insulated booties, and last but not least, my long-fingered, insulated gloves.

Sounds like quite the process, and when done, you would think I looked like the little kid in "The Christmas Story" movie. But remember, this is lightweight, modern gear, and though I had 4 layers over my core (4 if you count the tops of my bib shorts), I didn't feel bulky or restricted. Nor did I feel cold. A little chilled at times, especially riding to the start, but not cold. And it stayed cold, so I also never felt too warm.

I really do like the Salt Lake Marathon Bike Tour. When I say it is not my kind of ride, I really mean that, on my own, I would not set my alarm at 4:30 a.m. to start a ride at 5:30 a.m., especially when it is freezing outside. But this is an event, and a good one. For me and those I often ride with, it marks the end of the ski season (though we will still sneak a few days in) and the start of the days we ride and train regularly on our bikes. And modern gear makes it possible for me to enjoy this event.

Speaking of gear, I remember the days (yes, I am a 60+ guy reflecting back on the days over 30 years ago when I got into cycling) when we rode steel frames, had friction shift-

ing with shift levers on the down tube, pedals with toe clips and sew-up tires. Now, everyone is on carbon fiber, and has indexed shifting with shifters incorporated into the brake levers. Plus, we all have clipless pedals and light-weight clincher wheels. That's just the major stuff, and it has transformed cycling.

And now we even have electronic shifting. I must admit, I have a bit of an issue with that, since it requires an outside source of energy (a battery). I have always admired how a bicycle is powered solely by human energy, becoming a synergistic unity with one's body. Still, I bought my wife a new bike with Shimano Di2 electronic shifting, and she loves it. So, while it seems a hole in the dike, it is here to stay I suspect, and who am I to stand in the way of progress and something that helps people enjoy riding?

So, here is a shout-out to modern gear and equipment. While I may balk at electronic shifting, I am no retro freak. I am grateful for the advances in these machines I love to ride. And I am grateful for good, warm and comfortable gear in which to ride them.

And here is a second shout-out to the Salt Lake Marathon people for incorporating the bike tour into their event, and getting me up early and out in the cold for this great ride. It was fun.

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CYCLING AND THE LAW

New Utah Law Helps Cyclists Get Full Value For Damaged Bikes

A new Utah law will make it easier for cyclists to recover their losses for a bicycle damaged in an auto-bicycle crash. Photo courtesy Christensen and Hymas.

By Russ Hymas and Ken Christensen

The 2013 legislative session was referred to by some as the “Year of the Bike” on Capitol Hill. That year, the Utah legislature passed six bicycle related bills – including Utah Code 41-6a-706.5, listing bicyclists as vulnerable users and removing the “or other safe distance” language from the 3-foot rule; 41-6a-705, making it legal for cyclists to pass cars on the right while traveling on the shoulder of the road; and 41-6a-305, allowing cyclists to pass through a red traffic signal after waiting 90 seconds and determining that the traffic control signal did not detect the cyclist’s presence.

Since 2013, very few bicycle laws have been presented to the legislature. However, during the 2017 legislative session, our office drafted and asked Representative Karen Kwan to sponsor legislation (HB170) that helps cyclists receive fair compensation for their damaged bike as quickly as possible. Both legislative bodies passed the bill, which was recently signed by Governor Herbert. 78A-8-102 now allows a cyclist injured in an accident to resolve the claim for damage to their bicycle (and other personal property items) in small claims court, without limiting their ability to make a claim for bodily injury against the same defendant in a separate legal action.

A few years ago, the legislature had passed a law creating a pathway for injured persons to resolve their property damage claims in small claims court without affecting their ability to later pursue an injury claim. However, the original law didn’t have cyclists in mind, and limited that right to claims of property damage to a motor vehicle only – meaning that in cases of an auto vs. bicycle collision, the cyclist would be forced to bring all their claims at one time. This meant that the repair or replacement of a damaged bike was often put on hold for months, sometimes years, while the cyclist recovered from his/her injuries.

We drafted HB170 to fix that problem and give cyclists the same rights that other motorists enjoyed. And thanks to Rep. Kwan’s efforts and support, the law has now been changed to allow any property damage (including bicycle damage) from a motor vehicle accident to be brought in small claims, without affecting a future bodily injury claim for the same incident. The bill also raised the small claims court limit from \$10,000 to \$11,000.

This change in law was important because most insurance adjusters do not understand the value of road bikes, including their wheels and componentry. As a result, they routinely make settlement offers so low that they leave the injured cyclist bewildered and frustrated. A client of ours was recently given a settle-

ment offer for their damaged bike that was 30-40% of his bike’s actual value. The adjustor’s reasoning? He had found a “comparable bike” on Ebay – it wasn’t carbon fiber and had Shimano Tiagra components instead of the Dura Ace that was on our client’s bike!

In the past, when insurance companies refused to increase their offers, cyclists couldn’t get money for their bikes until their injury claims settled months or years down the road. Many cyclists would just give up and take the low settlement offer for their bike so they didn’t have to wait so long. Now, as of May 1, 2017, cyclists can present their property damage claims (bikes and accessories) to small claims court and force the insurance companies to pay fair value for the property damage associated with the motor vehicle accident.

In looking forward to the 2018 session, we hope to introduce new legislation that would allow children to ride their bikes on sidewalks. Many cities have a general prohibition against sidewalk riding, but we believe that, in most cases, the sidewalk is the safest place for children (who do not understand and appreciate cycling laws) to ride.

If you have any suggestions for legislation, or see a need for changes to our Utah cycling laws, please reach out to us on Facebook or on our website at UtahBicycleLawyers.com.

Ken Christensen and Russ Hymas are avid cyclists

and Utah attorneys at UtahBicycleLawyers.com. Their legal practice is devoted to helping cyclists injured in collisions with motor vehicles. They are

authors of the Utah Bicycle Accident Handbook and are nationally recognized legal experts on cycling laws and safety.

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THE METAL COWBOY

The Virtues Of Suffering

By Joe Kurmaskie aka the Metal Cowboy

Let's talk about slipping into something a little more uncomfortable; a no holds barred bike ride. Don't look at the forecast or your schedule, just roll that rig out the door and go.

I'll make the case for ending more of your days tired, sweaty, hungry, wet, grease covered, maybe bloodied in a few places, parched, legs like two bags of wet cement, but a grin so wide and lasting it'll take weeks to wipe it off your face.

Why would I want to help you find this redemption through sweet suffering? Because, as a travel adventure writer seeing the world from atop a bike saddle, that's my calling. But more so since a life threatening genetic disorder rode shotgun in my life the past few years, steering me right up to the brink of death. But it couldn't close me out. This has made me appreciate every sore muscle, headwind, hill, sideways rain and the baptismal cleanse of a 100 percent humidity ride.

Funny that the first words in my first book were:

Oh to be young... and go very, very fast.

Today I'm thrilled with my new mantra:

Oh to be anywhere, and get to go at all.

The genetic disorder? Hereditary Hemochromatosis, the world's most common deadly genetic disorder – that few have ever heard of but 1-200 are

walking around with undetected. It causes the body to store dangerous amounts of iron in organs, leading to well over 100 presenting, end stage illnesses include 12 cancers, liver and heart failure, diabetes, arthritis and heart attacks – it took down Beethoven, Hemingway, Steve McQueen and Patrick Swayze.

But it's hard to kill a guy who's pedaled 200,000 miles on six continents; out sprinted charging elephants (youtu.be/watch?v=jnUWSSe69YI) in Botswana, been hit by the smallest car in Ireland, and lost all my possessions playing darts in an Outback bar...only to win them back in a mountain bike race.

The good news, when caught it in time it's treatable, without drugs and offers a normal life expectancy. Following a year of hospital visits and treatments that included weekly bloodletting/phlebotomies, I was made whole and put my whole self back into the ride; the delicious, delirious suffering, seeing the world at the perfect pace. I've also put my efforts into saving others from the same fate www.ironitout.org

Just as I was beating the odds, another cyclist, one I held in high esteem, lost his rhythm and left the race for good.

One of the best perks of being a contributing writer and columnist for such publications as Bicycling Magazine, Men's Journal and Outside has been that once in awhile you'll get a dream assignment. Mine? Interview Robin Williams for 10 Questions

About The Bike.

It was time out of mind and something of my own Make-A-Wish Foundation moment, when I heard that familiar voice on the other end of the phone.

I opened the conversation explaining that we'd already met. At least I'd met part of him once. What followed was an awkward silence on the other end of the line. I sputtered on about standing behind a man at Toyboat Ice Cream shop in San Francisco, circa 1988 when a hand so hairy I mistook it for an Amazon rainforest spider reached out for some napkins. I handed the papers goods in question to him.

"So, you see, I've met your right hand!"

Williams shot right back with, "You know, I'm on intimate terms with that hand as well!"

This was followed by a half dozen, rapid fire masturbation jokes volleyed back and forth. Both ends of the phone crackling with laughter. From there we were off and running.

We got on like peas and carrots. Riffing with the always on, helium based version of Williams, I was downright giddy about fulfilling a lifelong dream - doing a two person, virtual stage act with a genius for an audience on none. Then I realized in horror that I had only a few journeyman, garden variety answers about cycling... and the allotted time on the phone was almost up.

A little frantic now, I mentioned that for the adventures I wrote a bout in Metal Cowboy, I thought of my bike

as a magic carpet that could take me anywhere. I half expected Williams to do an Aladdin voice and riff in that direction, but there was a long pause...

"You wrote Metal Cowboy?" And everything changed. It was as if he came down off the stage he kept himself protected on and was sitting beside me now. Just two guys on the stoop who liked to ride bikes and make people laugh.

We talked beyond the 30 minutes. Finally, I asked him what the bicycle had come to mean to him.

"No question, Joe. The bicycle's extended my life. When I ride, everything inside goes quiet. I'm 10 years old again and anything is possible."

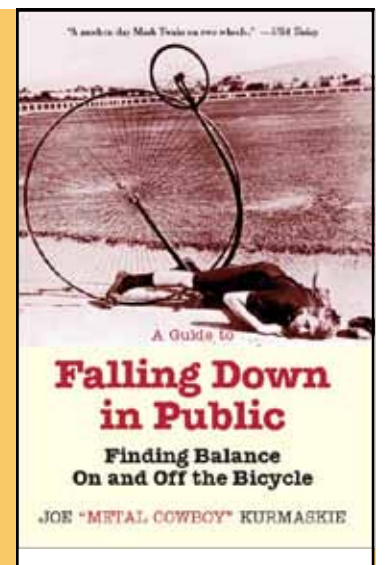
Good journalist trick for expanding a piece is to put the words you like best into other people's mouths and hope they will agree with it. Then you can go with it as a quote.

"So you're saying the bike saved your life," I said.

"No...no I'm not. I'm saying the bike has extended my life. See, nothing in this world can save your life, Joe. Cause life isn't to be saved. It's to be spent...but here's the thing, only you get to choose how to spend the rest of it."

A flesh on bone moment, something straight out of the film Good Will Hunting that should have made the cut, but didn't on account of me being the poor man's, face fit for radio Matt Damon on the other end of the line.

When we hung up I was shaking with gratitude, exhaustion and a little tearful wondering how to spend the



rest of mine.

Joe Kurmaskie is a journalist, syndicated columnist, and contributor to numerous magazines including Bicycling Magazine, Men's Journal and Parenting. A bike advocate, activist, founder of Cadence Press, and a Random House author of 8 books including Metal Cowboy, Mud, Sweat and Gears and the latest collection, A Guide To Falling Down In Public.

Called a literary force of nature by The World Herald, and A Modern Day Mark Twain on Two Wheels by USA Today, he's a dynamic speaker who has appeared on The Moth, E-Town and A Prairie Home Companion, at Interbike in Las Vegas, Nike, Seattle Bike Expo and Amazon Presents alongside Greg Lemond and Sheryl Crow.

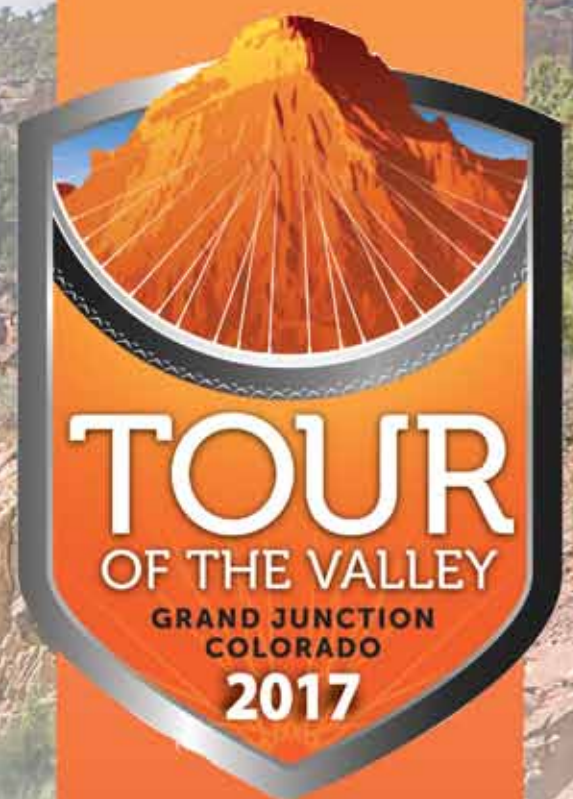
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RIDE PREVIEW

Cycle The Sierra Ride Travels Through the Western Sierra Nevada



The Cycle The Sierra ride travels past Lake Tahoe's Emerald Bay. Photo courtesy Cycle The Sierra

By Dave Iltis

Cycle The Sierra, a five day, fully supported road ride throughout the western Sierra Mountains near Lake Tahoe, California will take place from June 16 – 20, 2017. Now in its 6th year, the ride travels through mining towns, hot springs, and other great waypoints over 300 miles of beautiful terrain.

We caught up with ride director Mark Reiner to ask him about the ride.

CW: Where does the ride start and finish? Tell us about the route.

CTS: We Start in Grass Valley, CA. 5 days later we finish at the same location. It is a loop route through breathtaking country, beneath granite peaks, through evergreen forests and to alpine hot springs. We'll ride through iconic locations like Lake Tahoe and the area where gold was discovered starting the California Gold Rush, over the 4th highest bridge in the US, and through numerous unique and historical communities along the way.

CW: Tell us a little about the gold rush history of the area. When were the mining towns active? What are some of the things riders can expect to see or learn about on the course?

CTS: We'll roll past the wooden farmhouses and oak woodlands known as the "Motherlode". This area is where the gold rush of California began and continued for many years... and still does to this day. We'll ride past the covered wooden sidewalks of Nevada City and Placerville stopping to camp along the South Fork of the American River, right where gold was first discovered by James Marshall in 1848.

CW: The ride travels through the Sierras. How much climbing is involved? What are the options for those who aren't as strong in the mountains? How many miles per day do you ride?

CTS: The route averages 60 miles per day. We set up rest stops with food and hydration every 15 miles so riders can hop from one to the next with ease. There are some climbs to satisfy experienced riders who like the uphill challenges with options to make the days easier for those who

would rather spend their time dipping their feet in a river or stopping along the way in one of the numerous historical towns.

CW: In the evenings, the ride sets up camp. Tell us about the accommodations, and about the post-ride amenities.

CTS: It's 'Glamping' at its finest. Over the course of the ride we overnight at established campgrounds right along the American River, Silver Lake, Lake Tahoe and at The Sierraville Hot Springs. Each night we feature live music with local musicians, a beer & wine and massage garden. Camps feature delicious catered food and hot showers with an optional tent and porter service. Resort accommodations are available on two of the evenings. We keep the rider max at 100. It is a more intimate experience vs. a bigger 'marathon vibe'. Over the course of 5 days riding and camping together, you're guaranteed to make some great new friends!

CW: Tell us more about the natural history of the area. What are some of the highlights of the geology, flora, and fauna.

CTS: We'll pass through mountain meadows with views of the Granite High Sierra, roll along the Alpine Scenic Highway, and look down on numerous mountain lakes and lush meadowland surrounded by snow capped mountains. We'll ride



Cycle The Sierra traverses 300 miles through the Lake Tahoe area's Western Sierra Mountains. Photo courtesy Cycle The Sierra

along the crystal clear and brilliant blue waters of Lake Tahoe's West Shore and continue into the Sierra Valley's grassland and sagebrush ecosystem, among migratory birds and soaring eagles to our final destination...the natural healing pools at Sierraville Hot Springs.

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

CTS: In a time when life seems busier and free time scarce, we need to break away from the grind and "fill the well" — to challenge ourselves physically, mentally and to just have fun; to eat good food, laugh, ride, cool off in a clear mountain stream, dance to live music — to

re-charge the soul. Come along with us on the journey — a journey of discovery, good times and adventure.

Riding 300 miles on your bike in the Northern Sierra is a trip of a lifetime you will remember forever.

Ride Details:

June 16-20 — Cycle The Sierra, Grass Valley, CA, This fully supported, five-day journey takes riders on a 300-mile loop through the Lake Tahoe area. The ride features beautiful mountain scenery, live music each night, delicious catered food, a beer and wine garden, massage and much more. Mark Reiner, 530-320-1625, mark@cyclethesierra.com, cyclethesierra.com

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ROAD RACING

Love and Hate at the Tour of the Gila



Trevor following an attack during the Stage 4 Crit. Photo by Abraham Torres

By Trevor Jackson

"I hate this sport.

I'm lying on the ground in the bathroom, head by the toilet, laughing. It was Sunday 7:55am, in a cabin outside of Silver City, New Mexico. Cabin was a generous title for the overcrowded trailer my teammates and I had spent hours lounging, eating, and sleeping in over the last 6 days. The exact time seemed important, as at that very moment the last remaining 4 riders of our 8-man team were rolling out from the city park, to start the infamous Gila Monster stage.

The Tour of the Gila had eaten us alive. It wasn't even the pro race, "just the 1-2's," we'd say. Same courses, same conditions, but a smaller field without the power house teams of the US professional peloton. "Tour of the Gila lite". During the twelve-hour ride down, there were undoubtedly hopes of maybe winning a stage, or more.

The first day was hot and windy. Mitchell attacked as soon as the race began. We wanted two riders in the break, but it seemed early and with only two other riders jumping across to him, we thought it would get reeled back soon. Tanner and

Keaton flatted, chased, and caught back on. Only one missed bottle hand up in the feedzone and no crashes... a stage 1 miracle. The pace varied full gas, off, full gas, off, full gas; no steady riders or teams today. Death by a thousand cuts. Trash talking was strong; always a way to meet new people. Break was caught, counters ensued, and Kyle and I tossed all our chips on a move that had all the right ingredients, but would not outmatch the will of the chase. More attacks but no break. To hell with it. The group called a piss break, and then got back to slinging hammers. After face melting echelons, soul crushing splits and regroupings, leg zapping rollers, poorly timed mechanicals, and poor positioning, we were left well outside any meaningful place at the end of the race. We drove 60 miles back to town in a van that was as nearly out of gas as we were.

Stage 2 rang nearly the same, but with a conservative bet of patience on the break. This time the break would stay. A hell of a ride by a single rider. Tour of the Gila; where the downhills go up, where the hot sun is hotter, where the high elevation is higher, where the rough roads are rougher, and where the fast guys are faster. We suffered on climbs, blasted through descents; hell, I nearly flew

off the road in a hairpin, and we lost the race to better riders.

The time trial was bad. Joe rode well, but there were many others who were better. Our riders were coming down with the flu, legs were blown, minds were tired, and our times were bad, very bad.

The crit went as well as it could, for a while. Well represented in early moves. A dangerous break, that left enough fire power behind for an organized chase, for a catch in the final lap. We were all well positioned, perfectly, well perfectly for Keaton to crash and take me and few other riders with him. Just like the good ol' days, man. I'm on the pavement at the end of a race after catapulting over Keaton. I even had a moment to tenderly look into Joe's eyes as I slammed on my back on the pavement. Guys are screaming like they've never crashed before. Spectators seem panicked. I'm laughing. Same deal, different day. Time to pack up the lunch pail, go home, and go to work again tomorrow.

That's when I found myself hunched over the toilet vomiting. Oh sweet Sunday morning. The absurdity of the moment, of the week, of the entire last four years themselves, takes over. The time, the energy, the money, the skin, the brain cells, the relationships, the academic/career opportunities, and at times the well being of my physical and mental health itself; much has been spent on and for racing. Immense costs; sunk costs really. Economic theory here would say that as the utility maximizing consumer I am, the only rational choice is to find the greatest value possible from expenditure of the lowest possible cost. The absurdity of the irrational nature of bike racing hits me. I know I will not race today. My teammates might win, but I know it's extremely unlikely they will. I vomit the last of it, lie down, and laugh.

I love this game."

Trevor Jackson is the Cat 1 Road Captain of the Utah-based Caliber-SBR Cycling p/b LHM Lexus Lindon team.



Caliber-SBR Cycling Tour of the Gila Cat 1-2 team. Tanner Soelberg, Keaton Rich, Abraham Torres, Kyle Stoffan-Thornton, Joe Stewart, Trevor Jackson, Preston Weeks, and Mitchell Peterson. Photo by Clarissa Johnson

COACH'S CORNER

Getting Back on the Bike After Time Off

By Sarah Kaufmann

So you have been off the bike for a period of time. Whether it was the result of our snowy Utah winter, an injury, sickness or any other reason, it can be difficult to get back on the proverbial horse and redevelop cycling and general fitness. Here are five tips to make it easier:

1. **Don't rush it.** After you have been off the bike for a long time, you may feel a sense of urgency to get your cycling fitness back. Keep some perspective. You did not lose fitness overnight and you will not get it back overnight either. Take a long-view approach. Depending on what you have been doing in the time off and how long it's been, it may be a matter of weeks, months or longer. Start slow, and build with a progressive and periodized training plan so you avoid injury get back to riding strong in the most efficient way possible.

2. **But rush it a little.** Mix it up and include speed work. When you first get back on the bike, your initial goal will be to simply build some base fitness and redevelop the cycling specific neuromuscular channels. That means simple riding without much intensity. That said, depending on your general level of health and your reasons for taking a break from the bike (ie., you were skiing or being otherwise active all winter, not, you have been suffering an illness, injury or other health condition and have had no physical activity), it is okay to make yourself suffer a little. Go ahead and ride with your fast friends, even if that means getting dropped and feeling beat up. Instead of getting demoralized, use it as motivation and recognize the fitness boost you are getting out of the effort. The training methodologies that advocate only LSD (long, slow, distance) to begin with have been disproved. Sprint work will give you a jump start and allow you to build cycling fitness more quickly.

3. **Do some off-the-bike strength work.** Strength work not only makes you more injury-proof and preserves bone mass, it will act in the same way as the sprint work mentioned above and allow you to build bike-specific fitness more easily. You will be less likely to suffer back/shoulder/neck or other aches and pains when you get back on the bike. Just sitting on a bike can be uncomfortable and doing so with correct form takes strength. You want a bike-specific program that works with and not against your cycling training. I recommend Art O'Connor of WUKAR Fit, wukarfit.com

4. **Set a goal.** It can be demoralizing to get back on the bike after a long time off. Whether it's a big ride with friends, a century ride or a race, having a goal dangling in front of you can make it easier to stay motivated through the natural ebbs and flows of training.

5. **Hire a coach.** It's a big challenge to build fitness after a break. I am a coach and I have a coach. The tips above and a well-designed, periodized training program are a great start but the objective eyes of a coach will keep you on track and make adjustments as life inevitably gets in the way.

Sarah Kaufmann is an elite XC and CX racer and the owner of K Cycling Coaching. She can be reached at sarah@kyclingcoach-ing.com or 413-522-3180.

E-Bike Expo Coming to Salt Lake City, May 19-21

May 1, 2017 - Starting on Friday May 19th at 3:00 pm, the Electric Bike Expo, with Presenting Sponsor Bosch eBike Systems, rolls into Smith's Ballpark at parking lot at 77 West 1300 South, Salt Lake City Utah 84115. The event is completely free and offers the public 16 and older the opportunity to test ride over 120 of the premier and emerging eBike models on a special Trek Sponsored 25,000 sq. foot enclosed loop track, with Cannondale as the Terrain Trail Sponsor. Children under 16 can ride as cargo bike passengers to share the excitement. The Expo hours are: Friday 3pm-7pm; Saturday 9am-6pm; Sunday 10am-5pm. Friday prior to the event opening there will be two professional workshops hosted.

The Ebike Expo is an excellent opportunity for residents interested in Utah Clean Energy's Zoo-m Go eBike program to test ride many of the model's covered in the program. Through the Zoo-m Go program residents are being offered the chance to purchase a new eBike for up to a 45% discount from 17 different participating manufacturers from 9 participating retailers. The program runs through May 31st. Details and the online sign up form can be found here: utahev.org/about-zoom/about-zoo-m-go-electric.

For more information, visit ebikeexpos.com

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TOUR OF UTAH

The Tour of Utah Announces Initial Team Selection to 2017 Race

Jelly Belly rides at the front in stage 6 of the 2016 Tour of Utah to protect the lead of race winner Lachlan Morton. Jelly Belly will return to the 2017 edition, but without Morton. Photo by Dave Iltis

By Jackie Tyson

14 Professional Cycling Teams Invited to Tour of Utah

Four Teams to Make Inaugural Appearance at "America's Toughest Stage Race"

SALT LAKE CITY (May 3, 2017) – Of the 16 prestigious men's professional cycling teams competing in this summer's Larry H. Miller Tour of Utah, 14 squads have been confirmed. Four of these teams will make their inaugural appearances at "America's Toughest Stage Race" -- Amore & Vita-Selle SMP presented by Fondriest (Albania), Caja Rural-Seguros RGA (Spain), Cylance Cycling (USA), and Israel Cycling Academy (Israel). A total of six countries are represented in the invitation-only field for the 13th edition of the UCI 2.HC men's stage race on July 31-Aug. 6.

Two teams, BMC Racing Team (USA) and Bardiani CSF (Italy), are racing this month at the Giro d'Italia, the first Grand Tour event of the season. It will be the ninth time for BMC Racing Team to compete in Utah and a second trip for the Italian squad. A

complete field of 16 internationally-sanctioned teams will be confirmed later this spring for the Tour of Utah. Rosters for each team are expected to total 120 riders from more than 20 countries, and will be announced the final week of July.

LARRY H. MILLER TOUR OF UTAH TEAMS

- Amore & Vita-Selle SMP p/b Fondriest (Albania)
- Axeon Hagens Berman Cycling Team (USA)
- Bardiani CSF (Italy)
- BMC Racing Team (USA)
- Caja Rural-Seguros RGA (Spain)
- Cylance Cycling (USA)
- Holowesko 1 Citadel Racing Team p/b Hincapie Sportswear (USA)
- Israel Cycling Academy (Israel)
- Jelly Belly Cycling p/b Maxxis (USA)
- Nippo-Vini Fantini (Italy)
- Team Novo Nordisk (USA)
- Rally Cycling (USA)
- Silber Pro Cycling (Canada)
- UnitedHealthcare Pro Cycling Team (USA)

"The lineup of teams for the 2017 Tour of Utah brings impressive cycling resumes and international

flavor," said Jenn Andrs, executive director of the Tour of Utah. "With six international teams and four newcomers, the peloton will treat fans to world-class racing with a depth of talent. The scenic byways and mountain roads in Utah always prove challenging and I expect a tremendous week of racing in August."

Going into this year's Giro d'Italia, BMC Racing Team sits second overall in the UCI WorldTour Team rankings. The WorldTeam powerhouse scored 14 Top 10s at the 2016 Tour of Utah, making BMC Racing Team the top team for the seven-day stage race. Leading the way was American Joey Rosskopf with four Top 10s, including a sixth-place overall finish on the General Classification (G.C.). The team also features Americans Brent Bookwalter and Tejay Van Garderen. Bookwalter won the Points classification and finished third on G.C. in Utah in 2015. Van Garderen captured a Stage 3 win in 2011, the last time an individual time trial was part of the Tour of Utah. The team also includes 2014 Tour of Utah Stage 2 winner Michael Schär (Switzerland) and 2013 Tour of Utah Stage 1 winner Greg Van Avermaet (Belgium), who won this year's Paris-Roubaix.

Among the six UCI Pro Continental teams headed to Utah this year are newcomers Caja Rural-Seguros RGA (Spain), ranked 10th on the UCI Europe Tour, and Israel Cycling Academy (Israel), ranked 10th on the UCI America Tour. The Spanish team, which received a wild card entry into the 2017 Vuelta a España, features America Chris Butler on the roster, who has finished in the Top 12 of the Tour of Utah twice (2013, 2014). Israel Cycling Academy, the first pro team from that country, is racing its first year as a Pro Continental squad with 16 riders from 12 countries.

UnitedHealthcare Pro Cycling Team leads the way with an 11th trip to Utah, the most of any team. This Pro Continental team is currently

ranked second on the UCI America Tour and on the USA Cycling Professional Road Tour (PRT). UHC captured seven Top 10s in last year's Tour of Utah, including a Stage 4 win by American Travis McCabe. The team added Argentinian sprinter Sebastian Haedo to the roster this year, who was third on that same stage riding for Team Jamis.

Both Italian-based Pro Continental teams return for a second time to Utah, Bardiani CSF currently ranked 17th on the UCI Europe Tour and Nippo-Vini Fantini ranked 16th on the UCI America Tour. Bardiani CSF last competed in Utah in 2015, with six Top 10s and climber Stefano Pirazzi (Italy) finished 15th on G.C. Nippo-Vini Fantini captured two Top 10s in Utah last year, with its top climber Damiano Cunego finishing 29th on G.C. American-based Team Novo Nordisk returns for a sixth time to Utah, this year ranked 24th on the UCI Asia Tour.

There are seven Continental teams in the field, featuring first-time entries by Amore & Vita-Selle SMP presented by Fondriest (Albania) and Cylance Cycling (USA). Amore & Vita considers itself one of the oldest professional teams in the world, dating back to 1948. Ranked 12th on the UCI Africa Tour, this squad has 15 riders, all between the ages of 22-29, representing five European countries. Cylance Cycling, ranked 14th on the UCI America Tour, consists of 10 riders representing four countries.

Among the Continental ranks, Rally Cycling has raced the most often in Utah, returning for its ninth edition. The top-ranked team on the UCI America Tour, Rally Cycling also has a commanding lead in this year's PRT team standings. They have scored six victories in PRT events since March, including three by American Eric Young, a two-time Tour of Utah stage winner (2014 and 2015). Other riders on the squad include American Jesse Anthony, who won a stage in Utah in 2011,

and Canadian Rob Britton, who finished fifth on G.C. at last year's Tour of Utah.

This is the fifth trip to Utah for the Holowesko 1 Citadel presented by Hincapie Sportswear team, ranked third on both the UCI America Tour and PRT. Among the 12 riders representing four countries is Lehi, Utah-native T.J. Eisenhart, who was seventh overall at the 2016 Tour of Utah. American teammate Robin Carpenter scored a win in Utah last year on Stage 2.

Rounding out the Continental squads are Silber Pro Cycling (Canada), Axeon Hagens Berman (USA) and Jelly Belly Cycling presented by Maxxis, which are currently ranked fifth, sixth and seventh on the UCI America Tour, respectively. Silber Pro Cycling returns to Utah for a second season with Canadian sprinter Kris Dahl, who won the opening stage of last year's Tour of Utah.

Axeon Hagens Berman, making an eighth appearance in Utah, returns Americans Adrien Costa and Logan Owen. Costa, a 19-year-old climber from Bend, Ore., finished second overall at last year's Tour of Utah. He also captured both the Best Young Rider and King of the Mountain designation jerseys. Owen, now 22 years old, won Stage 3 of the 2015 Tour of Utah and in 2016 scored two Top 10s (Stages 1 and 2).

Jelly Belly Cycling returns to Utah for a sixth time. While the team has lost last year's Tour of Utah champion Lachlan Morton, it rides into the 2017 season with an 11-rider roster representing five countries. One of its youngest American riders, 21-year-old Sean Bennett, won the Mountains classification in April at the Le Tour de Bretagne Cycliste.

For more information on the Tour of Utah, visit TourofUtah.com



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flynncyclery.com

Infinite Cycles

2315 E. Ft. Union Blvd
Cottonwood Heights, UT 84121
(801) 523-8268
infinitecycles.com

Summit Cyclery

4644 S. Holladay Blvd
Holladay, UT 84117
801-676-9136
summitcyclery.com

Salt Lake City

Bicycle Center

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

Bingham Cyclery

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

Contender Bicycles

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

Cranky's Bike Shop

250 S. 1300 E.
Salt Lake City, UT 84102
(801) 582-9870
crankysutah.com

Crank SLC

749 S. State Street
Salt Lake City, UT 84111
385-528-1158
crankslc.com

Fishers Cyclery

2175 South 900 East
Salt Lake City, UT 84106
(801) 466-3971
fisherscyclery.com

Gear Rush Consignment

1956 E. 2700 S.
Salt Lake City, UT 84106
385-202-7196
gearrush.com

Go-Ride.com Mountain Bikes

3232 S. 400 E., #300
Salt Lake City, UT 84115
(801) 474-0081
go-ride.com

Guthrie Bicycle

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

Highlander Bike

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

Hyland Cyclery

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

Jerks Bike Shop

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

L9 Sports

660 S 400 W
Salt Lake City, UT 84101
877-589-7547
levelninesports.com

Performance Bicycle

291 W. 2100 S.
Salt Lake City, UT 84115
(801) 478-0836
performancebike.com/southsaltlake

REI (Recreational Equipment Inc.)

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

Salt Lake City Bicycle Company

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

Saturday Cycles

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

SLC Bicycle Collective

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

Sports Den

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

The Bike Lady

1555 So. 900 E.
Salt Lake City, UT 84105
(801) 831-8391
bikeguyslc.com

Wasatch Touring

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

Wild Rose Sports

702 3rd Avenue
Salt Lake City, UT 84103
(801) 533-8671
wildrosesports.com

South and West Valley

Bingham Cyclery

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

Canyon Bicycles

762 E. 12300 South
Draper, UT 84020
(801) 576-8844
canyonbicycles.us

Canyon Bicycles

11445 S. Redwood Rd
S. Jordan, UT 84095
(801) 790-9999
canyonbicycles.us

eSpokes

SoDa Row at Daybreak
11277 Kestrel Rise Ste. G-1
South Jordan, UT, 84095
(801) 666-7644
eSpokes.com

Go-Ride.com Mountain Bikes

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

Infinite Cycles

3818 W. 13400 S., #600
Riverton, UT 84065
(801) 523-8268
infinitecycles.com

Lake Town Bicycles

1520 W. 9000 S., Unit E
West Jordan, UT 84088
(801) 432-2995
laketownbicycles.com

REI (Recreational Equipment Inc.)

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

Salt Cycles

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

ThinAir Cycles

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

UTAH COUNTY

Alpine/American Fork/Lehi/

Pleasant Grove/Lindon

Sedona

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

CALIFORNIA**Tour of Nevada City Bicycle Shop**

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

Dr. J's Bicycle Shop

1693 mission Dr.
Solvang, CA 93463
805-688-6263
www.djsbikes.com

COLORADO**Fruita**

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

Over the Edge Sports

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

WYOMING**Jackson Area**

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

Hoback Sports

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

Hoff's Bike Smith

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

The Hub

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

Teton Bike

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

Teton Village Sports

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

Wilson Backcountry Sports

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

IDAHO**Boise**

Performance Bicycle
8587 W. Franklin Road
Franklin Towne Plaza
Boise, ID 83709
208-375-2415
performancebike.com

Bob's Bicycles

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

Boise Bicycle Project

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

Capital Schwinn Cyclery

1015 Vista Avenue
Boise, ID 83705
208-336-2453

Eastside Cycles

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

George's Cycles

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

George's Cycles

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

Idaho Mountain Touring

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

Joyride Cycles

1306 Alturas Street
Boise, ID 83702
208-947-0017
www.joyride-cycles.com

TriTown

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

Rolling H Cycles

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

Victor/Driggs

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

Habitat

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

Peaked Sports

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

Idaho Falls

Bill's Bike and Run
930 Pier View Dr
Idaho Falls, ID
208-522-3341
billsbikeandrun.com

Dave's Bike Shop

367 W Broadway St
Idaho Falls, ID 83402
208-529-6886
facebook.com/DavesBikeShopIdahoFalls

Idaho Mountain Trading

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

Intergalactic Bicycle Service

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

Pocatello

Barries Ski and Sport
624 Yellowstone Ave
Pocatello, ID
208-232-8996
barriessports.com

Element Outfitters

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

Element Outfitters

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

Rexburg

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

Twin Falls

Epic Elevation Sports
2064 Kimberly Rd.
Twin Falls, ID 83301
208-733-7433
epicelevationsports.com

Spoke and Wheel

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

Cycle Therapy

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

Sun Valley/Hailey/Ketchum**Durance**

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

Power House

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

Summit Ski & Cycle

791 Warm Springs Rd.
Ketchum, ID 83340
208-726-0707
sunsummitskiandcycle.com

Sturtevents

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

The Elephant Perch

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

NEVADA**Las Vegas**

Broken Spoke Bikes
11700 W. Charleston Blvd., Ste. B190
Las Vegas, NV 89135
702-823-1680
brokenspokebikeslv.com

Las Vegas Cyclery

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

DID YOU KNOW?

