

CYCLING UTAH

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**2018 EVENT
CALENDARS
INSIDE!
MAY IS
BIKE
MONTH!!**

IN THIS ISSUE

- 2018 EVENT CALENDARS!!
- STICKING TO IT
- COMMUTER COLUMN
- A ROAD TRIP TO SQUAMISH, BC
- 25 YEARS OF CYCLING UTAH
- BICYCLE ART

- BIKE MONTH CALENDAR
- ELECTRIC BIKE BUYING GUIDE
- SEA OTTER PHOTO GALLERY
- WORLD BICYCLE DAY
- METAL COWBOY
- TOURING BASICS
- ST. GEORGE BICYCLE COLLECTIVE

AMGEN



TOUR of CALIFORNIA 2018



THE KEY

- Race start
- Race finish
- Start city
- Finish city
- Men's race
- Individual time-trial
- Women's race
- Transfer

MEN'S RACE | MAY 13-19

SUN, MAY 13	STAGE 1	LONG BEACH
MON, MAY 14	STAGE 2	VENTURA TO GIBALTAR ROAD AT SANTA BARBARA COUNTY
TUE, MAY 15	STAGE 3	KING CITY TO LAGUNA SECA RECREATION AREA
WED, MAY 16	STAGE 4	SAN JOSE / MORGAN HILL - TIME TRIAL
THU, MAY 17	STAGE 5	STOCKTON TO ELK GROVE
FRI, MAY 18	STAGE 6	FOLSOM TO SOUTH LAKE TAHOE
SAT, MAY 19	STAGE 7	SACRAMENTO

WOMEN'S RACE | MAY 17-19

THU, MAY 17	STAGE 1	ELK GROVE
FRI, MAY 18	STAGE 2	SOUTH LAKE TAHOE
SAT, MAY 19	STAGE 3	SACRAMENTO

FOLLOW THE RACE LIVE & FREE!



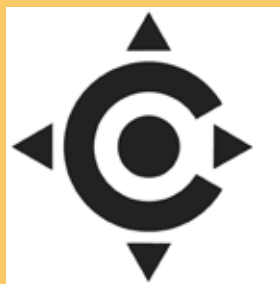
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May 2018 Issue;
Volume 26 Number 3

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Distribution: McKibben Lindquist, David Montgomery, Reliable Distribution, and others
(To add your business to our free distribution list, give us a call)
Printing: Transcript Bulletin Publishing

Cycling West / Cycling Utah is published eight times a year beginning in March and continuing monthly through October.

Annual Subscription rate: \$15
(Send in a check to our address above) No refunds on Subscriptions.
Postage paid in Tooele, UT

Contributions: Editorial and photographic contributions are welcome. Send via email to dave@cyclingutah.com. Or, send via mail and please include a stamped, self-addressed envelope to return unused material. Submission of articles and accompanying artwork to Cycling Utah is the author's warranty that the material is in no way an infringement upon the rights of others and that the material may be published without additional approval. Permission is required to reprint any of the contents of this publication.

Cycling Utah is printed on 40% post-consumer recycled paper with soy-based ink. We are solar powered too.

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Cover Photo: Stephanie Nitsch, Sam Fox, and Piper Sadler on the Top of the World trail in Whistler, BC. Photo by Eric Kramer

BIKE MONTH

May is Bike Month in the West!

By Dave Iltis

What better time to ride your bike than May! And May is Bike Month! The League of American Bicyclists established May as Bike Month in 1956, and for the last 63 years, America has celebrated the bike with festivals, rides, Open Streets, Cyclofemme rides, Bike to Work Day, Bike to School Day, Bike Parties, Commuter Pit Stops, Bike Swaps, and more. And, somberly recognized our fallen cyclists with the Ride of Silence (for local rides on May 16, see rideofsilence.org).

Cycling West compiles as many Bike Month events that we know of in Utah, Idaho, Nevada, Montana, and Arizona. This year, we present 42 events for your cycling enjoyment.

Ride your bike to save the earth, for better health for you, for fun and transportation, for competition, and for the simple joy of pedaling.

Continued on page 5



Gary Richard Herbert
Governor
Declaration

Whereas, bicycling has been a simple and efficient method of transportation for more than 200 years, as well as a fun recreational activity and a beneficial physical exercise;

Whereas, the bicycle is the most efficient, affordable vehicle created, producing no emissions and requiring minimum space for parking and storage;

Whereas, bicycling is enjoyed by families and individuals both as a recreation activity and as a sport;

Whereas, bicycles offer opportunities for the young and old to explore thousands of miles of bike trails and paths in urban and rural settings throughout Utah;

Whereas, as a form of physical exercise, biking three hours per week can help people lose weight, increase strength and physical fitness, and improve cardiovascular health; and,

Whereas, the State of Utah applauds efforts to educate all Utah residents about the benefits of bicycling and encourages individuals and families to ride a bicycle as much as possible;

Now, therefore, I, Gary R. Herbert, Governor of the great State of Utah, do hereby declare May 2018, as

Bicycling Month in Utah

Gary R. Herbert
Gary R. Herbert
Governor

WANT A GUARANTEED ENTRY IN 2018?

SPOTS AVAILABLE FOR THE HUNTSMAN HEROES CYCLING TEAM

Little Red 2018

Little Red is a fully supported, non-competitive, women only cycling ride with a purpose. For the seventh year in a row, the Huntsman Heroes cycling team has teamed up with Little Red Riding Hood to raise funds for breast and ovarian cancer research at Huntsman Cancer Institute! Distances include 26-, 36-, 50-, 70-, and 100-miles.

TEAM PERKS INCLUDE:

- ✓ Guaranteed entry
- ✓ Online fundraising page and tool kit
- ✓ Team cycling jersey
- ✓ Weekly team training March – June
- ✓ VIP treatment at the ride

SPOTS ARE LIMITED!

JOIN THE TEAM. HAVE A BLAST! MAKE A DIFFERENCE.

thehuntman.org/littlered

COMMUTER COLUMN

Tips for Bike Commuting

Kira Maicke's commuter bike gets her to work and around town. Photo courtesy Kira Maicke

By Kira Maicke

'Tis the season to get excited about commuting! With temperatures rising, and National Bike to Work Day coming up on May 18, here are a few tips for planning a safe, fun commute.

Prep Your Gear:

Aside from your typical repair items, (tubes, tire levers, multi tool, CO2 / frame pump, patches) you will want to ensure your lights are charged. I like having a bright red blinking tail light, and a higher lumen front light. When it comes to road riding, 500-750 lumens is

a good starting point if you will be relying on the light to brightly illuminate your path. You'll appreciate that bright path to assist you in navigating around those rim bending pot holes! For those who commute to and from school and work throughout the winter, often times in the dark, a bright front light is even more important. Since you typically have to leave earlier on a bike than in a car, I like to set out my clothes and shoes the night before, to simplify my morning routine. The easier it is to get going in the morning, the more likely you will stick with commuting. (The previous advice may not be as relevant for morning people, but if you're anything like me, the easier it is to

roll out of bed and onto my bike, the better!) Springtime offers additional clothing challenges due to the drastic changes in temperature. Layer in the morning with a light jacket that is easy to pack up for your warmer ride home. In terms of clothing, visibility is key. Many clothing companies offer photo reflective jackets and accessories to make riders more visible to cars in darker lighting. There are also many options available for reflective velcro straps to wrap around ankles and arms, and tape to add to helmets.