“NEXT YEAR” . . . IS NOW



JULY 28TH & 29TH, 2017

WWW.SAINTSTOSINNERS.COM

CYCLING UTAH

RACE RESULTS



**Mountain
Bike
Racing**

6 Hours of Frog Hollow, April 15, 2017, Hurricane, UT

Place, Name, Team, Time, Laps

Male Solo Singlespeed

1 Daniel Nelson You mom rides a Huffly 05:57:10.6
2 Matt Crowley QQOQ 06:04:29.6
3 Preston Edwards Zone Five Racing 06:08:08.6
4 Carson Macdonald Zivzi 1 05:21:02.5
5 Josh Vanjura Broad Fork Bags 05:21:42.5

Solo Male

1 Jon Rose 4Life / Mad Dog Cycles 05:27:13.6
2 Michael Smart Cameron Racing 05:28:18.6
3 Christian Sybrowsky QQOQ 06:08:03.6
4 Roger Arnell Team Endurance 360 04:53:15.5
5 Dave Hill East Fork Bikes 04:59:08.5

Solo Female

1 Jennifer Wolffom Hoback Sports 06:04:32.6
2 Erica Tingey Jamis Bikes 05:24:55.5
3 Amy Thornquist Kuhl 05:29:29.5
4 Kellie Oliver Team Red Rock 05:33:13.5
5 Brook Mickelson Team Red Rock 06:03:57.5

Solo Male 40+

1 Christoph Heinrich KUHL Cycling Team 05:26:16.6
2 Colt Albrecht Team Red Rock 05:43:57.6
3 Jody Harris Live Well/ Harristone 05:50:43.6
4 John Gill America First Credit Union p/b Ptown Cross 05:55:50.6
5 Matt Brown 4 Life/Mad Dog Cycles 05:56:35.6

Solo Masters Male 50+

1 Gary Gardner Bountiful Bicycle Racing P/B Okland Construction 05:55:29.6
2 Jeff Flick Jeff Flick 05:08:53.5
3 Peter Tempst Peter Tempst 05:19:18.5
4 Shane Dunleavy Kuhl 05:28:16.5
5 Brad Sneed Bingham Cyclery 05:35:57.5

Solo Masters Female 50+

1 Judy Rae Allen JudyRae 05:11:59.4
2 Lorie Hutchison Lorie Hutchison 05:34:44.4
3 Lisa FitzGerald Lisa M FitzGerald 06:08:52.4

Solo Masters Male 60+

1 Joseph Brubaker KUHL Cycling Team 06:00:47.6
2 John Lauck Bountiful Bicycle Racing p/b Okland Construction 06:06:04.6
3 Kip Apostol Euclid Timber Frames 05:47:36.5
4 Bob Rosebrough Rez Dog Racing 05:50:55.5
5 Rick Morris Canyon Bicycle 06:07:48.5

Duo-Take a Kid Team

1 Matt Muller Morgan Devo 06:07:53.5
2 Bret Galbraith Morgan Devo 06:07:55.5
3 Jeff Stenquist Monkey Boyz 04:50:47.4
4 Jared Purdy Purdy 05:41:27.4
5 Logan Phipps 84737 04:48:37.3

Duo Team Male

1 Enoch pITzer BB big boys 05:18:08.6
2 Kirk Nelson IBB Cyclery 05:19:56.6
3 Kevin O'Keefe Rapid Cycling-Team Roadhouse 05:24:29.6
4 Troy Gorman Team TOSH p/b Hypertreads 05:28:31.6
5 David Smith Red Rock Bicycle 05:28:45.6
Duo Team Co-Ed
1 KC Holley Mayan apocalypse 05:29:18.6
2 Justin Lindine Apex/NBX/Trek 05:54:30.6
3 Peter Yarbrough P/S Team 05:14:02.6
4 Jon Shouse JoJo BaSh 05:41:58.5
5 Paul LaStay Who's Kuhl Meow? 05:44:07.5
3 Person Team
1 Steve Talbot Rapid Cycling #1 05:34:22.6
2 Trevor Astrope America First presented by P-Town X 06:01:45.6
3 Curtis Spragg SGPDP 05:24:23.5
4 Tristen Osnes Neutral Trio 05:39:37.5
5 Jacob Weber Weber Family 05:50:51.5

The Cactus Hugger, April 22, 2017, St. George, UT

Place, Name, Time

Clydesdale

1 David GRANT 1:18:40.6
2 John TWITCHELL 1:19:54.1
3 Erik EREKSON 1:30:53.6
Elite Men
1 Chris HOLLEY 2:00:20.2
2 Bryson PERRY 2:01:34.2
3 Cameron LARSON 2:03:09.3
4 Aaron CAMPBELL 2:04:11.5
5 John OSGUTHORPE 2:09:18.7
6 Tom FENDLER 2:12:21.1
7 Jace HEGER 2:15:40.7
Elite Women
1 Ami STUART 1:44:37.0
2 Anne PERRY 1:44:57.6
3 Jeanette PETERSON 1:46:35.0
4 Jen HANKS 1:47:59.9
5 Kc HOLLEY 1:48:50.0
6 Erika POWERS 1:57:55.1
7 Kira CROWELL 2:04:07.1
8 Trini OLDS 2:06:05.6

Expert Men 19-39

1 Christian WALTON 1:37:22.0
2 Eric AULT 1:37:32.5
3 Zac HARDY 1:37:43.5
4 Jordan BRACKEN 1:39:00.3
5 Jared MILLINGTON 1:41:05.5
6 Eduardo LEON 1:51:44.6
7 Cameron GENTRY 1:52:10.4

Expert Men 40+

1 Christoph HEINRICH 1:34:43.2
2 Jody HARRIS 1:36:25.6
3 Colt ALBRECHT 1:36:41.6
4 Aaron PHILLIPS 1:36:46.3
5 John GILL 1:38:51.3
6 Cameron PETERSON 1:38:59.1
7 Bob SAFFELL 1:40:45.4
8 Mitt STEWART 1:40:51.9
9 Paul BURGHARDT 1:41:20.2
10 Nate MARINE 1:41:48.3
11 Jeff WILSON 1:43:29.0
12 Bill HARRIS 1:44:36.6
13 Scott BERGEN 1:45:58.9
14 Danny CHRISTENSEN 1:48:02.7
15 Gregory LARSON 1:50:00.4
16 Jeffrey KLUGE 1:53:21.7

Expert Men 50+

1 Trent WIGNALL 1:38:13.3
2 Zan TREASURE 1:38:17.9
3 Reed TOPHAM 1:44:03.2
4 Joel DAVIS 1:44:52.9
5 David HARRIS 1:45:43.5
6 Richard DELONG 1:56:41.2

Expert Men 60+

1 Rick MORRIS 1:15:01.6
2 Dave MENDENHALL 1:15:10.3
3 Rich FERSCH 1:18:05.3
4 Dick NEWSON 1:19:48.4
5 Randy BANALES 1:22:59.1
6 Lawrence WOOLSON 1:23:20.6
7 Bruce ARGYLE 1:26:25.5
8 Gene PONCELET 1:39:00.6
Expert Women
1 Kellie OLIVER 1:12:39.6
2 Kelly CRAWFORD 1:15:25.2
3 Lynda SAFFELL 1:24:47.3

JH Boys

1 Brinsen RACKHAM 0:34:40.7
2 Joseph GRANT 0:35:10.5
3 Mitt NIEDERHAUSER 0:35:47.2
4 Jett CHILD 0:35:57.4
5 Ammon HORTIN 0:36:09.5
6 Rexton SCHENCK 0:36:52.5
7 Stewart HARRIS 0:38:20.8
8 Landon PETERSON 0:38:45.3
9 Alex HEINRICH 0:38:56.3
10 Joel SHOCKLEY 0:40:01.3
11 Nathan CHURCH 0:40:50.9
12 Bryce EGGLE 0:41:57.5
13 Aaron CAREY 0:42:05.6
14 Ethan HADLEY 0:42:18.8
15 Kaden SULLIVAN 0:42:23.7
16 Wyatt ANDERSON 0:44:16.4
17 Ethan TYLER 0:44:31.2
18 Jack PRINCE 0:45:04.4
19 Landon YOTH 0:45:22.5
20 Peyton WILLIAMS 0:45:41.3
21 Levi STEED 0:47:48.3
22 Kasen CRAWFORD 0:47:49.5
23 Kort SORENSON 0:48:49.5
24 Luke STEED 0:52:28.7
25 Seth SEEGMILLER 0:52:29.8
26 Cohen SYPHUS 0:55:12.8
27 Tyler APOSHIAN 0:56:51.9

JH Girls

1 Claire SLEMBOSKI 0:42:49.4
2 Sydney NIELSON 0:44:20.2
3 Elyza SYPHUS 1:01:13.8
4 Talia ALBRECHT 1:01:16.1

JV Boys

1 Parker CHRISTENSEN 1:06:48.9
2 Luke HEINRICH 1:06:51.5
3 Andrew DRAPER 1:06:53.3
4 Kyler GIBB 1:07:00.7
5 Mckay BARTHOLDMEW 1:10:00.2
6 Sage VENZ 1:11:32.5
7 Isaac TAYLOR 1:11:35.9
8 John PAYNE 1:13:23.6
9 Jake BUTTERFIELD 1:13:48.4
10 Griffin ROSSBERG 1:14:23.4
11 Chase LUETTINGER 1:15:54.7
12 Logan CLYMORE 1:16:17.1
13 Travis SIMMONS 1:16:21.6
14 Everett PETERSON 1:17:56.7
15 Jonathan JORDAN 1:18:43.3
16 Kyson MONTAGUE 1:21:02.5
17 Dominic STANWORTH 1:21:39.1
18 Rockwell LATHEN 1:21:51.7
19 Laken ENCE 1:23:18.4
20 Jacob SLEMBOSKI 1:28:49.3
21 Mason HANSEN 1:30:42.4
22 Zachary APOSHIAN 1:33:27.8
23 Justin URELLLO 1:39:30.0

JV Girls

1 Liv WEBER 0:41:05.4

2 Natalie FINK 0:41:10.8

3 Ember SHOCKLEY 0:42:30.2
4 Hailey LEBOLD 0:45:05.7
5 Camryn CHRISTENSEN 0:57:17.2

Lil' Shredders (9 & under)

1 Taylor FOX 0:04:32.7
2 Niko NASEATH 0:04:38.9
3 Josh FOX 0:04:55.8
4 Afton WADSWORTH 0:05:06.5
5 Dustin STANWORTH 0:05:08.6
6 Colton GAINEY 0:05:49.6
7 Jackson HARMAN 0:05:50.3
8 Giovanni MASSARO 0:05:52.7
9 Jada WALTON 0:05:52.8
10 Amy DRAPER 0:05:56.4
11 Mckay HOLM 0:05:59.4
12 Nico PAYNE 0:06:00.5
13 Halle AULT 0:06:02.5
14 Ryan EGGLE 0:06:17.0
15 Brayden FOX 0:06:45.6
16 Mikah THOMPSON 0:06:46.0
17 Gavin WEBER 0:06:52.2
18 Callie CLIFFORD 0:07:02.4
19 Alexandra APOSHIAN 0:07:10.1
20 Randy FOWLES 0:07:18.3
21 Ryker MELLE 0:07:23.9
22 Daxton FOX 0:07:28.8
23 Carter HARDY 0:07:41.6
24 Kira NASEATH 0:08:41.9
25 Treven GAINEY 0:10:32.4
26 Lyla PHIPPS 0:11:04.7
27 J.d. WEBER 0:14:08.8

Novice Men

1 Cole FOWLER 0:37:54.5
2 Brent GRAEF 0:39:51.2
3 Taran HANSEN 0:41:52.6
4 Patrick AULT 0:42:00.6
5 Kelby CALDWELL 0:42:18.6
6 Adam REYNOLDERS 0:42:36.1
7 Logan PHIPPS 0:44:34.4
8 Lance CLIFFORD 0:45:13.9
9 Wade ROBISON 0:45:39.1
10 Tyler HANSEN 0:46:59.8
11 Seth ROBERT 0:48:19.3
12 Matt THOMPSON 1:04:44.2
13 Christian BURELL 1:04:51.7
14 Ted SMITH 1:14:49.6

Novice Women

1 Nina SILTCH 0:42:03.9
2 Abbi CLAWSON 0:44:52.3
3 Jamie FOWLES 0:45:11.6
4 Sally REYNOLDERS 0:48:55.1
5 Kathy LONG 0:48:59.1
6 Nicole STANWORTH 0:49:04.6
7 Jennifer MEYER 0:50:06.3
8 Jann BANALES 0:51:55.9
9 Kristen BLAHA 0:52:09.9
10 Katherin AUER 1:13:39.4

Shredder Boys (10-12)

1 Myles PERRY 0:12:21.1
2 Jaxson WEAVER 0:12:22.8
3 Marc HEINRICH 0:13:08.7
4 Anders SILTCH 0:13:13.4
5 Brandon NASEATH 0:13:33.5
6 Hayden CHRISTENSEN 0:14:33.8
7 Connor CLIFFORD 0:14:52.0
8 Jonah EDWARDS 0:14:54.6
9 Bridger FLEMING 0:15:01.5
10 Jude SLEMBOSKI 0:15:03.1
11 Trek ALBRECHT 0:15:24.7
12 Collin PHIPPS 0:15:28.8
13 Ryan SEEGMILLER 0:18:21.8
14 Grant PRINCE 0:18:53.1
15 Chris EGGLE 0:20:18.3
Shredder Girls (10-12)
1 Afton BRANCH 0:15:26.8
2 Katelyn FOWLES 0:15:53.0
3 Taya OLIVER 0:18:58.8
4 Ryann WALTON 0:19:20.2
5 Meghan FOWLES 0:19:22.9
6 Isabel HADLEY 0:20:04.8
7 Sadie HOLM 0:20:06.4
8 Elle WEBER 0:20:17.2
9 Adilynn HARDY 0:20:25.0

Sport Men (19-39)

1 Jeremie THOMPSON 1:10:41.7
2 Keate AVERY 1:11:11.7
3 Jason PARSONS 1:14:17.7
4 Derric MAXFIELD 1:14:49.1
5 Brian ZIMMER 1:16:26.9
6 Brent STANWORTH 1:16:33.3
7 David LAMAY 1:17:00.1
8 Jared TYLER 1:18:36.7
9 Josh WILDE 1:21:50.5
10 Jesse RICHARDSON 1:23:42.8
11 Justin BROCKEL 1:25:53.7
12 Aaron PRADO 1:27:22.1
13 Kyle BERRYMAN 1:30:02.0
14 Cameron ANDERSON 1:56:31.0

Sport Men 40+

1 Brian BOWLING 1:08:16.3
2 Matthew PAYNE 1:08:51.3
3 Will SEPP 1:08:51.8
4 Jeffrey BITTON 1:10:42.2
5 Rich URELLLO 1:12:06.7
6 Kevin WILLIAMS 1:12:36.1
7 Andy GIORDANO 1:12:39.6
8 Adam OLDS 1:16:25.4
9 Steven WEAVER 1:17:01.8
10 Jason FERLAND 1:17:56.7
11 David HADLEY 1:19:09.5
12 Jared EGGLE 1:19:30.5
13 Jonathan HARMAN 1:20:36.4
14 Mike ROSSBERG 1:24:25.4
15 Jared PAYNE 1:29:15.7
16 Ben BOLLIGER 1:32:32.1
17 Christopher MERTLICH 1:33:25.1
18 Jaron CLEGG 1:37:05.8

Sport Men 50+

1 Doug ROCK 1:10:06.7
2 Gregg BROMKA 1:11:31.6
3 Riley FRAZIER 1:14:00.8
4 Lynn DEPPE 1:15:36.2
5 Tim WAGSTAFF 1:17:24.5
6 Gordon GARRETT 1:19:03.7
7 Michael FUNK 1:19:26.3
8 Bogdan BALASA 1:24:58.0
9 David KELSEY 1:26:04.5
10 Scott SIMMONS 1:26:34.9
11 Mike TURNER 1:27:38.7
12 Vic ARMIJO 1:30:58.8
13 Mark CORMIER 1:36:30.8

Sport Women

1 Trina HEDRICK 1:19:31.4
2 Michelle NIELSON 1:21:14.8
3 Catherine KALWIES 1:22:29.3
4 Summer PERRY 1:22:47.3
5 Kelly SCUDDER 1:28:48.1
6 Natalie SLEMBOSKI 1:33:02.1
7 Kim CHRISTENSEN 1:38:49.8

Varsity Boys

1 Brennon PETERSON 1:33:47.4
2 Dylan FAIRCHILD 1:38:05.6
3 Joe DRAPER 1:38:08.6
4 Garrison ASPER 1:38:23.6
5 Adam SEEGMILLER 1:38:45.6
6 Conner LACEY 1:40:41.8
7 Jacob DRAPER 1:41:39.6
8 Connor FULLMER 1:42:17.2
9 Colton DESMOND 1:53:53.2
10 Nathan WEBER 2:07:19.0
Varsity Girls
1 Kendyl NIELSON 1:13:54.3
2 Katelyn WILLIAMS 1:15:48.8
3 Skyler PERRY 1:18:05.3
4 Giselle SLEMBOSKI 1:18:25.6
5 Hadley PEAY 1:18:26.6
6 Bailey NIELSON 1:18:38.3
7 Camille LIDDELL 1:21:53.0
8 Taylor PERRY 1:33:22.0



**Road
Racing**

East Canyon Echo Road Race, April 15, 2017, Henefer, UT

Place, Name, Team

Category 3/4/5 Junior Women

1 Lindsey Stevenson Team Endurance 360
2 Alisha Larsen Caliber-SBR Cycling p/b LHM Lexus Lindon
3 Eleise Hinton Caliber-SBR Cycling p/b LHM Lexus Lindon
4 Meghan Gilroy Breakaway Women's Racing p/b Ki
5 Emily Birch Caliber SBR Cycling
6 Rebekah Strobel Caliber-SBR Cycling p/b LHM Lex
7 Ashley Beimer Caliber/ SBR
8 Annette Bowman Team Endurance360
9 Angela Howe Plan7 DS
10 Clarissa Johnson SBR
12 Keate AVERY 1:11:11.7
3 Jason PARSONS 1:14:17.7
4 Derric MAXFIELD 1:14:49.1
5 Brian ZIMMER 1:16:26.9
6 Brent STANWORTH 1:16:33.3
7 David LAMAY 1:17:00.1
8 Jared TYLER 1:18:36.7
9 Josh WILDE 1:21:50.5
10 Jesse RICHARDSON 1:23:42.8
11 Justin BROCKEL 1:25:53.7
12 Aaron PRADO 1:27:22.1
13 Kyle BERRYMAN 1:30:02.0
14 Cameron ANDERSON 1:56:31.0

Pro/Cat 1/2/3 Women

1 Mary Emerson
2 Alison Frye Ski Utah
3 Jillian Gardner Canyon Bicycles Shimano
Junior Men

1 Hunter Munn Box Elder Composite High School
2 Johann Moore
3 Trey Munn Air Force Cycling Team
Category 1/2/3/4/5 Men 35+
1 Mark Otterson Zanconato Racing
2 David Bagley USANA Health Sciences
3 Josh Foukas TOSH
4 Devin Smith Bountiful Mazda
5 Jared Kirby Bountiful Mazda Cycling Team
6 Tyler Higley Bountiful Mazda Cycling
7 Keith Norris Bountiful Mazda
8 Daniel Thunell Live Well p/b Bountiful Bicycle
9 Tom Pitcher Pavestone Capital

Men 45+

1 Ben Nichols Canyon
2 Stephen Rogers Zone Five Racing
3 Billy Tenhagen Pavestone Capital Cycling
4 Justin Wilson Intermountain Live Well
5 Aaron Jordin Canyon Bicycles - Shimano
6 Brent Cannon Team Elevate
7 Scott Allen canyon bicycles
8 Kyle Brown PLAN7 DS cycling team
9 Bruce Bilodeau Canyon Bicycles Shimano
10 Dan Kadrmars Bountiful Mazda Cycling Team
11 Michael Fogarty First Endurance
12 Viren Sarkigian
13 John McKone Colesport
14 Brian Weidmer Caliber/SBR; Volo Cycling
15 Sean Jager Pavestone Capital Cycling Team
16 Alan wheelwright America First Credit Union/P-To
17 Aaron Branham Zanconato Racing
18 Troy Thompson Paveston Capital
Men 55+
1 Mark Schaefer Maddog Racing / Hammer Nutritio
2 Dirk Cowley FFRK ARCHITECTS RACING
3 Norman Frye Ski Utah
4 James Ferguson Bountiful Mazda
5 Michael Loveland Needles Peak
6 Andres Maricq
7 Jerald Hunsaker Bountiful Mazda Cycling Team
8 Ken Louder FFRK ARCHITECTS RACING/VeloSpor
9 Michael MacDonald Bountiful Mazda
10 Randal Buie Pavestone Capital
11 Larry Bratton
12 Donald Leach Canyon-Shimano Bicycles
Cat 3/4 Junior Men

1 Darrin Tuckett Total.CARE

2 Higley Van FFRK

3 Deppe Bruce Cicada Racing Inc.

4 Andrew Fast

5 Kade Brasher

6 Ben Stevenson

7 Ryder Jordin

8 Connor Patten Ski City

9 Skyler Patten Ski City

10 Preston Yardley Team Endurance 360

11 Samuel Beattie University of Utah

12 Logan Newman Cicada Racing

13 Braden Hudspeth Canyon Bicycles

14 Billy Rappleye Zone Five Racing

15 Erik Brockhoff Cicada Racing Inc.

16 Eric Draper Shadow

17 nathan curtis Caliber-SBR Cycling p/b LHM Lex

18 Jason Bond Team Endurance 360

19 Andrew Judkins Team Endurance360

20 Roger Mulholland

21 Ben Cook Cicada Racing

22 Lee Schultz Endurance 360

23 Ryan Mauer Zone Five Racing

24 Edward Kilbourn Cicada Racing inc

25 Xavier Lopez

26 Daniel Sellers Cicada Racing

27 Jason Braithwaite Spider Bait Cycling

Cat 4 Junior Men

1 Samuel McBride

2 Nic Porter Adobe

3 Gabriel Shipley

4 Andrew Robinson Zone Five Racing

5 T. Viggo Moore Zone Five Racing

6 Bryan Hui Team SaltCycle

7 Andrew Greco Canyon Bicycles-Shimano

8 Tim Frost Utah State University

9 Tim Jaggi Cicada racing inc.

10 Jared Meyers Contender

11 Chris Eppley Caliber-SBR Cycling p/b LHM Lex

12 Spencer Brown Contender Bicycles

13 Andrew Yapias Intermountain Livewell

14 Pat Morton Stay Park City

Cat 4/5 Junior Men

1 Jeff Phillips

2 Robert Bruhn Zone Five Racing

3 Rob Stratton Nebo Cycling

4 Ben Raybould

5 Shane Dangerfield Bountiful Mazda

6 Ben Beligle

7 STUART ANDERSON MI DUOLE / BARBACOA

8 Brett Peterson Zone Five Racing

Bike Month Calendar - Continued from page 3

404-1557, bikeprovo@gmail.com, Jennifer Messenger, jennbobenn17@yahoo.com, cyclofemme.com

May 13 — Great Reno Bike Swap. Bike Month, Reno Bike Week, Reno, NV. Buy or sell a bike and benefit the Kiwanis Club and the Nevada Colon Cancer Partnership. Truckee Meadows Bicycle Alliance, 775-323-4488, info@bikewashoe.org, bikewashoe.org

May 13 — Reno River Roll. Bike Month, Reno Bike Week, Reno, NV. A seven mile family-friendly slow roll along the Truckee River. Costumes welcome, Truckee Meadows Bicycle Alliance, 775-323-4488, info@bikewashoe.org, bikewashoe.org

May 14 — Cyclofemme Reno. Bike Month, Reno Bike Week, Reno, NV. Riders of any gender, join the casual six mile ride to celebrate all women, Truckee Meadows Bicycle Alliance, 775-323-4488, info@bikewashoe.org, bikewashoe.org

May 15-19 — Utah Bike Week and National Bike to Work Week. Utah Bike Month, Salt Lake City, UT. Week-long festival with bike races, Bike to Work Day, and more. Dave Iltis, 801-328-2066, dave@cyclimgutah.com, cyclimgutah.com/event-calendars/bicycling-events-swaps-and-festivals/

May 15-19 — Bike to Work and School Week. Utah Bike Month, Logan, UT. Bike to Work & School Week offers free commuter breakfasts and raffles to win a new bicycle. Breakfasts, bike tunes, weeklong discounts at local businesses, custom gear, and a bike-in concert are all part of the fun, Dayton Crites, 435-755-1646, dayton.crites@cachecounty.org, trails.cachecounty.org, aggiebluebikes.org

May 15-19 — Bozeman Bike Week. Bike Month, Bozeman, MT. Celebrate bike commuting with the Bozeman cycling community the week of May 16 - 20. There will be morning stops each day and an end of week party on Friday! Alex Lussier, lussiera@hotmail.com, Megan Lawson, 406-570-7475, meganmlawson@gmail.com, Gallatin Valley Bicycle Club, gvbcbike@gmail.com, gallatinvalleybicyclub.org, community-events/bike-to-work-week/

May 15-19 — Reno Bike Week Commuter Challenge. Bike Month, Reno Bike Week, Reno, NV. Commute by bike in Washoe County. Log your miles, Truckee Meadows Bicycle Alliance, 775-323-4488, info@bikewashoe.org, bikewashoe.org

May 17 — Ride of Silence. Utah Bike Month, Salt Lake City, UT. Cyclists will take to the roads, escorted in a silent procession to honor cyclists who have been killed or injured while cycling on public roadways, meet at 6:30 at the Gallivan Center in downtown Salt Lake City. Ride leaves at 7 pm. Bike ride at 10 to 12 mph, mostly flat or minimum grade, about 11 miles., Tegan Feudale, 717-503-4275, trfeudale@gmail.com, rideofsilence.org

May 17 — Ride of Silence. Utah Bike Month, Provo, UT. Join the Provo chapter of the Worldwide Ride of Silence on May 17th 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. 7 pm., Lucy Ordaz, 801-787-4384, lucyo@provo.edu, rideofsilence.org, [facebook.com/evening/850656535006205/](https://www.facebook.com/evening/850656535006205/), 851159871622538/

May 17 — Ride of Silence. Bike Month, Prescott, AZ. Ride to honor dead and injured cyclists and to honor Amber Harrington who was killed by a drunk driver in 2015. Organized by Greater Prescott Bicyclists Coalition, Eric Post, prescottbicyclists@gmail.com, rideofsilence.org

May 17 — Ride of Silence. Bike Month, Las Vegas, NV. Ride to honor dead and injured cyclists. Register 6:00 until 6:50 in the parking lot of the Regional Transportation Commission of Southern Nevada Building (RTCSN) at 600 South Grand Central Parkway south of the intersection of South Bonneville (Alta Drive) and South Grand Central Parkway. Ride starts at 7., Jim Little, 702-360-4751, LVRODEOMANI@aol.com, rideofsilence.org

May 17 — Ride of Silence. Bike Month, Boise, ID. Ride to honor dead and injured cyclists. Camels Back Park at 6pm., Lisa Brady, 208-761-8507, lvca@biketreasurvalley.org, rideofsilence.org, biketreasurvalley.org

May 17 — Ride of Silence. Bike Month, Heyburn, ID. Ride to honor dead and injured cyclists. The event gets underway at 7pm Mountain time and starts and finishes at the Mini-Cassia Chamber of Commerce. There is usually police escort. For more information or in case of inclement weather call Rocks Cycling and Fitness 208-678-3764 for rescheduling details., Kim Walton, 208-678-3764, rideofsilence.org

May 17 — Ride of Silence. Bike Month, Carson City, NV. All cyclists are welcome to join us. What: Ride of Silence - An 8 mile slow ride (10-12 mph) around Carson City, ridden in complete silence as riders wear black arm bands. When: Wednesday,

May 17th 7:00 pm (meetup at 6:30 pm to get signed in and listen to safety brief, ride starts rolling at 7:00 pm). Where: Telegraph Square (<http://tinyurl.com/ktabrv>) Why: To honor those cyclists who have been killed or injured while sharing the road with motorists, Randy Gaa, randygaa@muscle-powered.org, rideofsilence.org, muscle-powered.org/bike-month-2017

May 18 — Bicycle Pit Stops. Utah Bike Month, Salt Lake City, UT. 7 a.m.-9 a.m. Morning commuter pit stops throughout Salt Lake City on popular bicycle routes. Snacks, safety info, bike maps. See facebook the week before for locations., Salt Lake City Transportation, 801-535-6630, bikeslc@slcgov.com, bikeslc.com, [facebook.com/bikeslc](https://www.facebook.com/bikeslc)

May 18 — Reno Sparks Mayoral Challenge and Ride for Reading. Bike Month, Reno Bike Week, Reno, NV. Volunteer riders will ride to Diedrichsen Elementary to meet with the students and pass out books, Truckee Meadows Bicycle Alliance, 775-323-4488, info@bikewashoe.org, bikewashoe.org

May 19 — Bike To Work, School, and Play Day. Utah Bike Month, Park City, UT. Kickoff Celebration with Mayor & Council, 7:30 am, Meet at Olympic Plaza (next to Squatters), The group will bike to Park City Library. Bike support station available. Bike to Work, School & Play Celebration, 7:30 to 10:30 am, Park City Library, 1255 Park Avenue, Pet-friendly & family-friendly. Free raffles, snacks, bike tune-ups & e-bike demos. Bike to School with Park City Police, 7:30 am Meet at one of the following locations to bike to McPolin Elementary School with Park City Police Officers: PC MARC, Aspen Villas apartments, Arches Park at the end of Comstock, Heinrich Deteters, 435-649-8710, 435-659-1188, hdeteters@parkcity.org, Julia Collins, julia.collins@parkcity.org, mountaintrails.org, basinrecreation.org

May 19 — National Bike to Work Day. Utah Bike Month, Everywhere, UT. A day to climb out of the motor vehicle and onto your bike on your way to work., None, noemail@cyclimgutah.com, bikeleague.org

May 19 — Ogden Mayor's Bike to Work Day. Utah Bike Month, Ogden, UT. Ride to Work with the Mayor - We will meet the Mayor at the South end of the Dee Events Center Parking lot 1300E 4600S on his ride into work at 8am, the group will ride with the mayor to the Ogden amphitheater (343 25th st) for a breakfast hosted by Ogden City, Threshold Gives, UTA, and WOBAC. Can't make it up to ride with the mayor? Then just pedal on down for breakfast. See you there! Food served until 10am, Josh Jones, 801-629-8757, joshjones@ogdencity.com, ogdencity.com, [facebook.com/events/1080722501970185](https://www.facebook.com/events/1080722501970185)

May 20 — SLUG Cat Bicycle Scavenger Hunt. Utah Bike Month, Salt Lake City, UT. This exciting event features a scavenger hunt bike race all that takes you all over Salt Lake City. Build a team of the coolest cats you know and win awesome prizes from our local sponsors! 5th Annual, Angela Brown, 801-487-9221, angela@slugmag.com, John Ford, 801-487-9221, johnford@slugmag.com, slugmag.com

May 20 — Ogden Bike Swap. Utah Bike Month, Ogden, UT. Ogden Bicycle Collective is hosting a Bike Swap 12 pm - 6 pm, 936 28th St., Josh Jones, 801-629-8757, joshjones@ogdencity.com, Clint Watson, 801-997-0336, clint@ogdenbikecollective.org, bicyclecollective.org/ogden-news/item/570-ogden-bike-swap

May 20 — Provo Bike Picnic. Utah Bike Month, Provo, UT. There's no sweeter way to spend your Saturday afternoon than a bike picnic. Meet us at 4pm at Utah Lake State Park for a fun, causal bike ride. We will pedal on over to Lakeview Park to enjoy a homemade picnic. Be sure to pack your own food and blankets. Meet @ 4:00 pm, Ride starts at 4:30 pm Meet at Utah Lake State Park (4400 Center St, Provo) - Picnic @ Lakeview Park (2825 W 1390 N), Aaron Skabelund, 385-207-6879, a.skabelund@gmail.com, bikeprovo.org

May 21-26 — Flagstaff Bike to Work and School Week. Bike Month, Flagstaff, AZ. Bike to work, record your commute, win prizes!, Joe Shannon, 928-523-1740, joseph.shannon@nau.edu, Anthony Quintile, 928-779-5969, flagstaff@absolutebikes.net, Flagstaff Biking, info@flagstaffbiking.org, flagstaffbiking.org

May 23 — Salt Lake City Mayor's Bike to Work Day. Utah Bike Month, Salt Lake City, UT. A mellow ride with Mayor Jackie Biskupski under police escort. Breakfast, music, and more at 7:30 am, beginning at the 900 South Pump Track at 905 S, 700 W. Bike ride begins at 8am and ends at the Salt Lake City and County Building., Tara Olson, 801-535-6167, Tara.Olson@slcgov.com, slcgov.com/biketoworkday

May 26 — Pedal Provo Ghost Tours. Utah Bike Month, Provo, UT. Friday the 13th Ghost Ride, sponsored by Provo Cycling Ghost Tours, Memorial Park (800 E Center Street) 9-11 pm, Aaron Skabelund, 385-207-6879, a.skabelund@gmail.com, bikeprovo.org

June 10 — Bike Prom. Utah Bike Month, Salt Lake City, UT. Bike Prom, the Bicycle Collective's annual fancy bike party. Gallivan Center, 293 Main St. Wear your prom outfits. Pre-prom ride: 6:00pm starting at Pioneer Park., Clint Watson, 801-328-2453, 801-400-3072, info@bicyclecollective.org, bicyclecollective.org, bikeprom.com

Commuter Column - Continued from page 4

CW: How has working for a cycling-friendly company impacted your commuting?

SL: A bike-friendly office makes all the difference. If I have a flat on the way in, I don't have to worry that someone's going to give me grief for getting in late. If I need a shower when I get in, no problem, there's a shower in the office gym. I can store my bike in a special room with high-quality racks. The room is only open to cyclists in the company, and has proper surveillance - I don't even use my lock anymore when I store it inside. Plus, there's a good cycling community at work and people are always happy to share advice, experience, gear reviews, and tall tales.

CW: Has your love for cycle commuting translated into recreational riding?

SL: Not really. My children have started riding around town, and they love it - but we haven't done any bigger family rides yet.

There are a lot of people at Qualtrics who ride, and many of them are pretty serious. Recently I was invited on a Saturday training ride and I thought to myself "why on earth would I want to do that?" So I'm not sure I'm a real cyclist, and I don't know if I ever will be. There are so many things in my life that are more important to me than spending more time on the bike. On the other hand, I'm finding that my daily commute by bike makes all other aspects of my life so much better, so who knows where cycling may lead me!

Note: Jamie and Scott both work at Qualtrics, a Provo, Utah based software company.

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

Support Your Local Bike Shop!

BIKE FIT

Different Bikes, Same Fit Position?

By John Higgins

Many of you will be familiar with the following formula for bike ownership: number of bikes to own = N+1, where N = the number of bikes you currently own. Let's say your current N is great than 1, so you own 2 or more bikes. This may be some combination of road, mountain, gravel, touring or TT/Tri. You may be wondering if your fit position is similar from bike to bike. To what extent are they set up the same way, and where are the differences?

From a bike fitting perspective, your body rotates in space around the center of the bottom bracket, and connects to the bike at an "appropriate" position in space at the pedals, saddle, and bars or aero pads and extensions. What an appropriate position is depends on the style of riding being performed which ties in with the style of bike you are riding.

The one thing that stays constant from bike to bike is your seat height from the bottom bracket to top of the saddle. There will be some variation due to crank arm length and pedal system, but once you have a functionally good saddle height, that can transfer from bike to bike.

What changes is your body rotation in relation to the bottom bracket. This is controlled by your saddle setback, which is how far the nose of the saddle is to the rear of a vertical line through the bottom bracket. This assumes a "standard saddle" and is really a proxy for where your hips are in space. Setback can be described as ranging from slack to steep, in common with the seat tube angle. At the slack end of the range we have downhill mountain bikes, and then we transition through mountain bike styles (all mountain, trail, XC) to gravel and cyclocross, then road racing

and finally to triathlon at the steepest end of the setback continuum. Time Trial should be at the steepest end of the range, but is restrained by UCI rules on bike set up.

So your mountain bike will have more saddle setback than your road bike, and your road bike will have more saddle setback than your TT or tri bike. If you have two road bikes, a bike used for crits will ideally have a smaller setback than a road bike used for stage races or gran fondos.

Saddle setback has a flow on effect to the handlebar reach and drop. A slacker set back will result in bars higher and closer to you than a steeper setback. Think of your position on a road bike compared to a mountain bike. On the mountain bike the handlebars will be higher and closer to you than on your road bike, resulting in a more upright torso angle and open hip angle. Go the other way to a tri position and the bars are further forward and lower than your road bike.

So if your N is greater than 1, and they are different types of bikes, or the same bikes used for different types of riding, the only constant is saddle height. Saddle setback and bars rotate either clockwise or counterclockwise around the BB according to the type of bike and riding style, which makes duplicating your bike fit position from one bike to another not as simple as you hoped it would be, but now you know why.

John Higgins wants to elevate your cycling experience. He operates BikeFit - an independent bike fitting studio, and Fit Kit Systems - supplying equipment and education to bike retailers and fitters. Contact: john@bikefitr.com

New Trails to be Built Near Grand Junction

New trails will be built in the Dominguez-Escalante National Conservation Area in Colorado. The Bureau of Land Management (BLM) adopted a Resource Management Plan this year. The wilderness area will be closed to bicycles, as will wetlands whenever possible. Any trails through wetlands will have to meet specific standards.

The plan notes that most trails in the area were designed as timber roads but have become popular for recreational users, including cyclists. It calls for 96 miles of recreational trails open to all users, 11 more for all users except ATV riders, and 22 additional miles closed to motorcycles but open to cyclists, hikers and equestrians. BLM calls for encouraging mountain biking in Escalante Triangle Recreation Management Zone 2, specifically creating a mountain bike loop. But existing trails in the area may be closed or disrupted during construction of the loop.

Details at goo.gl/uKchdh

-Charles Pekow

BIKE MONTH

5 Ways You Can Support Better Bicycling During Bike Month



Volunteering at a community bike shop like the Salt Lake City Bicycle Collective (shown here), the Boise Bike Project, or Free Cycles Missoula is a great way to contribute to growing the bike community. Photo by Dave Ittis

By Phil Sarnoff

“Many hands make light work”

Bicycling for both recreation and transportation are definitely coming to the forefront as more communities across Utah are seeing the associated benefits: more physical activity; fewer motor vehicle emissions; opportunities for economic development; and more livable communities.

Our vision for Utah is that everyone, regardless of age or ability, should be able to get where they need to go by bicycle. Kids should be able to ride to school. There should be nearby mountain bike trails and bike parks that are accessible via multiuse paths or safe, on-road infrastructure. All Utahns should be able to start a ride right from their doorstep and get to their destination without being concerned for their own safety.

However, all of these audacious goals need to be continually pursued in order to keep them moving forward. So here are five simple things you can do to make Utah better for bicycling:

Give Some Time

Find your local trails group, bicycle advocacy group, bicycle collective, high school mountain bike team, or any other organization that is working on behalf of your bicycle interests. All of these organizations need the help of interested volunteers in order to advance their initiatives.

You could wrench on bikes; build or maintain mountain bike trails; help kids learn how to ride bikes; or support campaigns to get more lanes, paths, and trails built. All of these small acts help to build toward better bicycling and more people riding throughout Utah.

Give Some Money

There are numerous nonprofits out there that are working behind the scenes to make all types of bicycling better in Utah. They are creating new and better trails, making roadways safer with education and infrastructure, getting kids on bicycles, and, in

general, keeping the fight for better bicycling alive.

If you don't have the time to volunteer, then make a contribution to at least one organization that is working on improving bicycling. Even \$10 helps to keep them moving forward. The less these groups need to focus on fundraising, the more they can focus on making bicycling better.

Tell Your Story

Why and how did you start riding? What was your breakthrough moment? Your most memorable ride? How did riding a bicycle change your life? This type of storytelling helps to empower new people to get out riding.

We are always interested in sharing people's stories and inspiring new people to ride. Write up a paragraph, grab a photo of you with your bike, and send it to us at tegan@bikeutah.org.

Spread the Word

There are quite a few efforts underway across Utah to support more and better bike lanes, paths, and trails. Most of these efforts simply need more people to speak up on their behalf. When you see these opportunities to make public comment, complete a survey, or make your voice heard, take the time to share these opportunities with your network.

Support All Types of Bicycling

“A rising tide lifts all boats”

Regardless of your preferred type of riding, take the time to support bicycling in general. Even if you will never bicycle commute, race, or mountain bike, the more support out there for all types of riding will inevitably lead to bicycling being improved for everyone.

Phil Sarnoff is the executive director of Bike Utah, a state-wide advocacy organization. For more information, visit bikeutah.org

Promoting Sustainable Transportation in Downtowns

The key to promoting sustainable transportation such as bicycling in downtowns? Just teach people in every way you can. That's what an effort in Ithaca, NY found. The State of New York hired Ithaca Carshare to study SmartTrips Ithaca, an effort to encourage people to try sustainable transportation in the small college town. Part of the project involved getting residents to pledge to shift a certain number of trips from car to bus, bike or foot – and then following up on them. The project also gave people bike maps and LED lights as incentives.

The city also had added new bicycle boulevards and the Cayuga Waterfront Trail. Two-to three-hour weekend afternoon workshops also gave people tips on how to increase loads they could carry by bike. But a workshop on riding in traffic was canceled because of low enrollment, though people had expressed concern about the issue.

Carshare's report notes that access (such as good bike lanes to destinations like grocery stores) are needed as well as education and encouragement. Find the report, SmartTrips Ithaca: Encouraging Sustainable Transportation Options Through a Personalized Educational Campaign at goo.gl/oIspd9

-Charles Pekow

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 100 mile ride 33 mile ride
 75 mile ride 12 mile ride
 55 mile ride 5K Walk/Run

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ROAD RIDING

Randy Boyd is Riding Across America to Stomp Out Shame

Randy Boyd is riding across the country to bring awareness to the prevalence of sexual abuse of boys. Photo by Allyssa Maupin

By Randy Boyd

On June 18, 2017, I am embarking on a Ride Across America to Stomp Out Shame, a 2,825-mile bicycle ride from Indio, CA to Beach Lake, PA. However this ride was set in motion fifty years ago when I was just ten years old by forces unforeseen by myself or any other human being.

It was the summer of 1967 and my mother, brother and myself went on a family vacation to visit my mother's relatives in Indiana. We were told that my father was staying at home because he had to work. Events happened while in Indiana and all I wanted was my father, so when I arrived home, I ran from the car to the house to see dad, only he was not there. In fact I was told he had moved out and that he and my mother were getting a divorce.

My father remained a big part of my life for the next couple of years. As a way of making up for not always being there for me, he bought me a metallic blue Schwinn 10 speed. As a kid I loved riding my bike and would race it around my block without a helmet, shoes or a care in the world. I remember one time coming around the corner and running square into the back of a parked car. I was fearless as a child.

About a year after my parents divorced my father became ill and I went from seeing him every other weekend to seeing him once a month. We had to postpone a backpacking trip we had planned and were reassured that as soon as dad was well we would go on the trip.

At the same time my mother met a man named Jack and in a short time he had become a surrogate father to my brother and I. He was there when my father was not. He would take us to the beach, picnics, out to dinner and to the Colorado River. He had earned my trust, my brother's trust, my mother's trust and to some degree my father's trust.

On Sunday January 12, 1969 after spending the weekend at Jack's Laguna Beach house, we returned home around ten o'clock at night after driving two-hours through a severe rainstorm. As soon as we walked through the door our phone rang. Within minutes my mother met our neighbor at the front door and as

they both walked back into the house I could tell something was wrong. My mother sat my brother and me on the couch and preceded to tell us our father had passed away from cancer. Needless to say I was confused, devastated and broken hearted, and no one could give me an answer to why my father had died.

Right about now you might be wondering what any of this has to do with cycling. Remember I said my Ride Across America started when I was 10 years old? So breathe in the good and breathe out the bad and see if you can relate to any part of this story.

It was a warm sunny spring day about a month after my father passed away. Like any other school day I walked myself home from school and let myself in the front door. As I walked into my house much to my surprise Jack was sitting on the living room couch. I thought to myself – cool, we are going to go out back and play catch. – Instead Jack stood up, put his hand on my shoulder and walked me into my bedroom. He sat me down on the edge of my bed and told me that he knew how hard it was going to be not having a father. He reassured me that he would be there for me. As he was talking with me his hand made it's way to my crotch and what would be a five-year period of sexual abuse began. Oh, and as he walked me out of my room he told me this was our little secret. Understand I was a twelve-year old boy craving a father figure and a father's love. And to top it off I was a member of a secret club. I thought he was giving me everything a loving father was supposed to give a son. Instead, for the next five years he would emotionally, physically, spiritually and sexually abuse me.

I still had that Schwinn 10 speed

I got when I was ten years old, and after moving to Dana Point, CA I would often ride my trusty ten-speed to and from my baseball practices. However, eventually the bike riding was replaced with surfing. Surfing was my safe place, just Mother Nature and myself; no one could hurt me when I was surfing. However, eventually I turned to drugs and alcohol to quiet the pain and shame and I walked away from the very thing that gave me true peace – surfing.

I graduated from Dana Hills High School in 1975 and for the next thirty-one years, as a result of my abuse, I struggled with alcohol and drugs because they were the only things that would numb the pain of my abuse. I had let myself go physically gaining sixty pounds and I was absolutely no fun to be around. As a result of my drinking and the fact I carried the secret of my sexual abuse into my first marriage, after six years that marriage fell apart.

After the divorce I started taking care of myself physically. I went to the gym and became an avid runner. As a result I lost the sixty pounds I had gained and started feeling better about myself. I had my drinking and drugging under "control" and had fallen in love with a beautiful blond haired angel. Eventually I would marry this angel and my life would change in ways I had no idea were possible.

Cycling had never left my blood and eventually I began cycling again. First it was just riding my bike to the park with my son and slowly it became a way of life for me. I joined a club and would ride one hundred and fifty to two hundreds miles a week. I rode every chance I could. In many ways it became my new drug as I could escape from life's realities while I was on the bike. I would

often talk with my wife about one day doing the RAAM. However, life happens and with kids coming into our lives, I had to walk away from cycling yet again.

Raising a family and being there for my children was my number one priority in my life, so making the decision to walk away from cycling was not a hard decision. Without my cycling however, I had lost my means of escape and from 1990 – 2006; I fell deeper into my addictions. The unresolved issues of my childhood abuse constantly haunted me. In fact, it seemed to get worse. I am proud to say that I was a very successful businessman, father and husband. In fact my abuse drove me to success, but I could never fill that hole that was in my soul.

February 5, 2006 I had had enough. I was sick and tired of being sick and tired so I sought help for my addictions and entered into a treatment facility. One of the key elements in recovery is self-care and since I was going to the gym already and hiking a lot, I utilized those forms of exercise for my physical care. However, cycling was still in my blood and in 2007 a friend talked me into buying a bike. I have been riding now for the past ten years and while riding I have my greatest spiritual breakthroughs. Today I have twelve years of recovery from my abuse and eleven years of sobriety.

This brings us back to the Ride Across America to Stomp Out Shame. Sexual abuse of boys is of epidemic proportions not only here, but also in the entire world. Statistically 1:4 boys who become men are sexually abused. Yet America and the world want to act like it does not happen. After all boys "just get over it." Wrong! For many survivors it destroys their self-esteem and self-

confidence. The lasting effects are carried into all of their relationships, yet people believe it's just the way they were born, if you don't like it, too bad.

So on June 18, 2017 I will be embarking on a 2,825 mile bicycle ride from Indio, CA to Beach Lake, PA bringing awareness and educating as much of America about the prevalence of sexual abuse of boys, who the perpetrators are (93% are family members or friends,) and the correlation between chemical dependency and sexual abuse (80% of sexual abuse victims struggle with chemical dependency.) I will also deliver a message of hope, healing and a life of freedom and happiness beyond anyone's imagination.

To learn more about the Courageous Healers Foundation and the Ride Across America to Stomp Out Shame go to www.courageoushealers.org If you are interested in joining Randy on a leg of the ride you can register at <https://rideacrossamerica.eventbrite.com>



Randy Boyd will be riding 2825 miles across the country in 2017 on the Ride Across America to Stomp Out Shame. Photo courtesy Randy Boyd

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MOUNTAIN BIKE RACING

Holley and Stuart Take Intermountain Cup's Cactus Hugger



Racers power down the course of the Intermountain Cup's Cactus Hugger with the majestic peaks of Zion National Park in the distance. Photo by Nate Gibby



Kuhl's Chris Holley crossing the finish line for the victory in the Elite Men's division. Photo by Nate Gibby

By Nate Gibby

HURRICANE, UTAH—Kuhl rider Chris Holley won the Elite Men's division while Storm Cycles Park City's Ami Stuart took top spot on the podium of the Elite Women's category at the Intermountain Cup's

Cactus Hugger X-Country MTB race on April 22, 2017 near Hurricane, Utah.

With the majestic white, cathedral peaks of Zion National Park looming on the horizon and a slight breeze in the face, nearly 300 riders kicked off the second race of the Intermountain Cup's X-country series. Comprised of segments of the famous JEM Trail system, the course featured an 8.6-mile loop with approximately 550 feet of climbing per lap.

In the Elite Men's division, Holley, Spanish Fork, Utah, Bryson Perry, Draper, Utah (Rouleur Devo PB DNA Cycling and Summit Cyclery) and Cameron Larson, Pleasant Grove, Utah (Competitive Cyclist Summit) were able to create separation from the rest of the field on the single track section of the first lap. "The three of us stayed together, testing each out in certain sections for the first three laps," said Holley. "Halfway into the fourth lap, I was able to get a gap on them and stay away from them the rest of the race." Averaging a scorching 30-minute lap,

Holley powered his way to a +1:00 victory.

In the Elite Women's category, Stuart, of Park City, Utah, started out strong off the line for an early lead, but was soon caught by Anne Perry, Draper, Utah (Bingham Cyclery - Peak Fasteners), Jeanette Peterson, Sandy, Utah (Team Ron) and Jen Hanks, Park City, Utah (Pivot/DNA Cycling Race Team). Stuart and Perry distanced themselves from the group in the single track of the second lap. However, Stuart pulled ahead on the descent of the third lap on her way to a 20-second margin of victory. "[Perry] is a strong rider who almost caught me again on the last climb of the third lap," said Stuart. "I managed to get ahead of her on the downhill for the win."

Stuart's notched her first X-country victory in the Elite Women's category at the Intermountain Cup's Cactus Hugger. With only three years of experience mountain biking, she finished near last in the Expert Women category two years ago. "My husband has



Ami Stuart of Storm Cycles Park City (left) and the rest of the Elite Women riders prepare for the start of the Intermountain Cup's Cactus Hugger. Photo by Nate Gibby



Jacob Draper, 15 (Maybird Reyes-Psych), races through the Intermountain Cup's Cactus Hugger on April 22. Photo by Nate Gibby

been racer for 20 years," she said. "So I started racing with him. Two years later, a lot of skill acquisition and lot of confidence gained, and I won my first [Intermountain] Cup."

About I-Cup

Founded in 1991, the Intermountain Cup consists of X-country and endurance MTB races throughout Utah. With seven X-country races of approximately 25 miles and one endurance race of

approximately 50 miles, the series covers some of the most pristine and difficult rides in the state.

The next race slated in the Intermountain Cup series will be the Wasatch 50 (formerly Wasatch Back), the lone endurance race in this year's schedule, on June 3, 2016 in Heber City, Utah. The X-country series continues July 1 at Snowbird, Utah, and then on July 15 at the Olympic Park in Park City, Utah.

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ROAD RACING

Emerson and Beyer Top the Podium in East Canyon Road Race



Rob Squire (center), Chad Beyer (left), and Paco Mancebo (right) lead at the front of the pack just before establishing the winning break. Beyer would go on to win the race. East Canyon Road Race, April 15, 2017. Photo by Dave Iltis



The East Canyon Road Race has beautiful scenery and a great course. Photo by Dave Iltis

By Dave Iltis

On a sunny and crisp spring day, the Sports-Am East Canyon Road Race took place at East Canyon Resort on April 15, 2017. With a light road racing schedule in Utah

this spring, the race had great attendance with over 240 racers lining up at the start.

The 60 mile course was changed this year to start at East Canyon, instead of the top of Hogsback. This meant riders only had to climb the stairstep climb twice rather than the

usual three times. But this didn't keep the climb from being a major factor in the race.

In the pro men's race, locally-based Canyon Pro Cycling kicked off the fireworks from the gun with three riders setting a hard tempo. The pack held together for about three-quarters of the way up the first ascent of Hogsback, out of the East Canyon Reservoir. Paco Mancebo (Canyon Pro Cycling), former winner of the Tour of Utah, and internationally known pro racer, attacked near the top bringing teammates Fat Bike World Champion Rob Squire, and Arizona-based pro Chad Beyer with him.

The trio of pros rode strong over the next 50 miles and were able to keep the peloton at bay despite a lot of work from the various teams.

At the finish, Mancebo dropped off, and Beyer and Squire sprinted for the line with Beyer taking the win over Squire. In the field, the high-powered Canyon squad formed a lead-out train for Erik Slack, who finished fourth. Joe Waters and Rob Smallman rounded out the top 6.

In the women's field, the three women fought it out over the classic course. Mary Emerson (Plan 7) was dropped on the first climb, but regained contact. She attacked after the turnaround, but was unable to hold it. Alison Frye (Ski Utah), Jillian Gardner (Canyon), and Emerson traded pulls over much of the course until the climb back over Hogsback. Gardner was dropped, then Emerson, with Frye going over the top first. Emerson caught back on the descent, and then attacked Frye to solo in for the win.

Other category winners were: Lindsey Stevenson (Team Endurance 360) – Women 3-4-5; Kelly Hunsaker (Plan7 DS) – Master 35+ Women; Mark Otterson (Zanconato Racing) Men's 35-44; Ben Nichols (Canyon) – Men's 45+; Mark Schaefer (Maddog Racing) – Men's 55+; Darren Tuckett (Total Care) – Men's Cat 3-4; Samuel



The women's master 35+ field on the backside of Hogsback in the East Canyon Road Race, April 15, 2017. Kelly Hunsaker (red jersey) went on to win the category. Photo by Dave Iltis

McBride Men's Cat 4; Jeff Phillips

– Men's Cat 4/5 35+; Owen Ala-

Men's Cat 5; Hunter Munns – Junior

Men.

See results on page 14 of this issue.



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MOUNTAIN BIKING

Outerbike Offers Opportunity to Demo New Bikes in Festival Atmosphere

The morning sprint for the demo bikes. Photo by Chris Magerl



Outerbike includes shuttles to some of Moab's best riding. The offerings this spring included Navajo Rocks, Mag 7 and Amasa Back. Photo by Chris Magerl

By Chris Magerl

Sascha Anastas met The One at the first Outerbike. She had seen him before, and even spent time on the same trips. But there was something about the time spent together at that Moab gathering in October 2010 that sealed the deal. She and Simon Stewart became a couple.

Outerbike organizers can't promise you will find a life partner. But they are serious about helping you find your next great ride.

Outerbike is about bikes. About riding bikes, checking out a lot of options, seeing how all that exciting newness fits your unique style.

You've heard about that new model, seen photos online, perhaps even passed each other on the trail. Outerbike is a chance to throw a leg over the toptube and go for a ride. A real ride, on real Moab trails. A chance to find The One.

Outerbike is not Interbike. Interbike is an industry insider affair. It happens in Las Vegas in the autumn, and includes an on-dirt demo where shop workers, distributors and journalists can ride all the new models. If you can't claim industry affiliation to finagle an Interbike pass, you are left out of the party.

Outerbike brings that party to everyday riders. You pay for your pass and get three days of riding all the bikes you can handle. Ride that carbon 27 Plus on Bar B, and then hand it back, grab the aluminum 29er and go hit Bar B again. Return,

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repeat, and find The One for you.

A full three day pass at the Spring Outerbike cost \$200. For that, you had access to bikes from more than nine manufacturers, shuttles to other Moab trails (Navajo Rocks on Friday, Mag 7 on Saturday, Amasa Back on Sunday), a tasty and filling lunch (fresh fruits and vegetables, pasta, meat, all in ample portions), post-ride beers on Friday and Saturday, a Saturday night party in town and a great festival feel.

There is also a BYOB (bike) option that gets you access to the festival and shuttles, but no bike demos, for \$160, or the Social card, which gets you lunches, party, beer, but no bike demo or shuttles, for \$70.

This year was the first year of Spring Outerbike. The autumn event has become a MTB world mainstay in only six years. World is not an overstatement. The Spring Outerbike drew riders from all over, including South America and Europe. Outerbike has become a cornerstone of a US MTB vacation for international riders.

Most riders are at Outerbike because they are in the market for a new bike. When contemplating a \$5,000 (or greater) MTB purchase, it is hard to feel confident based on a ride around the parking lot or down the street. You really want to take it on the trail, ride it hard, and see how it compares to other models. Outerbike is your place.

This is especially true if you are a rider who is very tall or shorter than the average female. Few shops can offer you one bike to test, much less four or five or six options. Outerbike can.

To be certain they get to test the bike they want, many folks line up well before the gate opens at 9 A.M. On Friday and Saturday at the recent Spring Outerbike, Romuald Mineyko was the first person in line. He traveled from Montreal to be a part of his third Outerbike, and was in line at 7 A.M. each morning. On Sunday, Joel Mikle of Minnesota was four minutes earlier, putting Mineyko into the second spot in line. Not to worry, Mikle was after a Pivot Switchblade. Mineyko had his eye on a Pivot Firebird.

"I am looking to buy a bike," said Mikle, and was drawn to Outerbike from Minnesota. The second day of the festival, he rode four different bikes from three manufacturers.

Some riders show up just to be a part of the festival, or to take advantage of the shuttles. One midwest rider on Saturday did three complete laps on the Mag 7-Bull Run-Gemini Bridges route, pedaling back down to the Moab Brands parking lot and jumping onto the next shuttle.

There were former college friends from various regions meeting up for a Moab MTB weekend. Families from different regions gathered at Outerbike. If you add up what you get (top-end bike rental, shuttles, lunch, beer, over three days), it is cheaper than doing the standard bike



Pivot mechanic Brad Pastir, second from left, installs pedals on a demo bike about to be ridden by John Shuld of Chicago. On the right, Pivot's Tom Noaker steadies the bike to set front and rear sag for Romuald Mineyko of Montreal. You bring your pedals and the bike folks set up the bike to your weight, height and riding style. Photo by Chris Magerl



Ashley Korenblat of Western Spirit Cycling started Outerbike in 2010. It has become a stellar desert bike festival, and a great way to shop for a new bike. Photo by Chris Magerl

shop demo and shuttle routine.

Bring your pedals, shoes, helmet and bike clothes. No need to bring a bike. This makes for an easy bike vacation, without the hassle of traveling with a bike. Top-end bikes abound. Before you head out, a mechanic tunes the bike to your weight, adjusting shock pressure, fork pressure, rebound rate, tire pressure and seat height. They want the bike set up for you. They want you to think this is The One.

On the shuttle, during lunch, in the morning line or over afternoon beers, Outerbike participants embraced the chance to interact. "I really liked the chance to meet other riders," said Dave Gontrum, a participant from Salt Lake City who was looking to upgrade his 10 year old Santa Cruz. He was really smitten by the Ibis Mojo 3 set up with Plus tires, in red.

Vendors showing and selling bike parts and accessories keep you busy when you are not riding, eating or drinking. Want to demo a pair of bike shorts? You can do that (bring your own liner, please). Checking out tire or wheel options for your current ride, protective gear, glasses, helmets, riding clothes, components, racks? It's all there.

There will be two more Outerbikes in 2017. New this year is a Crested

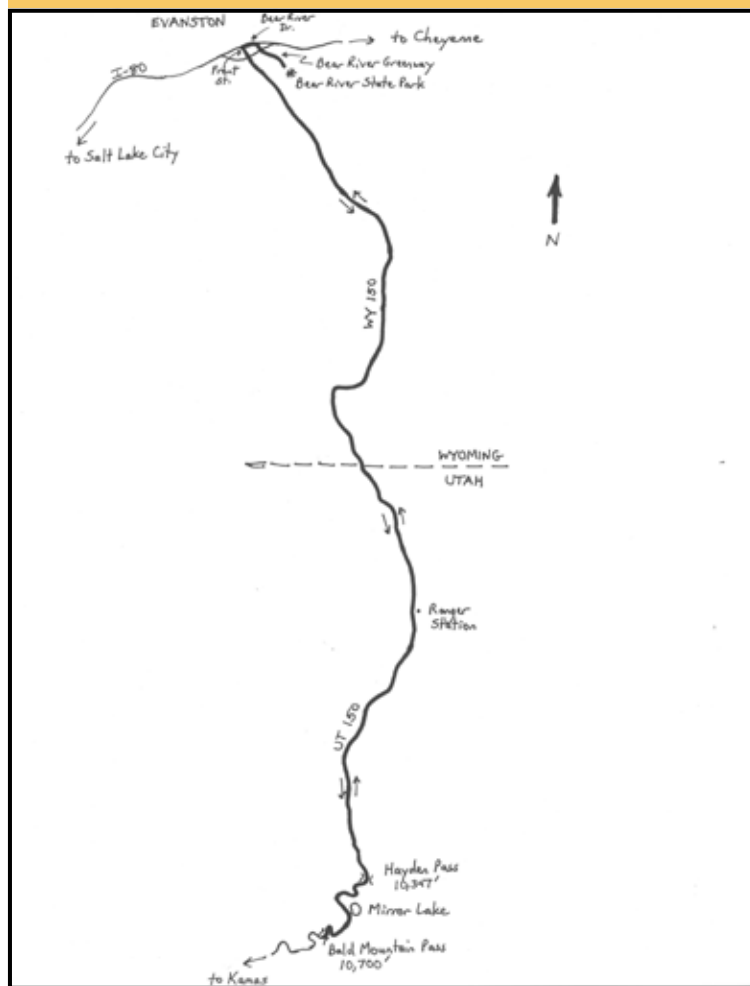
Butte, Colorado, option. set for August 18-20. Loads of bike and lift-assisted terrain. Then back to Moab for the now-traditional autumn event, this year October 6-8. More chances to see if you can find The One.

As for that romance that took shape at the first Outerbike? Sascha and Simon were married in 2015, and they are expecting their first child in September, about four weeks before the October Outerbike. They hope to make it back there as a trio.

See the calendar in this issue under Mountain Bike Touring and Festivals for more details on the Crested Butte and Fall Outerbike events.

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details.**

RIDE OF THE MONTH

Mirror Lake Scenic Byway by Bike - Evanston, Wyoming to Bald Mountain Pass

Map of the ride from Evanston, Wyoming to Bald Mountain Pass. Map by Wayne Cottrell

By Wayne Cottrell

The Mirror Lake Scenic Byway by Bike is an out-and-back road ride starting and finishing in Evanston, at Bear River State Park. The Kamas-to-Evanston (later Evanston-to-Kamas) Road Race was a fixture on the cycling calendar for years, covering an 80-mile distance along the Mirror Lake Scenic Byway. Later, the race started and finished in Evanston; the ride described in this article is a

longer, 100.5-mile alternative. The entire route is at high altitude, starting at Evanston's 6,750 feet, climbing to Mirror Lake and the nearby Bald Mountain Pass, at 10,700 feet, and returning to Evanston. Note that the Mirror Lake Scenic Byway, which is State Route 150 in Wyoming (WY 150), and State Route 150 in Utah (UT 150), is closed during the winter, generally opening in late spring. Nearly the entire ride is along this route. Perhaps by the time this article is in print, the route will be open, just

in time for you to get out there! Bring an extra lung, if you have one, for the thin air of the route's upper reaches. Also, be prepared for cooler temperatures at the highest elevations.

Start the ride at Bear River State Park, located at 601 Bear River Drive in Evanston, on the city's east side. From the parking area nearest the entrance, ride onto the Bear River Greenway, heading westward (i.e., away from the park). The Greenway is a paved bike path that parallels the Bear River. The path passes under I-80, and then, after a pleasant riverside stretch, passes adjacent the Bear River Ponds (iced over in winter). Stay to the right at the far end of the pond; after passing under U.S. Highway 89, keep right as the path heads toward Bear River Drive. At the end of the path, turn left onto Bear River (the road, not the actual river). Having just ridden along the car-free Greenway, prepare for some motor vehicle activity on Evanston's streets. After riding under the railroad tracks – the elevated walkway on the right is an alternative to the narrow roadway passage – turn left onto Front Street, adjacent Depot Square. After crossing U.S. 89, Front Street becomes WY 150. After passing under I-80 again, 1.9 miles into the ride, WY 150 heads toward the southern limits of Evanston. Although some sources indicate that the scenic byway does not begin until WY 150 reaches the Utah border, the official scenic byway actually begins as soon the highway heads south of I-80.

Leave Evanston at mile 3.5. The highway climbs gradually, but steadily, from here. Cross the meandering Bear River 9.0 miles into the ride. At about 350 miles in length, the Bear River is the longest river in North America that does not empty into an ocean. As is typical of southwestern Wyoming, once outside of Evanston, expect to see wide open spaces, vast prairies, an arid, reddish-brown landscape, and plenty of howling winds. Settle into a rhythm, because this is a long ride! WY 150 heads generally southeast-ward, gradually turning to toward the south, and then southwest-ward, and finally westward, for a stretch. The highway then makes a sharp bend to the left 21.35 miles into the ride. You are now heading south again, reaching the Utah border at mile 24.95. Approximately 25% of the route is complete, and the elevation is just under 8,000 feet. The

highway – now UT 150 – continues its gradual ascent at an average grade of 1%. Enter Uinta National Forest at mile 29. The Bear River split just north of here; you are now riding adjacent the river's east fork. At the Bear River Ranger Station, the highway's grade increases noticeably, as the byway starts to climb into the Uinta Mountains. The Uintas are unusual in that they are oriented east-west – most U.S. mountain ranges run north-south. A number of the Uintas exceed 12,000 feet in elevation, and a few top 13,000 feet, including Kings Peak, which is the highest point in Utah at 13,528 feet. Kings Peak is well east of here. The Uintas are taller but "gentler" than the rugged Wasatch Range. There are a number of trailheads and campgrounds that are accessible from UT 150. You may not care much about any of this, though, as you pedal upward. Enjoy the breathtaking, alpine scenery, as you catch your breath. Your first challenge is Hayden Pass, coming at mile 45.5. After cresting this mighty pass, at an elevation of 10,347 feet, you may think that you have reached nirvana – particularly after the ensuing descent takes you within sight of beautiful Mirror Lake. The lake, I believe, is at exactly 10,000 feet. But, the highway tips upward once again, continuing onto the steepest climb of the ride, taking you from the lake to Bald Mountain Pass (elevation 10,700 feet). The Bald Mountain Overlook, on the side of the highway, is the ride's turnaround point.

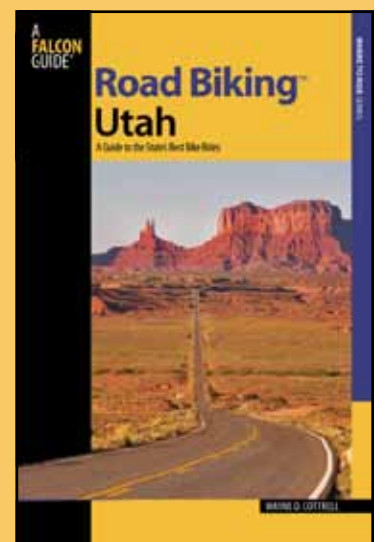
For those who are game, there is a brisk, steep trail that leads from the overlook to Bald Mountain (elevation 11,943 feet). Otherwise, now at mile 50.25, start the return ride by heading north on UT 150. As noted above, the highway descends steeply to Mirror Lake, and then climbs gradually to Hayden Pass. Once over the Hayden crest, the next 15 miles are a ripping descent. The grade eases beyond the Bear River Ranger Station, although the highway is still heading downhill. Leave Uinta National Forest at mile 71, and re-enter Wyoming at mile 75.05. Depending on the direction of the wind, the right-hand bend at mile 79.65 may be a blessing or a curse. Note that the orientation of WY 150 changes several times before returning to Evanston. Hopefully, one of those orientations will find you catching a tailwind! Re-enter Evanston at mile 97. The

highway has widened, and civilization has returned. Be prepared for an increased volume of motor vehicles as you near I-80 (mile 98.6), and continue onto Front Street. After making the right turn onto U.S. 89, be particularly cautious as the road dips under the railroad tracks. The walkway on the left is an alternative. Turn right onto Bear River Drive, and then right again to access the Bear River Greenway. From here, it is pleasant 1.15-mile, car-free bike path back to Bear River State Park.

GPS coordinates (Bear River State Park): 41.266111oN 110.936944oW

For more rides, see *Road Biking Utah* (Falcon Guides), written by avid cyclist Wayne Cottrell. *Road Biking Utah* features descriptions of 40 road bike rides in Utah. The ride lengths range from 14 to 106 miles, and the book's coverage is statewide: from Wendover to Vernal, and from Bear Lake to St. George to Bluff. Each ride description features information about the suggested start-finish location, length, mileposts, terrain, traffic conditions and, most importantly, sights. The text is rich in detail about each route, including history, folklore, flora, fauna and, of course, scenery.

Wayne Cottrell is a former Utah resident who conducted extensive research while living here – and even after moving – to develop the content for the book.



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CALENDAR OF EVENTS

Utah BMX

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

Legacy BMX — Farmington, UT, Indoor bmx racing at the Legacy Events center 151 South 1100 West, Farmington, UT., Practice Wednesday 6:00- 9:00; Race Saturday, May through September, Kevin, 801-698-1490, kevin@kikphoto.net, lrbmx.com, radcanyonbmx.com, Rad_Canyon_Legacy_Outdoor_Schedule_2014.pdf

June 9-11, 2017 — USA BMX Great Salt Lake Nationals, USA BMX National Series, South Jordan, UT, Location: 5200 W, 9800 South., Dallas Edwards, 801-803-1900, radcanyonbmx@radcanyonbmx.com, radcanyonbmx.com, facebook.com/radcanyonbmx

Utah Advocacy

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

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

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

Weber Pathways — Ogden, UT, Weber County's trails group. We are committed to the idea that a non-motorized network of public pathways significantly contribute to our community's economic vitality and quality of life., Mark Bedel, 801-393-2304, wp@weberpathways.org, Rod Kramer, 801-393-2304, rod@weberpathways.org, weber-pathways.org

Mooseknuckler Alliance — St. George, UT, We accept all types and styles of riders, most important we want people to ride their bikes and enjoy doing it. Most of us love riding our bikes in all types of weather and in multiple disciplines. The Alliance is located in Southern Utah and has group rides to help people get out, meet new friends, and most importantly, have fun riding their bikes., Lukas Brinkerhoff, 435-632-8215, lukas@mooseknuckleralliance.org, mooseknuckleralliance.org

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

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

5339, bonnevilleshorelinetrail@gmail.com, bonnevilleshorelinetrail.org

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

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

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

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

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

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

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

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

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

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

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

Events, Swaps, Lectures

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

Beehive Bike Polo Club — Salt Lake City, UT, Weekly hardcourt and grass bike polo. Tuesdays at 8pm, Saturday afternoons. Check out the Beehive Bike Polo Club on Facebook for location., Chuck Heaton, 801-688-7268, heatpolocompany@gmail.com, facebook.com/groups/189631497724953/, beehivebikepolo.wordpress.com

Cole Sport Weekly Road Ride — Park City, UT, Weekly Road Ride Mondays June 4-Aug. 27. Ride leaves Cole Sport, 1615 Park Ave. at 6 pm. Park at lower PCMR lot., Scott Dudevoir,

435-649-4806, scottdudevoir@colesport.com, colesport.com, mountaintrails.org

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

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

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

May 1-31, 2017 — Provo Bike Challenge, Utah Bike Month, Provo, UT, Prizes and awards. Join the challenge and keep track of your riding all month (using the Strava app). Part of the National Bike Challenge, Aaron Skabelund, 385-207-6879, askabelund@gmail.com, provomayor.com/2015/04/28/provo-bike-challenge/

May 1-29, 2017 — Monday Night Night Rides, Utah Bike Month, Provo, UT, Joaquin Park, 400 E 400 N, 9 pm every Monday in May, a casual ride through the streets of Provo, Aaron Skabelund, 385-207-6879, askabelund@gmail.com, bikeprovo.org, facebook.com/events/1895586710717790/

May 2, 2017 — Bike to Work Day in Provo City, Utah Bike Month, Provo, UT, Provo businesses will host stations located throughout the city and hand out free breakfast, drinks, and other treats to people who arrive by bike from 7:30 - 9:00 am. (Provo City's breakfast station will be open at 6:30 am for early bird riders.) Pick up some breakfast and coffee, get to know your fellow commuters, have your bike looked at by a pro mechanic, and connect with the Provo Bike Committee and other community volunteers., Aaron Skabelund, 385-207-6879, askabelund@gmail.com, bikeprovo.org, facebook.com/events/162800648723975/

May 6, 2017 — GOTS Bike and Outdoor Toy Swap, Salt Lake City, UT, Held at Wild Rose, 702 3rd Ave, Check in on Friday, Swap on Saturday., Tim Metos, (801) 533-8671, contact@wildrosesports.com, wildrosesports.com

May 10, 2017 — National Bike to School Day, Utah Bike Month, Everywhere, UT, A day to climb out of the motor vehicle and onto your bike on your way to school., None, noemail@cyclinguah.com, walkbiketoschool.org/ready/about-the-events/bike-to-school-day

May 13-14, 2017 — Young Riders Bike Swap, Park City, UT, Benefits Young Riders Youth Mountain Biking Program. Located at The Yard, 1255 Kearns Blvd Park City, UT. Saturday May 13th 8am-5pm and Sunday May 14th 11am-3pm. Buy or sell gear., Julie Minahan, 435-640-8642, julie.minahan@gmail.com, youngriders.com

May 13-20, 2017 — Boise Bike Week, Bike Month, Boise, ID, A celebration of cycling in all of its forms, Boise Bike Week take place in the middle of National Bike Month and recognizes National Bike to Work Day on Friday May 19th. There is something for everyone: Mountain bike clinics, gravel rides, movies, women's rides, Bike to Work Breakfast, Market rides and commuter seminars. It all culminates with a big block party on Saturday May 20 in downtown Boise. Come ride with us! Lisa Brady, 208-761-8507, lvca@biketreasurvalley.org, boisebike-week.org, biketreasurvalley.org

Calendar Guidelines:

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

Submit your event to:

calendar@cyclinguah.com

with date, name of event, website, phone number and contact person and other appropriate information.

Let us know about any corrections to existing listings!

May 13, 2017 — Great Reno Bike Swap, Bike Month, Reno Bike Week, Reno, NV, Buy or sell a bike and benefit the Kiwanis Club and the Nevada Colon Cancer Partnership., Truckee Meadows Bicycle Alliance, 775-323-4488, info@bikewashoe.org, bikewashoe.org

May 13, 2017 — Reno River Roll, Bike Month, Reno Bike Week, Reno, NV, A seven mile family-friendly slow roll along the Truckee River. Costumes welcome, Truckee Meadows Bicycle Alliance, 775-323-4488, info@bikewashoe.org, bikewashoe.org

May 14, 2017 — Cyclofemme Reno, Bike Month, Reno Bike Week, Reno, NV, Riders of any gender, join the casual six mile ride to celebrate all women, Truckee Meadows Bicycle Alliance, 775-323-4488, info@bikewashoe.org, bikewashoe.org

May 14, 2017 — Cyclofemme Ride, Ketchum, ID, JoinTheRusch by celebrating the power of women in cycling with Rebecca Rusch. Rebecca will lead the ride as a kickoff to gravel training season., Colleen Quindlen, 254-541-9661, colleen@rebeccarusch.com, cyclofemme.com, facebook.com/events/1264384060349438/

May 15-19, 2017 — Utah Bike Week and National Bike to Work Week, Utah Bike Month, Salt Lake City, UT, Week-long festival with bike races, Bike to Work Day, and more., Dave Iltis, 801-328-2066, dave@cyclinguah.com, cyclinguah.com/event-calendars/bicycling-events-swaps-and-festivals/

May 15-19, 2017 — Bike to Work and School Week, Utah Bike Month, Logan, UT, Bike to Work & School Week offers free commuter breakfasts and raffles to win a new bicycle. Breakfasts, bike tunes, weeklong discounts at local businesses, custom gear, and a bike-in concert are all part of the fun, Dayton Crites, 435-755-1646, dayton.crites@cachecounty.org, trails.cachecounty.org, aggiebluebikes.org

May 15-19, 2017 — Bozeman Bike Week, Bike Month, Bozeman, MT, Celebrate bike commuting with the Bozeman cycling community the week of May 16 - 20. There will be morning stops each day and an end of week party on Friday!, Alex Lussier, lussiera@hotmail.com, Megan Lawson, 406-570-7475, meganmclawson@gmail.com, Gallatin Valley Bicycle Club, gvbcbike@gmail.com, gallatinvalleybicycleclub.org, gallatinvalleybicycleclub.org/community-events/bike-to-work-week/

May 15-19, 2017 — Reno Bike Week Commuter Challenge, Bike Month, Reno Bike Week, Reno, NV, Commute by bike in Washoe County. Log your miles, Truckee Meadows Bicycle Alliance, 775-323-4488, info@bikewashoe.org, bikewashoe.org

May 17, 2017 — Ride of Silence, Utah Bike Month, Salt Lake City, UT, Cyclists will take to the roads, escorted in a silent procession to honor cyclists who have been killed or injured while cycling on public roadways, meet at 6:30 at the Gallivan Center in downtown Salt Lake City. Ride leaves at 7 pm. Bike ride at 10 to 12 mph, mostly flat or minimum grade, about 11 miles., Tegan Feudale, 717-503-4275, trfeudale@gmail.com, rideofsilence.org

May 17, 2017 — Ride of Silence, Utah Bike Month, Provo, UT, Join the Provo chapter of the Worldwide Ride of Silence on May 17th 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, 7 pm., Lucy Ordaz, 801-787-4384, lucyo@provo.edu, rideofsilence.org, facebook.com/evens/850656535006205/851159871622538/

May 17, 2017 — Ride of Silence, Bike Month, Prescott, AZ, Ride to honor dead and injured cyclists and to honor Amber Harrington who was killed by a drunk driver in 2015. Organized by Greater Prescott Bicyclists Coalition, Eric Post, prescottbicyclists@gmail.com, rideofsilence.org

May 17, 2017 — Ride of Silence, Bike Month, Las Vegas, NV, Ride to honor dead and injured cyclists. Register 6:00 until 6:50 in the parking lot of the Regional Transportation Commission of Southern Nevada Building (RTCSN) at 600 South Grand Central Parkway south of the intersection of South Bonneville (Alta Drive) and South Grand Central Parkway. Ride starts at 7., Jim Little, 702-360-4751, LVRODEOMANI@aol.com, rideofsilence.org

May 17, 2017 — Ride of Silence, Bike Month, Boise, ID, Ride to honor dead and injured cyclists. Camels Back Park at 6pm., Lisa Brady, 208-761-8507, lvca@biketreasurvalley.org, rideofsilence.org, biketreasurvalley.org

May 17, 2017 — Ride of Silence, Bike Month, Heyburn, ID, Ride to honor dead and injured cyclists. The event gets underway at 7pm Mountain time and starts and finishes at the Mini-Cassia Chamber of Commerce. There is usually police escort. For more information or in case of inclement weather call Rocks Cycling and Fitness 208-678-3764 for rescheduling details., Kim Walton, 208-678-3764, rideofsilence.org

May 17, 2017 — Intermountain Live Well Cycling Clinic, American Fork, UT, Free cycling clinic 6 - 7:30 pm: Learn about Nutrition: fuel for the road • Getting started: finding the bike for you • Where to ride: local paths and trails • Take the high road: mountain and road bike safety • Bike fit and form: mechanics matter • Strategies for strength training: always a good thing American Fork Specialty Clinic 98 N. 1100 E., 4th floor Physical Therapy Clinic American Fork, UT, Kyle Wilson, 801-492-2405, 801-357-3316, cycwell@gmail.com, intermountainhealthcare.org/services/wellness-preventive-medicine/live-well/

May 17, 2017 — Ride of Silence, Bike Month, Carson City, NV, All cyclists are welcome to join us. What: Ride of Silence - An 8 mile slow ride (10-12 mph) around Carson City, ridden in complete silence as riders wear black arm bands. When: Wednesday, May 17th 7:00 pm (meetup at 6:30 pm to get signed in and listen to safety brief, ride starts rolling at 7:00 pm). Where: Telegraph Square (<http://tinyurl.com/ktabfrv>) Why: To honor those cyclists who have been killed or injured while sharing the road with motorists, Randy Gaa, randygaa@musclepowered.org, rideofsilence.org, musclepowered.org/bike-month-2017

May 18, 2017 — Bicycle Pit Stops, Utah Bike Month, Salt Lake City, UT, 7 a.m.-9 a.m. Morning commuter pit stops throughout Salt Lake City on popular bicycle routes. Snacks, safety info, bike maps. See facebook the week before for locations., Salt Lake City Transportation, 801-535-6630, bikeslc@slcgov.com, bikeslc.com, facebook.com/bikeslc

May 18, 2017 — Reno-Sparks Mayoral Challenge and Ride for Reading, Bike Month, Reno Bike Week, Reno, NV, Volunteer riders will ride to Diedrichsen Elementary to meet with the students and pass out books, Truckee Meadows Bicycle Alliance, 775-323-4488, info@bikewashoe.org, bikewashoe.org

May 19, 2017 — Bike to Work, School, and Play Day, Utah Bike Month, Park City, UT, Kickoff Celebration with Mayor & Council, 7:30 am. Meet at Olympic Plaza (next to Squatters). The group will bike to Park City Library. Bike support station available. Bike to Work,



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May 19-21

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School & Play Celebration, 7:30 to 10:30 am, Park City Library, 1255 Park Avenue, Pet-friendly & family-friendly. Free raffles, snacks, bike tune-ups & e-bike demos. Bike to School with Park City Police, 7:30 am Meet at one of the following locations to bike to McPolin Elementary School with Park City Police Officers: PC MARC, Aspen Villas apartments, Arches Park at the end of Comstock, Heinrich Deters, 435-649-8710, 435-659-1188, hdeters@parkcity.org, Julia Collins, julia.collins@parkcity.org, mountaintrails.org, basinrecreation.org

May 19, 2017 — National Bike to Work Day. Utah Bike Month, Everywhere, UT, A day to climb out of the motor vehicle and onto your bike on your way to work., None, noemail@cyclinguah.com, bikeleague.org

May 19, 2017 — Ogden Mayor's Bike to Work Day. Utah Bike Month, Ogden, UT, Ride to Work with the Mayor - We will meet the Mayor at the South end of the Dee Events Center Parking lot 1300E 4600S on his ride into work at 8am, the group will ride with the mayor to the Ogden amphitheater (343 25th st) for a breakfast hosted by Ogden City, Threshold Gives, UTA, and WOBAC. Can't make it up to ride with the mayor? Then just pedal on down for breakfast. See you there! Food served until 10am, Josh Jones, 801-629-8757, joshjones@ogden-city.com, ogden-city.com, [facebook.com/events/1080722501970185](https://www.facebook.com/events/1080722501970185)

May 19, 2017 — Logan Bike to Work Day. Road Respect, Logan, Logan, UT, Celebrate Bike to Work Day by riding your bike to work or school. We'll even give you old bike a tune-up...for free! Begins at 8 am from your home to 10 am at Cache County Plaza, 199 North Main Street., Gary Saxton, 435-752-2161, 435-374-8076, logandowntown@gmail.com, logandowntown.org

May 19-20, 2017 — Primal Colorado Bike Expo. Denver, CO. The annual kickoff event for cycling in Colorado! The expo will bring together all things cycling and Colorado; pairing industry professionals, recreational riders, biking enthusiasts and utilitarian's with the latest products, consumer trends, screaming deals, organized rides, clubs & teams, advocacy groups and cycling destinations. The two day festival and consumer show will also include BMX flatland and aerial stunts, a kid zone, adult big wheel races, learn to ride clinics, stroller course, sprint competitions, demo area, antique bicycle display, a fashion show, incredible programming, live entertainment, beer garden, food trucks and more! A portion of the event proceeds will go to support the Colorado High School Cycling League, Trips for Kids Denver Metro and Wish for Wheels. Location: Sports Authority Field: Lot J, 1701 Bryant St, Denver, CO 80204, Free & Open to the public, Amanda Knutson, 515-681-6036, amanda@clippedproductions.com, coloradobike-expo.com

May 19-21, 2017 — 2017 Electric Bike Expo. Salt Lake City, UT, National e-bike expo with test rides, manufacturers, discounts, sales, education, booths, and more! Held at Smith's Ballpark at the parking lot on 77 West 1300 South, Salt Lake City Utah 84115, Friday 3pm-7pm; Saturday 9am-6pm; Sunday 10am-5pm, free to the public, Electric Bike Association, 702-626-0925, info@electricbikeassociation.org, electricbikeassociation.org/events/saltlakecity/

May 20-21, 2017 — Cole Sport Bike Swap. Park City, UT, 9-5 Sat., 9-3 Sun. \$10 fee if bike sells. Proceeds go to Mountain Trails Foundation. Drop bikes off at Cole Sport, 1615 Park Ave. on 5/19. Pick up is by 3 pm on 5/21., Scott Dudevoir, 435-649-4806, scottdudevoir@colesport.com, mountaintrails.org, colesport.com

May 20, 2017 — Pedal Palooza. Herriman, UT, An event for the whole family, kids bike parade, kids bike races, bike safety rodeo, helmet safety inspection, helmet decorating station. Starts at 10 am (pre-event helmet checks at 9), Butterfield Park, Kami Greenhagen, 801-913-3251, kgreenhagen@gmail.com, pp.infinitecycles.com

May 20, 2017 — SLUG Cat Bicycle Scavenger Hunt. Utah Bike Month, Salt Lake City, UT, This exciting event features a scavenger hunt bike race all that takes you all over Salt Lake City. Build a team of the coolest cats you know and win awesome prizes from our local sponsor! 5th Annual, Angela Brown, 801-487-9221, angela@slugmag.com, John Ford, 801-487-9221, johnford@slugmag.com, slugmag.com

May 20, 2017 — Ogden Bike Swap. Utah Bike Month, Ogden, UT, Ogden Bicycle Collective is hosting a Bike Swap 12 pm - 6 pm, 936 28th St., Josh Jones, 801-629-8757, joshjones@ogden-city.com, Clint Watson, 801-997-0336, clint@ogdenbikecollective.org, bicyclecollective.org/ogden-news/item/570-ogden-bike-swap

May 20, 2017 — Provo Bike Picnic. Utah Bike Month, Provo, UT, There's no sweeter way to spend your Saturday afternoon than a bike picnic. Meet us at 4pm at Utah Lake State Park for a fun, casual bike ride. We will pedal on over to Lakeview Park to enjoy a homemade picnic. Be sure to pack your

own food and blankets. Meet @ 4:00 pm, Ride starts at 4:30 pm Meet at Utah Lake State Park (4400 Center St, Provo) - Picnic @ Lakeview Park (2825 W 1390 N), Aaron Skabelund, 385-207-6879, askabelund@gmail.com, bikeprovo.org

May 21-26, 2017 — Flagstaff Bike to Work and School Week. Bike Month, Flagstaff, AZ, Bike to work, record your commute, win prizes!, Joe Shannon, 928-523-1740, joseph.shannon@nau.edu, Anthony Quintile, 928-779-5969, flagstaff@absolutebikes.net, Flagstaff Biking, info@flagstaffbiking.org, flagstaffbiking.org

May 23, 2017 — Salt Lake City Mayor's Bike to Work Day. Utah Bike Month, Salt Lake City, UT, A mellow ride with Mayor Jackie Biskupski under police escort. Breakfast, music, and more at 7:30 am, beginning at the 900 South Pump Track at 905 S, 700 W. Bike ride begins at 8am and ends at the Salt Lake City and County Building. Tara Olson, 801-535-6167, Tara.Olson@slcgov.com, slcgov.com/biketoworkday

June 3, 2017 — National Trails Day. Park City, UT, Location & Project TBA, Charlie Sturgis, 435-649-6839, charlie@mountaintrails.org, mountaintrails.org

June 3, 2017 — National Trails Day. Salt Lake City, UT, Volunteer on Trail Projects., Kristen Kenley, (801) 501-0850, kkenley@rei.com, rei.com/saltlakecity

June 3, 2017 — National Trails Day. Weber County, UT, Weber Pathways Trail Day. Come out an build trails! Check website for details., Rod Kramer, 801-393-2304, outreach@weberpathways.org, weberpathways.org