Know Your Route:

When you need to get to where you're going by a certain time (work, school, etc), it is important to plan out a safe and predictable route. Before I commuted for the first time on a work day, I took a trial ride on Saturday to familiarize myself with the route I had planned to take. If you tend to be directionally challenged like me, another great option is to mount your phone on the handlebars of your bike and use GPS. Google Maps has a bike setting that typically plans its bike routes using bike paths and low traffic roads. I maintained my initial route religiously for a few weeks, then began exploring alternative paths on my way home, to learn more about the city and find the quietest, safest roads. Even the most carefully planned predictable route can be derailed by a flat tire, train crossing, or unusually heavy traffic, so I leave an extra 15 minutes early just in case.

Follow The Rules:

As cyclists, we are required to follow the rules of the road. This means making full stops at stop signs and red lights, yielding to pedestrians, and signaling. While this is not only necessary and courteous to other vehicles, behaving in a predictable and respectful way will also help keep you safe. Riders should signal to alert changes in direction, and these changes should be carried out in a confident and predictable manner. When changing lanes, be sure to allow plenty of space to move gradually, versus drastically cutting across multiple lanes of traffic. It is illegal, and often more dangerous, to ride on the sidewalk. Cars are not looking for bikes on sidewalks, and many collisions occur when a car turns right, while the rider continues straight. By following the rules of the road, we not only gain the respect of drivers and pedestrians, we are also staying as safe as possible.

Enjoy The Ride!

Once you get into the groove, commuting can be addicting! Especially in the warmer months, I challenge myself to see how little I can use my car. Make a goal to take your bike on trips under five miles, turn a commute home from work into a group ride to get dinner, or just get some bonus training miles in! One of the best parts about commuting is how easy it is to change up the ride, adding small adventures to the start and finish of your day.

Have fun, and stay safe!

UN Declares June 3rd as World Bicycle Day

The United Nations has declared June 3rd as International World Bicycle Day, by adopting a resolution on April 12th 2018, during the 72nd Regular Session of the UN General Assembly, in New York City.

The resolution was adopted by a consensus of 193 member states. The declaration invites all Member States and relevant stakeholders to celebrate and promote awareness of the World Bicycle Day. The declaration encourages Member States to devote particular attention to the bicycle in cross-cutting development strategies and to include the bicycle in international, regional, national and subnational development policies and programmes. H.E. Ambassador, Aksoltan Ataeva, Permanent Representative of Turkmenistan to the United Nations, introduced the draft resolution, co-sponsored by 56 countries, to the General Assembly for the vote. The Assembly adopted the resolution, declaring June 3rd as World Bicycle Day.

The World Cycling Alliance (WCA) and the European Cyclists' Federation (ECF) welcome this resolution adopted by the UNGA, after having campaigned for a UN designated World Bicycle Day since 2016. WCA and ECF Secretary

General Dr. Bernhard Ensink states "Cycling is a source for social, economic and environmental benefits – and it is bringing people together. WCA and ECF are extremely happy with this declaration. This UN declaration is an acknowledgment of the contribution of cycling to the sustainable development goals (SDGs)". WCA and ECF delivered a document to the UN in 2015 in which it is shown that cycling delivers directly on at least 12 of the 17 SDGs, titled "Cycling Delivers on the Global Goals!".

WCA and ECF acknowledge the extraordinary work of Leszek Sibilski, Professor of Sociology at Montgomery College, Maryland, US and his students campaigning for #WorldBicycleDay.

WCA will hold its next Annual General Meeting on the 11th June 2018 in Rio de Janeiro, Brazil, the day before ECF's flagship conference Velo-city 2018 Rio kicks off. The WCA will celebrate in Rio the UN resolution on the World Bicycle Day! #June3WorldBicycleDay

For more information, see the World Cycling Alliance website at wca.com

The full resolution is here: https://ecf.com/sites/ecf.com/files/civicrm/persist/contribute/files/A-72-L.43_World%20Bicycle%20Day.pdf

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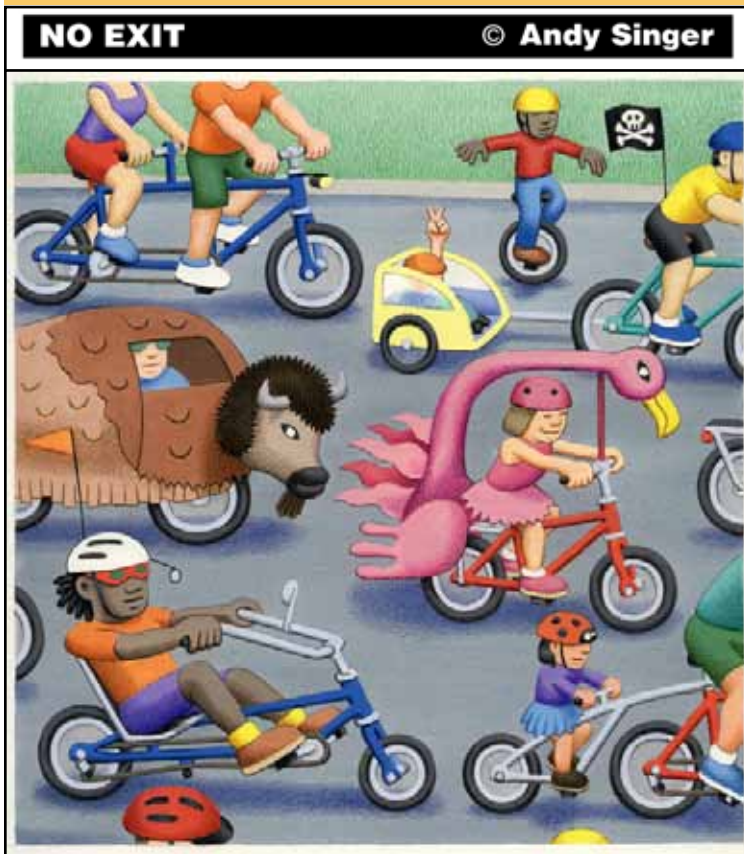
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BIKE MONTH

Cycling West Bike Month Calendar! (continued from page 3)



May is Bike Month! See you out there!

We present a calendar of regional events below:

March 30-November 17 — Pedal Provo Ghost Tours, Utah Bike Month, Provo, UT. We ride around Provo stopping at various haunted locations around the city. At each location, your tour guide will tell you a story that actually happened at that spot. You get to learn more about an old city and are sure to be a little frightened in the process., Derek Jacobs, 385-312-0456, pedalprovo@gmail.com, pedalprovo.com

April 28 — Tour de Brewtah, Utah Bike Month, Salt Lake City, UT. A tour highlighting Salt Lake's great bicycle infrastructure, engaged community, and craft beers, Becky Van Hosen, 801-484-4128, touredebrewtah@gmail.com, Cynthia Stringham, 801-535-6167, cynthia.stringham@slcgov.com, touredebrewtah.com

May 1 — 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/272554273280249/](https://www.facebook.com/events/272554273280249/)

May 2 — Music and Mechanics, Utah Bike Month, St. George, UT. Open Stage at the St. George Bicycle Collective, 70 W St. George Blvd. Wrench on your bike and listen to local music. Sign ups for the Open Stage start 6:30 PM. Performances 7 PM - 9 PM, \$3 donation at the door, workbenches open to the public, Judith Rognli, 435-574-9304, judith@bicyclecollective.org, bicyclecollective.org/st-george-events/, [facebook.com/STGBC/](https://www.facebook.com/STGBC/)

May 2-30 — Lunch Outside, Utah Bike Month, St. George, UT. Wednesdays. Unwind, feel free, and socialize. Weekly ride and picnic starting at the St. George Bicycle Collective, 70 W St. George Blvd. Meet at 12PM, roll out 12:10 PM, back at the Collective at 1 PM. Please bring your own lunch, water, flat tire repair, etc., Judith Rognli, 435-574-9304, judith@bicyclecollective.org, bicyclecollective.org/st-george-events/, [facebook.com/STGBC/](https://www.facebook.com/STGBC/)

May 5 — OpenStreets Salt Lake City, Utah Bike Month, Salt Lake City, UT. Designed to engage new people in bicycling and physical activity. The event will temporarily open a route of city streets exclusively to walking, biking, and other forms of active transportation.