June 3, 2017 — Road Respect Ride. Logan, UT, Celebrate Logan's Active Transportation by joining us for the Road Respect Ride. Event begins at 12 pm and ends at 2 pm., Gary Saxton, 435-752-2161, 435-374-8076, logandowntown@gmail.com, logandowntown.org

June 10, 2017 — Bike Prom. Utah Bike Month, Salt Lake City, UT, Bike Prom, the Bicycle Collective's annual fancy bike party. Gallivan Center, 293 Main St. Wear your prom outfits. Pre-prom ride: 6:00pm starting at Pioneer Park., Clint Watson, 801-328-2453, 801-400-3072, info@bicyclecollective.org, bicyclecollective.org, bikeprom.com

June 23-24, 2017 — Adventure + Gear Fest. Snowbird, UT, Adventure + Gear (A+G) is the largest public expo for Outdoor Action Sports in the state of Utah. Over 125,000 sq/ft of outdoor gear, adventure resources and other things that really matter. Most exhibiting retailers and manufacturers are headquartered or provide jobs in Utah. Attendees can also learn about ways of assisting the incredible non-profits that fight to preserve the wilderness that we love and keep our trails maintained. Part of Adventure Gear Week in Sandy., Scott Kerr, 801-758-5009, 801-558-2073, skerr.su@gmail.com, Josh Christensen, 801-758-5009, josh@adventuregearfest.com, adventuregearfest.com

June 24, 2017 — Weber Pathways Trailfest. Ogden, UT, ride a section of the Centennial Trail, 8 am-12 pm, Rod Kramer, 801-393-2304, outreach@weberpathways.org, weberpathways.org

July 8, 2017 — Goathead Weevil Release. Salt Lake City, UT, 4th Annual. Volunteers are invited to join the Jordan River Commission as we release puncturevine weevils along the Jordan River Trail. These insects play an important role in managing goatheads on the trail., Laura Hanson, 801-536-4158, lahanson@utah.gov, Jen Parsons-Soran, 801-502-6794, getintotheweevil@gmail.com, jordanrivercommission.org

July 11, 2017 — Tour de Fat. New Belgium Brewing's Tour de Fat, Sacramento, CA, Rolling Revival of Sustainable Folly! Various Western Locations. Proceeds from the Sacramento Tour de Fat benefit Sacramento Area Bicycle Advocates, held at Ace of Spades., Paul Gruber, 888-622-4044, nbb@newbelgium.com, newbelgium.com/tour-de-fat

August 12, 2017 — Tour de Fat. New Belgium Brewing's Tour de Fat, Boise, ID, Rolling Revival of Sustainable Folly! Various Western Locations. Proceeds from the Boise Tour de Fat benefit Southwest Idaho Mountain Bike Association, Boise Bicycle Project, and Treasure Valley Cycling Association. Held at Outlaw Field at Idaho Botanical Garden, Paul Gruber, 888-622-4044, nbb@newbelgium.com, newbelgium.com/tour-de-fat

September 22, 2017 — World Car Free Day. UT, Ride your bike and leave the car at home!, None, noemail@cyclinguah.com, worldcarfree.net

November 18, 2017 — Henderson Stroll 'n Roll. Henderson, NV, Henderson Stroll 'n Roll is modeled after the Ciclovía founded Bogota, Columbia. During the event roads are closed to motorized traffic, allowing the community to come together and enjoy the streets on bicycles, skates, skateboards or simply on foot. The car-free street festival is packed with activities for all ages. Along the route, enjoy children's activities, interactive demonstrations, free fitness classes and

games., Charlene Ham, 702-267-5707, bikehenderson@cityofhenderson.com, Annette Mullins, 877-775-5252, bikehenderson@cityofhenderson.com, bikehenderson.org

Mountain Bike Tours and Festivals

May 17, 2017 — Amazing Earthfest Kanab Trails Ride. Kanab, UT, Kanab Cycling Club ride on new mountain bike trail system in the foothills of the Vermilion Cliffs. Maps of additional trails will be provided. Rich Csege, 435-644-3735, jw@qwi.net, Susan Johnston, 435-644-8328, susanjvj@gmail.com, amazearthfest.org

May 18-21, 2017 — Tour de Bloom. Loma, CO, Benefits Colorado Plateau Mountain Bike Trail Association. 4 day fully supported tour of the Kokopelli Trail from Loma, CO to Moab, UT., Bryce Palo, 970-241-3728, viccoloni@frontier.net, Whit Smith, 303-475-2255, whitsmith1@mac.com, copmoba.org

May 19-21, 2017 — MECCA Spring MTB Festival. Huntington, UT, Registration begins Friday at 1pm followed by a "warm up ride" at 3pm. Evening meal is provided as is a prize drawing. Saturday begins with a provided breakfast and then all-day, guided rides, ranging from beginner to advanced. Finish up on Sunday morning with a provided breakfast and a guided (or on-your-own) scenic ride. Family-friendly (meal tickets only available)., Kim Player, 435-653-2440, meccabikeclub@etv.net, bikethestwell.org

May 20, 2017 — Amazing Earthfest. Fredonia, AZ, 11th Annual Joy Jordan Woodhill Trail Ride (BLM): 10-25 mile non-technical loops on hard-packed natural surface with expansive views of the Kaibab Plateau and Grand Staircase. Fredonia Welcome Center, US 89-A, Fredonia, AZ, 7 am Arizona time., Rich Csege, 435-644-3735, jw@qwi.net, amazearthfest.org

May 20-20, 2017 — VIDA MTB Series: Boulder. VIDA MTB Series, Boulder, CO, Women's mountain bike skills clinic, Rachel Gottfried, 949-677-6809, info@vidamtb.com, vidamtb.com

May 20-20, 2017 — VIDA MTB Series: Boulder. VIDA MTB Series, Boulder, CO, Women's mountain bike skills clinic, Rachel Gottfried, 949-677-6809, info@vidamtb.com, vidamtb.com

May 27-28, 2017 — NUMB Fest. Vernal, UT, 2 fun and action packed days of organized riding and festivities. There will be organized trail rides each day based on ability level with gatherings in the evening involving food, beverage, revelry, and prizes provided by the event sponsors. All events are in & around the Uintah Basin, there is no charge or entry fee., Troy Lupcho, 435-781-2595, troyboy@altitudecycling.com, Bike Numb, contact@bikenumb.org, bikenumb.org, altitudecycling.com

May 29-October 6, 2017 — Bryce and Zion National Parks (MTB) Singletrack. St. George, UT, 6-day, 140-mile guided Mtn Biking Tour thru Brian Head, Red Canyon, Navajo Lake Trail, Virgin River Rim and Hiking the Zion Narrows. Tour includes 5-night camping and 1 in or 5-night all inns, transportation and food. May 29-June 2, June 12-16, June 19-23, June 26-June 30, July 3-7, July 10-14, July 17-21, July 24-28, July 31-Aug 4, Aug 7-11, Aug 14-19, Aug 21-25, Aug 28-Sep 1, Sep 4-8, Sep 11-15, Sep 18-22, Sep 25-29, Oct 2-6., Kevin Ford, 800-596-2953 x1, 702-596-2953, info@escapeadventures.com, escapeadventures.com

June 3-4, 2017 — Eagle Outside Festival. Eagle, CO, Massive free bike and product demo. Firebird 40 MTB Race, Clinics, The Mother of a Half 1/2 Marathon, 10K trail run, 5K road event, 1K kids race. State championship mtb race, Mike McCormack, 970-485-5847, mikemac@eagleoutsidefestival.com, eagleoutsidefestival.com

June 3, 2017 — VIDA MTB Series: Beti Bike Bash. VIDA MTB Series, Lakewood, CO, Women's mountain bike skills clinic, Rachel Gottfried, 949-677-6809, info@vidamtb.com, vidamtb.com

June 16-18, 2017 — Black Hills Fat Tire Festival. Rapid City, SD, Celebration of single track mountain biking in the Black Hills of South Dakota, Kristy Lintz, 605-394-4168, 605-484-1724, kristy.lintz@rcgov.org, bhfatirefestival.com, rcparksandrec.org

June 17, 2017 — Beaver Dam 49er Gravel Grinder. Beaver Dam State Park, NV, Ride the Rim and see the park from a different perspective. Pedal down an old chaining road that runs along the Park's rim and winds you through Pinyon and juniper trees. The course then swings around back to the main park road and down into Campground B where we end the ride with a BBQ. The course is subject to change based on weather conditions, 35 and 45 mile options., Dawn Andone, 775-728-4460, cahdemalgralge_vc@clcturbonel.com, beaverdamgravelgrinder.com

June 18-September 29, 2017 — Grand Staircase Escalante Singletrack (MTB). Panguitch, UT, 6-days, The Grand Staircase Lower Canyons provide exploring, camping, and backcountry mountain biking. Secluded Trails, private vistas, high mountain lakes & an abundance of wildlife. June 18-23, July 2-7, July 30-Aug 4, Aug 27-Sep 1, Sep 24-29., Kevin Ford, 800-596-2953 x1, 702-596-2953,

info@escapeadventures.com, escapeadventures.com

June 22-25, 2017 — Crested Butte Bike Week. Crested Butte, CO, World's Oldest Mountain Bike Festival celebrates 37 years with an Amateur Film Festival, Chainless World Championships, Fat Tire 40 mountain bike race, Bridges of the Butte townie tour, Gravity Slave downhill race at Crested Butte Mountain Resort and guided mountain bike rides to premiere trails. Crested Butte Chamber, 970-349-6438, cbinfo@chamber.com, Eliza Cress, 970-349-6438, events@cbchamber.com, cbbikeweek.com

June 28-August 4, 2017 — Colorado Trail MTB Tour. Montrose, CO, June 28 - Jul 3; July 16 - 21; July 23 - 28; July 30 - Aug 4 You'll explore unspoiled landscapes, rush through cool mountain air, drink in 360 degree mountain views and pedal past carpeted fields of wildflowers (which can be handle-bar high). High altitude campsites offer a canopy of bright stars and deep sleep at night. Your experienced guide takes care of all the route finding, planning and logistics., John Humphries, 970-728-5891, info@lizardheadcyclingguides.com, lizardheadcyclingguides.com

June 29-July 2, 2017 — Ride Sun Valley Mountain Bike Festival. SCOTT Enduro Cup presented by Vittoria, Sun Valley, ID, The seventh annual Ride Sun Valley Bike Festival is the ultimate, four-day celebration of life on two wheels. Live music, bike clinics, demos, shuttle rides and the SCOTT Enduro Cup presented by Vittoria are waiting for you at this year's eventful weekend, happening June 29 to July 2, 2017., Jessica Kunzer, 801-349-4612, jkunzer@mtsports.com, Sara Valerious, 847-946-4182, svalerious@mtsports.com, Ray Gadd, ray@visitsunvalley.com, ridesunvalley.com, visitsunvalley.com

July 1-2, 2017 — VIDA MTB Series: Winter Park. VIDA MTB Series Flagship Clinics, Winter Park, CO, Women's mountain bike skills clinic, Rachel Gottfried, 949-677-6809, info@vidamtb.com, vidamtb.com

July 2-August 18, 2017 — Crested Butte Singletrack MTB Tour. Crested Butte, CO, July 2 - 7; July 16 - 21; July 25 - 27; July 30 - Aug 4; Aug 14 - 18. Covers the immensely beautiful, challenging and remote terrain in the Elk Mountains of south-central Colorado. This 3 to 6 day tour covers the singletrack CB's locals love best. This tour does not foot around; it delivers prime singletrack, stellar campsites and the best swimming holes the Elk Mountains can serve up., John Humphries, 970-728-5891, info@lizardheadcyclingguides.com, lizardheadcyclingguides.com

July 14, 2017 — Wildflower Trailfest. Snowbasin, UT, Utah's only all women mountain bike event. 2 course options (expert: 16 miles and sport: 8 miles). For beginner and intermediate cyclists, clinics are also provided. Stay after for yoga and a women in the mountains movie., Stacie Palmer, 801-644-9940, 801-336-6198, wildflowerpedalfest@gmail.com, wildflowerpedalfest.com

July 16-August 18, 2017 — Glacier National Park Bike Tour. Whitefish, MT, July 16-21; July 23-28; July 31-05; Aug 06-11; Aug 13-18 Options for cyclists of all abilities. Ride the Going to the Sun Road! There are BIG climbs and bonus mileage options available each day. Both parks provide not to be missed hiking options to waterfalls, verdant meadows filled with wildflowers and mountain summits., John Humphries, 970-728-5891, info@lizardheadcyclingguides.com, lizardheadcyclingguides.com

July 22-23, 2017 — Trek Dirt Series Mountain Bike Camp. Park City, UT, Learn new skills, increase confidence on the bike, or simply enjoy the sport like never before. World class women's only instructional weekend camp for beginner, intermediate, and advanced riders., Penny Deck, 604-484-6238 (Canada), register@dirseries.com, Emily Neuman, 604-484-6238, info@dirseries.com, dirseries.com

July 22, 2017 — South Boundary Big Ride. Angel Fire, NM, 40 mile singletrack race and ride, Seth Bush, 505-554-0059, ECapitan@ZiaRides.com, ZiaRides.com, ZiaRides.com

August 5, 2017 — Monte Cristo Dirt Randonnée. Salt Lake Randonneurs Brevet Series, Huntsville, UT, Self-supported loop ride on dirt and paved roads from Huntsville to Bear Lake and back. 64 or 125-mile (100 or 200 km) options. A timed ultra distance event., Richard Sturm, 435-462-2266, richard@eogear.com, saltlakeandros.org

August 5-6, 2017 — VIDA MTB Series: Snowmass Bike Park. VIDA MTB Series Flagship Clinics, Snowmass Village, CO, Women's mountain bike skills clinic, Rachel Gottfried, 949-677-6809, info@vidamtb.com, vidamtb.com

August 18-20, 2017 — Outerbike Summer in Crested Butte. Crested Butte, CO, An opportunity to ride next year's bikes and gears on world class trails. Participants get bike demos, shuttles, lunch, beer, and admission to parties and films, at Crested Butte Mountain Resort, Mark Sevenoff, 800-845-2453, 435-259-8732, outerbike@westernspirit.com, outerbike.com

August 19, 2017 — Helper Arts Dirt Fondo. Helper, UT, 55 miles of dirt and road, Cory

Jensen, 801-824-8455, cory.jensen@carbon.utah.gov, carbonrec.com

August 25-27, 2017 — Jurassic Classic Mountain Bike Festival. Lander, WY, Mountain bike Festival in Lander, WY. Demos, shuttles, clinics, group rides, parties, live music, film fest, beer, food trucks, and raffles! All skill levels welcome., Nyssa, fart@landercycling.org, Tony Ferlisi, landercycling@gmail.com, Mike Dicken, 307-332-2926, jurassicclassicfest@gmail.com, jurassicclassicfest.com, landercycling.org

September 1-4, 2017 — Wydaho Rendezvous Teton Mountain Bike Festival. Teton Valley, WY, 8th Annual, held at Grand Targhee Resort. Come enjoy endless miles of cross-country, singletrack, dirt road, lift-served downhill, jump park, freeride, and an IMBA Epic Trail. Demo next year's 2018 bikes and gear in an ideal alpine riding climate with unmatched scenery. Clinics, hosted rides, shenanigans. A fundraiser for Teton Valley Trails and Pathways. tvtap.org, TVTAP, info@tetonbikefest.org, Celeste Young, 208-709-8564, celeste@tetonbikefest.org, tetonbikefest.org, grandtarghee.com

September 9-9, 2017 — VIDA MTB Series: Golden Giddyup. VIDA MTB Series, Golden, CO, Women's mountain bike skills clinic, Rachel Gottfried, 949-677-6809, info@vidamtb.com, vidamtb.com

September 9, 2017 — Ovando Gran Fondo. Ovando, MT, An epic off-road ride for the Missoula Symphony. Bring your cross or mountain bike for this fully supported 55-mile ride. Ride through some of Western Montana's most scenic landscapes on dirt roads, including numerous miles through private land not otherwise open to the public., Lucy Beighlie, 406-239-3193, lucybeighlie@yahoo.com, missoulasympphony.org/ride

September 16-17, 2017 — Trek Dirt Series Mountain Bike Camp. Fruita, CO, Learn new skills, increase confidence on the bike, or simply enjoy the sport like never before. World class women's only instructional weekend camp for beginner, intermediate, and advanced riders., Penny Deck, 604-484-6238 (Canada), register@dirseries.com, dirseries.com

September 22-24, 2017 — MECCA Fall MTB Festival. Wedge Overlook (Near Castle Dale), UT, Registration begins Friday at 1pm followed by a warm up ride at 3pm. Evening meal is provided as is a prize drawing. Saturday begins with a provided breakfast and then all-day, guided rides, ranging from beginner to advanced. End the day with a provided dinner. Finish up on Sunday morning with a provided breakfast and a guided (or on-your-own) scenic ride. Family-friendly (meal tickets only available)., Kim Player, 435-653-2440, meccabikeclub@etv.net, bikethestwell.org

September 22-24, 2017 — Revival at 3 Peaks. Cedar City, UT, Mountain Bike Race and Festival, Friday evening slow races, a fat tire criterium and beer garden. Saturday will be the main event with a 8:17 race, solo or duo. Dinner and awards, and more socializing and games will give way to a final night. The adjoining meeting will be Sunday's group ride on a once inspiring local trails., Joey Dye, 435-674-3185, joey@redrockbicycle.com, Margaret Gibson, 435-229-6251, margaret@spingees.com, ride-southernutah.com

September 24-30, 2017 — California Wine Country with Jan Ullrich. San Francisco, CA, September 24-30 Join Tour de France Champion Jan Ullrich in Northern California on sublime roads with grand views paired with some of the world's finest wines and California's most delectable restaurants., John Humphries, 970-728-5891, info@lizardheadcyclingguides.com, lizardheadcyclingguides.com

September 29-October 1, 2017 — Albuquerque MTB Festival. Albuquerque, NM, 12 hour race, 2 hour race, and weekend long mtb festival. Seth Bush, 505-554-0059, ECapitan@ZiaRides.com, ZiaRides.com, ZiaRides.com

Bike races: 3/11 St Patrick's Race, 4/15 Easter Race, 5/29 Memorial Race, June 10, 2017: Country Race, (Part of Orem Days Celebration), July 4, 2017: Freedom Race, August 5, 2017: Lindon Days Race, September 9, 2017: 9-11 Patriot Day Race, October 28, 2017: Halloween Night Race, November 18, 2016: Thanksgiving Race., Mary Ann Nielsen, 801-231-2000, utahbicyclingclub@gmail.com, utahcountymountainbikeseries.blogspot.com

April 25-August 31, 2017 — Mid-Week Mountain Bike Race Series. Park City, Heber, Deer Valley, Snowbird, Solitude, Draper, UT, Races are on Tuesday evenings. Registration begins at 4:30, free kids rates at 6:00 and main event at 6:30. April to August. Please check website for dates and venues., Brooke Howard, 385-227-5741, brooke@midweekmtb.com, midweekmtb.com

May 3-August 2, 2017 — Weekly Race Series. WRS, Sundance, Wasatch County, UT, Wednesday nights, May -Aug. Venue alternates between Wasatch County sites and Sundance, 6:30 pm. Prompt start time. Pros/Experts 1hr race time, Sports 50mins, Beginners 30-40mins. 2017 Dates:Wasatch County: May 3, 17, 31; June 14, 28; July 12, 26; Aug 2; Sundance: May 10, 24; June 7, 21; July 5, 19; August 2, Tyson Apostol, 435-200-3239 (Wasatch), 801-223-4849 (Sundance), races@euclidoutdoors.com, John Woodruff, 801-223-4044, 801-223-4849, johnw@sundance-utah.com, weeklyraceseries.com

Regional Weekly

MTB Race Series

May 24-June 21, 2017 — Wednesday Night Race League. Western Montana Trail Series, Missoula, MT, Various courses, Wednesdays: May 24, 31, June 7, 14, 21, Ben Horan, 312-502-5997, ben@wmtrail.org, wmtrail.org

June 20-August 15, 2017 — Laramie Mountain Bike Series. Laramie, WY, Tuesdays. Local mountain bike series, great for riders of any age and ability. Starts at Happy Jack Trailhead., Evan O'Toole, evan@laramieracing.com, laramiemtbseries.com, laramiebikenet.org

Utah Mountain

Bike Racing

May 6, 2017 — Scott Enduro Cup at Moab. Scott Enduro Cup Series, Moab, UT, The first stop of the 2017 Scott Enduro Cup presented by Vittoria will take place on the world famous red rock trails of Moab. This is a great place to kick off your racing season., Jessica Kunzer, 801-349-4612, jkunzer@mtsports.com, Sara Valerious, 847-946-4182, svalerious@mtsports.com, endurocupmtb.com

May 6, 2017 — Wild Horse Dirt Fondo. Delle, UT, 76 miles, 5,000 vertical, zero miles of pavement, county-maintained 2WD dirt and gravel roads around and across the Cedar Mountain Wilderness Area. Little Wild Horse option of 31 miles, 1,800 vertical. Covers many of the same segments as the Wild Horse. Separate start at 10 A.M. Start/Finish in Delle, Utah. The start line is less than one hour west of SLC on I-80. The Wild Horse is a supported Dirt Fondo. This is not a race, but there will be a mass start., Chris Magerl, 801-595-8293, daymag@hotmail.com, RideWildHorse.com

May 12-14, 2017 — MTB Tech Dev #1 at Soldier Hollow, Pro XCT. Mountain Bike Technical Development Series, UCI Juniors race, Pro XCT too, Midway, UT, On USA Cycling's Pro Cross Country Tour, the MTB Tech Dev event takes place at Soldier Hollow, a venue of the 2002 Winter Olympics, from May 12 to 14. Featuring category races for all ages and abilities, UCI sanctioning for elites and 17-18 juniors, multiple disciplines, and side events such as a banquet and pancake breakfast, Michael John Turner, 801-664-6351, mj@summitbikelub.com, Karl Redel, karl@webecycling.com, mtbtechdev.com

May 27, 2017 — Vike on a Bike. Ephraim, UT, A mountain bike race for all experience levels, on a course designed by Durke Gordon and Jason Stevens. The event begins at noon on Saturday in front of the 400 E. 100 N. Families are encouraged to decorate their Viking bikes for the parade at 10am and cruise past the festival for a fun ride. Four course options: Family, Beginner, Novice and Sport. Sponsored by the Mantl Bike Club, Colton Frederick, coltonjh@hotmail.com, Beverly Thomas, 435-340-1052, scandinavianfestival@gmail.com, viking-on-a-bike.com

May 29, 2017 — Wasatch 360 6 Hour Race. Utah Offroad Series, Utah Cup, Heber, UT, 6 hr MTB race with Solo, Duo, or Triple categories for men, women, & coed plus a Junior's

category. Held in Heber City above the UVU Wasatch Campus. Race start on south end of trail system off Coyote Lane. Proceed support Summit Bike Club and junior cyclists., Michael John Turner, 801-664-6351, mj@summitbikelub.com, Karl Redel, karl@webecycling.com, gromtb.com, summitbikelub.org/wasatch360

June 3-4, 2017 — Sundance Showdown Downhill and Super-D. Go-Ride Gravity Series, Sundance Resort, UT, USAC sanctioned Super-D Saturday and Downhill Monday, Ron Lindley, 801-375-3231, info@utahdh.org, go-ride.com, utahdh.org

June 3, 2017 — Wasatch 50. Intermountain Cup, Heber, UT, Endurance XC Beginning at Utah Valley University Wasatch, 1-2 21 mile laps. Half distance available, Darren Goff, 801-896-8244, info@intermountaincup.com, intermountaincup.com

June 10, 2017 — Volcano Fire Road 120k. Yeyo, UT, New gravel race! 75 miles with 6200' climbing in the beautiful Pine Valley area north of St George, 56% dirt, 44% pavement. Famous Yeyo Pie at the finish line, Deborah Bowling, 818-889-2453, embassy@planetultra.com, gravelgrinder.com

July 1, 2017 — The Rage at Snowbird. Intermountain Cup, Snowbird, UT, XC race. Snowbird has done a great job with some new trails and creating trails for real MTB racing with a great mix of fast flowy single track, service roads, and a few short technical sections to keep you on your toes., Darren Goff, 801-896-8244, info@intermountaincup.com, intermountaincup.com

July 8, 2017 — The Crusher in the Tushar. Beaver, UT, 70 grueling miles exploring Southern Utah's Tushar Mountains on a mix of dirt, gravel, and asphalt. Features 10,000+ of climbing traversing Utah's highest and most scenic roads. Join us for the original mixed-surface classic!, Burke Swindelhurst, roadrtr@msn.com, tusharcruiser.com

July 8-9, 2017 — Canyonball Downhill and Super D. Go-Ride Gravity Series, Nordic Valley, UT, Held at The Canyons Resort, Super D on Saturday, Downhill on Sunday., Ron Lindley, 801-375-3231, info@utahdh.org, go-ride.com, utahdh.org

July 14, 2017 — Wildflower Trailfest. Snowbasin, UT, Utah's only all women mountain bike event. 2 course options (expert:16 miles and sport: 8 miles). For beginner and intermediate cyclists, clinics are also provided. Stay after for yoga and a women in the mountains movie., Stacie Palmer, 801-644-9940, 801-336-6198, wildflowerpedalfest@gmail.com, wildflowertrailfest.com

July 15, 2017 — Olympic Park. Intermountain Cup, Park City, UT, XC Race, Darren Goff, 801-896-8244, info@intermountaincup.com, intermountaincup.com

July 29, 2017 — The Chris Allaire Solitude Cup. Intermountain Cup, Solitude Resort, UT, XC race #5 in the series., this race is a long time favorite for many and this year will be no different. Look for some fun exciting racing to happen here on some of the best trails Northern Utah has to offer. Also a great place to tune up before the High School racing starts. Utah State Championships., Darren Goff, 801-896-8244, info@intermountaincup.com, intermountaincup.com

August 12-13, 2017 — Flyin' Brian Downhill and Dark Hollow Super D. Go-Ride Gravity Series, Brian Head, UT, Practice opens on Friday, August 12 at noon. The downhill is on Saturday, August 13. Dark Hollow Super D is on Sunday, August 14., Ron Lindley, 801-375-3231, info@utahdh.org, go-ride.com, utahdh.org

August 12, 2017 — Snowbasin ICup. Intermountain Cup, Snowbasin, UT, XC race, Darren Goff, 801-896-8244, info@intermountaincup.com, intermountaincup.com

August 19, 2017 — Cedar City Fire Road 100. Cedar City, UT, The Fire Road 100 is back under new management! 100K or 60K options - 85% (or more) dirt! Chip timed. Prizes for top finishers., Paul Huddle, 760-635-1795, 760-936-7459, huddle@mtsports.com, Shay Asay, 435-840-5707, rtp.asay@gmail.com, Cameron Christensen, 435-586-2770, 801-884-2332, cameron@cedarcity.org, Deborah Bowling, 818-889-2453, embassy@planetultra.com, gravelgrinder.com

August 26-27, 2017 — Scott Enduro Cup presented by Vittoria at Deer Valley Resort. Scott Enduro Cup Series, Park City, UT, The season finale of the 2017 SCOTT Enduro Cup presented by Vittoria will take place at Deer Valley Resort. Expanding into a two day event, the final round of the season offers a diverse selection of lift-served downhill mountain biking on top-to-bottom unempt, technical descents to fast-rolling, speed driven trails., Jessica Kunzer, 801-349-4612, jkunzer@mtsports.com, Sara Valerious, 847-946-4182, svalerious@mtsports.com, endurocupmtb.com

August 26, 2017 — Powder Mountain ICup. Intermountain Cup, Snowbasin, UT, XC race, Darren Goff, 801-896-8244, info@intermountaincup.com, intermountaincup.com

September 2, 2017 — Park City Point 2 Point. Park City, UT, A true point 2 point race! Thanks to the plethora of trails in this area, the race will never be on the same trail twice. Over 90% of the race is single-track. 75 miles & 12,000ft of climbing., Jay Burke, 801-330-3214, jay@thepcpp.com, thepcpp.com

September 2, 2017 — Kokopelli 100. Moab, UT, 103.6 mile, point to point mountain bike race from the Colorado border to Moab with \$100,000 purse. Solo riders, or 8 person teams., Mark Jensen, 503-970-1215, mark@kokopelli100.com, kokopelli100.com

September 9, 2017 — 8 Hours of Sundance. Sundance Resort, UT, The 8 Hours of Sundance is going on its 9th year. This has turned into a great local endurance mtn bike event where riders of all ages and skill levels can come test their skills on some of the best single track around. Come join us for a great day of racing and scenery right in your backyard., Czar Johnson, 801-223-4121, 801-223-4849, czarj@sundance-utah.com, John Woodruff, 801-223-4044, 801-223-4849, johnw@sundance-utah.com, sundance-resort.com/summer

September 9, 2017 — 200 Miles of trail. Parowan, UT, Self-supported, 200 miles of trail and remote terrain between Bryce Canyon and Brian Head in southern UT. Virgin River Rim, Thunder Mountain, Grandview and several other trails. Start: 7am, intersection of 2nd Left Hand Canyon and Hwy 143., Dave Harris, hairball.dh@gmail.com, 2-epic.com/events/dixie200.html

September 9, 2017 — Utah High School Cycling League North Region Race #1. Utah High School Cycling League Race Series, Powder Mountain, UT, Utah league races are the culmination of months of fun and practice on school-based mountain bike teams all over the state. Grades 7-12 participate in individual categories and include both individual and team scoring. Join or start a team in your area. The Utah League has 2400+ students on 81+ teams across the state participating., Lori Harward, 801-502-8516, 801-885-6884, lori@utahmtb.org, utahmtb.org

September 9, 2017 — Eden Epic. Eden, UT, On the trails above beautiful Ogden Valley, the Eden Epic is a truly "epic" mountain bike adventure. With a focus more on the adventure than the finishing times, this is an epic adventure that has a place for those looking to push themselves., Clay Christensen, 801-234-0399, info@edenepic.com, edenepic.com

September 10, 2017 — Tour des Suds. Park City, UT, 7-mile mountain bike climb from City Park, to the top of Guardsman Pass with a 2,700ft elevation gain., Ginger Ries, 435-649-6839, ginger@mountaintrails.org, mountaintrails.org

September 16, 2017 — Widemaker Hill Climb. Snowbird, UT, Starts in Gad Valley, 10 AM, 3000ft vertical race to the top of the Tram for awards, food and fun., James Zwick, 801-583-6281, sports@sports-am.com, sports-am.com

September 16, 2017 — Utah High School Cycling League South Region Race #1. Utah High School Cycling League Race Series, Powder Mountain, UT, Utah league races are the culmination of months of fun and practice on school-based mountain bike teams all over the state. Grades 7-12 participate in individual categories and include both individual and team scoring. Join or start a team in your area. The Utah League has 2400+ students on 81+ teams across the state participating., Lori Harward, 801-502-8516, 801-885-6884, lori@utahmtb.org, utahmtb.org

September 17, 2017 — Whole Enchilada Enduro. Rocky Mountain Enduro Series, Moab, UT, Enduro racing on the Whole Enchilada Trail. Three options, including a two stage, one stage, and three stage option with 37 miles and 12, 920 feet of descending., Keith Darner, 719-221-1251, keith@rockymountainenduroseries.com, David Scully, 970-846-5012, dave@rockymountainenduroseries.com, rockymountainenduroseries.com

September 22-24, 2017 — Revival at 3 Peaks. Cedar City, UT, Mountain Bike Race and Festival, Friday evening slow races, a fat fire criterium and beer garden. Saturday will be the main event with a 8:17 race, solo or duo. Dinner and awards, and more socializing and games will give way to a final night. The adjourning meeting will be Sunday's group ride on a some inspiring local trails., Joey Dye, 435-674-3185, joey@redrockbicycle.com, Margaret Gibson, 435-229-6251, margaret@spingeeks.com, ride-southernutah.com

September 30, 2017 — Utah High School Cycling League North Region Race #2. Utah High School Cycling League Race Series, TBD, UT, Utah league races are the culmination of months of fun and practice on school-based mountain bike teams all over the state. Grades 7-12 participate in individual categories and include both individual and team scoring. Join or start a team in your area., Lori Harward, 801-502-8516, 801-885-6884, lori@utahmtb.org, utahmtb.org

September 30, 2017 — Utah High School Cycling League South Region Race #2. Utah High School Cycling League Race Series, TBD, UT, Utah league races are the culmination of months of fun and practice on school-based mountain bike teams all over the state. Grades 7-12 participate in individual categories and include both individual and team scoring. Join or start a team in your area. The Utah League has 2400+ students on 81+ teams across the state participating., Lori Harward, 801-502-8516, 801-885-6884, lori@utahmtb.org, utahmtb.org

October 7, 2017 — Antelope Island MTB Race. Antelope Island, UT, 3rd edition of Antelope 50k Mountain Bike Race will be held at White Rock Bay Trailhead, Antelope Island State Park. There will be three race distances: 50k, 25k, and 15k. This is an MTB race on double and single track with varying elevation and some technical stretches on the 50k and 25k distances., Wynn Hall, 801-941-4255, wynnhall@gmail.com, Matt Hall, 801-648-4659, matt@enduraevents.com, enduraevents.com

October 14, 2017 — Moab Epic MTB. AXS Series, Moab, UT, An MTB Adventure Race - a 20+ or 50+ mile cross country mountain bike adventure. Riders will race on Moab's best single track and jeep roads, in a true MTB adventure., Will Newcomer, 970-403-5320, 2016@gravityplay.com, gravityplay.com, moabepic.com

October 14, 2017 — Utah High School Cycling League South Region Race #3. Utah High School Cycling League Race Series, TBD, UT, Utah league races are the culmination of months of fun and practice on school-based mountain bike teams all over the state. Grades 7-12 participate in individual categories and include both individual and team scoring. Join or start a team in your area., Lori Harward, 801-502-8516, 801-885-6884, lori@utahmtb.org, utahmtb.org

both individual and team scoring. Join or start a team in your area. The Utah League has 2400+ students on 81+ teams across the state participating., Lori Harward, 801-502-8516, 801-885-6884, lori@utahmtb.org, utahmtb.org

October 7, 2017 — Antelope Island MTB Race. Antelope Island, UT, 3rd edition of Antelope 50k Mountain Bike Race will be held at White Rock Bay Trailhead, Antelope Island State Park. There will be three race distances: 50k, 25k, and 15k. This is an MTB race on double and single track with varying elevation and some technical stretches on the 50k and 25k distances., Wynn Hall, 801-941-4255, wynnhall@gmail.com, Matt Hall, 801-648-4659, matt@enduraevents.com, enduraevents.com

October 14, 2017 — Moab Epic MTB. AXS Series, Moab, UT, An MTB Adventure Race - a 20+ or 50+ mile cross country mountain bike adventure. Riders will race on Moab's best single track and jeep roads, in a true MTB adventure., Will Newcomer, 970-403-5320, 2016@gravityplay.com, gravityplay.com, moabepic.com

October 14, 2017 — Utah High School Cycling League South Region Race #3. Utah High School Cycling League Race Series, TBD, UT, Utah league races are the culmination of months of fun and practice on school-based mountain bike teams all over the state. Grades 7-12 participate in individual categories and include both individual and team scoring. Join or start a team in your area., Lori Harward, 801-502-8516, 801-885-6884, lori@utahmtb.org, utahmtb.org

October 15-17, 2017 — Huntsman World Senior Games Mountain Biking. St. George, UT, Must be 50 years or older. Three events: hill climb, downhill, and cross country. Expert, Sport and Beginner Skill Divisions., Kyle Case, 800-562-1268, hwsq@seniorgames.net, seniorgames.net

October 20, 2017 — Utah High School Cycling League North Region Race #4. Utah High School Cycling League Race Series, Moab, UT, Utah league races are the culmination of months of fun and practice on school-based mountain bike teams all over the state. Grades 7-12 participate in individual categories and include both individual and team scoring. Join or start a team in your area., Lori Harward, 801-502-8516, 801-885-6884, lori@utahmtb.org, utahmtb.org

October 21, 2017 — Utah High School Cycling League South Region Race #4. Utah High School Cycling League Race Series, Moab, UT, Utah league races are the culmination of months of fun and practice on school-based mountain bike teams all over the state. Grades 7-12 participate in individual categories and include both individual and team scoring. Join or start a team in your area., Lori Harward, 801-502-8516, 801-885-6884, lori@utahmtb.org, utahmtb.org

November 4-5, 2017 — 25 Hours of Frog Hollow. Frog Hollow Endurance Series, Hurricane, UT, Held Sat 10 am to Sun 10 am with the bonusdouble midnight lap due to the fall-back time change. 13 mile long course in the UT desert combines sweet single track, with some technical sections, and great climbs., Cimarron Chacon, 970-759-3048, info@groraces.com, GRopromotions.com, 25hoursofinfohollow.com

November 4, 2017 — Utah High School Cycling League State Championships. Utah High School Cycling League Race Series, TBD, UT, This race will combine both North and South regions for the State Championships and is open to all students., Lori Harward, 801-502-8516, 801-885-6884, lori@utahmtb.org, utahmtb.org

November 10-12, 2017 — Zion Benduro. Benduro Series, Virgin, UT, 3 days of Enduro, 6 stages. Family friendly Enduro with a festival atmosphere., Josh Bender, 970-764-7845, joshbenduro@gmail.com, Lindsay Currier, 702-453-2453, lindsaycurrier@gmail.com, benduro.com

Regional Mountain

Bike Racing

May 5-6, 2017 — US Bank 18 Hours of Fruita. Fruita, CO, 13th Annual event at Highline Lake State Park, an oasis in the desert with the famous midnight start. Limited to 100 teams., Mike Heaston, 303-635-2815, emgmh@emgcolorado.com, George Gatsos, 970-858-7220, 18hoursoffruita.com

May 6, 2017 — Eagle Double Down Enduro. Idaho Enduro Series, Eagle, ID, The courses will be divided between expert/sport and beginner, so that no one feels like they're getting in over their head and everyone feels challenged. Collect series points at the Double Down to combine with Jug Mountain Ranch and Brundage Mountain Results toward the series overall title. No license required., James Lang, 208-571-1853, 208-344-9182, lang83702@yahoo.com, ida-hoenduroseries.com

May 6, 2017 — Chino Grinder. Chino Valley, AZ, Endurance Cycling Event- 106 mile gravel grinder from Chino to Williams and back with 9700 feet of climbing with 53 and 42 mile options., AZ Gravel Rides, 480-442-7694, AZGravelRides@gmail.com, azgravelrides.com, chinogrinder.azgravelrides.com

May 6, 2017 — Unravel the Scratchgravel. Montana Off-Road Series (MORS), Helena, MT, The course is approximately a 5.8 mile loop, comprised of 70% double-track and 30% single-track. Demo bikes after the race., Joe Hamilton, jhamilton@bresnan.net, Jason Steichen, jason.steichen@gmail.com, Neil Thomas, thomashell@gmail.com, bigskybikes.com/events/unravel-the-scratchgravel/, montanacycling.net

May 6, 2017 — The Encierro Velo. Colorado Gravel Grinder Championships, Monument, CO, Gravel grinder with 100 km and 50 km options. Starts and ends at Peaceful Valley Scout Camp, 22799 N Elbert Rd, Elbert, CO 80106, south entrance Working head and tail light and helmet are required. Maps will be adequate for 50 km but GPS is preferred for 100 km option., Phil Schweizer, 877-743-3566, phil@koobi.com, coloradogravelgrinderchampionship.com/encierro-velo/

May 7, 2017 — USA Cycling Marathon MTB National Championships. Arkadelphia, AR, Micah Rice, 719-434-4200, mrice@usacycling.org, Greg Randolph, usacycling.org

May 13, 2017 — Desert Rats Classic. Fruita, CO, 100K or 50K on the world famous Kokopelli Trail. 5 well stocked aid stations and medical support. Relay race too. Sub 10 hour finishers receive Enduro awards and sub 6 hours receive Gonzo awards, plus age group awards. On the western slope of Colorado, the famous Kokopelli Trail winds its way through sagebrush, ledgy slickrock, winding double track, sandy washes, fast jeep trails and crosses the state line toward Moab, Reid Delman, 303-249-1112, reid.delman@geminiadventures.com, Kyla Claudell, 303-249-1112, kyla@geminiadventures.com, geminiadventures.com

May 13, 2017 — Gowdy Grinder. Laramie, WY, Cross country mountain bike race that takes place on the trails of Curt Gowdy State Park in southeastern Wyoming. The beginner races are on a course with a handful of short technical sections, but mostly smooth riding. The more advanced categories will find plenty of the challenging riding typical of Curt Gowdy., Evan O'Toole, evan@laramieracing.com, Dewey Gallegos, 307-742-5533, pedalhouse@gmail.com, gowdygrinder.com

May 13-14, 2017 — Flagstaff Frenzy. Flagstaff, AZ, The 2017 MBAA finals will be held on the 13th with Super D and a fundraiser for the Flagstaff Bike Organization on Sunday the 14th., MBAA, 480-442-4229, racing@mbaa.net, Denise Barron, 928-530-0868, mbaa.net

May 13, 2017 — Battle the Bear. RME, Lakewood, CO, Distances for all

Race, Cruiser Crit, Gravel Ride, BMX race, swim race, Gaige Sippy, 970-259-4621, director@ironhorsebicycleclassic.com, ironhorsebicycleclassic.com

May 27, 2017 — Big Mountain Enduro. Big Mountain Enduro Series, Santa Fe, NM. Course will be designed to give riders a unique riding experience to include high altitude trails and big descents. Ties backcountry terrain with lift-accessed stages throughout the series. Courses will feature predominantly timed downhill (special) stages linked together by non-timed climbing (liaison) stages., Brandon Ontiveros, 303-551-4813, brandon@bigmountainenduro.com, bigmountainenduro.com

May 27-28, 2017 — 24 Hour 'Round the Clock Mountain Bike Race. Spokane, WA. 24 hour MTB Race with a Fat BikeClass, starts noon May 27, Riverside State Park, 15 mile loop, Gino Lisecki, 509-953-9831, gino@roundaround.com, Wendy Zupan, 509-953-9831, wendy@roundaround.com, roundaround.com

June 3, 2017 — Grand Enduro. Grand Junction, CO. 3 stage enduro - the Ribbon, Gunny, Free Lunch, John Klish, 970-744-4450, madracingcolorado@gmail.com, madracingcolorado.com

June 3-4, 2017 — Firebird XC Race. Eagle, CO. XC race, USAC state championship mtb race, Mike McCormack, 970-485-5847, mikemac@eagleoutsidefestival.com, eagleoutsidefestival.com

June 3, 2017 — EROCK Sunrise to Sunset. Castle Rock, CO. 4th Annual at the freshly cut trails of the Philip S. Miller Park in Castle Rock, Colorado. The 6.5 mile course wanders through the hills and drainages surrounding the park and offers ample viewing from the staging area for team members and spectators. For teams and solos., Mike Heaston, 303-635-2815, emgmh@emgcolorado.com, Scott Olmsted, 303-282-9015, info@elephantrockride.com, erocrace.com, emgcolorado.com/events.php

June 3-4, 2017 — Missoula Enduro. Montana Enduro Series, Missoula, MT, Montana Enduro Series, contact@montanaenduro.com, Christine Wilke, christine@montanabicycleguild.org, montanaenduro.com

June 3, 2017 — Flagstaff Team Relay. Flagstaff, AZ, MBAA, 480-442-4229, racin@mbaa.net, mbaa.net

June 3, 2017 — Lost and Found Gravel Grinder. Lost Sierra Triple Crown, Lake Davis, CA, 100, 60, 30 mile gravel rides, Greg Williams, wllie@sieratrails.org, lostandfoundbikeride.com

June 3, 2017 — The Dead Swede Gravel Grinder. Wyoming Gravel Grinder Series, Sheridan, WY, 40 or 100 miles, Adam Leiferman, 307-333-5880, leiferman.adam@gmail.com, wyominggravel.com, thedeadswede.com

June 4, 2017 — Yeti Beti Bike Bash p/b Stan's No Tubes. Beti Bike Bash, Lakewood, CO. Women's only mountain bike race and festival including: Little Bellas Girls Camp and VIDA MTB Series Clinic. All ages and abilities welcome., Amy Thomas, 720-878-7363, betibikebash@gmail.com, Sarah Rowley, 503-805-0043, sarah@mountaingrownmarketing.com, betibikebash.com

June 9-10, 2017 — City Creek Pedalfest. Pocatello, ID, Mountain Bike Race. Kids Race and Spaghetti Dinner Friday night. Saturday, Race Day! Beginner, Sport and Expert Classes (12, 17, 27 miles) Awards, Prizes, Raffle, music, food & fun., Lindi Smedley, 208-251-5915, lindijo@mac.com, pocatellopedalfest.com

June 9, 2017 — Big Mountain Enduro. Big Mountain Enduro Series, Vail, CO. Course will be designed to give riders a unique riding experience to include high altitude trails and big descents. Ties backcountry terrain with lift-accessed stages throughout the series. Courses will feature predominantly timed downhill (special) stages linked together by non-timed climbing (liaison) stages., Brandon Ontiveros, 303-551-4813, brandon@bigmountainenduro.com, bigmountainenduro.com

June 9-11, 2017 — El Dorado Benduro. Benduro Series, Georgetown, CA. Enduro racing at Mace Mill Staging Area, 2 days of racing!, Josh Bender, 970-764-7845, losh-benduro@gmail.com, Lindsay Currier, 702-453-2453, lindsaycurrier@gmail.com, benduro.com

June 10, 2017 — Fears, Tears and Beers Enduro. Ely, NV. Enduro mountain bike event. Timed sections mostly downhill, combined time wins. Men's and women's events for all classes. Fun run, beginner, sport, and expert classes., Kent Robertson, 775-289-6042, 775-296-2162, krobeg@mwpower.net, elynevada.net/events/fearstearsandbeers.html

June 10, 2017 — Knobby 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., Hal Miller, 208-869-4055, 208-720-3019, info@brokenspokecycling.org, Alex Phipps, 208-841-4120, alex01phipp@gmail.com, knobbytireseries.com

June 10-11, 2017 — Missoula XC at Marshall Mountain. US Pro XCT, Western Montana Trail Series, Montana Off-Road Series (MORS), Missoula, MT. Steep, technical climbs and descents will alternate between single track, double track, and infrequent dirt road sections. The course features over 850ft of relief per lap; while it is not at extremely high altitude, multiple long, steep climbs per lap will test racers' fitness limits. Pro XCT plus UCI Juniors 17-18, Ben Horan, 312-502-5997, ben@wmtrail.org, wmtrail.org, usacycling.org

June 10-11, 2017 — Scott Enduro Cup at Angel Fire. Scott Enduro Cup Series, Angel Fire, NM. The second stop of the 2017 SCOTT Enduro Cup presented by Vittoria will take place in Angel Fire, NM. Don't miss the grueling backcountry, fast trails, flowy lines, sweet berms and big jumps at Angel Fire Bike Park - the largest bike park in the Rocky Mountains., Jessica Kunzer, 801-349-4612, jkunzer@mtsports.com, Sara Valerious, 847-946-4182, svalerious@mtsports.com, endurocupmtb.com

June 16-18, 2017 — NW Cup #4. Northwest Cup Downhill Series, Donnelly, ID. Downhill race. Held at Tamarack Bike Park. Friday will be open practice. Saturday will be split practice by category. Pro/JuniorX seeding Saturday evening. Sunday racing all categories, Scott Tucker, 360-797-4288, scott@nwcup.com, www.nwcup.com

June 16-18, 2017 — Carson City Off-Road. Epic Rides Off-Road Series, Carson City, NV. At the Carson City Off-Road, riders of all skill levels will enjoy big climbs, long singletrack descents and expansive views of Lake Tahoe, the Eastern Sierra Nevada, and the historic Washoe Valley while being immersed in 3-days of mountain bike culture accented by free live music., Zoe Loffreda, 520-623-1584, info@epicrides.com, Dave Castro, dcastro@epicrides.com, epicrides.com

June 17, 2017 — Black Hills Fat Tire Festival MTB Races. Rapid City, SD. This "All Mountain" race will test your strength with a Hill Climb, technical ability with a Super D, all while competing in a 20 mile sprint cross country race., Kristy Lintz, 605-394-4168, 605-484-1724, kristy.lintz@rcga.org, bhfatiresentival.com, rcparksandrec.org

June 17, 2017 — Lolo 12 Hour. MBRA Series, Western Montana Trail Series, Lolo, MT. 12 hour race, Jesse Doll, widoll@gmail.com, Chris Larson, missoulabikesource@gmail.com, northernpeaksalliance.com, missoulabikesource.com

June 17, 2017 — SRMBC Super D. Idaho Falls, ID. The Snake River Mountain Bike Club's 4th annual Super D is a fun race or ride. Located above the scenic Snake River north of Idaho Falls. 1 mile up 8 miles down!, Garret Christofferson, 208-589-6048, garretslumbing@yahoo.com, snakerivermountainbikeclub.com

June 22-25, 2017 — Crested Butte Bike Week. Crested Butte, CO. World's Oldest Mountain Bike Festival celebrates 37 years with an Amateur Film Festival, Chainless World Championships, Fat Tire 40 mountain bike race, Bridges of the Butte townie tour, Gravity Slave downhill race at Crested Butte Mountain Resort and guided mountain bike rides to premiere trails!, Crested Butte Chamber, 970-349-6438, cbinfo@chamber.com, Eliza Cress, 970-349-6438, events@cbchamber.com, cbbikeweek.com

June 24, 2017 — Big Mountain Enduro. Big Mountain Enduro Series, Keystone, CO. Course will be designed to give riders a unique riding experience to include high altitude trails and big descents. Ties backcountry terrain with lift-accessed stages

throughout the series. Courses will feature predominantly timed downhill (special) stages linked together by non-timed climbing (liaison) stages., Brandon Ontiveros, 303-551-4813, brandon@bigmountainenduro.com, bigmountainenduro.com

June 24, 2017 — Casper Mountain Challenge. Casper, WY. 8-hour and 4-hour endurance race on a 7.1 mile course with more than 600 feet of elevation gain and loss per lap, John Giantonio, 307-234-5362, john@visitcasper.com, bikercasper.com

June 24-25, 2017 — Silver Mountain Enduro - North American Enduro Cup. Montana Enduro Series, Idaho Enduro Series, Kellogg, ID. Held at Silver Mountain Ski Resort, James Lang, 208-571-1853, 208-344-9182, jang83702@yahoo.com, Montana Enduro Series, contact@montanaenduro.com, Christine Wilke, christine@montanabicycleguild.org, montanaenduro.com, idahoenduroseries.com

June 24, 2017 — 24 Hours in the Enchanted Forest. N24, McGaffey, NM. 24 hour race held in the Zuni Mountains, Seth Bush, 505-554-0059, ElCapitan@ZiaRides.com, ZiaRides.com

June 24, 2017 — Bogus Basin Marathon and Cross Country. Knobby Tire Series, Bogus Basin, ID. Cross country and marathon mtb race, Hal Miller, 208-869-4055, 208-720-3019, info@brokenspokecycling.org, Alex Phipps, 208-841-4120, alex01phipp@gmail.com, knobbytireseries.com

June 29-July 1, 2017 — Camp of Champions. 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., Josh Colley, 719-219-9357, JColley@lifetimfitness.com, Kerrie Bruxvoort, 719-219-9357, kbruxvoort@lifetimfitness.com, leadvilleraceseries.com

June 29-July 2, 2017 — Ride Sun Valley Mountain Bike Festival. SCOTT Enduro Cup presented by Vittoria, Sun Valley, ID. 4 days of Sun Valley's best singletrack and mountain bike fun for riders of all ages and abilities. The festival features free guided rides, clinics, races, a bike expo, beer garden, entertainment and more. June 29: Sheeptown Drag Races (Downtown Hailey, ID) June 30: Opening Party & Prologue Time Trial, Opening Night Concert & Raffles July 1: Day 1 Enduro, Expo & Bike Demos, Kid's MTB Race July 2: Day 2 Enduro, Boulder Mountain FoxTrot XC race, Awards Ceremony, Expo & Bike Demos, Pumptrack State Championships, Jessica Kunzer, 801-349-4612, jkunzer@mtsports.com, Sara Valerious, 847-946-4182, svalerious@mtsports.com, Ray Gaad, ray@visitsunvalley.com, ridesunvalley.com, visitsunvalley.com

July 1, 2017 — Big Hole Challenge MTB Race and Duathlon. Driggs, ID. Mountain bike mass start first, at 10 am, 9.73 miles with 1,160 verticle feet, then either bike a second lap or run 6.13 miles with 938 verticle feet. Awards, Raffle and results at 1 pm held at the South Horseshoe Trail Head. Kids Duathlon at Noon, .5 mi run followed by 1 mi bike. Free entry, Awards to all., Dick Weinbrant, 208-354-2354, peaked@silverstar.com, peakedsports.com

July 1-2, 2017 — Scott Enduro Cup at Sun Valley. Scott Enduro Cup Series, Sun Valley, ID. The third stop of the 2017 SCOTT Enduro Cup presented by Vittoria will take place at Sun Valley. As part of the Ride Sun Valley Bike Festival, this two-day enduro race will be the highlight of the four day festival filled with live music, races, clinics, demos

and beer., Jessica Kunzer, 801-349-4612, jkunzer@mtsports.com, Sara Valerious, 847-946-4182, svalerious@mtsports.com, ridesunvalley.com, endurocupmtb.com

July 1, 2017 — Philipsburg 46. Western Montana Trail Series, Philipsburg, MT. Cross country race., Ben Horan, 312-502-5997, ben@wmtrail.org, wmtrail.org

July 1, 2017 — Boomtown Gravel Grinder. Butte, MT. Gravel Grinder. 2 Courses, Kurt Stockton, 406-381-7962, 530-264-6364, info@GourmetGravel.com, tourofmontana.org

July 8, 2017 — 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., Josh Colley, 719-219-9357, JColley@lifetimfitness.com, leadvilleraceseries.com

July 8, 2017 — Spirit Bear Classic. Montana Off-Road Series (MORS), Kallispell, MT. XC race, Shelli Thomas, thomashelli@gmail.com, montanacycling.net

July 14-16, 2017 — NW Cup #5. Northwest Cup Downhill Series, Kellogg, ID. Downhill race. Held at Silver Mountain Bike Park. Friday will be open practice. Saturday will be split practice by category. Pro/JuniorX seeding Saturday evening. Sunday racing all categories, Scott Tucker, 360-797-4288, scott@nwcup.com, www.nwcup.com

July 15, 2017 — Tahoe Trail 100. Leadville Race Series, Northstar, CA. 2-loop, 50 kilometer course filled with beautiful views of Lake Tahoe. Solo 50k or 100k. 2-person relay 100k. Leadville Trail 100 Qualifier., Josh Colley, 719-219-9357, JColley@lifetimfitness.com, Todd Jackson, 530-546-1019, load@bigblueadventure.com, leadvilleraceseries.com

July 15, 2017 — Seeley Lake 55/35/22. Western Montana Trail Series, Seeley Lake, MT. Cross country race. 3 different courses., Ben Horan, 312-502-5997, ben@wmtrail.org, wmtrail.org

July 15-16, 2017 — Angle Fire Bike Park Enduro. Rocky Mountain Enduro Series, Angel Fire, NM. Keith Darnier, 719-221-1251, keith@rockymountainenduroseries.com, David Scully, 970-846-5012, dave@rockymountainenduroseries.com, rockymountainenduroseries.com

July 19-23, 2017 — USA Cycling Mountain Bike National Championships. Snowshoe, WV. Micah Rice, 719-434-4200, mrice@usacycling.org, usacycling.org

July 20, 2017 — Southeast Idaho Senior Games. Pocatello, ID. City Creek Trails; Staging at Centennial Park 6:00pm. Categories: Short, Medium, Long and Single Speed., Dana Olson, 208-233-2034, 208-317-3918, seldahoseniorgames@gmail.com, seldahoseniorgames.org

July 22, 2017 — Jug Mountain Ranch XC and State Championship Enduro. Idaho Enduro Series, McCall, ID. XC Saturday, Enduro Sunday. Courses divided by ability. No license required. Hotel McCall is available right on the lake, plus plenty of camping nearby., James Lang, 208-571-1853, 208-344-9182, jang83702@yahoo.com, idahoenduroseries.com, jugmountainranch.com

July 22-23, 2017 — Grand Targhee Enduro. Montana Enduro Series, Grand Targhee, WY. There's some seriously fun trails at Wyoming's Grand Targhee Resort, so we're going to race 'em for the fourth stop on the series. It's going to be a weekend long celebration of the Tetons., Andy

Williams, 800-TARGHEE ext. 1309, awilliams@grandtarghee.com, Montana Enduro Series, contact@montanaenduro.com, Christine Wilke, christine@montanabicycleguild.org, grandtarghee.com, montanaenduro.com

July 22, 2017 — Tamarack Twister. Knobby Tire Series, Tamarack, ID. Cross country race, Hal Miller, 208-869-4055, 208-720-3019, info@brokenspokecycling.org, Alex Phipps, 208-841-4120, alex01phipp@gmail.com, knobbytireseries.com

July 22, 2017 — South Boundary Big Ride. Angel Fire, NM. 40 mile singletrack race and ride, Seth Bush, 505-554-0059, ElCapitan@ZiaRides.com, ZiaRides.com

July 28-30, 2017 — Leadville Stage Race. Leadville Race Series, Leadville, CO. 100M (100 miles over three days), Team Option. Experience the legendary Leadville Trail 100 course over three days. Push the pace to see what you're made of, or use the stages to prepare or qualify for the Leadville Trail 100 in August. This is one amazing party, with daily stage prizes, raffles, unmatched swag, food, beer and live music., Josh Colley, 719-219-9357, JColley@lifetimfitness.com, leadvilleraceseries.com

July 29, 2017 — Laramie Enduro. Laramie, WY. New Course! ~32 mile loop of about 80% singletrack from smooth and flowy to steep and technical. Choose the One & Done to do one lap, or the Enduro Epic to do two laps. Aid stations with fresh food, water and performance nutrition. Legendary after-party with live music, awards, cash pay-outs, raffle, free refreshments and warm food! Limited on-course camping and room specials, Nat Dyck, 307-755-1410, race@aramieenduro.com, Onies Heckart-Eads, 307-761-1741, heckart.eads@gmail.com, laramieenduro.org

July 29, 2017 — Butte 100 Races. Butte, MT. Continental Divide Trail, Single Track, Big Sky Country, 100 and 50 mile options, and a Sorini 25 mile option., Gina Evans, 406-498-9653, eatdirtpippen@gmail.com, butte100.com

July 29-30, 2017 — Pomerelle Pounder DH. Go-Ride Gravity Series, Albion, ID. Two USAC sanctioned downhill races in two days., Ron Lindley, 801-375-3231, info@utahdh.org, Darren Lightfield, 208-608-6444, wildrockiesmail@yahoo.com, go-ride.com, utahdh.org

July 29-30, 2017 — Big Mountain Enduro/Enduro World Series Aspen Snowmass. Big Mountain Enduro Series, Aspen Snowmass, CO. Course will be designed to give riders a unique riding experience to include high altitude trails and big descents. Ties backcountry terrain with lift-accessed stages throughout the series. Courses will feature predominantly timed downhill (special) stages linked together by non-timed climbing (liaison) stages., Brandon Ontiveros, 303-551-4813, brandon@bigmountainenduro.com, bigmountainenduro.com

July 29, 2017 — Breck100. RME, Breckenridge, CO. Colorado's premier off-road endurance race, the 12th annual BRECK 100, climbs 13,179 feet over 100 miles. Not quite ready for the Ultra 100? Challenge your abilities and ride the B-68 Marathon, the B-32 XC, or enter a two or three-person relay team. Thane Wright, 970-401-1422, thane@rockymountainendurance.com, rockymountainendurance.com

July 29, 2017 — Cool Country Gravel Grinder. Wyoming Gravel Grinder Series, Gillette, WY. 70 miles. Adam Leiferman, 307-333-5880, leiferman.adam@gmail.com, wyominggravel.com, razorcitycycling.com

August 3-6, 2017 — Downville Classic. Lost Sierra Triple Crown, Downville, CA. All mountain, cross country, and downhill

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ances, Greg Williams, wllie@sierratrails.org, downvilleclassic.com

August 5, 2017 — Pierre's Hole MTB Race. National Ultra Endurance Series, Alta, WY, 9th Annual! Staging begins at the Grand Targhee Resort, ample lodging and amenities available. 100 consists of 33-mile loop, each lap features approx. 4,000 ft climbing on single and double-track trails. The race course is on an IMBA Epic trails at Grand Targhee. Total elevation for the 100 mile race is approx. 13,000 ft. 100 mile (3 laps), 100km (2 laps), 50km (1 lap) events. The 100 mile race is part of the NUE Series and the 100 k is a new NUE marathon series race., Andy Williams, 800-TARGHEE ext. 1309, awilliams@grandtarghee.com, grandtarghee.com/the-resort/news-events/1863/2014PierresHole50100.php

August 5, 2017 — Boomtown Gravel Grinder. Butte, MT, Fully supported event that will start and finish in historic Uptown Butte and will cover the beautiful gravel, dirt (and a few paved roads) south and east of town. Crossing the scenic Continental divide twice, riders can challenge themselves in either the Mother Load 100 mile or the Nugget 50 mile routes while soaking in the breathtaking vistas offered only in Big Sky Country., Kurt Stockton, 406-381-7962, 530-264-6364, info@GourmetGravel.com, tourofmontana.org

August 5-6, 2017 — Powderhorn Ski Resort & Bike Park Enduro. Rocky Mountain Enduro Series, Grand Junction, CO, Keith Darner, 719-221-1251, keith@rockymountainenduroseries.com, David Scully, 970-846-5012, dave@rockymountainenduroseries.com, rockymountainenduroseries.com

August 6, 2017 — Race Montana Triathlon. Great Falls, MT, Electric City Water Park, Olympic and Sprint distances, Ron Ray, info@racemf.com, racemf.com/event/race-montana-triathlon, racemftri.com

August 12, 2017 — Avimor 130th Classic. Knobby Tire Series, Avimor, ID, 13th annual - This is real mountain bike racing; not for the weak. High speed rolling double and single track with a ton of climbing. Tight, technical sagebrush single track, water crossings, quick steep drops, nasty little granny gear climbs., Hal Miller, 208-869-4055, 208-720-3019, info@brokenspokecycling.org, Alex Phipps, 208-841-4120, alex01phipp@gmail.com, knobbytireseries.com, brokenspoke-cycling.com

August 12, 2017 — Leadville Trail 100. Leadville Race Series, Leadville, CO, Leadville Trail 100 is one of the most notorious and challenging bike races in the world. 100 mile out-and-back., Josh Colley, 719-219-9357, JColley@lifetimfitness.com, leadvillrace-series.com

August 12, 2017 — Steamboat Stinger. Mountain Town Challenge Series, Steamboat Springs, CO, Beginning at 8:00am at the Howelson Hill Ski Area right in the heart of Steamboat Springs. The course takes an extended 50 mile detour deep into the beautiful backcountry of Routt County and a total of roughly 3,500ft elevation gain before returning to the transition/finish area. Teams of two are also welcome to race the 1st and 2nd half of the course., Nate Bird, 866-464-6639, nate@honeystinger.com, Jon Winkelblech, 970-367-4394, winkelblech@honeystinger.com, honeystinger.com/steamboatstinger.html

August 19-20, 2017 — 12 and 24 Hours of Flathead. Kalispell, MT, A non-profit race to provide awareness and adaptive equipment to individuals living with paralysis and other life altering disabilities, Tia Celentano, 406-261-1769, info@24hoursofflathead.org, 24hoursofflathead.org, [facebook.com/24HoursOffFlathead](https://www.facebook.com/24HoursOffFlathead)

August 19-20, 2017 — Big Mountain Enduro. Big Mountain Enduro Series, Crested Butte, CO, Course will be designed to give riders a unique riding experience to include high altitude trails and big descents. Ties back-country terrain with lift-accessed stages throughout the series. Courses will feature predominantly timed downhill (special) stages linked together by non-timed climbing (liaison) stages., Brandon Ontiveros, 303-551-4813, brandon@bigmountainenduro.com, bigmountainenduro.com

August 19, 2017 — Centennial Gravel Races. Wyoming Gravel Grinder Series, Centennial, WY, 51 or 106 miles, gravel grinders around and through the Snowy Range Mountains in southeast Wyoming, Adam Leiferman, 307-333-5880, leiferman.adam@gmail.com, wyominggravel.com, laramieracing.com/centennial

August 26, 2017 — Idaho High School Cycling League Race. McCall, ID, Jug Mountain Ranch, Dylan Gradhandt, 208-340-5200, dylan@idahomtb.com, idahomtb.org

August 26, 2017 — Dawn to Dusk. Gallup, NM, 6 hour and 12 hour race, Seth Bush, 505-554-0059, ECapitan@ZiaRides.com, ziarides.com/event-register/dawn-to-dusk

August 27, 2017 — Missouri River Rampage Mountain Bike Race. Montana Off-Road Series (MORS), Great Falls, MT, XC MTB Race and expo, 8, 7, 15.4, and 18.6 mile options, Ron Ray, info@racemf.com, racemf.com/event/missouri-river-rampage/

September 1-3, 2017 — Rebecca's Private Idaho. Ketchum, ID, 50mi or 100mi gravel grinder put on by professional racer Rebecca Rusch in her hometown of Ketchum, Idaho. The route can be done as a challenging ride or a lung busting, high screaming race up into the mountains surrounding Ketchum and Sun Valley. It is a beautiful route and it all ends in a great down-home party with food, festivities, music, and libations, Colleen Quindlen, 254-541-9661, colleen@rebeccarusch.com, rebeccasprivateidaho.com

September 9, 2017 — Barn Burner 104. Flagstaff, AZ, 104 mile mountain bike race, Solo, Duo, Teams, Kaibab and Coconino National Forest, Camping on private land. 26 and 52 mile options. Party afterwards with music, food, and beer, Casey Brown, 480-299-1203, Cbrown@lifetimfitness.com, Josh Colley, 719-219-9357, JColley@lifetimfitness.com, Ryan Sumers, 949-929-7476, rsumers@lifetimfitness.com, barnburnermtb.com, redrockco.com

September 9, 2017 — Idaho High School Cycling League Race. Targhee, ID, Dylan Gradhandt, 208-340-5200, dylan@idahomtb.com, idahomtb.org

September 9, 2017 — Bohart Bash. Montana Off-Road Series (MORS), Bozeman, MT, This cross-country mountain bike race is on a mostly singletrack loop in the beautiful Bridger Mountains near Bozeman, Alex Lussier, lussiera@hotmail.com, Megan Lawson, 406-570-7475, meganmclawson@gmail.com, gallatinvalleybicycleclub.org, gascyclingteam.com

September 9-10, 2017 — Vapor Trail 125. Salda, CO, 125 miles, 20,000 feet of climbing, 10 pm start, singletrack, Earl Walker, 719-539-9295, earl@absolutebikes.com, Tom, 719-539-9295, tom@absolutebikes.com, vaportrail125.com

September 9, 2017 — Thompson Ridge Trail Gran Fondo. Thompson Falls, MT, Dirt fondo, gravel grinder, Ben Horan, 312-502-5997, ben@wmtrail.org, wmtrail.org

September 9-10, 2017 — Enduro X Race. Rocky Mountain Enduro Series, Steamboat Springs, CO, Keith Darner, 719-221-1251, keith@rockymountainenduroseries.com, David Scully, 970-846-5012, dave@rockymountainenduroseries.com, rockymountainenduroseries.com

September 9, 2017 — Wyo 131 Gravel Grinder. Wyoming Gravel Grinder Series, Lander, WY, 51 or 106 miles, gravel grinders around and through the Snowy Range Mountains in southeast Wyoming, landercycling@gmail.com, Tony Ferlisi, landercycling@gmail.com, Adam Leiferman, 307-333-5880, leiferman.adam@gmail.com, wyominggravel.com, wyo131.com

September 16, 2017 — Stone Temple 8. Curt Gowdy State Park, WY, Fundraiser for high school MTB racing teams and junior programs. Takes place on the IMBA Epic designed single track trails at Wyoming's Curt Gowdy State Park. Starting at 9am at the Aspen Grove Trailhead parking area, racers will compete for eight hours on an approximately 15.1 mile loop, in teams and as individuals, with classes for Men, Women and Juniors., Richard Vincent, 307-760-1917, 307-777-6478, enduro.rv@gmail.com, Dewey Gallegos, 307-742-5533, pedalhouse@gmail.com, Peter Skram, 307-316-2532, info@stonetemple8.org, laramieenduro.org, overlandmtb.org

September 16, 2017 — Fire on the Rim Mountain Bike Race. Pine, AZ, 15, 30, and 45 mile mtb races near Payson, AZ, Janet Brandt, info@fireontherim.com, fireontherim.com

September 16, 2017 — Idaho High School Cycling League Race. Galena Lodge, ID, Dylan Gradhandt, 208-340-5200, dylan@idahomtb.com, idahomtb.org

September 23, 2017 — Bogus Basin Enduro. Idaho Enduro Series, Boise, ID, James Lang, 208-571-1853, 208-344-9182, lang83702@yahoo.com, idahoenduroseries.com

September 23, 2017 — Mount Lemmon Gravel Grinder. Oracle, AZ, 15, 40, 50 mile options on the back gravel roads of Mt. Lemmon with elevation gains ranging from 4,000 to 6,000ft. Begins at 7 a.m. at Arizona Zipline Adventures just north of Tucson on the "backside" of the Santa Catalina Mountains., John McCarrell, john@americabunnyhop.com, americabunnyhop.com/mli-lemmon-gravel-grinder.html, peppersaucer-oundup.com/

September 23-24, 2017 — Two Moon 24. Glendo, WY, 24 hour race on the trails of Glendo State Park in eastern Wyoming. 9.5 mile loop. Fun time all night!, Evan O'Toole, evan@laramieracing.com, Dewey Gallegos, 307-742-5533, pedalhouse@gmail.com, twomoon24.com

September 29-October 1, 2017 — Monarch Crest Enduro. Rocky Mountain Enduro Series, Salda, CO, 5 stage epic backcountry enduro in the San Isabel and Gunnison National Forests., Keith Darner, 719-221-1251, keith@rockymountainenduroseries.com, David Scully, 970-846-5012, dave@rockymountainenduroseries.com, rockymountainenduroseries.com

September 30, 2017 — Idaho High School Cycling League Race. Magic Mountain, ID, Dylan Gradhandt, 208-340-5200, dylan@idahomtb.com, idahomtb.org

September 30, 2017 — JayP's Backyard Gravel Pursuit. JayP's Backyard Series, Island Park/ West Yellowstone, ID, 60 or 120 miles near Yellowstone National Park on Forest Service roads. It's an incredible time of year to be in this area and visit YNPI!, Jay Petervary, 307-413-2248, jaypetervary@gmail.com, gravelpursuit.com

September 30, 2017 — 12 Hour of Albuquerque Race and MTB Festival. Albuquerque, NM, 12 hour race, 2 hour race, and weekend long mtb festival, Seth Bush, 505-554-0059, ECapitan@ZiaRides.com, ziarides.com/event-register/dawn-to-dusk

October 7, 2017 — Tour of the White Mountains. Pinetop-Lakeside, AZ, Arizona's longest standing mountain bike event. At 7,000 feet, The Tour is a grassroots event with laid back vibes among a gathering of bike-minded

individuals., Zoe Loffreda, 520-623-1584, info@epicrides.com, Dave Castro, dcastro@epicrides.com, epicrides.com

October 7, 2017 — Grinduro. Lost Sierra Triple Crown, Quincy, CA, Gravel enduro racing, Greg Williams, wllie@sierratrails.org, grinduro.com

October 8, 2017 — Great Trail Race. Truckee, CA, Ride or Run between Truckee and Tahoe City. The Great Trail Race follows roughly the same route as The Great Ski Race between Truckee and Tahoe City with one major difference: You choose to run or bike one of two course options, Elite or Classic. The Elite division course adds in more technically challenging terrain., Todd Jackson, 530-546-1019, todd@bigblueadventure.com, Kiley McInroy, kiley@bigblueadventure.com, bigblueadventure.com, greattrailrace.com

October 14, 2017 — Prescott 6er. Prescott, AZ, Six hours...not enough to bore you, not enough for you to fall asleep, just enough to keep you honest and bring along a friend (if need be) to rip some laps on some stellar single track! Complete the most laps in the least time after 6 hours of racing and win. 9.4 mile loop with single track, hills and switchbacks. Solo-male/female, Singlespeed-male/female, Duo-male/female/coed, Duo Singlespeed-male/female/coed., Breanna Bissell, 480-734-0558, info@mangledmomentum.com, prescott6er.com

October 14, 2017 — Idaho High School Cycling League Race. Boise, ID, Bogus Basin, Dylan Gradhandt, 208-340-5200, dylan@idahomtb.com, idahomtb.org

October 20-22, 2017 — USA Cycling Collegiate Mountain Bike National Championships. Missoula, MT, Collegiate National Championships and Montana High School Championships, Micah Rice, 719-434-4200, mice@usacycling.org, Chad Sperry, chad@gorge.net, Ben Horan, 312-502-5997, ben@wmtrail.org, usacycling.org

November 10-12, 2017 — Big Mountain Enduro. Big Mountain Enduro Series, Mascota, MX, Course will be designed to give riders a unique riding experience to include high altitude trails and big descents. Ties back-country terrain with lift-accessed stages throughout the series. Courses will feature predominantly timed downhill (special) stages linked together by non-timed climbing (liaison) stages. Mascota, Mexico, Brandon Ontiveros, 303-551-4813, brandon@bigmountainenduro.com, bigmountainenduro.com

November 18, 2017 — 12 Hours of Fury. Fountain Hills, AZ, 12 Hours of Fury will test your body, mind and mountain biking skills. The race will begin and end at the Four Peaks Staging Area in McDowell Mountain Regional Park. The 15 mile loop is smooth, fast and fun. The most loops in 12 hours wins it!, Jeremy Graham, 623-330-0913, jeremy@4peaksracing.com, 4peaksracing.com/events/12-hours-of-fury-2017

December 9, 2017 — Dawn to Dusk. Fountain Hills, AZ, 10 hours on the Pemberton trail at McDowell Mountain Regional Park. Space is limited to 125 solo riders, 100 two-person, 50 four-person, and 10 corporate entries. 15.5 mile loop will be traveled in a counter clockwise direction and each lap will snake you through the venue where you may refuel, rest, or exchange your lap care with your teammate so they can take a turn out on the course. 602-312-4499, Seth Bush, 505-554-0059, ECapitan@ZiaRides.com, ziarides.com/event-register/dawn-to-dusk-arizona

Utah Weekly

Road Race Series

Rocky Mountain Raceways Criterium Series — Utah Crit Series, West Valley City, UT, 6555 W. 2100 S., Saturdays at 11 am in March - Tuesdays at 6pm, April - through September, A and B at 6, C and D at 7 pm, March 4, 11, 18, 25, Saturday April 1, Tuesdays April 11-Sept 5, Marek Shon, 801-209-2479, utcritseries@gmail.com, utahbikeracing.com

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, every other Thursday April 6-Aug 24, Marek Shon, 801-209-2479, utcritseries@gmail.com, utahbikeracing.com

DLI (DMV) Criterium — Utah Crit Series, West Valley City, UT, Weekly Training Crit at the Driver's Training Center, 4700S. 2780W., A file - 6 pm, B file between 6:45 and 7:05. Call for information regarding C file. Wednesdays April 5- Aug 30, Marek Shon, 801-209-2479, utcritseries@gmail.com, utahbikeracing.com

Emigration Canyon Hillclimb Series — Utah Crit Series, Salt Lake City, UT, Starts north of Zoo 7.4 miles to top of Emigration. First rider off at 6:30. Every other Thursday April 13 through August 31, Marek Shon, 801-209-2479, utcritseries@gmail.com, utahbikeracing.com

Utah Road Racing

May 6, 2017 — Antelope Island Classic. UCA Series, Antelope Island, UT, Starts at the West end of the causeway, then across the causeway towards the ranch and end on the island. 32 to 60 mile options. \$2,000 cash plus prizes. Junior state road race championships too., James Ferguson, 801-476-9476, ferguson8118@comcast.net, bmbbc.com

May 12, 2017 — Bear Lake Classic Individual Hill Climb. UCA Series, Garden City, UT, 5 mile uphill climb from Garden City Office to the Summit of Bear Lake. Racers will start on 60-second intervals and will climb right hand side of road, single file. Portion of the same route as 2015 Tour of Utah, Stage 1., Jared Eborn, 801-599-9268, jared@extramileracing.com, extramileracing.com

May 13, 2017 — Bear Lake Classic Road Race. UCA Series, Garden City, UT, 51 mile flat loop (or 102 double lap) with some rolling hills on east shore, followed by a flat and fast finish — a beautiful race around Bear Lake., Jared Eborn, 801-599-9268, jared@extramileracing.com, extramileracing.com

May 13, 2017 — Bear Lake Classic ITT. Laketown, UT, Hill Climb racers will gather at 6:00 p.m. at 69 Paradise Parkway. Riders will depart in 30 second intervals in alphabetical order regardless of racer category. 8 Miles - 1 lap of the Sunday Circuit Race Course, Jared Eborn, 801-599-9268, jared@extramileracing.com, extramileracing.com

May 14, 2017 — Bear Lake Classic Circuit Race. UCA Series, Laketown, UT, 8 mile course on the Round Valley Loop near Bear Lake., Jared Eborn, 801-599-9268, jared@extramileracing.com, extramileracing.com

May 19-20, 2017 — Bikes for Kids Stage Race. UCA Series, Daybreak, UT, Criterium, Road Race and Time Trial. USAC license required-one-day licenses available. Proceeds from the race go to benefit Bikes for Kids Utah. Circuit Race on Friday at Utah Motorsport park Saturday morning TT in SLIC, Saturday night Crit at the UMP, Marek Shon, 801-209-2479, utcritseries@gmail.com, race2wheels.com, bikesforkidsutah.com

May 27, 2017 — Sugarhouse Criterium. UCA Series, Salt Lake City, UT, Bring the entire family and enjoy some of Utah's best crit racing in one of Salt Lake's Sugarhouse Park., Marek Shon, 801-209-2479, utcritseries@gmail.com, utahbikeracing.com

June 9-10, 2017 — Vision Relay: Moab to St. George. Moab, UT, Road race with 4 rider teams and three legs per rider, covering 528 miles. Multiple start times at Swanny Park in Moab finishing at Bluff Street Park in St. George. Benefits Charity Vision, Tyler Servoss, 801-888-3233, tyler@rockwellrelay.com, visionrelay.com

June 15-17, 2017 — Utah Summer Games. Utah Summer Games Cycling, Cedar City, UT, Hill Climb (4 miles with average grade of 7%, Time Trial (10 miles out and back course), Criterium (.95 mile closed course, counter clockwise), Road Race (20, 40 and 60 mile course) with overall Omnium., Casey McClellan, 435-865-8421, 435-865-8422, mcclellan@suu.edu, Steve Ahlgren, 435-865-8421, 435-865-8423, ahlgreen@suu.edu, utahsummergames.org

June 17, 2017 — Porcupine Hill Climb. UCA Series, Salt Lake City, UT, 16th Annual, Start: Porcupine Pub & Grille finishing at the Brighton Ski Resort, Big Cottonwood Canyon. Citizen's and licensed rider categories. State Championship Hill Climb for licensed categories. 14.7 miles, 3800' of climbing! , Mike Meldrum, 801-424-9216, mikeside@dmccowley.com, Dirk Cowley, 801-699-5126, dccowley@comcast.net, porcupinecyclingteam.com, racedayeventmanagement.com

June 17, 2017 — Adventure Gear Criterium. UCA Series, Sandy, UT, Marek Shon, 801-209-2479, utcritseries@gmail.com, utahbikeracing.com

June 23-24, 2017 — Sa-Lo Stage Race. Salem, UT, 2 days, 3 stages: time trial, mountain stage (3 climbs), road race, HQ and the starting location of each stage will be at the Salem Rec Center located at 100 North and 100 East, Ken Meads, ken@kenmeads.com, sa-lo.com

June 24, 2017 — Utah State Time Trial Championship. UCA Series, Skull Valley, UT, Marek Shon, 801-209-2479, utcritseries@gmail.com, utahbikeracing.com

June 24, 2017 — Snowbird Hill Climb. Snowbird, UT, Join us for the 39th Annual Snowbird Bicycle Hill Climb! Climb 10 miles and 3,500 feet! 8 am start on 9400 S. near 20th East, climb to Snowbird's entry II, 10 miles, 3500 vertical. The grueling road bike race up the canyon brings competitors to the base of Snowbird., Misty, 801-933-2115, misty@snowbird.com, snowbird.com/events/bicycle-hill-climb

July 1, 2017 — Pairs Time Trial. TBD, UT, two person team time trial, Dirk Cowley, 801-699-5126, dccowley@comcast.net, racedayeventmanagement.com

July 4, 2017 — Bountiful Mazda's Criterium. Bountiful, UT, Dirk Cowley, 801-699-5126, dccowley@comcast.net, racedayeventmanagement.com

July 8, 2017 — Cache Gran Fondo. Logan, UT, 6th annual Cache Gran Fondo, riders of all abilities invited. Pre-ride light breakfast will be provided from 6:45 or 7:00 a.m with well stocked food stations and support. 100 miles and 50 mile course follows a fun, flat scenic route through Northern and Cache Valley, UT with a challenging hill in each. The finish will be closed-off in downtown Logan with a party and fun festivities including rider gifts, many random prizes, and unique jerseys at or below retail., Troy Oldham, 435-764-2979, oldhamtroy@gmail.com

July 22, 2017 — Heber Valley Circuit Race. UCA Series, Heber, UT, Scenic but challenging 8-mile circuits in Heber Valley, Utah, Jared Eborn, 801-599-9268, jared@extramileracing.com, extramileracing.com, racedayeventmanagement.com

July 22, 2017 — The Butterfield BURN Bicycle Hill Climb. Copperton, UT, Climb Butterfield Canyon. 10K Hillclimb with 2,000+ vertical.