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Includes activities such as exercise classes, dance classes, music, food, games and other attractions. This year, Salt Lake City will be highlighting a route downtown on 200 West, 200 South, West Temple, and 300 South from West Temple west to Pioneer Park, 10 am - 4 pm., Tara Olson, 801-535-6167, Tara.Olson@slcgov.com, slcgov.com, slcopenstreets.com

May 5 — Reno Bike Swap, Bike Month, Reno Bike Week, Reno, NV. Biggest Little Bike Swap. Idlewild Park. 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 5 — Cycle de Mayo, Utah Bike Month, Riverdale, UT. Promotes bicycling versus driving for light shopping and dining. The purpose is to make more people aware of how pathways available to citizens throughout the Weber County area can sometimes provide more convenient access to those businesses. Noon to 4 pm, Riverdale Town Square, bike valet, swag bags, prizes, and more!, Mark Benigni, 801-393-2304, wp@weberpathways.org, Michael Staten, 801-589-2686, mstaten@ensignutah.com, riverdalecity.com/departments/recreation/flyers/Cycle%20De%20Mayo%20Event%202018.pdf, [facebook.com/Riverdale-City-Utah-181710475200673/](https://www.facebook.com/Riverdale-City-Utah-181710475200673/)

May 9 — 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@cyclingutah.com, walkbiketoschool.org/ready/about-the-events/bike-to-school-day

May 10 — Ogden Trails Shindig, Utah Bike Month, Ogden, UT. Fundraising event and party to benefit the Ogden Trails Network and The Ogden Bike Park 6-9 pm - The Front Climbing Gym 225 20th St, vendors, BMX show, party, food, Josh Jones, 801-629-8757, joshjones@ogdencity.com, shiftworks.bike, ogdencity.com

May 12 — Cyclofemme Ride, Utah Bike Month, Provo, UT. Women's only ride. Join us for the 5th 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 the Provo Bike Collective, 397 E 200 N, Provo, UT 84606, Heather Skabelund, 971-404-1557, bikeprovo@gmail.com, Jennifer Messenger, jennbobenn17@yahoo.com, cyclofemme.com, bikeprovo.org

May 12 — 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@ogdenbicyclecollective.org, [ogdenbicyclecollective.org](http://bicyclecollective.org/ogden-news/item/570-ogden-bike-swap), bicyclecollective.org/ogden-news/item/570-ogden-bike-swap

May 12 — Reno River Roll, Bike Month, Reno Bike Week, Reno, NV. A seven mile family-friendly slow roll along the Truckee River. Costumes welcome, Truckee Meadows Bicycle Alliance, 775-323-4488, info@bikewashoe.org, bikewashoe.org, renoriverfestival.com/reno-river-roll

May 12 — Yoga and Ride with Rachel Cieslewicz, Utah Bike Month, St. George, UT. Local runner, yoga instructor, cyclist, and friend, Rachel Cieslewicz, will be collaborating with the St. George Bicycle Collective for a refreshing morning of cycling and yoga. Bike Ride starting at the St. George Bicycle Collective, 70 W St. George Blvd., 9 AM - 10 AM, Yoga for Cyclists at Yoga Soul 10:15 AM - 11:15 AM, Judith Rognli, 435-574-9304, judith@bicyclecollective.org, bicyclecollective.org/st-george-events/, [facebook.com/STGBC/](https://www.facebook.com/STGBC/)

May 13-19 — 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 18th. There is something for everyone: Bike to Work day, week, happy hours, bike to vote, bike in movie, bike fair, bike rodeo, 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! [facebook.com/BoiseBikeWeek](https://www.facebook.com/BoiseBikeWeek), Lisa Brady, 208-761-8507, lvca@biketreasurevalley.org, boisebikeweek.org, biketreasurevalley.org

May 13-19 — 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, washoe.org, bikewashoe.org

May 13 — Cyclofemme Reno, Bike Month, Reno Bike Week, Reno, NV. Riders of any gender, join the casual six mile ride to celebrate all women. Meet at 9am at the BELIEVE sculpture in Reno City Plaza, Truckee Meadows Bicycle Alliance, 775-323-4488, info@bikewashoe.org, bikewashoe.org

May 13 — Cyclofemme Ride, Bike Month, Boise, ID. Low key women's ride, Lisa Brady, 208-761-8507, lvca@biketreasurevalley.org, biketreasurevalley.org, boisebikeweek.org

May 14-18 — 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@cyclingutah.com, cyclingutah.com, event-calendars/bicycling-events-swaps-and-festivals/

May 14-18 — Bike to Work and School Week, Utah Bike Month, Logan, UT. Celebrate Bike to Work Week by riding your bike to work or school. All week bike commuters enjoy free food and drink., free bike checks and more. Participate in the passport program to earn a chance to win a free bicycle courtesy of Sunrise Cyclery. Come to our morning and afternoon locations to sample fare from local eateries, and Friday we'll be closing the week with a morning ride with Logan City Mayor Holly Daines, and in the evening, a free concert at Stokes Nature Center by Eartheatra., Gary Saxton, 435-752-2161, 435-374-8076, logandowntown@gmail.com, Dayton Crites, 435-755-1646, dayton.crites@cachecounty.org, trails.cachecounty.org/news/?id=48, logandowntown.org

May 15 — 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 16 — 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., Martin Gregory, martin.gregory@hsc.utah.edu, rideofsilence.org

May 16 — Ride of Silence, Utah Bike Month, Provo, UT. Join the Provo chapter of the Worldwide Ride of Silence to ride to honor people who were killed or injured while biking this last year and last several years. We will begin at Dixon Middle School and go for a short, slow, silent ride with brief stops at the ghost bike memorials for Doug Crow and Mark Robinson, and return to Dixon Middle School where we will have light refreshments. Meet at 6:30, Dixon Middle School, 750 W 200 N, 7 pm., Lucy Ordaz, 801-787-4384, lucyo@provo.edu, rideofsilence.org, [facebook.com/events/850656535006205/851159871622538/](https://www.facebook.com/events/850656535006205/851159871622538/)

May 16 — Ride of Silence, Bike Month, Prescott, AZ. Ride to honor dead and injured cyclists and to honor Amber Harrington who was killed by a drunk driver in 2015. Organized by Bike Prescott, Patricia David, info@bikeprescott.org, rideofsilence.org, bikeprescott.org

May 16 — Ride of Silence, Bike Month, Las Vegas, NV. 14th Annual Las Vegas Ride of Silence, Wednesday May 16th. Meet at the Regional Transportation Commission of Southern Nevada, 600 South Grand Central Parkway, parking lot. Registration from 6:15 to 6:50 PM. Ride begins at 7:00 PM sharp. This is a street ride in traffic that will go through downtown Las Vegas, then wind through the Central Medical Area and historic neighborhoods. All riders must have lights front and rear as per Nevada statutes. You must also wear a bike helmet while riding. This ride is open to all ages but is not really meant for younger children because of traffic conditions. All riders under 18 must be accompanied by a parent or guardian on the ride., Jim Little, 702-360-4751, LVRODEOMANI@aol.com, rideofsilence.org

May 16 — Ride of Silence, Bike Month, Boise, ID. Ride to honor dead and injured cyclists. This ride will coincide with a kick off of the 2nd Idaho Walk Bike Summit and we will convene post ride for discussion with advocates from across Idaho. All event details will be listed by March 30, 2018., Lisa Brady, 208-761-8507, lvca@biketreasurevalley.org, rideofsilence.org, biketreasurevalley.org

May 16 — Ride of Silence, Bike Month, Sedona, AZ. Ride to honor dead and injured cyclists, Don Mathieu, rideofsilence.org

May 17 — Salt Lake City Mayor's Bike to Work Day, Utah Bike Month, Salt Lake City, UT. A mellow ride with Salt Lake City Mayor Jackie Biskupski under police escort. Breakfast, music, and more at 7:15 am, Bike ride begins at 8am at Wasatch Hollow Park, 1631 E 1700 S, and ends at the Salt Lake City and County Building., Tara Olson, 801-535-6167, Tara.Olson@slcgov.com, slcityevents.com

May 17 — Commuter Convoy and Ride for Reading, Bike Month, Reno Bike Week, Reno, NV. Volunteer riders will ride to Diederichsen Elementary to meet with the students and pass out books, Truckee Meadows Bicycle Alliance, 775-323-4488, info@bikewashoe.org, bikewashoe.org

May 17 — St. George Bike Month MTB Group Ride, Utah Bike Month, St. George, UT.

Intermediate mountain bike ride leaving from the St. George Bicycle Collective, 70 W St. George Blvd, 6:30 PM - 8:00 PM. We will either ride Paradise Rim or City Creek. Helmets are REQUIRED for this ride and you must also be self-sufficient for any mechanicals one might encounter on a desert mtb ride (flat kit, water, snack, etc.), Judith Rognli, 435-574-9304, judith@bicyclecollective.org, bicyclecollective.org/st-george-events/, [facebook.com/STGBC/](https://www.facebook.com/STGBC/)

May 18 — Bike to Work, School, and Play Day, Utah Bike Month, Park City, UT. Hosted at the Park City High School. Bike to School, Work and Play Day with Mayor & Council, May 18th, 7:30-10:30am. Meet at Park City High School, Breakfast before work, school and play. Bike support station available. Pet-friendly & family-friendly. Breakfast, bicycle safety information and bike tune-ups. Bike to School with Park City Police, 7:30 am Meet at one of the following locations to bike to McPollin 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, basin-recreation.org

May 18 — 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@cyclingutah.com, bikeleague.org

May 18 — Logan Bike to Work with the Mayor, Utah Bike Month, Logan, UT. Celebrate Bike to Work Day by riding your bike to work or school. Ride with the Mayor! 10 am. See website for details on where., Gary Saxton, 435-752-2161, 435-374-8076, logandowntown@gmail.com, Dayton Crites, 435-755-1646, dayton.crites@cachecounty.org, trails.cachecounty.org/news/?id=48, logandowntown.org

May 18 — Bike In Movie, Utah Bike Month, Provo, UT. Provo Bicycle Collective, 9 pm, Aaron Skabelund, 385-207-6879, askabelund@gmail.com, bikeprovo.org

May 19 — Bike Day with the Mayor of Springville City, Utah Bike Month, Springville City, UT, 10:00 a.m. bike ride with the Mayor around town. Opening of the Splash Pad at the Springville Civic Center and park following the ride. Springville Civic Center - 110 South Main Street, Free food, bike swag, and bike licensing. City Splash Pad will be turned on after the ride. These are short rides. The smaller kids will bike around the block. The older will go on a 2-3 mile ride around the city, Rod Oldroyd, 801-491-7684, roldroyd@springville.org, springville.org

May 19-20 — Bike Bash, Utah Bike Month, Salt Lake City, UT. Bike Bash at the Fisher Mansion Beer Garden, Noon until 6 pm and maybe later, 1208 W 200 S, Phil Sarnoff, 801-440-3729, psarnoff@bikeutah.org, bikeutah.org

May 20-25 — Flagstaff Bike to Work and School Week, Bike Month, Flagstaff, AZ. Bike to work, record your commute, win prizes!, Anthony Quintile, 928-779-5969, flagstaff@absolute-bikes.net, Melissa Dunstan, info@flagstaffbiking.org, Kyle Hornbeck, kyle.hornbeck@gmail.com, flagstaffbiking.org

May 22 — St. George Bike Month Bike Travelers' Showcase, Utah Bike Month, St. George, UT. Bike packers and wannabes talk about their adventures around town, around the globe, and their prep work for a multi-year trip. 7 PM - 9 PM, St. George Bicycle Collective, 70 W St. George Blvd., Judith Rognli, 435-574-9304, judith@bicyclecollective.org, bicyclecollective.org/st-george-events/, [facebook.com/STGBC/](https://www.facebook.com/STGBC/)

May 26 — SLUG Cat Bicycle Scavenger Hunt, Utah Bike Month, Salt Lake City, UT. This exciting event features a scavenger hunt bike race 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! 6th Annual, Angela Brown, 801-487-9221, angela@slugmag.com, John Ford, 801-487-9221, johnford@slugmag.com, Anne Olsen, anne@slugmag.com, slugmag.com

May 26 — Bikes and Trikes, Utah Bike Month, Provo, UT. Grab your family, friends, and neighbors and pedal on over to Memorial Park (800 E Center St) on Saturday, May 26th from 11:00 am - 1:00 pm. You'll want to bring your bikes, trikes and training wheels for some fun cycling festivities your whole family will enjoy!, Aaron Skabelund, 385-207-6879, askabelund@gmail.com, bikeprovo.org

June 2 — Golden Spoke, Utah Bike Month, Wasatch Front, UT. Join us to celebrate over 100 miles of safe, separated, and connected multi-use trails linking Ogden and Provo, by participating in a group bike ride and family-friendly event! This free event includes two simultaneous group bike rides, which will begin at Rainbow Gardens in Ogden Canyon and travel south (47 miles), and Bridal Veil Falls in Provo Canyon and travel north (57 miles). The two group bike rides will converge in the center of the connected trails at the new Jordan River Bridge in Salt Lake City., Heather McLaughlin-Koib, 801-363-4250, heather@wfr.org, goldenspokenutah.org

June 4-8 — Bozeman Bike Week, Bike Month, Bozeman, MT. Bike Week is the most celebrated week of the year for cyclists everywhere. Bozeman Bike Week is more than just a jamboree of folks who prefer to commute via bicycle, it is also an opportunity to advocate safe cycling practices and routes, and to encourage alternative transportation to members of this great community. Morning and evening events will be happening all week, and knowledgeable volunteers will be available at each stop to offer safe route guidance and answer questions regarding bicycle traffic laws., Alex Lussier, lussier@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/

June 9 — 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

GOLDEN SPOKE

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Times and locations vary. See website for details.