TT start format, riders off every 30 seconds, electronic chip timing., Jared Eborn, 801-599-9268, jared@extramileracing.com, burn-race.com, extramileracing.com

July 22, 2017 — Ophir Road Race. UCA Series, Ophir, UT, road race, Jared Eborn, 801-599-9268, jared@extramileracing.com, extramileracing.com

July 22, 2017 — Iron Lung Race. Salt Lake City, UT, 120 mile

May 6, 2017 — OZ Road Race, Watkins, CO. The OZ Road Race has two key defining characteristics; long and wide open! You're not in Kansas anymore to do. Come May 6th get ready for the longest road race of the spring season., Lance Panigutti, 303-408-1195, lance@withoutlimits.com, withoutlimits.co

May 7, 2017 — The Rocky Mountain Roubaix, Frenchtown, MT. A one-day road cycling race inspired by the Spring Classics. Mix of smooth and rugged pavement, ample sections of gravel, undulating terrain, and beautiful Montana landscape. 40-70 miles. 1200-2200 ft gain. Multiple Cats. Proceeds benefiting the Zootown Derailleurs youth cycling program. Cory Kaufman, 406-279-4109, cory@competitivelife.com, rockymountainroubaix.com, montanacycling.net

May 13, 2017 — Idaho State Road Race Championships, SWICA, Kuna, ID. USA Cycling Categories, 34, 43, 52, 17 miles depending on category, 8.6 mile loop, Justin Ward, 208-322-8042, sales@bobs-bicycles.com, idahobikeracing.org, springseries.com

May 19-21, 2017 — Superior Morgul Omnium, Superior, CO. The 2017 edition of the Superior Morgul is expanding outside of Boulder County for the first time in its 8 year history! This season, in partnership with the Colorado Bike Expo, the Superior Morgul will feature a criterium bike race and street sprints event at Mile High Stadium. Criterium & street sprints on Friday, time-trial Saturday, and road race Sunday., Lance Panigutti, 303-408-1195, lance@withoutlimits.com, withoutlimits.co

May 20, 2017 — Ride for the Pass, Aspen, CO. Benefits the Independence Pass Foundation. 23rd Annual from the Winter Gate, 4 miles east of Aspen, to the Independence Ghost Town approximately 10 miles east up Highway 82 on Independence Pass, gains approximately 2200 feet of elevation, from 8,500ft to 10,700ft., Mark Fuller, 970-963-4959, 970-618-5086, fulcon@comcast.net, independencepass.org

May 21, 2017 — Arizona State Time Trial Championships, Arizona City, AZ. Arizona State Individual Time Trial, 20K & 40K. Course out & back, flat, first ride start 6:30 AM, rider go off in 30 seconds intervals. USA Cycling State awards., Nippy Feldhake III, 520-747-2544, nippy-mr-smarty-pants@luno.com, tucsonmasters.org

May 26-28, 2017 — Iron Horse Bicycle Classic, Durango, CO. 45th Annual, Road Race and four from Durango to Silverton, Road Circuit race and Time Trial, 25/50 mile tour, Kids Race and Mountain Bike Cross Country Race, Cruiser Crit, Gravel Ride, BMX race, swim race, Gaige Sippy, 970-259-4621, director@ironhorsebicyclassicc.com, ironhorsebicyclassicc.com

May 27, 2017 — Pedal Through The Corners Criterium, SWICA, Meridian, ID. Criterium on smooth clean asphalt around the beautiful Scentys Commons building in Meridian, ID. Closed course 0.5 mile loop criterium on smooth, clean asphalt with beautiful landscape. Riders may enter multiple races of \$10 extra. Timing will be done by Authentic Sports Timing, Men 1/2, 3, Women 1/2/3/4/5, Men 3/4/5, Masters 40+ 1/2/3/4/5, Race start at 2701 E Pine Ave, Meridian, ID 83642, Brian Tromborg, 562-325-9729, teloseventsboise@gmail.com.

June 1-4, 2017 — USA Cycling Masters Road National Championships, Columbia County, GA, Micah Rice, 719-434-4200, mrice@usacycling.org, usacycling.org

June 3, 2017 — Lyle Pearson 200-mile Team Challenge, Boise, ID. 9th Annual - Team relay road race from Boise to Sun Valley, Mike Cooley, 208-343-3782, mcooley@georgescycles.com, georgescycles.com, gcoorsevents.com

June 3, 2017 — Just for the Hill of It, White Bird, ID. Benefit for Syringa Hospital & Clinics Hospice, face the challenging switchbacks of the Old White Bird Grade. Experience 13 miles with a gentle climb starting at Hammer Creek at 1600' and continuing to the summit at 3800'. All ages are welcome to come & join in the fun!, Cindy Higgins, 208-983-8550,

chiggins@syringahospital.org, syringahospital.org/hill-of-it-challenge.html

June 17, 2017 — Mike Mercy Memorial - Idaho State Time Trial Championships, Mountain Home, ID. Flat, wide open road with good pavement with one turn to make it interesting., Howard Roose, 208-484-8342, hkroose@gmail.com, idahobikeracing.org, bobs-bicycles.com/

June 18, 2017 — Guanella Pass Hill Climb, Georgetown, CO. 3,050ft in just over 11 miles, Barry Lee, 720-244-8228, 720-409-7048, barry@sanitascycling.com, sanitascycling.com

June 21, 2017 — The Longest Day - Ride for Alzheimers, Boise, ID. Raise funds for the Alzheimer's Association, ride anytime from 5 am to 9 pm on the longest day of the year on a 10 mile loop., Mike Cooley, 208-343-3782, mcooley@georgescycles.com, georgescycles.com, gcoorsevents.com

June 23-25, 2017 — USA Cycling Professional Road and TT National Championships, Knoxville, TN, Micah Rice, 719-434-4200, mrice@usacycling.org, usacycling.org

June 23-25, 2017 — Baker City Cycling Classic, Oregon Women's Prestige Series, Baker City, OR. Three days and five stages in beautiful eastern Oregon, with great support and unparalleled scenery. Over 8,000 ft of climbing over the three days in one of the country's most beautiful cycling regions. Pros and amateurs race the same courses and the women's and men's prize purses are matched by sponsor BELLA Main St. Market., Brian Vegter, 541-325-1689, dogbri@icloud.com, bakercitycycling.org

June 25, 2017 — Parker Main Street Criterium, Parker, CO. fast and flowing criterium, Barry Lee, 720-244-8228, 720-409-7048, barry@sanitascycling.com, sanitascycling.com

June 29-July 2, 2017 — USA Cycling Amateur Road National Championships p/b Papa John's, Louisville, KY. Elite, U23 and Junior Road National Championships., Micah Rice, 719-434-4200, mrice@usacycling.org, usacycling.org

June 29-July 2, 2017 — USA Cycling Professional Criterium & Team Time Trial National Championships, Louisville, KY, Micah Rice, 719-434-4200, mrice@usacycling.org, usacycling.org

June 30-July 2, 2017 — Boulder Omnium, Boulder, CO. uphill TT, TT, road race, Barry Lee, 720-244-8228, 720-409-7048, barry@sanitascycling.com, sanitascycling.com

July 1, 2017 — Idaho State Criterium Championship, Ketchum, ID. brand new course weaving through downtown Ketchum at twilight. We'll have live music, food carts, bike specific vendors and all that downtown Ketchum has to offer! This event is being held in cooperation with the Ride Sun Valley Festival and will include all the great amenities they provide as well. Group ride on Sunday from Sturtevant's, Mark Lovlien, mlovlien@gmail.com, ridesunvalley.com/festival-schedule/Idaho-state-championship-criterium

July 12-15, 2017 — Southeast Idaho Senior Games, Pocatello, ID. July 12: Scout Mountain Hill Climb at 7 p.m., July 13: Criterium at 6 p.m., July 14: 10k Time Trial at 9 a.m. and 20k Road Race at 10:30 a.m., July 15: 5k Time Trial at 9:00 a.m. and 40k Road Race at 10:00 a.m., Dana Olson, 208-233-2034, 208-317-3918, southeastidahoseniorgames@gmail.com, seidahosenior-games.org

July 14, 2017 — Chrono Kristin Armstrong Time Trial, Pro Road Tour, Boise, ID. UCI 1.2 men's, women's time trial, Mike Cooley, 208-343-3782, mcooley@georgescycles.com, georgescycles.com, gcoorsevents.com

July 15, 2017 — ASWB Twilight Criterium, Pro Road Tour, Boise, ID. 29th Annual, Pro Road Tour, races for all categories, and race under the lights for the pros., Mike Cooley, 208-343-3782, mcooley@georgescycles.com, boisettwilightcriterium.com, gcoorsevents.com

July 15, 2017 — Bob Cook Memorial Mount Evans Hill Climb, Idaho Springs, CO. This is an arduous 27 mile bicycle race and gran fondo that ends on the highest paved road in the United States to the summit of Mount Evans at 14,130'. Jennifer Barbour, 303-503-4616, execdir@teamevergreen.org, Kim Nordquist, 303-249-6168, director@bicyclerace.com, bicyclerace.com, teamevergreen.org

July 29, 2017 — Targhee Hill Climb, Driggs, ID. Wyoming State Hill Climb Championships. Day 1 - Targhee Hill Climb. Day 2 - Teton Pass Hill Climb. Compete in one or both. To be scored for the State Champs you must race both days. Winners based on combined times. Time trial starts at 10 am with 30 second intervals. Starts at Peaked Sports in Driggs, climbs Ski Hill Road and ends half a mile from the Grand Targhee Resort. The course covers 12 miles and 2,200 vertical feet. Awards, Raffle and results 1 pm at Peaked Sports. Net proceeds benefit Teton Valley Trails and Pathways., Dick Weinbrandt, 208-354-2354, peaked@silverstar.com, Forest Dramis, jacksonholecycling@gmail.com, peakedsports.com, hvcycling.org

July 29-30, 2017 — Salida Cycling Classic, Salida, CO. TT, circuit race, road race. Part of the Rocky Mountain State Games. Colorado Senior Road Championships, Barry Lee, 720-244-8228, 720-409-7048, barry@sanitascycling.com, sanitascycling.com

July 30, 2017 — Teton Pass Hill Climb, Wilson, WY. Wyoming State Hill Climb Championships. Day 1 - Targhee Hill Climb. Day 2 - Teton Pass Hill Climb. Compete in one or both. To be scored for the State Champs you must race both days. Winners based on combined times. 9:15 AM road race (4.7 miles, 2284 ft. vertical), 20th Anniversary, this year held on Old Pass Road instead of the highway! No cars, no brake dust, just peace and quiet for you to enjoy your suffering!, Dick Weinbrandt, 208-354-2354, peaked@silverstar.com, Forest Dramis, jacksonholecycling@gmail.com, peakedsports.com, hvcycling.org

July 30, 2017 — Kitt Peak Time Trial, Tucson, AZ. 11.6 mile hill climb time trial up Kitt Peak, 3400' vertical., Donald Melhado, dmelhado@cox.net, azcycling.org

August 5-6, 2017 — Idaho Senior Games, Boise, ID. 5k and 10K Time Trials, 20 K and 40 K Road Races. Qualifying year for 2017 National Senior Games, Mike Thornton, 208-861-8000, idahoseniorgamesinfo@gmail.com, Frank Gilbert, 208-853-1964, frank@georgescycles.com, idahoseniorgames.org

August 12, 2017 — Lamolle Canyon Hill Climb, Lamolle, NV. 12th annual. Road Race hill climb, 12 miles, 3000ft hill climb in Ruby Mountains. Race starts at 9am. Post event picnic and awards in Lamolle Grove, 11:30am., Renny Keaton, 775-385-3285, raceorganizer.elkvelo@yahoo.com, elkvelo.com

August 12, 2017 — USA Cycling Hill Climb National Championships and Pikes Peak Hill Climb, Colorado Springs, CO. The USA Cycling Hill Climb National Championship is in its second year and is truly a unique experience on Pikes Peak. The start line is located at 9,390 ft./2,862 m and the finish line is 156 turns, 12.42 mi./20 km, later, with an average grade of 7%, and a gain in altitude of 4,725 ft./1,440 m, to conclude at 14,115 ft./4,302m. It will be held in conjunction with The Broadmoor Pikes Peak Cycling Hill Climb gran fondo fun ride, Saturday, August 12, 2017., Micah Rice, 719-434-4200, mrice@usacycling.org, The Sports Corp., 719-634-7333, info@thesportscorp.org, Jeff Mosher, 719-634-7333 Ext 1005, jeff@thesportscorp.org, usacycling.org, coloradospringssports.org/index.php?option=com_content&view=article&id=416&Itemid=315

August 19, 2017 — Bogus Basin Hill Climb, Boise, ID. 42nd Annual, Mike Cooley, 208-343-3782, mcooley@georgescycles.com, georgescycles.com, gcoorsevents.com

September 9, 2017 — Race to the Angel, Wells, NV. Hill climb. 32nd Annual. The race is open to riders on mountain and road bikes, runners, walkers and triathletes: individual or team (Sprint Triathlon - 750m swim, 5K run, 20K bike). The half marathon course begins at the Wells City pool and climbs approximately 2,784 feet to Angel Lake in the East Humboldt range of the Ruby Mountains. The half marathon course is entirely on pavement., Wells Chamber, 775-752-3540, wellschamber@wellsnevada.com, Robert Johnson, 775-340-5943, 801-718-0567, rubymountainrelay@gmail.com, wellsnevada.com/race-to-the-angel, rubymountainrelay.com

September 11-16, 2017 — World Human Powered Speed Challenge (WHPS), Battle Mountain, NV. International cyclists compete on SR305, 5 miles to a 200 meter time trial. Current record is 89.59 mph. Classes: Men's, Women's, Juniors in Open, Multi-track, and Arm Power. Cyclists from around the world will gather on SR305, perhaps the fastest stretch of road in the world to see who is the fastest cyclist in the world., Al or Alice Krause, 707-443-8261, a.krause@sbc-global.net, ihpva.org, whpsc.org

September 15-17, 2017 — Silver State 508, Reno, NV. 34th Annual, Founded by John Marino in 1983 and recognized as "The Toughest 48 hours in Sport," This 508-mile bicycle race is revered the world over for its epic mountain climbs, stark desert scenery, desolate roads, and its reputation as one of the toughest but most gratifying endurance challenges available, bar none. Solo, two-person relay, and four-person relay divisions, including a Self-supported Solo Randonneur Division (no support crew allowed!) Formerly known as Furnace Creek 508, Silver State 508 is a Race Across America (RAAM) Qualifier. Runs on Highway 50, the Lonellest Road in America, Chris Kostman, adventurerecops@gmail.com, the508.com

September 16, 2017 — Little Park Road Hillclimb, Grand Junction, CO. Hillclimb up Little Park Road - 1st half., John Klisch, 970-744-4450, madracingcolorado@gmail.com, madracingcolorado.com

September 20, 2017 — Man vs Machine, Williams, AZ. The Grand Canyon Railway, in partnership with Grand Canyon Racing, will fire up its steam engine 4960 - a 310-ton behemoth built in 1923 - to take on hundreds of intrepid bicyclists on a 53-mile course that will climb 2,023 feet starting at the South Rim of the Grand Canyon to iconic Williams, AZ, finishing on historic route 66., PJ Borman, 602-296-8313, info@grandcanyonracing.com, grandcanyonracing.com

September 23, 2017 — Telluride 200 Gran Fondo, Telluride, CO. 14th annual. From the high mountains of Telluride, cyclists descend past hillsides of quaking aspens along a route that passes through millions of years of geologic record, ultimately finding themselves at the base of striated sandstone cliffs reaching up to 1,000 feet overhead. Benefits the Just for Kids Foundation., Todd Hageman, 435-414-1942, m2dbikeride@gmail.com, Victoria Lovely, 773-590-6499, vblovely@yahoo.com, m2dbikeride.com

September 24, 2017 — Mt. Graham Hill Climb, Safford, AZ. 8 am, mass start, Nippy Feldhake III, 520-747-2544, nippy-mr-smarty-pants@luno.com, presteza.com/MtGrahamIndex.html, azcycling.org

October 1, 2017 — Western Montana Hill Climb Championships, Missoula, MT. Held at Pattee Canyon., Tim Marchant, bike@tsrwest.org, missoulabike.org/hillclimb

October 7-8, 2017 — Nevada Senior Games, Las Vegas, NV. Cycling competition for age groups: 50-94. 5 and 10k time trials, 20 and 40k road races, start: Intersection of Interstate 15 and Highway 93 Approx. 10 miles North of Las Vegas., Tim Jones, 702-994-6205, tjones@cox.net, nevada.fus.esport.com

Utah Road Touring

May 6, 2017 — FrontRunner Metric Century Ride, Salt Lake City, UT. Point to point metric century (62.5 miles) bicycle ride from Salt Lake City's Intermodal Hub to Ogden. Return to Salt Lake City via the UTA FrontRunner train service. Your bicycle will be transported via private truck to SLC. Registration opens Christmas Day!, Matt Storms, 801-448-6061, matt@forthwinracing.com, forthwinracing.com

May 6, 2017 — Canyons of Cache, tentative date, BCC SuperSeries, Mendon, UT. Meet at Mendon Church for a route that climbs

Blacksmith, and Sardine, loops to Brigham City and back over the north slope into Cache Valley., Don Williams, 801-641-4020, roadcaptain@bccutah.org, bccutah.org

May 13, 2017 — Cyclofemme Ride, Utah Bike Month, Provo, UT. Women's only ride. Join us for the 4th Annual CycloFemme ride. We are teaming up with the Provo Bicycle Collective and Provo City to make this ride a great. This will be a casual ride for all ages. The ride will start at Center Street and University Ave. at 2 pm at the Historic County Courthouse and will take a nice slow paced 5 mile ride around Downtown Provo ending at Joaquin Park., Heather Skabelund, 971-404-1557, bikeprovo@gmail.com, Jennifer Messenger, jennbobenn17@yahoo.com, cyclofemme.com

May 13, 2017 — Bear Lake Classic Century and 1/2 Century, Garden City, UT. 51 mile flat loop with some rolling hills on east shore, followed by a flat and fast finish - a beautiful ride around Bear Lake. 1/2 and full Century options. Portion of the same route as 2015 Tour of Utah, Stage 1., Jared Eborn, 801-599-9268, jared@extramileracing.com, extramileracing.com

May 13, 2017 — Northern Utah Series, Salt Lake Randonneurs Brevet Series, Brigham City, UT. Self-supported rides through Bear River & Cache County, including an out and back up Blacksmith Fork Canyon. 100 to 300 km options (63 to 190 miles). A brevet is a timed ultra distance event., Richard Sturm, 435-462-2266, richard@eogear.com, sallakerandos.org

May 14, 2017 — Amazing Earthfest, Kanab, UT. 11th Grand Staircase Escalante Road Ride: Highly Scenic 35 mile out and back route, Start 7:30 am, 78 South 100 East, Kanab, Pre-ride refreshments., Rich Csenge, 435-644-3735, jw@gwi.net, amazingearthfest.org

May 14-September 9, 2017 — Cycling Bryce, Zion, and Grand Canyon National Parks, St. George, UT. 7-day, 400-mile guided road biking tour of the Bryce, Zion and Grand Canyon National Parks, including Brian Head, Panguitch Lake, Red Canyon and Kanab. Tour includes 6 nights camping and inns or all in nights. Includes accommodations, transportation, and food. Specific dates can be found at: escapeadventures.com/guided-tours/road-cycling/cycling-bryce-zion-and-the-grand-canyon, Kevin Ford, 800-596-2953 x1, 702-596-2953, info@escapeadventures.com, escapeadventures.com

May 20, 2017 — Springville to Nephi 100, BCC SuperSeries, Springville, UT. Start Springville Cracker Barrel Frontage Road to Nephi and back thru orchards, flat to rolling. Self Supported with shorter 30, 60, and 75 mile options. Store stops enroute. Self supported. Free event., Don Williams, 801-641-4020, roadcaptain@bccutah.org, bccutah.org

May 20, 2017 — USEA Ride for Education, Kaysville, UT. A comfortable metric century ride through scenic countryside through Weber and Davis County. Enjoy an exciting mixture of plains and hills throughout Northern Utah. Fully supported, lunch provided with all paid registration., Tim Bell, 385-347-7589, bell@useat.org, useat.org, usearideforeducation.weebly.com

May 20, 2017 — Ride for the Angels, tentative date, Copperton, UT. 8th Annual. Start: 8:30am; 8655 West 10390 South Copperton Park; Routes: 25, 50 miles and Metric Century 62.5 miles; \$50.00 includes swag bag and ride shirt. With each registration you will be entered to win a new bike. Drawing to be held Saturday at 8:00 am, right before the start of the event. Rest stops and road support, Great cause! Post Ride Picnic too!, Dennis Carrigan, 801-201-5164, dennis@angelshands.org, angelshands.org

May 20, 2017 — Gran Fondo Salt Lake, Salt Lake City, UT. A timed bicycle tour of the Salt Lake Valley. Fully supported aid stations, professional on-course support, and a finish line meal await. Optional KOM/QOM challenge ride for the climbers out there, Jared Eborn, 801-599-9268, jared@extramileracing.com, GranFondoSaltLake.com

May 20, 2017 — Ogden Marathon Sunrise Canyon Bike Ride, Nordic Valley, UT. Ride down Ogden Canyon, 14.5 mile course, Mike McBride, 801-399-1773, mike@goal-foundation.com, ogdenmarathon.com

May 29, 2017 — Memorial Day Antelope Island, BCC SuperSeries, Salt Lake City, UT. Meet at Westpoint Park SLC 1100 N 1800 W to Antelope Garr Ranch. 50 mile option starts at Station Park in Farmington. Free event - fee may be required to access the island. Self-supported with plenty of store stops., Don Williams, 801-641-4020, roadcaptain@bccutah.org, bccutah.org

June 3, 2017 — Little Red Riding Hood, Lewiston, UT. Women only century ride, 27, 36, 50, 70 and 100 mile distances in Cache Valley, fundraiser for Women's Cancer Research at the Huntsman Cancer Institute. Reg. will be available January 2, 2017 - January 15, 2017. This event sells out quickly., Penny Perkins, penperk@centurylink.net, Curt Griffin, lrfh@bibt.net, bccutah.org

June 3, 2017 — Ride the Gap Century, Parowan, UT. Enjoy cooler weather in the

high country of beautiful Southern Utah. Fun and fast with a mileage option for every rider. Nothing like a small town with big fun! Enjoy open roads and very little traffic., Joey Dye, 435-674-3185, joey@redrockbicycle.com, Margaret Gibson, 435-229-6251, margaret@spingees.com, Ryan Gurr, info@spingees.com, ridesouthernutah.com

June 10, 2017 — American Diabetes Association's Tour de Cure, Brigham City, UT. Tour de Cure is an incredible experience for cyclists, runners, walkers, and diabetes supporters. Join riders, volunteers, spectators, and sponsors for a finish line celebration on Brigham City Main Street. If you have diabetes you are a Red Rider, the VIP of the day. Route options of 5k, 12m, 33m, 55m, 75m, and 100 miles., Geoffrey Linville, 801-363-3024 x7076, linville@diabetes.org, diabetes.org/utahour

June 10-11, 2017 — Utah Bicycle Touring Society's Overnight Bike Tour, Salt Lake City, UT. 11th annual overnighter. This event is for new and experienced bicycle travelers. We will bicycle in a self-sufficient manner to Rock Cliff Recreation Area to camp overnight, and then return Sunday., Lou Mellini, 801-487-6318, lmellini@comcast.net, Cheryl Soshnik, 4356499008, csoshnik@yahoo.com

June 10, 2017 — Wasatch Front Series, Salt Lake Randonneurs Brevet Series, North Salt Lake City, UT. Self-supported ride up Emigration Canyon, along the Wasatch Front and out to Antelope Island. 100, 200 or 300 km (65 to 190 miles) options. A brevet is a timed ultra distance event, Richard Sturm, 435-462-2266, richard@eogear.com, sallakerandos.org

June 11, 2017 — Provo A Go-Go, BCC SuperSeries, Draper, UT. Start Draper Park, ride past point of the mountain, thru Provo to Spanish Fork and back on a loop route. Free event, self supported with shorter 30 and 60 mile options. Store stops enroute., Don Williams, 801-641-4020, roadcaptain@bccutah.org, bccutah.org

June 15-23, 2017 — Rocky Mountain Tour, Cross Country Challenge, Salt Lake City, UT. The Rocky Mountain Tour travels 593 miles in 8 cycling days (9 total). Ride through the Wasatch Range and over the Rocky Mountains from Salt Lake City UT to Pueblo CO., Bill Lannon, 888-797-7057, 603-382-1662, ride@americabicycle.com,

July 8, 2017 — Cache Gran Fondo. Logan, UT, 6th annual Cache Gran Fondo, riders of all abilities invited. Pre-ride light breakfast will be provided from 6:45 or 7:00 a.m. with well stocked food stations and support. 100 miles and 50 mile course follows a fun, flat scenic route through Northern and Cache Valley, UT with a challenging hill in each. The finish will be closed-off in downtown Logan with a party and fun festivities including rider gifts, many random prizes, and unique jerseys at or below retail. Troy Oldham, 435-764-2979, oldhamtroy@gmail.com, loganhospital-foundation.org

July 10, 2017 — Antelope Island Series. Salt Lake Randonneurs Brevet Series, North Salt Lake City, UT, Self-supported rides. The 300k has considerable climbing up Little Mountain, Big Mountain, Trappers Loop & Ogden Divide before making a loop on Antelope Island. 200 or 300 km (125 or 190 mile) options available. A brevet is a timed ultra distance event., Richard Stum, 435-462-2266, richard@eogear.com, SaltLakeRandos.org

July 15, 2017 — Mt. Nebo Climb. BCC SuperSeries, Nephi, UT, Meet at Payson City Park. Climb up and back to Payson Lakes or do a full 70 mile loop. Self-supported free event - bring extra water, short supply on the mountain., Don Williams, 801-641-4020, roadcaptain@bccutah.org, Doug Jensen, 801-815-3858, slccyclier@gmail.com, bccu-tah.org

July 15, 2017 — Desperado Duel. Panguitch, UT, Come and experience the flattest and best 100 mile course and 50 mile option, we have also added a grueling 150 mile option for those training for the big 209 in September. Enjoy the scenery and virtually no traffic. Desperado Duel is one of the best Gran Fondos in Utah., Joey Dye, 435-674-3185, joey@redrockbicycle.com, Margaret Gibson, 435-229-6251, margaret@spingees.com, ridesouthernutah.com

July 22, 2017 — Iron Lung Ride. Salt Lake City, UT, 32, 80, or 120 mile options out and back starting at This Is The Place Heritage Park and turning around near Snowbasin Resort (3 person relay available on the 120). Challenging climbing, with plenty of rollers and flats to recover. Utah Triple Crank qualifier., Michelle Lyman, 801-941-5526, info@ironlungride.com, ironlungride.com

July 24, 2017 — North South Century - Pioneer Day Ride. BCC SuperSeries, Salt Lake City, UT, Location: Tanner Park. Finish the holiday weekend with 100 miles all in SL county. Stops for water and food. Free event, self-supported., Don Williams, 801-641-4020, roadcaptain@bccutah.org, Tom Coffey, 801-737-3241, tech2zurs@msn.com, bccutah.org

July 24, 2017 — South Sevier Ram Ride. Monroe, UT, 15 miles, 25 miles, and a 50 mile., Start time is 6:00 a.m. Start & Finish location is Monroe Fire Station., Heather Newby, 435-201-0138, Heather.N@jonesanddemille.com

July 28-29, 2017 — Saints to Sinners Bike Relay. Salt Lake City, UT, Fundraiser relay road race from Salt Lake to Las Vegas. Over 500 miles with elevations from 1500 to 10500 feet. Race in teams through the night, fundraiser event for ALS/Lou Gehrig's Disease., Steven Tew, 801-822-4870, Steven@SaintsToSinners.com, SaintsToSinners.com

July 29, 2017 — Utah County Gran Fondo. Orem, UT, 33rd year of a Century Tour typically around Utah Lake, 100, 62.5, and 30 mile options, starting and ending in Orem., Allan Sumnall, (801) 225-0076, allan@sbrutah.com, utahcountygranfondo.com

July 29, 2017 — Fiesta Days 50 - Blue Haven Half Century. Spanish Fork, UT, Provides support for fallen police officers families. For the second year, in conjunction with Spanish Fork Fiesta Days, Blue Haven has organized a 50 mile bike ride and a 10 mile family fun ride with proceeds going to the Spanish Fork Police Department and to the Blue Haven Foundation. The 50 mile timed event will be routed from the South parking lot of Spanish Fork High School around West Mountain and back., Blue Haven Foundation, 801-380-7400, info@bluehaven.foundation

runsignup.com/Race/UT/SpanishFork/BlueHavenHalfCentury

July 30, 2017 — Park City Chalk Creek 100 SuperSeries. BCC SuperSeries, Park City, UT, Free self-supported event. Start Treasure Mtn Middle School. Legs to Coalville, Chalk Creek and back., Don Williams, 801-641-4020, roadcaptain@bccutah.org, bccutah.org

August 5, 2017 — The Ultimate Challenge Presented by University of Utah Health Care. Salt Lake City, UT, A Gran Fondo hosted by the Larry H. Miller Tour of Utah. Riders will follow the Tour of Utah's Queen Stage route before the pro start, with the same climbs and high altitude finish. This ride has earned the title of "America's Toughest One Day Cycling Adventure" and for this year will feature timing on the final climb up Little Cottonwood Canyon, Larry H. Miller Tour of Utah, 801-325-7000, info@tourofutah.com, tourofutah.com

August 12, 2017 — Wildflower Pedalfest. Morgan, UT, Fully-supported, women-only cycling event. 4 course options (20, 30, 50, 70 miles). Finish line celebration, catered lunch, live band, raffle, massages, expo and more., Stacie Palmer, 801-644-9940, 801-336-6198, wildflowerpedalfest@gmail.com, wildflowerpedalfest.com

August 12, 2017 — Randy Wirth Half Century Ride. Logan, UT, Join us for a favorite scenic tour of Cache Valley's long-time Logan businessman, roast master and conservationist, Randy Wirth. Proceeds from the RWCHR will be used to enhance bird habitat through out Cache Valley area and promote Be Safe Be Seen cycling practices, Greg Parry, 435-750-0193, 435-753-4777, gpdigit@gmail.com, Debbie Simpson, 435-750-0193, 435-753-4777, debbie@caffelbis.com, Dee Cudney, 435-363-6183, 435-753-4777, dee@caffelbis.com, randywirthchr.org, randywirth50miles.org

August 18-19, 2017 — Raspberry Rumble Series. Salt Lake Randonneurs Brevet Series, Logan, UT, Self-supported. Starts in Logan and climbs up Strawberry Canyon (LoToJa route) and around Bear Lake before heading north to Soda Springs and finally out to Golden Spike Natl Monument. 400 & 600 km (250 and 375 mile) options. A brevet is a timed ultra distance event., Richard Stum, 435-462-2266, richard@eogear.com, saltlakerandos.org

August 19, 2017 — Tour of Park City. Park City, UT, Fully supported Tour starting and finishing in Park City, 157 miles through Northern Utah's beautiful mountain valleys. A rolling picnic!, Jared Eborn, 801-599-9268, jared@extramileracing.com, extramileracing.com

August 19-19, 2017 — Raspberry Rumble 300k. Salt Lake Randonneurs Brevet Series, Logan, UT, Self-supported loop ride which starts in Logan and climbs up Strawberry Canyon (LoToJa route) and north to Soda Springs. 300km km (190 miles). A brevet is a timed ultra distance event., Richard Stum, 435-462-2266, richard@eogear.com, saltlakerandos.org

August 26, 2017 — Cache Valley Century Tour. Richmond, UT, 35, 60, or 100 mile options. Proceeds benefit Common Ground, a Logan, Utah non-profit. Funds support their adaptive cycling program. Richmond to Preston, Idaho and back through scenic terrain., Bob Jardine, 435-713-0288, 435-757-2889, info@CacheValleyCentury.com, Sammie Macfarlane, 435-713-0288, Sammie@cgaadventures.org, CJ Sherlock, 435-713-0288, 435-757-2889, info@cachevalleycentury.com, CacheValleyCentury.com

August 26, 2017 — Summit Challenge. Park City, UT, Riders of all ages and abilities will hit the pavement for a 100, 52, or 16-mile road ride event in support of the National Ability Center's mission. All three fully-supported routes of this event follow paved roads in and around the beautiful Park City mountainside. This exciting event promises to serve up a challenge for a wide range of cycling levels and abilities. And don't forget - all Summit Challenge riders who have a disability can register and ride for free! The 102 ride goes through the prestigious Wolf Creek Ranch property which is usu-

ally closed off to road bikers. Enjoy a ride length of your choice and end up back at the National Ability Center for food, drinks and music. Also, watch for new distance options in 2017 - to be announced this summer!, Julia Rametta, 435-649-3991, 435-200-0990, events@discovernac.org, Whitney Thompson, 435-649-3991, whitney@discovernac.org, summitchallenge100.org, discovernac.org

August 26, 2017 — Man of STIHL. North Salt Lake, UT, 62-mile (100km) fully supported metric century bike ride. Release the hero within you as you support the Davis Education Foundation. Enjoy beautiful autumn scenery as you ride on the East and West sides of Davis County from North Salt Lake to Clearfield and back., Marc Croft, 801-295-4141, marc@croftnow.com, Skye Whitlock, sunskyeg@gmail.com, ManofSTIHL.org

August 26, 2017 — Castle Country Century. Scofield, UT, Train for LoToJa or just have fun with this fully supported ride as you travel around Scofield Reservoir, up and over Huntington Canyon, through Huntington hugging the edge of the San Rafael swell. Pass through the towns of Cleveland, Elmo, Wellington, finishing in Price. All the while conquering 5,300ft of ascent and 7,200ft of descent on this ride. Ride departs at 8 am, Cory Jensen, 801-824-8455, cory.jensen@carbon.utah.gov, carbonrec.com

September 2, 2017 — Hobbie Creek Series. tentative date, Salt Lake Randonneurs Brevet Series, Springville, UT, 62 or 125 mile self-supported loop ride up Hobbie Creek Canyon and on the rural roads south of Utah Lake. A brevet is a timed ultra distance event., Richard Stum, 435-462-2266, richard@eogear.com, saltlakerandos.org

September 3-9, 2017 — Tour of Southern Utah. St. George, UT, 7-day tour including Zion, Bryce, Capitol Reef and More. 60-100 miles per day. Opportunities to work part/ride part., Deborah Bowling, 818-889-2453, embassy@planetultra.com, planetultra.com

September 3-16, 2017 — Trans Utah Spring Tour. UT, Tour is separated into dates as follows: Week One (7 days): Kanab to the Henry Mountains, Sunday Sept 3 to Saturday Sept 9, 2017. Week Two (7 days): Henry Mountains to Moab, Sunday September 10 to Saturday September 16, 2017., Travis Tucker, 970-728-5891, travis@lizardheadcyclingguides.com, lizardheadcyclingguides.com

September 9, 2017 — Goldilocks Utah. Goldilocks Bike Ride, Provo, UT, Goldilocks is a women only bike ride, with a gorgeous route starting at Utah State Park and beautiful fall weather! With 100, 60, 40, and 20 mile route options, Goldilocks has a route that is "just right" for everyone!, Dani Lassiter, 801-635-9422, info@goldilockside.com, goldilockside.com, gsi.com

September 9, 2017 — Coldwell Banker Parkway Pedal. Farmington, UT, A casual ride along the Legacy and Jordan River Parkway to benefit The Autism Council of Utah. Start in Farmington at Legacy Events Center, 151 S. 100 W, Reg. at 8 am, Ride at 9 am, 70, 55, 40, 30, 25, and 10, 5 mile options. After ride Sahara Cares Foundation festival., Chris Jensen, 801-563-7670, 801-940-1447, chris.jensen@utahhomes.com, parkwaypedal.com

September 9, 2017 — To the Moon and Back Century Ride. Tabiona, UT, Come and enjoy the High Uintahs. There are four ride options: Century, 75, 50, and 25 mile. All 4 rides will cover the back roads of Duchesne County that has very minimal traffic. Free overnight camping is available. The ride will be based out of Tabiona, Utah. Elevations from 6,522 to 8,150. This ride is fully supported by providing lunch and dinner. All proceeds will go to the Rapha House & Operation Underground Railroad, non-profit organizations that help rescue children from trafficking and sexual exploitation., Karen Redden, 435-828-0467, roxredden@gmail.com, tothemoonand-back-events.com

September 16, 2017 — Wonder Woman Ride. Payson, UT, Join us for the 8th annual fully supported all women's bike ride, choose between the 15, 30, 70 or 100 mile options. Remember that every woman is a wonder

woman!, Mahogani Thurston, 801-318-1420, wonderwomanride@gmail.com, Carolina Herrin, herrin.carolina@gmail.com, wonderwomanride.com

September 16, 2017 — CF Cycle For Life. Coalville/Morgan, UT, Fully supported, beautiful autumn ride with five route options - 20,40, 60, 80 and 100 miles. All funds raised go to the Cystic Fibrosis Foundation., Laura Hadley, 801-532-2335, 801-558-8310, lhadley@cff.org, Amanda Livnat, 801-532-2335, alivnat@cff.org, Jessica Rose, 801-532-2335, jrose@cff.org, cycle.cff.org

September 22-23, 2017 — Bike the Bear Century. Garden City, UT, 100 and 50 miles. Begins at Raspberry Square in Garden City, UT. Ride around the scenic Bear Lake loop on the Utah/Idaho border, Nelson Palmer, 435-760-6901, nipalmer@comcast.net, Tom Jensen, 801-475-7488, tom.jensen@scouting.org, trappertrails.org/bike

September 22-23, 2017 — Salt to Saint Relay. Salt Lake City, UT, 420 mile relay race from Salt Lake City to St. George following Hwy 89. Broken into 24 legs. Ride Solo, or as 4 or 8 person relay teams. Men, Women, and Mixed categories., Clay Christensen, 801-234-0399, info@salttosaint.com, salttosaint.com

September 23, 2017 — Moab Century Tour. Moab, UT, Landscape Worth Training for! 40,60, 100 mile route options. Ride in the wild west through Dead Horse Point State Park and the Colorado River Corridor. Ride alongside towering redrock walls outlining the Colorado River; enjoy lunch at the earth's edge overlooking Canyonlands National Park and the Colorado River, two thousand feet below. Live music, beer, cycling icons and great food await you at the Post-ride party., Beth Logan, 435-260-8889, 435-260-2334, info@skinnytireevents.com, skinnytireevents.com

September 23, 2017 — Ride for the Kids. Syracuse, UT, 100% of monies raised go to the MAKE-A-WISH UTAH FOUNDATION. Ride to Antelope Island. Ride options: 25/50/100 miles, depending on skill level of the rider. Ride times available at www.rcwilley.com/ride. Ride begins at Syracuse RC Willey, 1693 W. 2700 S. Syracuse, UT. Breakfast, lunch and drinks will be provided. Tons of prizes given away in raffle., Devin Kingsbury, 801-663-3267, syracusefag@gmail.com, Brent Jones, 801-774-2801, 801-645-0247, brent.jones@rcwilley.com, rcwilley.com/ride

October 21, 2017 — Fall Tour de St. George. St. George, UT, Tour around southern Utah and see some of the most scenic views as you climb to Vevo and go through Gunlock State Park as well as all the beautiful colors throughout this 35, 75, or 100 mile ride. This event is one of our best Gran Fondos in southern Utah., Joey Dye, 435-674-3185, joey@redrockbicycle.com, Margaret Gibson, 435-229-6251, margaret@spingees.com, Ryan Gur, info@springeeks.com, ride-southernutah.com

October 21, 2017 — SoJo Marathon Bike Tour. SoJo Race Series, South Jordan, UT, SoJo isn't just for runners! Our non-competitive Bike Tour offers a beautiful ride that begins in Daybreak and continues along the Oquirrh Mountains before winding through Herriman and South Jordan, Bo Earls, 801-253-5203, bearts@sjc.utah.gov, SoJoMarathon.com

November 11-12, 2017 — Free Fee days in Arches, Zion, and Canyonlands National Parks. Moab, UT, The perfect time to ride your road bike in the parks., Patrick Baril, 435-259-8826, pbaril@moabcity.org, nps.gov/findapark/feefreeparks.htm

Regional Road Touring

May 7, 2017 — Rose Hill Rally. Grand Junction, CO, 21st Annual, 100k or 50 kbike tour. Benefits Rose Hill Hospitality House at St. Mary's Medical Center., Ed Lipton, 970-242-5940, ed.lipton@schs.net, stmarygj.org/RoseHillRally

May 13, 2017 — Gran Fondo Bear Lake. Montpelier, UT/ID, 100, 75, 50 or 25 mile fully supported ride from Montpelier, ID. A climb to Minnetonka Cave and prize

awaits each 100-mile rider and a backyard barbeque welcomes every finisher. Utah's best century ride ... is in Idaho!, Jared Eborn, 801-599-9268, jared@extramileracing.com, BearLakeEndurance.com, extramileracing.com

May 18-21, 2017 — Outside Bike & Brew Festival. Santa Fe, NM, There are mountain and road rides, clinics, a Bike Expo, bike demos, poker ride, beer, dinners, concerts, movies and more., Michael McCalla, 406-381-2690, ride@santafecentury.com, Tim, 505-209-5760, tim@outsidesantafe.com, outsidesantafe.com

May 20, 2017 — Cycle for Independence. Boise, ID, Fundraiser for the Treasure Valley Chapter of the National Federation of the Blind, 10,20, and 63 mile distances, individual and team rides, routes begin in northwest Boise, supported ride. After ride burgers with all the fixings combined with socializing, music, festivities and prizes, Ramona Walhof, 208-336-5333, cycleforindependence@gmail.com, Allan Schneider, 208-870-4831, aschneider@hotmail.com, tvblindidaho.org

May 20, 2017 — Ride for the Pass. Aspen, CO, The 23rd annual Ride for the Pass is a 10-mile race up scenic Independence Pass just east of Aspen, climbing from 8,500-10,700 feet, that benefits the Independence Pass Foundation., Mark Fuller, 970-963-4959, 970-618-5086, fulcon@comcast.net, Karin Teague, 970-274-9690, 970-379-1222, direct@independencepass.org, Dina Belmonte, 970-379-1222, dinab@soprins.net, independencepass.org

May 21, 2017 — Santa Fe Century and Gran Fondo. Santa Fe, NM, 32nd Annual. Escorted group, outstanding food stops staffed by experienced volunteers who return year after year. In addition to the Century, Half-Century, and 20 mile rides, we are offering 2 timed events: Gran Fondo (100 mile timed ride), Medio Fondo (50 mile timed ride). Each fondo will have its own start time and a neutral start, police escort to the city limits., Michael McCalla, 406-381-2690, ride@santafecentury.com, santafecentury.com

May 22-27, 2017 — Redrock Canyons Tour. Grand Junction, CO, Featured in NY Times. Tours also available in June, September, and October. Ride to Monument Valley and the Dolores River Canyon. Average mileage 72 and two centuries. Total ascent 22,159ft descent 24,187ft. Strong-Intermediate to Advanced., John Humphries, 970-728-5891, info@lizardheadcyclingguides.com, lizardheadcyclingguides.com

May 26-28, 2017 — Iron Horse Bicycle Classic. Durango, CO, 45th Annual, Road Race and four from Durango to Silverton, Road Circuit race and Time Trial, 25/50 mile tour, Kids Race and Mountain Bike Cross Country Race, Cruiser Crit, Gravel Ride, BMX race, swim race, Gaige Sippy, 970-259-4621, direct@ironhorsebicycleclassic.com, ironhorsebicycleclassic.com

May 27, 2017 — Tour of Marsh Creek Valley. Pocatello, ID, Fully supported ride with snack and drinks at Inkom, McCammon and the Downey turns. Options of 26, 60, or 100 miles between Pocatello and Malad Pass., Mike Collaer, 208-681-0919, 208-533-5445, dadcollaer2@hotmail.com, idahocycling.com, pebblecreekraceteam.com