GoldenSpokeUtah.org

TRAINING TIPS

Sticking To It

Kelly McPherson sticking to it at the East Canyon Road Race in 2018. Photo by Dave Iltis

By Kelly McPherson

Cycling is a tough sport. It isn't super beginner friendly. You either win or you don't. You either get dropped and ride alone or you don't. There isn't much reward for not losing as badly as you did last time. Attrition is high as people leave for a variety of reasons ranging from

injuries, life situations or just plain couldn't handle getting dropped. . . again.

Unfortunately, the only way to really get good at something is to make sticking to it a consistent habit. Whether it is getting in your miles, that next interval, hanging onto someone's wheel or even getting to the finish line, to be successful you have got to be consistently stick-

ing to it. If you are ever, and we all do sometimes, considering quitting, below are some things to take into consideration.

1. What is the worst thing that could happen? When thinking about quitting, think about the worst thing that could happen if you stick with it and the worst thing that could happen if you don't. Can you handle those consequences? If you keep riding while you aren't feeling good, what will happen? You might get sicker? Is that ok? Maybe it is if you are riding in one of your target races. Maybe it isn't if the training plan calls for a few easy miles. In the first case, you need to decide what is worse, not finishing the race or getting sicker. In the second case, you need to decide what is worse not getting the planned miles in to post on Strava or getting too sick to ride a more key workout later in the week.

I was riding Tour de Park City several years ago and I got to a climb that was completely demoralizing. I have never been a good climber. It was hot and I was out of water and I didn't know where the top of the climb was. I ended up flipping about a mile from the top and heading back. By the time I got to my car, I was questioning my right to be on a bike at all. I felt like such a loser! I was completely frustrated with myself for quitting. This was a turning point for me. Now, when I am tempted to quit a climb, I remember this frustration and it becomes the worst thing that could happen if I quit. Most of the time, now, I choose to continue on.

2. Find your why. Why are you doing this sport, this race, this workout, this interval? Finding and tuning into a good reason why you are doing

what you are doing is important. Is this workout key to being ready for a target race? Is finishing this race something important to you? Will hanging onto that wheel, right now, be important?

It is also important to find a reason that doesn't have anything to do with anything you can't control if you want to stick to it for the long haul. Be warned that if you are working to win the next race or to beat that crazy fast person, that will keep you motivated until you win or you beat that person or you get too old or too tired for it to remain a possibility. Then you will likely quit unless you find a more sustaining why.

My whys are deeply personal, almost spiritual. I don't ride to win, which is a good thing as I can count on one hand how many times in the last four years of racing that I haven't been dead last. I do see progress, though. My consistent training is starting to pay off. I was only last by 9 minutes at my last race instead of 20-30. Progress! That's another "why" to stick to it!

3. Remember that quitting can become a habit. Whatever you do over and over will become habit. If you quit once, it will be easier to quit again the next time and the next time until quitting becomes your normal. The sticking-to-it habit is a little harder to form because it often hurts. Giving up a quitting habit takes time and effort, but it is well worth it.

For me quitting hanging onto the group and allowing myself to drop has become a quitting habit. I get nervous in the group, and even though I really want to be there, I end up dropping and riding alone because it is more comfortable. I have recently identified this as a bad habit and am working on fixing it. It will take some time and a lot of hard work, but I will stick to it. For now, if anyone sees me actually riding in the group, know that I have been making countless successful decisions to stay there.

4. Make your choice and own it. Don't let quitting just happen. Don't just stop training, because you can't seem to get out anymore. Don't just quit an interval because it hurts. Make it a choice and then own your choice. If you are choosing to continue training, choose that and make a plan to make it happen. If you are choosing to quit an interval, know why this is the best choice for you and don't regret it.

Many years ago, I had to make a choice about whether or not to continue in triathlon. I had an injury and the doctor had told me to never run again. He told me that if I continued to run, I would need additional surgery and then I wouldn't likely be able to swim or cycle either. So, for me, choosing to quit triathlon was

the better choice. Choosing to stick with it would mean that I would be done with all sport and my health would likely deteriorate rapidly due to the inactivity. In this case, I didn't feel that the worst thing that could happen was worth the consequences and so I chose to quit. At the same time, I chose to start cycling.

If you ask any successful person in any field, not just athletics, what the secret to their success is, they will likely tell you that it is some variation on not quitting and consistently sticking to the behaviors and habits that lead to success. Yes, you might be gifted and have immediate success, but without consistently making choices to keep working, you aren't likely to be performing long term. The best thing to quit is quitting!

Kelly is a 40+ cyclist who lives in South Jordan UT with her husband of 27 years and 5 kids. She has a BS in Health Education from the University of Utah and loves to stay healthy and fit and take as many people with her as she can.

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CYCLING UTAH

25 years of Cycling Utah



Bob Truelsen (left) and David Ward founded Cycling Utah in 1993. Photo courtesy Bob Truelsen

By Bob Truelsen

I enjoyed reading Dave Ward's recollections of the early years of Cycling Utah (in the March 2018 issue). Once we had a hard copy of our ideas in hand to show the cycling community, the magazine gained traction and we were in business.

But getting the idea of Cycling Utah to an actual printed edition entailed many details. What would be our format? What type faces would we use? What would be our advertising rate? How would we distribute the product? Where will it be printed? Just to name a few. We spent months discussing all the details.

As with any printed media, overhead can be high. Relying upon my nearly 20 years of newspaper experience we were able to do our own design and production "in house." Desktop publishing was still in its infancy but we were able to do it all on my Mac Classic. The day we went from paste-up to digital was cause for celebration, at least for me. Thank you Quark Express, Adobe Photoshop and Illustrator. Along the way we received much help and advice from our friends at the Tooele Transcript. We couldn't have progressed without their valuable support.

Speaking of support, we would be remiss not to thank those advertisers who took a chance to spend some of their hard-earned dollars on our fledgling publication.

I went to my friends Robin and Bill Groff at Rim Cyclery (and probably bought them a six-pack for their

shop refrigerator) asking for their support, which they enthusiastically provided. Dave and I had worked closely with the owners of Fishers Cyclery while we served as presidents of Utah Premier racing team and they too came on board.

Rod Golson must have felt sorry for breaking our legs during our years of racing against him and advertised with us from the start. As did Joel Bingham up in Sunset. I only remember seeing Joel at the starting line at races. More friends — Chuck Collins, Al Kolendo and John Pos — came forward with support from the Bicycle Racing Association of Utah. Sugarhouse fixture, Bicycle Center, came in on the ground floor as did Kaibab Mountain/Desert Bike Tour company. Del Brown, USCF District Rep at the time, was the first event advertiser for the Tour of St. George

stage race.

Last but not least were those businesses listed in our Bicycle Shop Directory. We always thought this directory was a great source of information for consumers and an inexpensive way for shops to advertise. Thanks to all for the years of support.

Since retiring from Cycling Utah and the Deseret News and moving to sunny St. George, I haven't kept up with the racing scene. But I do cherish the memories of all the different bicycling events that we covered.

Much of it is a blur now but for me there are a few highlights to bring into focus.

Top of the heap was our interview of Greg LeMond in March 1996. He came to Salt Lake City for the grand opening of Bruegger's Bagels in Bountiful of which he was an investor. After signing autographs and shaking hands with fans, we followed him into the kitchen to talk while he had a bagel sandwich and soup. You'd have never known he was three-time Tour de France winner and twice World Champion as we talked at the table. He was just one of the guys that day. What a great memory. (Available online here: <https://collections.lib.utah.edu/details?id=785907#contents>)

Utah is a pretty small cycling market as compared to California or Colorado, but a Utahn has competed in the Tour de France. Marty Jemison plunged into European bicycle racing by moving to France to get noticed. He was rewarded with a pro contract with WordPerfect. He later joined US Postal Service. Marty was also named to the 1993 US National team. He invited me into his home on two occasions for very insightful interviews.

In our second issue I interviewed another national and world champion, Jeff Osguthorpe. Jeff would wear the world champion jersey for the 1993 mountain bike racing season while riding for Specialized. The World Championships were held in Bromont, Quebec in 1992. Pretty heady stuff for a 16-year-old junior. Jeff later required heart surgery to repair a valve.

One of my favorite articles was



Three-time Tour de France winner Greg LeMond with Cycling Utah editor Bob Truelsen during an interview with the cycling star. Photo by Cycling Utah

about friend and teammate Jeff Rogers, owner of Rogue Custom Bicycles. I enjoyed spending time in his basement workshop taking photos of him brazing a steel frame. He was beginning to work with titanium before he suddenly passed away in 2003 while riding his bicycle in South Dakota. His cover photo hangs in my workshop as a reminder of his passion and creativity for the sport we love. Rest in peace Jeff. You are remembered.

Finally, I attended a fun evening at Wild Rose to hear master frame builder Albert Eisentraut speak about the bike building biz. A true artist in steel, Eisentraut jokingly said "I built

bikes for people 25 years ago and they're still riding them. They don't buy new ones. It's bad for business." Well, Albert, I bought one of those 25-year-old bikes and don't plan to sell it anytime soon. Job well done.

And one last thank you to Dave Itlis for keeping the flame burning at Cycling Utah. Dave has brought the magazine into the 21st century by way of the internet. Happy trails.

Bob Truelsen was one of the two founders of Cycling Utah, along with David Ward, and editor from 1993 to 2000.

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ELECTRIC BIKES

A Guide to Buying an Electric Bike

Mikey Geurts on an upright commuter e-bike with rear hub drive. Photo by Duane Schaffer



Duane Schaffer on a Pedego cargo e-bike. Photo by Miles Schaffer

By **Joey Geurts and Duane Schaffer**

Electric bikes, also known as e-bikes, are rising in popularity with

approximately 7% of US bike sales last year. They are a great way to get around town and can make the commute to work or to the grocery store just a little bit easier. They don't eliminate exercise, you just get there a little faster and a little easier. There

are many reasons to get an ebike, and along with that, many decisions that go into purchasing one. Cycling West asked Blue Monkey Bicycles, an all electric bicycle retailer located in Murray, Utah to go over the reasons for purchasing an ebike, the types of bikes available, and the considerations for what type of bike to buy, and how much to spend.

only electric bikes.

The first thing to look for is stability of the company behind the bike or brand. Since many of the systems have proprietary parts, you want a company that will be around when it's time to replace your battery or you need repair parts. Many cheaper ebikes are basically disposable as you won't be able to get replacement parts for them.

Secondly, focus on your main intent or usage. Have a purpose in mind. There is always a bigger, better, or more expensive ebike out there, and when you start looking it might be tempting to find something that offers you more and more. But in the end, you don't want to spend more money than you need to for unnecessary features, especially since these ebikes are designed to last you for years and years to come.

And finally, you don't have to buy the first ebike you ride. All ebikes are a lot of fun and will put a smile on your face the moment you use that pedal assist or throttle. Even the sub par ones. Make sure to compare and contrast all the options that sound good to you before putting the money down on such a purchase. Not all ebikes are created equal, and countless variables can make for bikes that have a day and night difference in how they feel and ride, so make sure you are doing some type of comparison. Ride several and go with the quality ebike that feels the best and fits your budget.

How do you choose?

Choose what fits your type of cycling the best.

If you come from the cycling world and want a great, natural, and intuitive feel, then you will probably want to choose what is known as a "mid drive" (motor mounted in the bottom bracket) option with a torque based pedal assist. These have been made popular by Bosch, Yamaha and Brose. A torque based pedal assist is a type of pedal assist that works as a reward system. The motor only gives back what you put into it to help you out, so you are still getting the cardio and heart rate exercise aspect of traditional cycling, you are just able to go faster and further. Couple this with the balance of the weight of the motor down low and squarely in the middle, and you will feel like a natural on one of these. Ebikes like this appeal great to commuters and mountain bikers, which is why so many commuting and mountain

Why should you get an electric bike? Why should you get one even if you own other bicycles?

When a person gets on an ebike for the first time, there is an inevitable smile that crosses their lips. The bicycle is arguably the most incredible invention ever but when you mix it with modern technology that helps propel you faster and further, it creates a sensation like no other. If you already own and ride traditional bicycles, an ebike is a natural step to relying on your car even less. Your commute becomes quicker and less sweat inducing and that trip to the grocery store becomes a fun activity. The extra speed and help of the motor allows you to carry those groceries and leave your car in the garage one more time.

What do you look for when shopping for an ebike?

Shopping for an ebike can be daunting. They are becoming more and more accepted and new brands are popping up constantly. Now the big names in the bicycling world are offering ebikes along side smaller companies that started out building

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September 8, 2018



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A Yamaha mid-drive. Photo by Mikey Geurts

ebikes are mid drive. Oh, another good thing about mid drives is traditional wheel sets. No need to unplug a motor cable to change a tire!

Another common set up is what's called the hub drive (motor is in the hub of the wheel, usually but not always in the rear). This has a kind of rear-wheel-drive-get-up-and-go feeling. This is for the person that wants to have fun on the weekend, and may not necessarily want to pedal a lot. These bikes typically have a throttle and are a real kick to ride around. This setup is for someone that wants to really feel what its like to ride something electric, go fast off the line, or even those that want to take it easy or rehabilitate. Some people just like the concept that they can challenge themselves to pedal as far as they can knowing that they can engage the throttle and get back home or up that last hill. Hub motor bikes are also popular commuter bikes.

Are there other kinds?

Every kind of cycling is now represented with ebikes. Just like conventional bicycles, you have cargo ebikes, fat tire ebikes, e-trikes, hard-

tail and full suspension mountain bikes, commuter and even electric drop bar road bikes. The list goes on and on. There are also electric vehicles that blur the line between bicycle and scooter. High speed ebikes are commercially available but they are only allowed off road. You'll find that the most common ebikes comply with Utah law which states that any bike up to a 750 watt motor and a 28 mph top speed is considered a bicycle and can be ridden where regular bicycles are allowed.

So how long do the batteries last?

Great question. It all varies and depends on many factors. The easy answer is a good quality ebike should be able to go at least 30 miles of full assist riding on a full charge. All the ones we carry at our store do. You may see many brands advertise insane numbers like +100 miles on a charge, but what they don't tell you unless you follow the little asterisk is that many times those numbers are created using low level modes of pedal assist like "eco" mode and lot's of pedaling on flat ground. A best case scenario. We range test



A Bosch mid-drive road e-bike. Photo by Duane Schaffer

every brand and model that comes through our store on full assist or throttle, trying to eat the most battery so you can have an idea what you can expect under extreme conditions. We would rather under promise and over deliver I guess.