June 3, 2017 — Buena Vista Bicycle Festival. Buena Vista, CO, Scenic and easy to challenging routes 35, 50, 62 and 97 mile ride options in Beautiful Arkansas River Valley at the Feet of 14,000 Ft Mounts Princeton, Harvard and Yale. Exceptionally well supported with after-noon party and band., Tim Lopez, 719-594-5655, 719-622-0439, bikefest-info@bvbf.org, Aaron Rosenthal, 719-594-5655, bikefest-info@bvbf.org, Chris Quoyever, 719-398-9257, chris@makerssoc.com, bvbf.org

June 3, 2017 — Palisade Gran Fondo. Palisade, CO, Fully supported Gran Fondo through the famous orchards and vineyards of western colorado and the rugged Reeder and Purdy Mesas. 40 and 68 mile options., Jennifer Siney, 970-819-1101, 510-910-1608, palisade-velo@gmail.com, palisadegranfondo.com, palisadecoc.com/co/palisadegranfondo

June 3-4, 2017 — Tour of the Swan River Valley West. Missoula, MT, TOSRV - a two-day, 226 mile, challenging bicycle tour through western Montana's most scenic areas. It was established in 1970 as a recreational and social event rather than a race. Missoula-Seeley Lake-Big Fork-Flathead Lake-Missoula, Tim Marchant, bike@tosrvwest.org, missoula-bike.org/hillclimb

June 4, 2017 — America's Most Beautiful Bike Ride - Lake Tahoe. Stateline, NV, 26th annual, in conjunction with the Leukemia & Lymphoma Society Team in Training program. Fully supported with rest stops, Tech support and SAG. 100 mile century, 72 miles, boat cruise, and 35 mile fun ride., Curtis Fong, 800-565-2704, 775-771-3246, taft@biketahoe.com, biketahoe.com, dikeand-skilahoe.com

June 4, 2017 — Subaru Elephant Rock Cycling Festival. Castle Rock, CO, The unofficial start to the Colorado cycling season. You will not want to miss the excitement and camaraderie of the 30th pilgrimage to Castle Rock for the Rocky Mountain region's premier cycling festival. Whether you are 6 or 60, prefer to ride on the road or dirt, there is a course for cyclists of all abilities. All of the rides start and finish at the Douglas County Fair Grounds. Stick around for the party at the Rock post-ride picnic and cycling expo., Mike Heaston, 303-635-2815, emgmh@emgcolorado.com, Scott Olmsted, 303-282-9015, info@elephantrockride.com, elephantrockride.com, emgcolorado.com/wordpress/?page_id=10

June 10, 2017 — Fremont Area Road Tour (FART). Lander, WY, 13 to 100 mile options, includes breakfast, bbq, t-shirt and bottle, in conjunction with Brew Fest, Nyssa, fart@landercycling.org, Tony Ferlisi, landercycling@gmail.com, landercycling.org

June 10, 2017 — Lemhi Valley Century Ride. Salmon, ID, 100 miles or 100 kms through the picturesque Lemhi River Valley., Marla Huntman, 208-303-0106, mhuntman@hotmail.com, lemhivalleycenturyride.weebly.com/

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June 12-July 6, 2017 — Great Alaska Highway Ride, Dawson Creek, BC, AK, Ride the full length of the notorious Al-Can Highway from Dawson Creek BC to Delta Junction Alaska. A fully supported camping and cycling adventure, with a few motel nights. Tom Sheehan, 352-353-8712, tours@pedalerspubandgrille.com, pedalerspubandgrille.com/alaska-bicycle-tours-great-alaska-highway-bike-tour

June 16-20, 2017 — Cycle The Sierra, Grass Valley, CA. This fully supported, five-day journey takes riders on a 300-mile loop through the Lake Tahoe area. The ride features beautiful mountain scenery, live music each night, delicious catered food, a beer and wine garden, massage and much more., Mark Reiner, 530-320-1625, mark@cyclethesierra.com, cyclethesierra.com

June 17, 2017 — 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 17, 2017 — The Great Owyhee Ride Against Hunger, Ontario, OR, 50 mile, 62.5 miles, or 100 miles, experience all that Scenic Rural Oregon has to offer! Start:Historic Train Depot in Downtown Ontario, tour through the rustic country side, experience the majesty of the High Desert landscape, and make your way towards the stately Owyhee Dam before circling back towards town. , Kurt Holzer, 208-890-3118, kurtholzer@hotmail.com, Kevin Goade, 208-739-1545, tarmacdog@gmail.com, greatowyheeride.com

June 17, 2017 — Mountain Top Experience Ride Century and Half-Century, Florissant, CO, Over 10,000 feet of elevation gain starting at 8,000 feet in elevation. The century ride that you through Cripple Creek and Victor Colorado, the 75 mile route still has 6,000 feet of climbing and is more laid back with rolling hills. The 50 mile route is still a lot of climbing and the 30 mile and 18 mile out and backs are for the less challenging routes. Free Lunch, Free massages, Free Commemorative patch, and the best ice cream cones you can imagine at the finish line. All well supported, on paved county roads. Packets will be mailed 10 days before the event to all pre-registered riders. Florissant Grange Hall, 2009 County Rd 30 Florissant, CO 80816, Deborah Maresca, 719-689-3435, redhorse680552003@yahoo.com, mountaintopcyclingclub.com

June 18-24, 2017 — Bicycle Tour of Colorado, Various, CO, 23rd annual 7 day fully supported bicycle tour in the Colorado Rocky Mountains. Registration includes camping areas, baggage transportation, route maps, road markings, fruit and water stations with restrooms every 20-30 miles, Colorado State Patrol, bicycle repair services, SAG vehicles, and medical support along the route. Premium upgrades such as parking, bike box storage, catered meals, and hotels are also available for additional fees., Alisha Powell, 303-985-1180, answer@bicycletourcolorado.com, bicycletourcolorado.com

June 24, 2017 — RATPOD (Ride Around the Pioneers in One Day), Dillon, MT, RATPOD is a 130-mile one-day charity ride for Camp Make-A-Dream (a cost free cancer camp). The ride takes place in the beautiful Big Hole Valley of SW Montana., Courtney Imhoff, 406-549-5987, info@ratpod.org, ratpod.org/campdream.org

June 24, 2017 — Bike for Kids Idaho Falls, Idaho Falls, ID, Kids Crit Series, family ride, and 5K run., Kristy Mickelsen, 208-522-1205, 208-680-9397, kristy@bikeforkidsidaho.com, bikeforkidsidaho.com

June 24, 2017 — Holly Frontier Tour de Prairie, Cheyenne, WY, Course heads west out of Cheyenne along Happy Jack Road - WYO 210, past Curt Gowdy State Park and through Medicine Bow National Forest, to the Lincoln Memorial at the I-80 Rest Area. 3,000ft of elevation gain. Courses ranging from 10-100 miles, start at Lions Park, road course only., Jim Wollenburg, 307-637-6423, wollenburg@cheyennecity.org, cheyennecity.org

June 24, 2017 — Bingham County Idaho Relay for Life, Kellogg, ID, Ride on the trail of the Coeur d'Alenes from the Walmart parking lot in Smelterville to the trailhead in Plummer and back. Distance is 101 miles. Food will be provided along the way. Limited sag will be available. Cars are not permitted on the trail. Support can only go the trailheads. Course is flat, the only real climb is the 5 miles before Plummer, this is about a 3% grade. Shorter routes will be available, if desired. Each rider is asked to donate \$50 to the American Cancer Society., Sharon and Steve O'Brien, 208-317-8375, 208-681-3602, sharonelizabethobrien@hotmail.com, friendsofcdtrails.org

June 24, 2017 — Ride for Hope, Kuna, ID, 3rd annual Ride for Hope put on to help give HIV/poverty-stricken kids in India hope for a better life. Fully supported with a catered, freshly cooked meal provided by Dell George. Ride through the scenic Snake River Valley and West Heritage Byway to help give poverty-stricken kids in India hope for a better life. 18.6, 31.2, 66.2 mile options with an inaugural century being considered., Margo Riggs, 208-608-2527, rideforhope.ccb@gmail.com, rideforhope.net

June 24-30, 2017 — Mavic Haute Route Rockies - Colorado Spring Stage, Colorado Springs, CO, The inaugural Mavic Haute Route Rockies will become the fourth leg in amateur cycling's first global series of multi-day events. In the spirit of tackling the highest, steepest, most renowned terrain, Colorado's unique mountain scenery and rich cycling culture will be showcased to spectacular effect by these inaugural Rockies venues. The event will conclude its final stage in Colorado Springs with riders taking in the scenic Garden of the Gods., The Sports Corp , 719-634-7333, info@thesportscorp.org, Doug Martin, 719-634-7333 Ext 1010, doug@thesportscorp.org, hauteoute.org/events/stages/mavic-rockies-2017

July 1-2, 2017 — Gran Fondo Kootenai, Libby, MT, A two-day, point-to-point, chip-timed fondo featuring fully supported riding through the spectacular landscapes of Montana's remote northwest corner. Located on National Forest Scenic Byways, our routes take in the state's Cabinet Mountains, serene Lake Koocanusa, and the legendary Yaak Valley. Proceeds benefit charities in Libby, Eureka, and Troy, Montana., John Weyhrich, 406-241-2829, john_veyhrich@yahoo.com, gfkootenai.com

July 8, 2017 — Goldilocks Boise, Goldilocks Bike Ride, Eagle, ID, Fully supported, non-competitive, women only bike ride. Beautiful route, yummy food, pretty t-shirt, good lookin' Papa Bears. , Dani Lassiter, 801-635-9422, info@goldilocksride.com, goldilocks.events/gid/info

July 8-9, 2017 — The Triple Bypass, Evergreen, CO, This challenging ride is over 120 miles with 10,000' of climbing and travels over 3 beautiful mountain passes from Evergreen to Avon, CO., Jennifer Barbour, 303-503-4616, execdir@teamevergreen.org, Nat Ross, 970-390-9730, tripletriplebypass.org

July 9-21, 2017 — B.E.A.R.S. - Bicycling the Extraordinary Alaskan Roads, Anchorage, AK, Explore a variety of Alaskan landscapes, from Denali to Prince William Sound. Fully supported trip with both camping and great food., Tom Sheehan, 352-353-8712, tours@pedalerspubandgrille.com, pedalerspubandgrille.com/alaska-bicycle-tours-bears-cycling-tour

July 13-15, 2017 — Yellowstone/Grand Teton Series, Salt Lake Randonneurs Brevet Series, Ashton, ID, Self Supported 600km or 1000km ride (375- or 620-mile) with overnight gear drops. Goes into Yellowstone and Grand Teton National Parks. A brevet is a timed ultra distance event., Richard Stum, 435-462-2266, richard@eogear.com, sallakerandos.org

July 15, 2017 — Pepsi Cola Taylor House Benefit Century Ride, Flagstaff, AZ, Benefit ride in the high-altitude cool pines of Northern Arizona. There are 32, 50, 63, and 100 mile route options., Anthony Quintile,

928-779-5969, flagstaff@absolutebikes.net, Ashley Hammarstrom, 877-527-5291, Ashley.hammarstrom@nahealth.com, absolute-bikes.net/taylor

July 16-21, 2017 — Tour de Wyoming, Cheyenne, WY, 21th Annual. Start and end in Cheyenne, Wyoming with overnight stays in Wheatland, Rock River, Saratoga (two nights), and Laramie. The route goes over four mountain passes and covers more than 400 miles., Amber Travky, 307-742-5840, atravsky@wyoming.com, cyclewyoming.org, fourdeuwoming.org

July 22-29, 2017 — Oregon Bicycle Ride, Sisters, OR, Tour of northwest Oregon. Crosses the mouth of the Columbia River, visits sites famed by Lewis and Clark, includes ferry back into Oregon, and rides through northern forests and countryside. Cyclists will have time to tour wineries, play at Ride Oregon's oldest week-long tour! Join 300 riders as we explore the classic Oregon Cascades routes: McKenzie Pass, the Auderheide, Cascades Lakes Hwy, you'll even have a chance to ride the Crater Lake Rim Road! Fully supported, with legendary food and amenities., Sanna Phinney, 541-382-2633, 541-410-1031, info@bicycleridesnw.org, bicycleridesnw.org

July 22, 2017 — Cycle Magic Valley, Yes, Twin Falls, ID, A 12, 30, 62, or 100 mile bicycle ride for all levels. There is a family friendly 12 mile route that takes you out to Meander Point. The 30 mile route heads out west, north of Filer. The metric century route takes you down into Melon Valley and the challenging century route takes you down into Melon Valley, Hagerman, out to the windmills and back! The ride is fully supported with a barbecue at the finish line. Tech t-shirts for all participants., Denise Alexander, dalexander@flirtel.com, mavtec.org/race/cruisin-magic-valley/

July 26-August 6, 2017 — Klondike Gold, Fairbanks, AK, Travel from Fairbanks back in time to cycle the route of the Klondike Gold Rush, in reverse from historic Dawson City, Yukon to Skagway, Alaska. Fully supported camping tour with a few nights in motels., Tom Sheehan, 352-353-8712, tours@pedalerspubandgrille.com, pedalerspubandgrille.com/yukon-bike-tour-klondike-highway-cycling

July 29, 2017 — Cascade 4-Summit Challenge, Cascade, ID, Options include 75, 60, 50, 30 or 8.2 Mile Options. Course covers two mountain passes along Warm Lake Road. The ride starts at the American Legion Hall in downtown Cascade and proceeds down Main Street to Warm Lake Road. Money raised by the Cascade to Warm Lake Four Summit Challenge will support various charitable and community projects within the area of Cascade. Ride support will be handled by George's Cycles of Boise, and post ride barbecue, beer garden and music will be hosted by the Community of Cascade., Mike Cooley, 208-343-3782, mcooley@gorgescycles.com, 4summitchallenge.com, gcoresevents.com

August 5-12, 2017 — Ride Idaho, Ketchum, Sun Valley, ID, 7-Day fully supported, non-competitive roadbike tour with SAG support, mechanics, showers, beer garden, entertainment, 400 miles of spectacular scenery. Tent and Porter Service available. Ketchum/Sun Valley to Salmon, Arco, Stanley., Earl Grief, 208-890-4434, 208-830-9564, egrief@cableone.net, rideidaho.org

August 5, 2017 — Sawtooth Century Tour, Sun Valley, ID, Benefit for the Wood River Bicycle Coalition. Road bike tour from Ketchum to Altares Lake and back. 50 or 100 mile tour options. Aid stations along the way., Brett Stevenson, 208-720-8336, wrbcb.brett@gmail.com, woodriverbike.org

August 5, 2017 — Gran Fondo Taos-Mora-Angel Fire, Taos, NM, 7:00 am start. 105 , 84, or 46 miles. Five aid stations. Beautiful scenery. Ride for fun, ride for time; all riders welcome! Proceeds from this event will go to the Taos Sports Alliance, whose goal is bringing more sporting opportunities to Taos County youth. Start/finish for all three distances is at the Taos Youth and Family Center, 407 Paseo del Canon East, Taos NM, 87571., Jennifer Buntz , 505-306-1443, granfondotaos@gmail.com, taosportsalliance.com, dukecitywheelmen.org

August 5, 2017 — Copper Triangle Alpine Classic, Copper Mountain, CO, 12th Annual.

The Copper Triangle has long been considered one of Colorado's classic alpine road rides. Graced with breathtaking scenery, gorgeous roads and three challenging climbs, the ride exemplifies cycling in the Colorado Rockies. The course is 78 miles, with an elevation gain of almost 6,000 feet over three mountain passes., Mike Heaston, 303-635-2815, emgmh@emgcolorado.com, Scott Olmsted, info@coppertriangle.com, coppertriangle.com, emgcolorado.com/wordpress/?page_id=10

August 5-12, 2017 — Idaho Bicycle Ride, Hailey, ID, Enjoy a week of sublime scenery, full support and legendary food, exploring some of Idaho's wildest territory. Join 300 riders in Challis, Salmon, Stanley and other small towns in beautiful places, following the Wild & Scenic Salmon River for days., Sanna Phinney, 541-382-2633, 541-410-1031, info@bicycleridesnw.org, bicycleridesnw.org

August 12, 2017 — HeART of Idaho Century Ride, Idaho Falls, ID, 25, 62, and 100 mile options. Entry fees cover entry, t-shirts, fully stocked rest stops, and post ride BBQ. Route is flat to rolling, easy to moderate difficulty. Benefit for the Art Museum of Eastern Idaho., Miyai Griggs, 208-524-7777, 208-766-6485, mabe@theartmuseum.org, theartmuseum.org/Century.htm

August 12, 2017 — Le Tour de Koocanusa, Libby, MT, Fully supported 83 or 44 mile bike ride which tours the breathtaking shoreline of Lake Koocanusa. Ride finishes with a Blues Festival Finale. Fundraiser for Search & Rescue. Starts at 8 am., Dejon Raines, 406-291-3635, dejonrainses@hotmail.com, Pam Boyke, 406-293-3556, info@letourdekoocanusa.com, letourdekoocanusa.com

August 12-13, 2017 — Bike MS - Wyoming's Bighorn Country Classic, Bike MS, Sheridan, WY, Alexis Johnson, 303-698-5403, alexis.bradley@nmss.org, Molly Palmer, 307-433-8664, wymomingbikems@nmss.org, bikemswyoming.org

August 12, 2017 — Tour of the Valley, Grand Junction, CO, The Tour is not a race; we encourage you to set your own pace and enjoy beautiful Western Colorado. Options include a 100 or 50 mile ride over the Colorado National Monument, a 75 mile route or a family friendly 30 mile route all followed by live music, local beer, and delicious food! Start and finish at the Community Hospital located at 2351 G Road (just west of Canyon View Park), Morgan Taylor, 970-644-3491, webquest@ghosp.org, secure.yourcommunityhospital.com/CommunityHospitalFoundationTouroftheValley.cfm

August 12, 2017 — Pedal For Patients, Fruitland, ID, The ride starts and ends at Saint Alphonsus Fruitland Health Plaza in Fruitland, Idaho. 910 NW 16th St. Lunch, rest stops, and sag wagons will be provided along with plenty of food. 100, 68, 40, or 20 mile ride options. Avid racers and family friendly., Ken Hart, 541-881-7295, hartkr@trinity-health.org, pedalforpatients.com

August 12, 2017 — The Broadmoor Pikes Peak Cycling Hill Climb, Colorado Springs, CO, The Broadmoor Pikes Peak Cycling Hill Climb Grand Fondo features a non-competitive fun ride that gives cyclists of all abilities a truly unique experience on Pikes Peak. It will be held in conjunction with the Inaugural USA Cycling Hill Climb National Championships, Saturday, August 12, 2017. Created in 2010, this year marks the 8th consecutive year of The Broadmoor Pikes Peak Cycling Hill Climb, an annual event of the Colorado Springs Sports Corporation. This event attracts the top cyclists and recreational cyclists from across the nation and around the world., The Sports Corp , 719-634-7333, info@thesportscorp.org, Jeff Mosher, 719-634-7333 Ext 1005, jeff@thesportscorp.org, colorado-springssports.org/index.php?option=com_content&view=article&id=329&Itemid=292

August 19, 2017 — Four Peaks Gran Fondo, Pocatello, ID, One Day: 82 miles, Four Peaks: 7800ft total elevation gain. Climb the 4 peaks of the Portneuf Valley: Crystal, Scout Mountain, Pebble Creek, Buckskin. The hill climb portions are timed with timing chips. Downhill portions are not timed. Cumulative climb times will be combined to determine rank., Katie Loveday, 208-232-8996, barries-events@gmail.com, 4PGF.com

August 20-September 8, 2017 — Yellowstone National Park Bike Tour, Belgrade, MT, Aug

20-25; Aug 27-Sep1; Aug 27-Sep1; Sep 3-08 Experience the world's first national park! Tour includes 5 nights of lodging, 6 days of meals, guide service, entrance fees, daily lunch en route, energy food, liquid refreshments, shuttles, and mechanical support., John Humphries, 970-728-5891, info@lizardheadcyclingguides.com, Travis Tucker, 970-728-5891, travis@lizardheadcyclingguides.com, lizardheadcyclingguides.com

September 9, 2017 — Race the Rails, Ely, NV, Race the train in Ely! Fun for the whole family! Race a coal fired steam engine that is over 100 years old. The event will accommodate both road and mountain bike riders of all ages., Meg Rhoades, 775-289-3720, 800-496-9350, ccassist@mpwpower.net, www.elynevada.net

September 9, 2017 — American Diabetes Association's Tour de Cure, Parker, CO, Tour de Cure is an incredible experience for cyclists, runners, walkers, and extreme ninjas! All routes end back at the Salisbury Park Festival where community members are invited to join in the fun. If you have diabetes you are the VIP of the day. Route options of 5K Walk/Run, 20K Ride, 50K Ride, 100K Ride, 100 Mile Century Ride, and Xtreme Obstacle Course, Brandi Miller, 720-855-1102 x7023, bmiller@diabetes.org, diabetes.org/coloradotourdeure

September 10, 2017 — Tour de Tahoe - Bike Big Blue, Lake Tahoe, NV, 15th Annual ride around Lake Tahoe's 72 mile Shoreline with the Juvenile Diabetes Research Foundation International. This ride is also a Memorial Nine-Eleven ride. Fully supported with rest stops, tech support and SAG. 72 miles, 4300 ft vertical gain. Boat cruise and 35 mile fun ride., Curtis Fong, 800-565-2704, 775-771-3246, gft@bikethestwest.com, bikethestwest.com

September 10-29, 2017 — Santa Fe Trail Bicycle Trek, Santa Fe, NM, 21st Year. Camping Trip. Ride all or part of the Santa Fe Trail (approx. 1100 miles) on paved public roads only. All gear carried by truck. After the first four days, riders can leave the group at any place along the route., Willard Chilcott, 505-982-1282, willard@cybermesa.com, SantaFeTrailBicycleTrek.com

September 15-16, 2017 — Grind de Galena, Pocatello, ID, 110 miles, 2 day group ride, Katie Loveday, 208-232-8996, barries-events@gmail.com, barriessports.com/2017-grind-de-galena.html

September 16, 2017 — Tour de Vineyards, Pailsade, CO, Come join this 25-mile ride through Colorado's Wine County just prior to the Colorado Mountain Winefest., Scott , scoty@clippedinproductions.com, Amanda Knutson, 515-681-6036, amanda@clippedinproductions.com, tourdevineyards.com

September 16, 2017 — Idaho Poker Ride Pedal for Paws and Claws, Boise, ID, A Benefit Ride for: Idaho Horse Rescue, SNIP, Audrey Pet Foundation, Helping Hand Fund, Lactic Acid Cycling, The BYRDS Youth cycling. Starts and ends at MWI Animal Health 3041 W. Pasadena Dr. in Boise. 4 route choices, 15, 30, 63, 100 miles. Lots of prizes! Fabulous swag bag! Fully supported! All routes take off at 8:00 AM, Robyn Knoek, 208-871-0951, rknoek@mwanimalhealth.com, pedalfor-pawsandclaws.org

September 17, 2017 — Edible Pedal 100, Carson City, NV, 10 mile, 50 mile and Nevada 150K ride options, Start: Bowers Mansion Regional Park, Washoe Valley, NV. Challenging course, fully equipped ride stops, SAG, water bottle, maps, post ride BBQ, priceless views, camaraderie and an unbeatable sense of accomplishment., Don Idings, 775-393-9158, ride@ediblepedal100.org, ediblepedal100.org

September 23, 2017 — Mountains to the Desert Bike Ride, Telluride, CO, 14th Annual Mountains to the Desert Bike Ride. From the high mountains of Telluride, cyclists descend past hillsides of quaking aspens along a route that passes through millions of years of geologic record, ultimately finding themselves at the base of striated sandstone cliffs reaching up to 1,000 feet overhead and onwards to the beautiful desert landscape of Gateway. Mileage options: 70, 100 & 130. This ride benefits the Just For Kids Foundation, Todd Hageman, 435-414-1942, m2dbikeride@gmail.com, Lara Young, 970-708-1105, m2dbikeride.com

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- September 23, 2017 — Royal Gorge Century.** Canon City, CO, 100 mile, 62.5 mile, and 50 k Bike rides and community beer festival, Gordon Eckstrom, director@bikesandbrews.org, bikesandbrews.org
- September 24-30, 2017 — OATBRAN,** Lake Tahoe, NV, 26th annual One Awesome Tour Bike Ride Across Nevada! Silver celebration of Riding Across Nevada! following the Legendary Pony Express Trail on U.S. Hwy. 50. 5 days of riding, 420 miles from Lake Tahoe to Great Basin National Park. Fully Supported motel style tour., Curtis Fong, 800-565-2704, 775-771-3246, tgft@bikethestwesi.com, bikethestwesi.com
- September 30, 2017 — ICON Eyecare Tour of the Moon,** Grand Junction, CO, 6th Anniversary Metric Century or Classic 41 mile loop over the beautiful canyons of the Colorado National Monument made famous by the Coors Classic and American Flyer movie., Mike Heaston, 303-635-2815, emgmh@emgcolorado.com, Scott Olmsted, 303-282-9015, info@fourofthemoon.com, fourofthemoon.com, emgcolorado.com/wordpress/?page_id=10
- October 2-7, 2017 — Ride with Jan Ullrich,** San Francisco, CA, 6-Days of Cycling up Mt. Tamalpais, Meyers Grand Road, down through Dry Creek Valley, and Napa Valley with cycling legend Jan Ullrich. Tour includes riding The Jens Voigt Gran Fondo with Jan and Jens and superb lodging throughout., John Humphries, 970-728-5891, info@lizard-head-cyclingguides.com, lizard-head-cyclingguides.com
- October 7, 2017 — Goldlocks Vegas,** Goldlocks Bike Ride, Las Vegas, NV. The only women exclusive ride event in Nevada. Cyclists can choose from a 20, 40, 60, 80, and 100 mile ride all featuring downhill, flat, and rolling terrain in Red Rock Canyon., Dani Lassiter, 801-635-9422, info@goldlocksride.com, goldlocksride.com/events/glv
- October 7, 2017 — No Hill Hundred Century Bike Tour,** Fallon, NV, 30 mile, 60 mile, and 100 mile tour, fully supported. Event swag, gift bags, lunch (for metric and century riders), post event BBQ at noon for all riders. Check in and start 7:00-8:30 am, Churchill County Fairgrounds., Danny Gleich, 775-423-7733, dgleich@churchillcounty.org, churchillcounty.org/parksrec/index.php?cfr=152, churchillcountycyclists.com
- October 7, 2017 — Santa Fe Gourmet Classic,** Santa Fe, NM, Join us on a 62 mile ride from Santa Fe, NM through surrounding hills while enjoying the fall colors of the beautiful Sangre de Cristo mountains. Begin in Santa Fe with a hot breakfast then gourmet lunch at the Allan Houser Sculpture Gardens. Admire the art of the renowned Apache artist while savoring a catered lunch. This is a high altitude ride at 7000 feet with several climbs. A fun ride all about food and friends., Kathleen Davis, 505-795-3286, 408-499-0775, lavimz@gmail.com, santafegourmetclassic.com
- October 8, 2017 — West Yellowstone Old Faithful Cycling Tour,** Tentative, West

- Yellowstone, MT, West Yellowstone to Old Faithful and back, 60 miles past golden aspen, bugling elk, majestic bison, gurgling geysers, and steaming hot pots, supported ride., Moira Dow, 406-646-7701, tour@cycleyellowstone.com, cycleyellowstone.com
- October 14, 2017 — Park to Park Pedal Extreme Nevada 100,** Caliente, NV. Road bike starting at Kershaw-Tyan and takes peddlers through the towns of Caliente and Pioche, and through three other state parks: Cathedral Gorge, Echo Canyon, and Spring Valley and back to Kershaw-Ryan State Park. 3 rides available: 100, 60 and 40 mile options. A Dutch oven dinner will be provided afterwards., Dawn Andone, 775-728-4460, cathedralgorge_vc@cturbonet.com, Jonathan Brunet, 775-726-3564, keishaw@cturbonet.com, cturbonet.com, parktoparkpedal.com/, lincolncountynevada.com/exploring/biking/park-to-park-pedal/
- October 14, 2017 — Gila Monster Gran Fondo Fondo,** Silver City, NM. With four distances to choose from, everyone can find their challenge. Gran Fondo 103 miles, Gough Park, Silver City 8:00am. Medio Fondo 70 miles, Gough Park, Silver City 8:00am. Micro Fondo 50 miles, Hi-Spot, HWY 152 8:30am. Nano Fondo 32 miles, Camp Thunderbird, HWY 35 8:30am., Jack Brennan, 575-590-2612, brennan5231@comcast.net, tourtothegila.com
- October 14, 2017 — Death Valley Century,** Death Valley, CA, 50 and 100 mile options. Entry includes chip timing; fully stocked checkpoints along the route with water and a great selection of food and snacks; roving SAG support; tech tee and finish line award. Start at The Ranch at Furnace Creek Resort., Deborah Bowling, 818-889-2453, embassy@planetultra.com, planetultra.com
- October 28, 2017 — Bike MS Las Vegas,** Bike MS, Las Vegas, NV, Fundraiser for the National Multiple Sclerosis Society. Fully supported. Start/Finish Location: Lou Ruvo Center for Brain Health - Cleveland Clinic, 30, 50, or 100 miles. Rest Stops approximately every 15 miles. Joe Grubbs, 310-481-1134, Joseph.Grubbs@nmss.org, Angela Van Brackle, 702-736-7272, 855-372-1331, fundraisingsupport@nmss.org, bikeMSvegas.org, bikems.org

Multisport Races

- May 6, 2017 — Ironman St. George 70.3 North American Pro Championship,** St. George, UT, 1.2 mile swim, 56 mile bike, 13.1 mile run. Start: Sand Hollow reservoir. Bike through Snow Canyon State Park, Finish Downtown St. George., Ironman, 303-444-4316, stgeorge@ironman.com, Kevin Lewis, 435-966-6615, Kevin@visitstgeorge.com, ironmanstgeorge.com
- May 8-September 1, 2017 — Salt Lake Tri Club Junior Triathlon Team,** Murray, UT, Murray Pool, Sugarhouse Park, Jordan River Trail, Salt Lake Tri Club hosts a junior team for athletes ages 10-17. Please contact Jo Garuccio, head coach, for information., Jo Garuccio, 801-566-9727, 801-557-6844, jo@agroupsports.com

- agroupsports.com, greatbasincoaching.com, salllakeclub.com
- May 13, 2017 — Woman of Steel Triathlon & 5K,** Syracuse, UT, This year's race is being held in conjunction with the Ghost Town Triathlon. Every Woman of Steel and Ghost Town participant receive a sweet Ghost Town Cowgirl hat! Don't miss this one of a kind sprint pool triathlon at the RUSH Funplex Pool and Rec Center as we party with a great race venue, catered post event food, boutique vendors, random prizes and more!, Dan Aamodt, 385-228-3454, info@triatlah.com, triatlah.com
- May 13, 2017 — Salem Spring Triathlon,** RACE TRI, Salem, UT, 800 meter swim, 12.5 mile bike, and 3.1 mile run triathlon course, spectator friendly park and race venue. Race shirts and finisher medals., Aaron Shamy, 801-358-1411, info@racetri.com, racetri.com
- May 13, 2017 — South Davis Splash n Sprint Triathlon,** South Davis Racing Series, Bountiful, UT, Sprint starts at 7:45, Swim 350 yds; Bike 12.02 mi; Run 5k, relay: Split the Sprint between 2-3 racers. Novice: Swim 150 yds; Bike 2.4 mi; Run 1.5 mi. Be at the start before 8:45am! Location: South Davis Recreation Center, 550 N 200 W, John Miller, 801-298-6220, john@southdavisrecreation.com, Cindy Hunt, 801-298-6220, cindy@southdavisrecreation.com, southdavisrecreation.com
- May 20, 2017 — Sand Hollow Triathlon,** BBSC Twin Tri Series, Hurricane, UT, The first race of the Twin Tri series at Sand Hollow State Park, with Sprint, Olympic, Du, Kids' Tri, 10k, and 5k distances. Bike along scenic sand dunes, and run around a gorgeous, reflective lake., Craig Towler, 318-518-7303, info@bbscf.com, Michelle Lund, michelle@bbscf.com, bbscf.com
- June 3-4, 2017 — XTERRA Deuces Wild Triathlon Festival,** XTERRA America Tour, Show Low, AZ, Off road triathlon, 800m open water lake in Fool Hollow Lake, 24km mountain bike leg, 8km trail run. Begins at 7:45 a.m. Depending on water level, athletes will begin the race in the water or on the boat ramp. Plus long course, Olympic, and Youth Triathlons, Raena Cassidy, 877-751-8880, info@xterra-planet.com, TriSports Racing, 520-884-8745, info@trisportsracing.com, deuceswildtriathlon.com/events/xterra-deuces-wild
- June 9, 2017 — The Lunatic Triathlon,** Price, UT, Held under the Full Moon! Choose between a Kids Triathlon, 5k run, Run-Bike Duathlon, Mini-Sprint Triathlon, Sprint Triathlon, Unicycle Triathlon or an off road Singletrack Triathlon, Scott Merrell, 435-650-0345, scott@lunatictriathlon.com, lunatictriathlon.com
- June 10, 2017 — East Canyon Triathlon,** TriUtah Points Series, Morgan City, UT, Welcome to the 4th annual East Canyon Triathlon! This race boasts stunning scenery with a fast, technical bike course, and hometown hospitality like no other, with both sprint and intermediate/Olympic distance races to choose from. This event is a two transition point to point race beginning at beautiful East Canyon Reservoir. The sprint bike is downhill and fast. The Olympic bike course has two short challenging hills followed by a downhill fast descent to Morgan City. Both distances offer a scenic run along the Weber River and local neighborhoods., Dan Aamodt, 385-228-3454, info@triatlah.com, triatlah.com
- June 10, 2017 — Tiny Tri,** Park City, UT, Kid friendly Tiny Triathlon for youth ages 7-14, 9:30am. 100 meter pool swim, 3 mile bike and 1 mile run., Ken Fisher, 435-615-5411, ken@parkcity.org, parkcitycreation.org
- June 10, 2017 — Paddle, Pedal, Paddle,** Jordanelle, UT, Our version of a triathlon. It is 5 miles of standup paddleboarding, followed by 10 miles of mountain biking, finished with 5 miles of standup paddleboarding. By using the mountain bike to exhaust the legs and then ask them to support you on the final stage of the event, we feel that last stage is almost nothing like the first. The typical weather pattern over the last 4 years of running this event has been calm glassy water for stage one and windy choppy water for stage three. Race can be divided into 2 or 3 person teams. Registration begins at 7:30 a.m., race begins at 9:00 a.m., Trent Hickman, 801-558-9878, parkcitysup@gmail.com, www.parkcitysup.com
- June 12-15, 2017 — USAT Youth Tri Clinic,** Murray, UT, Ages 7-12. Clinic will cover all

- three triathlon disciplines of swim, bike, run plus transition, nutrition, and hydration. Primary focus is skill in each area. Clinic will run four mornings from 9:00am-noon. USA Triathlon sanction pending. USAT certified head coach., Jo Garuccio, 801-566-9727, 801-557-6844, jo@agroupsports.com, greatbasincoaching.com
- June 17, 2017 — Rock Cliff Tri at Jordanelle,** RACE TRI, Heber, UT, Held at Jordanelle Reservoir. Race shirts and finisher medals. Olympic and sprint distances., Aaron Shamy, 801-358-1411, info@racetri.com, racetri.com
- June 17, 2017 — I Can Triathlon,** Sandy, UT, Alta Canyon Sports Center, 9565 S. Highland Drive, sprint triathlon, 400m swim, 9 mile bike and 5K run., Alta Canyon Sports Center, 801-568-4600, parksandrec@sandy.utah.gov, sandy.utah.gov/departments/parks-and-recreation/alta-canyon-sports-center/special-events
- June 17, 2017 — XTERRA Lory,** XTERRA America Tour, Bellvue, CO, 1/2 mile swim in the clear waters of Horsetooth Reservoir (Eltuk Bay), then a 2-Lap (beginner friendly) 12.2 mile single-track bike over rolling terrain, and across valley bridges at Lory State Park. Finish things off with a fun and challenging 4.8 mile (8k) run through the clouds on single-track trails! Lance Panigutti, 303-408-1195, lance@withoutlimits.com, withoutlimits.co/#/__xterra-10ry
- June 17, 2017 — Lookout Mountain Triathlon,** XTERRA America Tour, Golden, CO, 525 Yard Swim, 10 Mile Bike, 5K Run, Paul Karlsson, 303-960-8129, info@digdeepsports.com, digdeepsports.com
- June 24, 2017 — DinoTri,** Vernal, UT, Sprint and Olympic Distance Triathlon. Race starts with an open swim at Red Fleet state park. The bike starts with a crazy hill climb out of the park and heads into town for a run and finish at Utah State Extension. One of the most beautiful triathlons in Utah!, Emilee Johnson, 801-520-0921, vernalidinoTri@yahoo.com, dinoTri.com
- June 24, 2017 — Daybreak Triathlon,** Salt Lake Triathlon Series, Salt Lake City, UT, The only open water Olympic distance race in the greater Salt Lake Valley. Get ready for the best spectator swim around with a point to point swim, a killer bike course near the Oquirrh Mountains and a run around the lake that is unparalleled., Cody Ford, 801-558-2503, cody@ustrisports.com, ustrisports.com
- June 24, 2017 — XTERRA Tahoe City,** XTERRA America, Tahoe City, CA, Qualifying race for the XTERRA USA Championship. Triathlon and Duathlon and sprint triathlon., Todd Jackson, 530-546-1019, todd@bigblueadventure.com, Kiley McInroy, kiley@bigblueadventure.com, bigblueadventure.com/event/xterra-lake-tahoe/, xterraplanet.com
- June 24, 2017 — Mountain Man Triathlon,** Alpine, WY, 600 m swim across the Snake River!, 17km Gravel/Road bike leg through the East Alpine Foothills, and 7km trail run along the Greys River. Benefits Alpine Fire & EMS, Star Valley Search & Rescue and Star Valley Medical Center Charitable Foundation, held in conjunction with Alpine Mountain Days, Pam Wolfley, 307-885-5956, pwolfley@svmcwy.org, mountainmantriathlon.org
- June 25, 2017 — Boulder Sunrise Triathlon,** Boulder, CO, Scenic course, sweet swag and all for a good cause! Includes olympic, sprint, duathlon, 10k, and 5k., Craig Towler, 318-518-7303, info@bbscf.com, Michelle Lund, michelle@bbscf.com, bbscf.com
- June 25, 2017 — Ironman 70.3 Coeur D'Alene,** Coeur D'Alene, ID, Begins with a 1.2 mile swim in Lake Coeur d'Alene. A 56-mile winding bike course follows with the run loop along the shores of the lake to finish., 303-444-4316, cda70.3@ironman.com, ironman.com/triathlon/events/americas/ironman70.3/coeur-d-alene.aspx#axzz3QCbV0c4p
- July 1, 2017 — Big Hole Challenge MTB Race and Duathlon,** Driggs, ID, Mountain bike mass start first, at 10 am, 9.73 miles with 1,160 verticle feet, then either bike a second lap or run 6.13 miles with 938 verticle feet. Awards, Raffle and results at 1 pm held at the South Horseshoe Trail Head. Kids Duathlon at Noon, .5 mi run followed by 1 mi bike, Free entry, Awards to all., Dick

- Weinbrandt, 208-354-2354, peaked@silverstar.com, peakedsports.com
- July 8, 2017 — Echo Triathlon,** TriUtah Points Series, Coalville, UT, Join us for one of Utah's most popular triathlons! Combine the competition with warm July temperatures, a scenic ride in Utah's unique Echo Canyon, and a run on the Historic Rail Trail and you have the perfect event for both seasoned athletes and beginners. Following the event enjoy hometown cooking and hospitality as the annual antique car cruise-in takes place in downtown Coalville, Ut., Dan Aamodt, 385-228-3454, info@triatlah.com, triatlah.com
- July 8, 2017 — West Yellowstone Mountain Bike Biathlon,** West Yellowstone, MT, Match class division for experienced biathletes and a Sport class for novices that includes a safety clinic and loaner rifles. All racers must provide their own mountain bike and wear a helmet., Moira Dow, 406-646-7701, info@skirunbikem.com, skirunbikem.com, rendezvouskitrails.com/events
- July 8, 2017 — Rigby Triathlon,** Rigby Lake, ID, Sprint and Olympic Triathlon, and Duathlon, Michael Hayes, 208-521-2243, events@pb-performance.com, pb-performance.com
- July 9, 2017 — Valley Girl Triathlon,** Liberty Lake, WA, Sprint distance., Marla Emde, 509-953-9924, 509-939-0552, marla@emdesports.com, emdesports.com
- July 14-15, 2017 — San Rafael Classic Triathlon,** Huntington, UT, Huntington State Park, Olympic distance tri, Olympic team relay, Sprint Tri, Sprint team relay, spring swim/bike duathlon, sprint bike/run duathlon, youth tri. Friday night activities offer live music during the pasta dinner. Body marking and packet pickup available Friday night. Camping available. Reservations necessary to ensure campsites. Held on a closed course., Wade Allinson, 435-609-3126, allinson2@gmail.com, sanrafaelclassic.com
- July 15, 2017 — Layton Tri,** tentative, Layton, UT, Rinse Ride Run Repeat is the theme to this event. This course is a mini sprint but for the full sprint repeat the course. It also has a youth triathlon and full course relay triathlon., Joe Coles, 801-335-4940, joeh@onhillevents.com, laytontriathlon.com, onhillevents.com
- July 15, 2017 — XTERRA Mountain Championship,** XTERRA America Tour, Avon, CO, The last of four regional in the XTERRA America Tour, featuring sprint and championship distance off-road triathlon options., Raena Cassidy, 877-751-8880, info@xterra-planet.com, xterrabaveercreek.com
- July 15, 2017 — The Toughman Utah Half Long Course Triathlon 70.3,** RACE TRI, Herriman, UT, Long course tri - 1.2 mile swim, 56 mile bike, and 13.1 mile run. Part of the Toughman Series., Aaron Shamy, 801-358-1411, info@racetri.com, racetri.com, toughmantri.com
- July 15, 2017 — The Cranky Lady,** Idaho Falls, ID, Fully supported, non-competitive women only cycling event. Our event offers 12 mile, 40K, 100K, and 100 mile distances, providing a safe and enjoyable ride for everyone., Michael Hayes, 208-521-2243, events@pb-performance.com, pb-performance.com
- July 22-23, 2017 — Donner Lake Triathlon,** Truckee, CA, Kids TRI, Sprint TRI, Half TRI, AquaBike, Olympic TRI, Todd Jackson, 530-546-1019, todd@bigblueadventure.com, Kiley McInroy, kiley@bigblueadventure.com, bigblueadventure.com, donnerlakeTri.com
- July 23, 2017 — Tri Boulder,** BBSC Twin Tri Series, Boulder, CO, Challenge yourself at mile high elevation. Sprint and Olympic distances., Craig Towler, 318-518-7303, info@bbscf.com, Michelle Lund, michelle@bbscf.com, bbscf.com
- July 28-29, 2017 — Doxa by Iron Cowboy,** Duchesne, UT, The only overnight team triathlon relay put on by the Iron Cowboy. Teams of 1-12 travel 285 miles doing 36 legs in a non-stop triathlon relay., Alan Sheffer, 801-669-7504, 801-836-9610, info@doxaraces.com, doxaraces.com
- July 29, 2017 — Cache Valley Super Sprint Triathlon,** tentative, Logan, UT, Come out and compete on an established and fast course in either the Sprint or Olympic distance categories., Joe Coles, 801-335-4940, joeh@onhillevents.com, cvssf.com, onhillevents.com
- July 29, 2017 — Burley Idaho Lions Spudman Triathlon,** Burley, ID, The race starts at 7 am

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July 30, 2017 — Tri and Du It For Your Bones. Medical Lake, WA, triathlon and duathlon, Maria Emde, 509-953-9924, 509-939-0552, maria@emdesports.com, emdesports.com

August 5, 2017 — XTERRA Indian Peaks. XTERRA America Tour, Eldora, CO, time trial start on a chilly 1000 meter swim, followed by a 600 meter run to the transition area, a very hilly but beautiful 22km bike ride on the roads and single track of the Eldora Nordic Center, and finally a 7km run on the eastern trails of the Eldora Nordic Center., Paul Karlsson, 303-960-8129, info@digdeepsports.com, digdeepsports.com

August 5, 2017 — XTERRA Flathead Off Road. XTERRA America Tour, Kalspell, MT, Takes place at Foy's Lake and Herron Park. Includes a 1.5 km (.93 mile) swim, 40 km (24.8 mile) bike race, and 10 km (6.2 mile) run., Raena Cassidy, 877-751-8880, info@xterraplanet.com, K Schaefer, 406-751-4100, kschaefer@krmc.org, kalspellregional.org/summit/recreation-events/events/xterrafathead

August 5, 2017 — Great Snake River Triathlon. Idaho Falls, ID, Sprint and Olympic Triathlon, and Duathlon, and team triathlon, Michael Hayes, 208-521-2243, events@pb-performance.com, pb-performance.com

August 11-12, 2017 — Emmett's Most Excellent Triathlons. Emmett, ID, Kid's Tri on Friday, Olympic/Aquabike, Sprint on Saturday., Kristen Seitz, (208) 365-5748, gcard@gem-countyrec.com, gem-countyrec.com, Lora Loveall, 208-867-6763, emmetttri@live.com, emmetttri.com

August 12, 2017 — Jordanelle Triathlon. TriUtah Points Series, Park City, UT, Enjoy everything from the wildlife and boardwalks on the river bottoms in Rock Cliff Recreation Area at Jordanelle to the local county backdrop of the towns of Francis and Woodland., Dan Aarnoot, 385-228-3454, info@tr Utah.com, tr Utah.com

August 12, 2017 — Herriman Black Ridge Triathlon. RACE TRI, Herriman, UT, Sprint Triathlon: there are two transition areas, with T1 at the reservoir and T2 at nearby Butterfield Park. Athletes will swim 500 yards in the reservoir then ride a 14 mile clockwise loop down around Herriman City and into Butterfield Park to begin their 5K run loop along the footpaths and return to Butterfield Park for the finish. The race is capped at 400 athletes., Aaron Shamy, 801-358-1411, info@raceetri.com, raceetri.com

August 12, 2017 — 9th Annual Reverse Order Triathlon. South Davis Racing Series, Bountiful, UT, Start at 7:30 am, Run 5k, Bike 11 mi; Swim 350yds; Novice is approximately half of all sprint distances starting at 8:00 a.m. Location: South Davis Recreation Center, 550 N 200 W, John Miller, 801-298-6220, john@southdavisrecreation.com, southdavisrecreation.com, Cindy Hunt, 801-298-6220, cindy@southdavisrecreation.com, southdavisrecreation.com

August 12, 2017 — Kids Tri Harder. Idaho Falls, ID, 13 and under kids triathlon, Michael Hayes, 208-521-2243, events@pb-performance.com, pb-performance.com, idahofallsidaho.gov/638/Kids-Triathlon

August 19, 2017 — TriathaMom. Riverton, UT, Women only triathlon at the Riverton Country Pool. 300 yard swim, 12 mile bike ride, and 5k run. Carnival style cheering section provided for families of participants., Cody Ford, 801-558-2503, cody@ustrisports.com, Aly Brooks, alybrooks@gmail.com, gotriathamom.com

August 19, 2017 — XTERRA Lake Tahoe. XTERRA America, Incline Village, NV, XTERRA, Sprint, and Duathlon. Course Distance: Full Course: 2X 750 meter swim laps with a 50 meter beach run, 22 mile bike, 6 mile run. Bike Tunnel Creek, and then onto the Flume Trail, which overlooks Lake Tahoe to the Tahoe Rim Trail. Both the Short and Long course complete the 22 mile bike, approximately 4000 feet of climbing. The trail running course is relatively flat, fast and scenic., Todd Jackson, 530-546-1019, todd@bigblueadventure.com, Kiley McInroy, kiley@bigblueadventure.com, bigblueadventure.com

com/event/xterra-lake-tahoe/, xterraplanet.com

August 19, 2017 — XTERRA Aspen Valley. XTERRA America, Kodak Ski Lake, WY, 1200m swim, 2-Lap 12 mile mountain bike, and finishes with a 5K run., Lance Panigutti, 303-408-1195, lance@withoutlimits.com, withoutlimits.co

August 19, 2017 — Poison Triathlon. Poison, MT, Olympic Distance Triathlon. 1.5 km, two-lap triangular swim in Flathead Lake. 40km bike, loop course through the valley southwest of Poison. 10km run single loop course through scenic Poison., Matt Seeley, 406-871-0216, 406-883-9264, seeleyspeedwagon@gmail.com, polsontriathlon.com

August 19, 2017 — Race on the Rock. Rock Springs, WY, In it's fourth year the Race on the Rock hosts Olympic and Sprint Triathlons, a Duathlon, an Aquabike, teams and youth divisions. We have a closed lane on the roadway, law enforcement help at signals, and a pool swim. The altitude averages about 6300 ft. We have music, food, and we will be broadcasting live this year on KREO radio online. Come for the race, stay and catch the eclipse on the 21st throughout the state., Traci Ciepiela, 307-922-1840, tciepiela723@yahoo.com, raceontherock.weebly.com

August 19, 2017 — Stansbury Days Triathlon. Stansbury Park, UT, Sprint triathlon, unofficial distances: Swim 500m, Bike 20k, Run 5k. Start 7 AM. Swim is open water in Stansbury Lake, Elliot Morris, 801-647-8383, emorris53@hotmail.com, stansburydaystri.com

August 20, 2017 — XTERRA Wild Ride Mountain Triathlon (American Tour Points). XTERRA America / Wild Rockies Series, McCall, ID, New course for 2017! Ponderosa State Park at Payette Lake, 3/4-mile swim, a 18.5-mile mountain bike and a 6.2-mile trail run, mass start at 9 am in the Park and the finish line festivities begin at noon with the racer feed and music. Kids triathlon to follow--2 different lengths, 13 and under., Darren Lightfield, 208-608-6444, wildrockiesemail@yahoo.com, wildrockiesracing.com, xterraplanet.com

August 20, 2017 — XTERRA Santa Fe. XTERRA America Tour, Glorieta, NM, off-road triathlon, Raena Cassidy, 877-751-8880, info@xterraplanet.com, xterraplanet.com, core-crew, com/xterra

August 26, 2017 — Varsity Tri. Ogdenville, UT, Great First Triathlon! Super Sprint Triathlon at Weber State University. Aimed at Varsity Boy Scouts to finish their triathlon pin, but open to anyone., Jon Hansen, 801-657-1845, info@varsitytri.com, varsitytri.com

August 26, 2017 — Boulder Sunset Triathlon. Boulder, CO, Scenic course, sweet swag and all for a good cause! Includes olympic, sprint, duathlon, 10k, and 5k., Craig Towler, 318-518-7303, info@bbsctri.com, Michelle Lund, michelle@bbsctri.com, yourcausesports.org, bbsctri.com

August 26-27, 2017 — Lake Tahoe Triathlon. Tahoma, CA, Kids TRI, Sprint TRI, Half TRI, AquaBike, Olympic TRI, Duathlon. Held at Ed Z'berg Sugar Pine Point State Park, Todd Jackson, 530-546-1019, todd@bigblueadventure.com, Kiley McInroy, kiley@bigblueadventure.com, bigblueadventure.com

August 26, 2017 — Bear Lake MTB Triathlon & Half Marathon. Montpelier, UT/ID, Jared Eborn, 801-599-9268, jared@extramileracing.com, Bearlakeendurance.com, extramileracing.com

August 27, 2017 — Ironman Coeur D'Alene. Coeur D'Alene, ID, 2.4-mile swim in Lake Coeur d'Alene, 112-mile bike course, run on the lake shore, 303-444-4316, cda@ironman.com, ironman.com/triathlon/events/americas/ironman/coeur-d-alene.aspx#axzz3qCbV0c4p

September 4, 2017 — Murray Youth and Family Triathlon. Murray, UT, A youth and novice triathlon for ages 5-85. Distances follow USAT recommendations for each age group. Novice adults compete at the same distance as 11+ age groups. Please see Murray City Recreation, call 801-264-2614, or jo@agegroupsports.com for details, Jo Garuccio, 801-566-9727, 801-557-6844, jo@agegroupsports.com, greatbasincoaching.com, murray.utah.gov

agegroupsports.com, greatbasincoaching.com, murray.utah.gov

September 4, 2017 — South Davis Labor Day Triathlon. South Davis Racing Series, Bountiful, UT, Start at 8:00 am, Swim 350 yds; Bike 12.02 mi; Run 5k, relay: Split the Sprint between 2-3 racers, Novice: Swim 150 yds; Bike 2.5 mi; Run 1.5 mi Novices start at: 8:45am Location: South Davis Recreation Center, 550 N 200 W, John Miller, 801-298-6220, john@southdavisrecreation.com, Cindy Hunt, 801-298-6220, cindy@southdavisrecreation.com, southdavisrecreation.com, labordaytri.com

September 8-10, 2017 — XTERRA Fruita Triathlon and Desert's Edge Triathlon Festival. XTERRA America Tour, Fruita, CO, XTERRA Tri on Saturday, your choice of Sprint or Olympic distance road tri's on Sunday, John Klish, 970-744-4450, madracingcolorado@gmail.com, Raena Cassidy, 877-751-8880, info@xterraplanet.com, Darrin or Jill, 303-642-7917, darrin@racingunderground.com, racingunderground.com/desertsedgetri/XTERRA_index.html

September 9, 2017 — Bear Lake Brawl Triathlon. Laketown, UT, Sprint and Olympic event, Joe Coles, 801-335-4940, joeh@onhillevents.com, bearlakebrawl.com, onhillevents.com

September 9, 2017 — Kokopelli Triathlon. BBSC Red Rock Triathlon Series, Hurricane, UT, Sand Hollow State Park, with Sprint, Olympic, Duathlon, 10k and 5k distances., Craig Towler, 318-518-7303, info@bbsctri.com, Michelle Lund, michelle@bbsctri.com, bbsctri.com

September 16, 2017 — Camp Yuba Sprint Triathlon. RACE TRI, Yuba State Park, UT, These Sprint and olympic triathlons are all about indian summers, camping, and good ol' fashion swimming, biking, and running. All of the campsites in the state park will be reserved for triathletes and their families., Aaron Shamy, 801-358-1411, info@raceetri.com, raceetri.com

September 16, 2017 — XTERRA USA/Pan American Championship and XTERRA Utah Sprint Race. XTERRA America Tour, Ogden, UT, XTERRA Utah, two distance options: 750m / 19K mountain bike / 5K trail and 1.5k swim/ 30k mountain bike/ 10k trail run; XTERRA USA/Pan America Championship: 1.5k swim / 30k mountain bike / 10k trail run., Raena Cassidy, 877-751-8880, info@xterraplanet.com, xterraplanet.com, xter-raftah.com

September 16, 2017 — Brine Man Triathlon. TriUtah Points Series, Syracuse, UT, This is the culmination of all your hard work for the 2016 season! serious awards and prizes, festival, and the crowning of the Utah State age group champions. Kids, Sprint, Olympic and Long distances., Dan Aarnoot, 385-228-3454, info@tr Utah.com, tr Utah.com

September 16, 2017 — Bear Lake Brawl Triathlon. Laketown, UT, Full and half distances, Joe Coles, 801-335-4940, joeh@onhillevents.com, bearlakebrawl.com, onhillevents.com

September 30, 2017 — Las Vegas Triathlon. BBSC Double Down Series, Boulder City, NV, 20th Annual, now produced by BBSC Endurance Sports at the largest reservoir in the United States, Lake Mead., Craig Towler, 318-518-7303, info@bbsctri.com, Michelle Lund, michelle@bbsctri.com, bbsctri.com

October 14, 2017 — Huntsman World Senior Games Triathlon. St. George, UT, Triathlon. Must be 50 years or older. 450 Meter Outdoor Swim, 20K Bike, 5K Run. It's the best little triathlon in the world., Kyle Case, 800-562-1268, hwsg@seniorgames.net, seniorgames.net

October 21, 2017 — Pumpkinman Triathlon. BBSC Double Down Series, Boulder City, NV, Point-to-point race begins in Lake Mead National Recreation Area and ends in Boulder City, with Sprint, Olympic, 10k, and 5k; costumes welcome!, Craig Towler, 318-518-7303, info@bbsctri.com, Michelle Lund, michelle@bbsctri.com, bbsctri.com/pumpkinman

October 21, 2017 — Trick or Tri. St. George, UT, Beginner, Sprint, and Tuff Kids races, starting between 9 am and 2 pm. Indoor swim, outdoor run and bike legs., Aaron Mettler, 435-627-4054, aaron.mettler@sgcity.org, sgcityrec.org

November 4, 2017 — Powell 3 Triathlon Challenge. tentative, Big Water, UT, USAT Sprint and Olympic Distance at Wahweap Marina, Lake Powell. This event is USAT Sanctioned and is a great event for those looking for the beauty of a triathlon with incredible Red Rock landscapes., Joe Coles, 801-335-4940, joeh@onhillevents.com, powell3.com, onhillevents.com

November 4, 2017 — Telos Turkey Triathlon & 5K. 13TRI EVENTS, Orem, UT, Splash distance triathlon which includes a 5K Run, 12 Mile Bike, and 350 Meter Swim in that order. Located at the Orem Rec Center, 665 W Center Street, Shaun Christian, 801-769-3576, 801-678-4032, shaun@13triathlon.com, Nicholle Deniro, 801-769-3576, nicholle@13triathlon.com, 13triathlon.com

SLCBAC News for May 2017

Another spring in the Beehive state has arrived and another May means Bike Months is here as well. This year's weather has been wetter than past years, which makes it a pleasant surprise as well as a challenge for many bicycle riders. Hopefully the weather will once again cooperate and provide a dry, warm morning in May for the Mayor's Bike to Work Day. Additionally, the month will be filled with activities to celebrate bicycling and get County residents out on the streets on two wheels so be sure to sign up for the MBAC list to be kept up to speed with the latest news.

What does cycling mean to you? Are you a commuter, recreational road rider, mountain biker or serious racer? Each of these categorizations deserves to have their opinions heard and SLCBAC is committed to seeking out and giving voice to all of them. Currently the committee is involved with assisting in a GIS project to provide mapping and routes/way finding throughout the county. At the prompting of Kevin Dwyer and the Salt Lake Valley Trails Society it is also exploring the possibility of supporting a funded and developed "soft" trails system for mountain bikes that might take advantage of the county's open spaces before residential and commercial devel-

opment have their say. If these issues are important to you, please consider attending one of our meetings and speak your mind. Great things don't get accomplished without great citizens behind them.

After losing our room from last year, the committee had to move the February and March meetings to alternate rooms. We are happy to say that we have secured a room for the remainder of 2017. The room is on the 4th floor of the north building in N4-850, that's all the way at the top so you might say that we've moved on up like the Jeffersons! Sadly we have bid farewell to yet another committee member and look to replace up to three board positions. Due to claims that applying for volunteer positions on the SLCo website has been difficult, SLCBAC will be adding a direct link to the application on its page at www.slco.org/bicycle. The page also contains meeting dates, board listings, meeting minutes and more. Drop on by and let us know what you think, and be sure to get out and ride safely!

Editor's Note: To sign up for the MBAC email list, please email dave@cyclingatoh.com

SLCBAC meetings are held on the second Wednesday of each month at the Salt Lake County Government Center, 2001 South State Street, from 5:30 - 7:30 pm in room N4-850.

-Ian Scharine

Rule on Planning Input from Bike Organizations to be Overturned

The Republican Congress and president are undoing as much Obama Administration work as they can – and their efforts include that related to cycling. Last December, the U.S. Department of Transportation (DoT) issued new transportation planning regulations it said were designed “to promote more effective regional planning by states and metropolitan planning organizations (MPOs). The new rule, which technically took effect in January, required MPOs to implement an overall transportation planning process that must include the needs of all users, including bicyclists (goo.gl/QBDL9P).

DoT issued the rule over objections of commenters who argued that local planners could better determine bicyclists' and others' needs than regional ones. Therefore, Congress passed a bill in April overturning the rules (goo.gl/o6bBZV). As of early May, it was awaiting President Donald Trump's signature.

-Charles Pekow

Rule to Protect Cyclists from Quiet Hybrid Cars on Hold

In December 2016, the National Highway Traffic Safety Administration (NHTSA) issued a new rule to require hybrid vehicles to make a minimum level of noise. Normally, one wouldn't want more noise on the highways. But new vehicles are so quiet that bicyclists and others can't always hear them coming. The new rules were designed to be phased in in 2018 and 2019. But the Trump Administration put a series of holds on the rule while it reexamines it (goo.gl/UZUdqk).

NHTSA was following an order from the White House to reconsider all new regulations that haven't yet taken effect. As of early May, it hadn't decided whether to kill the rule.

-Charles Pekow



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BICYCLE TOURING

A Summer Tour of Southwestern Montana by Bicycle

Off of the main roads while bicycle touring in Montana. Photo by John Roberson

By John Roberson

The following is a description of a recent, seven-day bicycle tour of southwest Montana. It was a self-supported tour on beautifully paved and graded highways and byways, with most nights spent sleeping out under clear Montana skies. Overall riding conditions were excellent, and people I met couldn't have been nicer. I ate well, and I slept well every night. I had all of the gear I needed, but I never had to pitch a shelter, wear a rain jacket, or filter water from a creek. And I had no flat tires. My bicycle - a 25 year-old Rockhopper

- performed magnificently. It was a little hot at times, and I wished a couple of times for a lower gear, but all in all, it was a very fine ride!

Day One - Wisdom to the Burma Road

I awoke one morning in late July to the sounds of birds moving about in the grassy field next to my brother-in-law's cabin, and a few of the town hounds barking down the street, greeting what appeared to be another beautiful, Montana day. I was in the tiny town of Wisdom, Montana, where I'd spent a very restful night on Brother Bill's front porch after

having driven up from Salt Lake the day before. I was hoping to beat the heat and spend the upcoming week riding the hills and valleys of southwest Montana. I hoped to stretch my legs out and see lots of new sights. I planned to stay on the paved back roads and byways when I could, and I intended to camp out at night. As usual, my bicycle would be carrying everything I thought I might need.

I made my very first stop of the morning just a couple of blocks from Bill's cabin, at a cafe in downtown Wisdom, and it was there that I met my first fellow bicycle tourist. His name was Roger, and he was in the middle of a coast-to-coast ride following one of the Adventure Cycling Association's well-known bicycle routes (the non-profit ACA is based in Missoula and is a well-known and enthusiastic supporter of bicycle touring in all its forms!). I told Roger that in years past I'd seen many other touring cyclists passing through town, there at the cafe and camped out at the Lion's Club picnic grounds west of town. Over hotcakes and coffee we shared all sorts of touring stories, about bears and crazy drivers, about the joys of retirement, and where to find water in dry lands. It was a nice way to begin a trip, and although he was headed west and I was headed north, we both agreed that prospects for a great day of riding were good.

After breakfast I rolled out of Wisdom and spent that first morning on Highway 43, following the Big Hole River as it wound its way north. The highway was quiet and nicely paved and shouldered, and I had the advantage of a bit of tailwind as I put in the first miles of my tour. I passed open meadows and patches of pine forest, and the occasional ranch house or fishing lodge off in the distance. Like other rivers I would ride beside in the days ahead, the Big Hole river was a constant companion that first day, sometimes flowing in close to the road where I could hear the chatter of birds and the gurgle and hum of moving water, and at other times defined only by a line of trees or occasional flash of sunshine on water, out in the middle of the valley. It was all very beautiful.

I spent a leisurely couple of hours riding north, then east and south-east as the river flowed north of the Pioneer Range. I chatted with a group of cyclists at the Wise River



Big Sky Country. Photo by John Roberson

store, where I'd stopped for a cold drink. They were a disparate bunch. A couple of riders were, like Roger, carrying full panniers and gear and heading for the Pacific coast. Another pair of bike-packers were travelling super light and had just dropped off the high ridges in order to resupply at the store. They were anxious to get back up into the high country. Everyone seemed to be having a great day!

Highway 43 eventually intersected with Interstate 15, so I turned south, along with the river, and followed the old highway/frontage road for another easy 15 miles or so. At one point I left the frontage road and the busy I-15 corridor and turned east onto a well-graded and quiet ranch access route called the Burma Road. I had lush, river-side ranches off to my right as I cruised through the early evening light, dry hills and coulees to my left, and grand views of the Ruby Range off in the distance to the southeast. It was a delightfully mellow way to finish off a great first day. As the sun dropped below the Pioneer Mountains to the west I found a primitive access road leading up into the hills and followed it to a cozy perch on a hill where I camped for the night.

Day Two - Burma Road to Harrison (almost)

I slept well that first night and was back on the road before the sun had risen too far into the morning sky. The day was shaping up nicely. Montana mornings in July are clear and cool and perfect for riding, and I wanted to put a few easy miles into my day before the sun got to be too fierce. Within an hour of leaving my hilltop camp I had left the Burma Road behind and ridden north on paved Montana Route 41 to the town of Twin Bridges. Twin Bridges is one of many Montana towns where serious fisherfolk come to try the state's legendary trout streams. It's at Twin Bridges that the Big Hole, Beaverhead and Ruby rivers come together to form the Jefferson River, which in turn joins the Madison and Gallatin Rivers further downstream to form the might Missouri River.

After a short break in Twin Bridges I turned east onto Montana highway 287 and began to get back some of the elevation I'd lost during the previous day. I was riding south-east, more or less, climbing gently up the broad valley of the Ruby River and through the small towns of Sheriden and Alder.

Cross-country bicyclists were

common along this beautiful stretch of highway, but my contacts with them were limited to hand waves and smiles and an occasional "Good morning!". Some of the riders seemed less focused on the marvelous scenery to be enjoyed than on the task of getting down the road.

The highway continued east and south and became steeper as it left the valley and began its climb into the foothills separating the Ruby Mountains to the south from the Tobacco Root Mountains to the north. Despite having to slow my pace with the steeper grades of the highway, before the morning ended I had climbed into the celebrated, and very busy, town of Virginia City, Montana.

Virginia City is part of a National Historic District that celebrates the glories of an early period of Montana history (the 1860s) when gold was discovered in nearby Alder Creek. At the time, everyone and his brother rushed in to claim a fortune. The town was such a success that for a time it was the territorial capital of Montana, claiming both the first newspaper and public school in the territory. Many of the town's original buildings remain, though some have been repurposed in order to serve all the out-of-town visitors that fill the sidewalks on either side of the main street during the travel season. They were out in force on this day. I took in the scene as I enjoyed a cool drink from a convenient "saloon", then finished the last of what had become a rather arduous climb to the pass. After a refreshing downhill run off the summit to the east, I entered into the lush Madison River Valley and the small town of Ennis, Montana.

Ennis would prove to be another in a series of peaceful, river valley towns that I would pass through on this trip. Generally, these small towns service the basic needs of the local ranchers and farmers, as well as the passionate fisher-folk who come for the trout, and all the various wanderers who flock to these beautiful river valleys with the same adventurous spirit that led Lewis and Clark to these valleys more than 200 years earlier.

I rolled through Ennis on U.S. 287

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The end of the day. Photo by John Roberson

and maintained my northerly heading as I continued riding throughout the late afternoon and evening hours. I poked my way up and over a minor pass and watched late afternoon storm clouds build over the Tobacco Root Mountains to the north. I dodged a rattler sunning itself on the highway shoulder, then enjoyed a few easy downhill miles to a highway crossroads at Norris, Montana. I had hoped to find some cooling fluids in Norris, but the only gas station was closed for repair, and the community's single tavern was shut up tight. My hopes for an end-of-the-day cold drink had to be put off.

While I paused in Norris I had a nice chat with a touring bicyclist from Belgium who was heading south to Ennis with a light load and an empty food bag. He said he had counted on resupplying in Norris and at that point was down to nothing. He sounded slightly desperate. I had plenty, so after giving him enough chow to get him through the night, and wishing one another a bon voyage, we parted ways. He rode south and I rode north into the fading sunset light. A few miles north of Norris I found a comfortable camp site at the top of a roadcut along the highway and settled in. A gusty wind blew for a while as I set out my camp and watched the end of the day. Over the mountains, the afternoon storm clouds were breaking up as the day cooled down, and a rich palette of glorious sunset colors filled in the spaces between and below the clouds that remained. For a while it was simply amazing; just another, magnificent Montana sunset, I guess!

Day Three - Harrison to Canyon Ferry Lake

I had a wonderful ride on my third day of touring, from my roadside camp south of Harrison, Montana, and a good 65 miles, as the crow flies, to my evening camp. The sky was especially clear during the morning hours, and the winds were very helpful throughout the day. Clouds built up over the hills during the hot afternoon hours - a regular occurrence during these late July days - and I watched a few rain squalls move across the terrain, both in front and behind me. I dodged the rain, but I relished the shade the clouds sometimes provided and the fresh, wet smells of the newly-moistened countryside.

I had a tasty, sit-down, second breakfast in Harrison where I lis-

tened to the local old boys nurse their coffees and gossip with the waitress, then I zoomed up Highway 287 to (and through) Twin Forks, Montana. This is where the Jefferson, Madison and Gallatin rivers come together to form the mighty Missouri. Lewis and Clark passed through here in 1805 and gave the rivers their names, and for their guide, Sacajawea, it was a homecoming, of sorts: she had been kidnapped from the same area a few years before joining up with Lewis and Clark downriver.

The traffic north on Highway 287 - an excellent, higher-volume highway that connects Three Forks and Helena - was pretty heavy, but the day was beautiful, and the riding conditions were first rate. Tailwinds helped me blend in with the flow of traffic, and the shoulders were nice and wide. All in all, it was a pleasant stretch of roadway.

I took a nice, mid-afternoon break in Townsend, a wonderfully well-appointed and shady town, then left busy 287 for a quiet, zig-zaggy backroad that runs through open countryside along the east side of Canyon Ferry Lake/Reservoir (Montana's third-largest lake and, according to a Townsend local, a favorite ice-boat racing spot during those chilly Montana winters).

I spent the waning hours of the afternoon cruising easily up the east side of the lake. The traffic was light and the vistas were of the classic, Big Sky variety: expansive, not-too-distant mountain ranges, towering cumulus clouds trailing curtains of rain, deep blue skies, and rich sunset colors. I found a nice place to set out my third camp, on a small rise a quarter mile from the roadway, then fought the breezes from the last of the late afternoon squalls as they broke up over the lake. I enjoyed another glorious sunset, followed by a tasty meal and a star-filled night

sky.

Day Four - Canyon Ferry Lake to Highway 141, Near Finn

I really gave my creaky old bones a workout on the fourth day of my tour, riding from my camp on the shores of Canyon Ferry Lake to a skimpy roadside camp at the end of the day. In between I climbed a couple of passes and dodged through the workday traffic of downtown Helena.

I began the sunny morning with a lot of rather nice, up-and-down riding, at the north end of Canyon Ferry Lake. I rode past summer homes and marinas near the reservoir's dam, which was built back in the early 50's, and pretty much had the quiet road to myself. As it was, I enjoyed a very quiet, back-door route into the general hubbub of Helena, the capital city of Montana.

I rolled through Helena around mid-morning. I needed a short break, and there was plenty to see, so I replenished my fluids and supplies and took my time cruising through town. As the capital city of Montana, and at one time one of the richest cities in America because of its extensive gold diggings and determined miners, Helena is still a vibrant place, filled with both beautiful Victorian buildings and the commercial trappings of any American freeway community, as well as the remarkably friendly people who seem to populate every Montana town.

From Helena, I rode west on U.S. Highway 12, a major road connecting Helena to Missoula. I spent a good portion of the middle of my day climbing to MacDonald Pass and the Continental Divide. It was a bit of a grind, to say the least, and I took it slowly, using the route's excellent shoulders and passing lane, and stopping frequently to cool off in the shade by the side of the road. By mid-afternoon I cleared the pass and



Roadside water while bicycle touring in Montana. Photo by John Roberson

found a charming roadside fountain just past the summit. I stopped there to fill my bottles (delicious water!) then coasted for a few miles down the other side of the pass to the town of Elliston, Montana. I took a break in front of an Elliston store and watched the traffic and a couple of trains roll past. Refreshed, I carried on down the busy road into the late-afternoon sunlight, following both the rail line and Route 12 nearly to the town of Avon, where I left the busy highway for what I hoped to be a much quieter backroad, Route 141.

Route 141 was a peaceful two-lane highway that led me up and over a gentle pass and into a modest valley separated by the Garnet

Mountains to the west and the wide-ranging hills of a portion of Helena National Forest to the east. My long day was winding down and I found myself truly relaxing for the first time since leaving Helena earlier in the day. The riding was sublime. The early evening light was soothing to my eyes, quiet fields and meadows stretched off towards the hills on either side of the road, and the few slow-moving vehicles that passed me seemed to be enjoying the beauty of the evening as much as I was.

Journal Entry: "Another highway right-of-way camp. The sun has

Continued on page 34

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The open road in Montana. Photo by John Roberson

Montana Bicycle Tour - continued from page 33

set and I'm out of sight above the pavement, away from any sign of ranch house or barn. My camp is stretched out at the top of a steep highway cut, on a bit of fairly level, but lumpy, ground, and up against the rusty right-of-way fence. It's not a bad spot, actually. The views are stunning, and the highway is sure to be quiet tonight. The breezes are just light enough to keep the bugs at bay, but not so brisk as to make running the stove a pain. The nighthawks are swooping and buzzing in the air above me. Water is heating in the

kettle as I write, and there's another delicious Mary Jane's freeze-dried meal set up to take that hot water. A great way to finish the day."

Day Five - Highway 141 to Missoula

I awoke early the next morning to classic, summer-in-the-Montana-countryside noises: a couple of Sandhill cranes croaking together down by the creek, an airplane motor way off in the distance, and a few cows in a meadow waiting for someone to notice them. Conditions were as good as it gets as I headed off that morning. The highway was empty, the sky was clear blue, and the air was calm and made fragrant by a

delightfully rich mix of animal and plant smells. It was truly, ideal riding.

I spent an hour or two on that quiet highway, following the creek as it made its gentle way down-valley to a point where it joined the much grander Blackfoot River. In the late morning hours I was finally forced to leave the peace and quiet of Route 141 and joined a noticeably busier highway, Route 200.

I spent the rest of my day on 200 as it made its way downriver to the west, and on to the city of Missoula. At times during the long afternoon the highway ran alongside the Blackfoot River, and at other times it left the main river valley to follow one of the main river's, tribu-



Bicycle touring in Montana. Photo by John Roberson

tary creeks. As I followed the river's flow I remembered that I was on the west side of the Continental Divide. I considered the fact that most of the cool, clear water I was seeing in the river and creeks would eventually end up in the Pacific Ocean, by way of the mighty Columbia River.

There were plenty of places to cool my heels along the way, and I took the time to relax whenever I encountered a particularly nice rest spot or convenience store. As the afternoon progressed I rode past the communities of Ovando, Greenough and the turn-off to Seeley Lake (a beautiful route north, to Kalispell and the Flathead Lake area). As both the afternoon and I wore down, I became aware of a gradual increase in traffic, and knew I was getting close to the city of Missoula and the end of my day.

I worked my way through the

towns of Bonner and Milltown, east of Missoula, where the Blackfork River becomes the Clark Fork of the Columbia River (the largest river, by volume, in Montana!). As I came to the city's outskirts I realized that I had entered suddenly into the most urban environment I'd seen since leaving Salt Lake. Traffic was everywhere as people finished their work days and headed home. The day was winding down, for me, too, and I realized that a good camp spot might be tough to find, so I decided to grab a room in a cheap motel on the east end of town.

Day Six - Missoula to Sula

Journal Entry: "It's dawn at the Thunderbird Motel in Missoula, a spur-of-the-moment destination chosen at the end of the day yesterday. It was wonderful to be able to clean up and cool off after the buzz and



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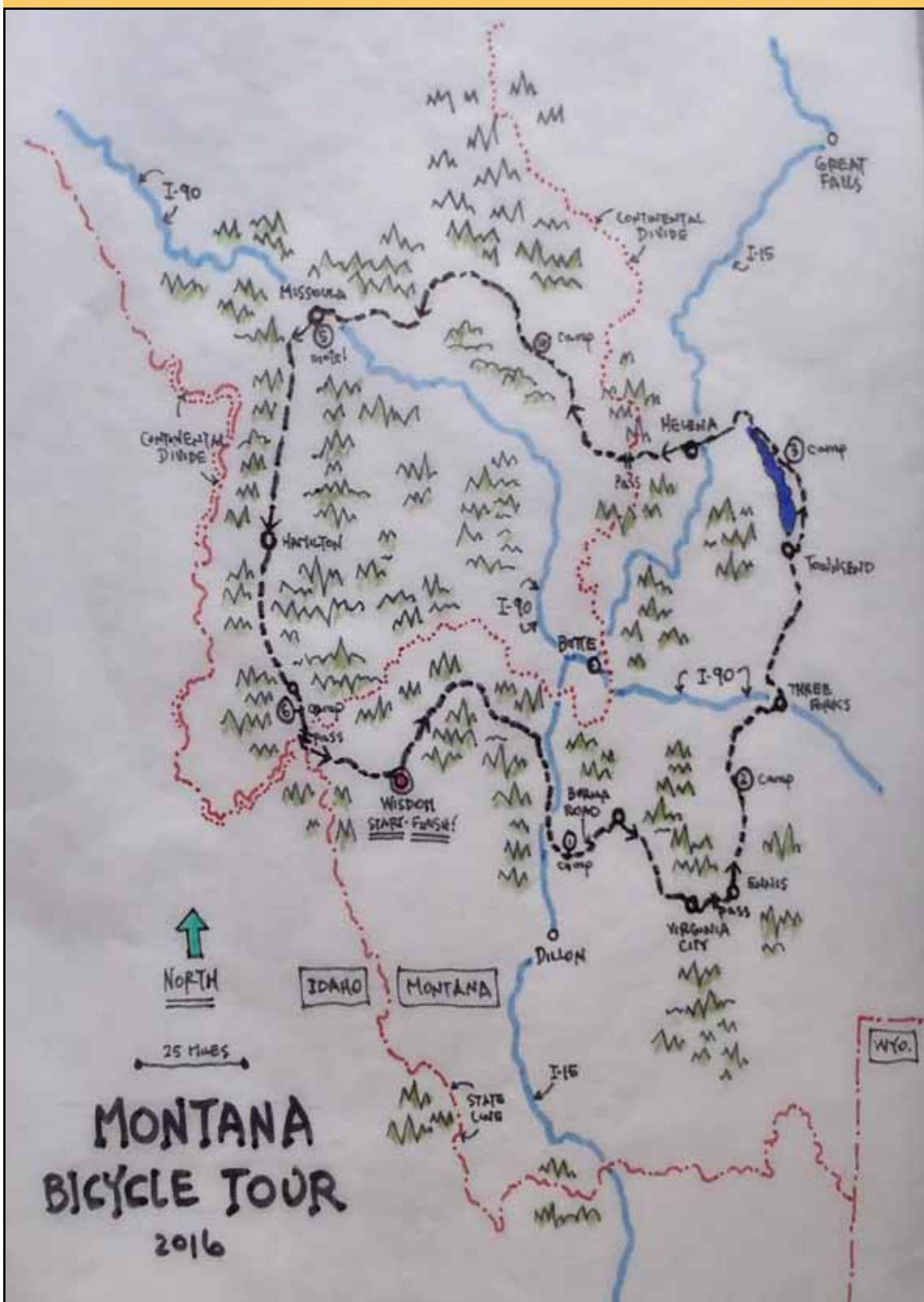
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Self-portrait on one of the open roads in Montana. Photo by John Roberson



Map of a summer bicycle tour in Montana by John Roberson

heat of yesterday's afternoon/evening run down the Blackfoot River into Missoula. The grades and shoulders along the way were decent enough, but the traffic was pretty heavy from mid-day on; working people and travelers, mostly, looking to get off the roads as eagerly as I was."

Montana's second largest city was quiet and cool as I set out early to ride through Missoula's comfortable, neighborhood streets. I had a so-so breakfast at a cafe called Ruby's, then continued to work my way south and west of town, on Routes 12 and 93.

At the west end of the valley I was delighted to come across a dedicated bicycle and pedestrian pathway. It was a wonderful thing to discover! As the morning and afternoon progressed, I stayed on the pathway, which seemed to connect the outskirts of Missoula to the towns south of the city, and along the Bitterroot River Valley. The path runs parallel to U.S. 93, a very busy highway that also services the communities up and down the long, Bitterroot Valley. I followed the path through Lolo and Florence and Victor, and on up the large town of Hamilton, Montana. Along the way there were places where I left the pathway to check out a piece of old highway, and I often returned to ride 93 itself as it passed through a town's business district. It was a wonderful way to ride up the Bitterroot River Valley, and the afternoon passed quickly. Both the pathway and the daylight hours of my riding day had pretty much petered out by the time I reached Darby, Montana, where the highway began its real climb out of the river valley and up towards Lost Trail Pass.

I left most of the local, valley traffic behind me and began to climb back up into higher country.

I finished my day a mile or so up the road from the Sula store, in another campsite just above the roadway and on the edge of a small stand of conifers. It was really a very restful spot: the road noises were minimal to non-existent, the ground was level and soft, and the sky was a beautiful mix of both deep blue sky and sunset-colored clouds. I slept like a log!

Day Seven - Sula to Wisdom

Journal Entry: "The sun's about to appear in a notch in the far hills. The birds twitter. The cows moo. The sounds of the river rise to my hillside perch. It's been an especially fine campsite that included a delicious evening meal, eight solid hours of sleep (despite a short-lived, midnight cacophony of yips and howls from a nearby troupe of coyotes!), and that wonderful visit from the owls at dusk, coming in close enough and bold enough, as they did, to make me just a tad nervous. A magical experience"

I left my Sula campsite with the sun still low to the east and continued my climb up U.S. 93 to the south. I had slept well, and I felt refreshed, so I took my time climbing to Lost Trail Pass. The morning was delightfully cool, and the air seemed unusually still and quiet. I could hear both the sounds of the forest and approaching traffic from a long way off. The day's travelers hadn't yet hit the

roads in big numbers, so I was able to relax and enjoy my surroundings. My low gears worked well, and 93's shoulders and passing lanes allowed me the opportunity to tack back and forth through the lanes and shoulders, in order to ease the climb.

I cleared the pass around noon and paused to rest there. I was up pretty high, so I figured I'd let the sun warm things up a bit more before I dropped off the pass beyond, back onto the east side of the Continental Divide, and back again into the Big Hole River Valley where I'd begun my tour a week before.

While I waited there at the summit I had a conversation with a very pleasant, older fellow (an easy-going Montanan who had helped me free a small mammal from the depths of a MDOT rubbish bin!). Neither one of us seemed to be in any particular hurry. We shared an admiration for Montana highways and byways and for the sights to be seen along the way, and we bemoaned the forces of progress that seemed to be filling in more and more of the world's pretty places. We expressed a mutual admiration for the writer and native-son, Ivan Doig, and we shared what we knew about the Big Hole National Battlefield site, just down the road. We talked about how tough Chief Joseph and his band of Nez Perce had been when they made their desperate run for Canada back in 1877. In the end, they didn't make it, and the battlefield site marks one of the band's worst encounters with U.S. forces. It's both a beautiful and very sobering place to visit.

The old Montanan and I parted ways there at the summit and I began a long, last descent back into the valley below. The weather was still nearly perfect, and much of the traffic that had finally built up as I approached the summit earlier in the day had continued to follow U.S. 93 as the road dropped into Idaho and on to Salmon, and points south. I was back on peaceful Route 43 again and headed back into Big Hole River country. It was a delightfully easy downhill cruise, and before I knew it, I was back in Wisdom, at the end of another excellent tour.

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