Now if you're asking about the life of the battery itself, that can vary on how you treat it. Bring the battery indoors like a laptop or cell phone when you charge it. Don't let the battery sit in the cold winter garage or in the hot sun during the day. This will help insure that you get years usage from your battery and really protect your investment. You can ride in any temperature but just make sure that you store the battery above 40 degrees. They prefer that. Today's Lithium Ion batteries can be charged at any time and for any amount of time. You don't need to drain them fully like the old NiCads. Generally, a battery will get to 80% charge from empty in an hour and a half and then another 3 hours or so will build up a charge for distance. Batteries are usually completely charged in 4-5 hours.

Anything else to add?

Ebikes can help existing riders go faster and further than traditional bikes and use their car less but ebikes provide another benefit that helps the whole cycling community – bringing more people to the wonderful world of cycling. The more people out riding bicycles, the more bicycles will be taken seriously as a viable transportation option. If bikes are seen as transportation, more infrastructure will be approved and society's grasp on the car will lessen a bit. Ultimately, the more active a society, the healthier it will be. We appreciate this chance to talk about ebikes. We're making a difference one ebike rider at a time.

Blue Monkey Bicycles is an all electric bicycle retailer located on State Street in Murray Utah, and throughout the world online at www.bluemonkeybicycles.com as well as Youtube. They are the first all electric bike store in Utah and are leaders in the industry due to much expertise and time spent on all ends of the ebike spectrum. Their staff is friendly, knowledgeable, and is known for their fair opinion as none of them work on any sort of commission. We would love for you to see why we have so many happy customers. We offer free test rides on any bike, and our non-commission staff will make sure they are honest with your questions, even if you have questions about brands we don't carry. We believe putting the customer first and truly finding what's best for them. It just makes for good business and being a good neighbor at the same time.

How much should you spend?

Again, this comes down to what fits your individual needs best. There are ebikes for well over \$10,000 all the way down to less than \$1,000. On average, most customers usually end up deciding on something in the \$2,500-\$3,500 range. Does that mean a \$1,500 ebike is terrible? Not necessarily. It just might be stripped down or have lesser components, but if there are things you don't need for your ride (like a rear suspension for a commuter) then don't pay for it. The good news for the consumer, as with any electric product, is that battery prices are indeed coming down. A couple years ago, we couldn't find anything we liked under \$2000. Now there are several bikes in that price range that meet our approval. Keep this in mind though: You get what you pay for with ebikes. By the time you add a lithium ion battery, motor, controller, and a quality company to back it up, you will be going well north of \$1000. Add in quality bike components and you can see how costs will start climbing. When speaking of lower priced ebikes something will always be sacrificed.

MAYOR'S BIKE TO WORK DAY

Thursday, May 17th

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COACHING

Using Bike Races For Training

By Sarah Kaufmann

Before you begin a new cycling season, it is a good practice to plan out your goal events or races and take the time to organize your calendar and prioritize these events with A/B/C (or 1/2/3) designation. You will probably only have a few 'A' races, a handful of 'B' races and mostly 'C' races. It can be a little difficult to prioritize your events this way; of course we want to be fast for all of them! Unfortunately it is not physiologically possible to carry our best fitness through an entire season. I will save for another article how to plan a periodized season of macro and micro training cycles. But suffice to say, prioritizing your season around certain high and low priority races will allow you to carry your best fitness for your biggest goals and utilize other events as key training sessions to build toward those goals.

There are different schools of thought around how to approach training races. I prefer to send athletes into training races or events with some rest but not tapered or peaked. I choose to do this for a couple of reasons. While there are some benefits to racing at the end of a training block with tired legs in order to squeeze out the last available bit of work, I find that depending on an athlete's capacity for training (and outside/life stress), it can flirt dangerously close with overtraining. Especially as it gets deeper into the season and cumulative training load

is high. Additionally, with even a couple days of light riding to rest the legs, an athlete will be able to dig a little deeper in a training race and, as a result, get a little more out of the event from a training perspective.

Training races are great tools for getting the most out of yourself. Most people can find a little more in the tank when there are other people around. For that reason, sometimes a hard group ride or ride with fast friends can offer the same benefit. That outside stimulus pulls a little more out of us than we can often pull out on our own.

For a training race to make sense within the greater picture of a macro cycle or season of training, it does not need to be the exact type of race or event as the 'A' priority goal. The more similar it is, the more effective it will be in priming the athlete for their bigger goals. But many different types of events can be worked into a training plan to be beneficial. The key is placing them strategically as tuners of specific types of fitness (endurance, top end, etc). So a longer race will address endurance/tempo fitness for a micro cycle of training; a shorter more intense race will address top end for a given period. Of course, these also need to be worked into the larger context of where an athlete is in their season.

Training races can also be great simply to practice execution. For example, in long races, an athlete will need to have a fueling and pacing strategy. These are really difficult to nail first time (or 100th time!). I usually have a strategic briefing

session with my athletes before an event to hammer out the execution details. But there is no substitute for actually doing it. While your belly might be very happy eating certain foods on long training rides, it might completely revolt at the same foods at the higher intensity or longer duration of a race. You won't know until you get out there and try it. Better to learn these things in a training race or event than your 'A' priority goal.

For those newer to racing, training races are also a great opportunity to get comfortable in race situations and develop your pre-race routine. As with execution, our brains often don't work as well with the nerves, excitement and fatigue of race situations. The more comfortable and used to race situations that you are, the more likely you will be to think clearly and execute your plan as well as pull off smart strategic moves.

Racing and training are a balancing act, it's all a learning process and unique for each person. Once you let go of the desire to carry peak fitness all year, you will reach new highs for your biggest goals. Periodized training is all about creating and timing those highs. Racing strategically within your training can be very effective to that end!

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



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A STATE APART.

BICYCLE ART***The Bicycle Art of Richard Vroom*****Untitled Watercolor**

Rich Vroom is a watercolor artist based in Salt Lake City, Utah. His studio is in Sugarhouse where he teaches classes, paints, and bike races. He also teaches at the University of Utah.

Prints are available for purchase from Richard. Contact him at richvroom@msn.com

Follow Rich on Instagram @richvroom or on Facebook: Rich Vroom Watercolors.



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CYCLING UTAH

RACE RESULTS



6 Hours of Frog Hollow, Frog Hollow Endurance Series, Virgin, UT, April 14, 2018

Place, Name, Team, Time
Solo Singlespeed Men
 1 Richard Caramadre Kuhl 5:13:50
 2 Shane Horton UMB 5:19:27
 3 Jim Jenkins America First Credit Union Cycling Team 5:27:06
 4 Robert Stumpus Team Red Rock 5:36:38
 5 Trevor Astropre America First Cycling Team 4:25:03

Solo Men
 1 Aaron Campbell Bountiful Bicycle Racing p/b Nate Wade Subaru 5:09:04
 2 Will Kelsay Will Kelsay 5:40:56
 3 Jordan Bracken Rapid Cycling 5:55:21
 4 Doro Guizar IBB Cyclery 5:57:43
 5 Jamen Bennion Scheels 6:05:39

Solo Women
 1 Kerri Willis Naked Women's Race Team 5:23:30
 2 Amy Thormquist Kuhl 5:26:59
 3 Lia Westermann Salt Cycles 5:45:28
 4 Erin Sweetser Park City Bike Demos 6:08:14
 5 Kellie Oliver Team Red Rock Bicycle 6:09:38

Solo Men 40-49
 1 Jody Harris LiveWell/Harristone 5:33:55
 2 Christian Sybrowsky QOQQ Racing 5:55:50
 3 Nate Marine Plan 7 DS 5:59:00
 4 Brian Jeppson Cedar Cycle 5:59:12
 5 Jason Overbaugh QOQQ Racing 5:59:42

Solo Master Men 50+
 1 Christoph Heinrich KUHL Cycling Team 5:44:26
 2 Bill Harris Maybird-Xmen 5:54:14
 3 Gary Gardiner Bountiful Bicycle racing p/b nate wade subaru 5:56:21
 4 Trent Wignall Bountiful Bicycle Racing pb Okland Construction 5:58:04
 5 Jason Sparks UtahMountainBiking.com 5:06:06

Solo Master Women 50+
 1 Ellen Guthrie Guthrie Bicycles 6:23:51
 2 Judy Rae Allen Team Do Awesome 6:30:22
 3 Lisa Fitzgerald Kuhl 6:01:54

Solo Master Men 60+
 1 John Lauck Bountiful Bicycle Racing p/b Nate Wade Subaru 5:55:17
 2 Kip Apostol Euclid Timber Frames 5:46:25
 3 Mark Hershberger Barking Spider Ranch 5:50:23
 4 Dick Newson Slower than Dirt 4:58:51
 5 Randy Banales RCR 5:17:11

Duo Take a Kid Team
 1 Logan Phiggs Demogorgons Collin 6:34:17
 2 John Stockham Leafy Cranks Elise Stockham 5:50:27

Duo Men Team
 1 Kirk Nelson IBB - J&K Bike Geeks Josh Onarheim 5:06:37
 2 Jesse Myers Butte Coca-Cola Racing Bear Stillwagon 5:12:57
 3 Eli Langeveld IMPACT - JR. MTB Development Adam Pendleton 5:13:35
 4 Kyle Fosselman Rapid Cycling Racing Adam Seegmiller 5:31:31
 5 Andrew Hall Team Send It Ben Peters 5:37:36

Duo Women Team
 1 Amanda Sybrowsky Iblisan Twins Angie 5:36:46
 2 Layla Purdy Freyfast Fast and Fresh Kate Wilson 5:50:12
 3 Sophie Hafen Team Sophie Sophie Phelps 5:18:56
 4 Macie Baldwin Macie Baldwin Lindsey Sparks 5:18:56
 5 Camryn Christensen Moms out 3:23:06

Duo Co-ed Team
 1 Bart Flynn Fitzgerald's Bicycles Caedran Harvey 5:12:35
 2 Trista Winder Kuhl/Plan 7 david wood 5:59:10
 3 Peter Yarbrough Pjs Jody Yarbrough 5:03:42
 4 John McIlmoil John McIlmoil Kristi McIlmoil 5:21:14
 5 Alexander Barcza Ice Cream Camper Lauren Barcza 5:41:30

3 Person Team
 1 Isaac McCombs Ten23 Racing Connor Fullmer Travis Simmons 5:27:30
 2 Porter Reeder Impact Devo Jake Nielson ty nielson 5:35:53
 3 Curtis Spragg SGPD 1 Jeramie Thompson Eric Trombley 6:07:27
 4 Jared Parry SGPDP2 Josh Wilson Craig Terry 5:10:27
 5 Andy Van Akin Clydesdale Plus Tim Butler Andy Creer 5:12:27

Cactus Hugger, Intermountain Cup Series, St. George, UT, April 28, 2018

Place, Name, Time
Lil' Shredders [9 & Under]
 1 Dustin STANWORTH 3:45:37
 2 Collin JOHNSON 3:52:19
 3 Aksel LAMPRECHT 4:04:89
 4 Colton GAINAY 4:39:28
 5 Oliver NYLEN 4:41:95

Shredders Boys [10-12]
 1 Aedan GRIFFIN 11:58:16
 2 Jakob HARR 12:27:82
 3 James VAN LEEUWEN 12:32:80
 4 Sam RAINIER 12:34:14
 5 Wyatt REEDER 12:43:46

Shredders Girls [10-12]
 1 Taylor BOREN 13:57:05
 2 Taya OLIVER 15:09:97
 3 Eliza HAIGHT 17:20:89
 4 Katherine JOHNSON 17:27:17
 5 Ava LARSON 18:00:97

Junior High Boys
 1 Tate LARKIN 35:49:23
 2 Isaac HORTIN 35:49:49
 3 Monte MCDONALD 36:15:04
 4 Noah HUNT 36:15:10
 5 Isaac ZABRISKIE 36:48:60

Junior High Girls
 1 Tessa LIDDELL 45:42:18
 2 Daisy MILLER 48:49:01
 3 Jessica LINDSEY 49:45:90
 4 Keltzy FOWLES 50:16:18
 5 Kenna STOWE 53:35:21

JV Boys
 1 James CESSNA 1:01:07:98
 2 Ethan LASSITER 1:03:25:57
 3 Jaxon COLES 1:03:37:09
 4 Parker CHRISTENSEN 1:04:13:32
 5 Darren PEEL 1:04:36:32

JV Girls
 1 Sydney NIELSON 1:17:29:65
 2 TORY PETERS 1:18:18:69
 3 Avery WALLIN 1:23:54:23
 4 Ivy BAILEY 1:27:01:42
 5 Molly MILLER 1:27:04:45
 6 Lauren CLAYTON 1:40:40:70

Varsity Boys
 1 Max MILLER 1:37:50:62
 2 Payton ANDERSEN 1:39:40:34
 3 Eli LANGEVELD 1:39:49:19
 4 Connor FULLMER 1:39:50:86
 5 Dylan FAIRCHILD 1:39:52:13

Varsity Girls
 1 Katelyn WILLIAMS 1:13:07:37
 2 Camille LIDDELL 1:13:07:61
 3 Madeline TANNER 1:21:00:29
 4 Courtney CUSTER 1:21:55:77
 5 Kennedy TANTOR 1:29:48:36

Freshman/Soph Boys

1 Jameson MOTTO 1:05:49:80
 2 Jacob VALLEJO 1:06:13:08
 3 Andrew BEDELL 1:06:32:64
 4 Warren FINLAYSON 1:06:36:78
 5 Porter MITCHELL 1:07:01:07

Freshman/Soph Girls

1 Layla WALKER 1:25:01:24
 2 Jane HAIGHT 1:27:47:14
 3 Kamber SASSER 1:30:39:13
 4 Ada FENDLER 1:48:39:09
 5 Brooklyn CUSTER 1:58:17:74

Novice Men

1 Aaron PAPA 1:09:38:24
 2 Michael MCDONALD 1:13:10:54
 3 Ed PRINCE 1:13:22:49
 4 Brent STANWORTH 1:15:19:36
 5 Derric MAXFIELD 1:16:58:87

Novice Women

1 Christine MULLINS 41:51:36
 2 Shannon PAYNE 43:03:26
 3 Tessa WHATELY 44:30:43
 4 Caprise SATTERFIELD 46:3:28
 5 Tracy KENDRICK 49:49:25

Sport Women

1 Cat KALWIES 1:20:15:88
 2 Brindi LUCAS 1:20:31:58
 3 Summer PERRY 1:24:03:51
 4 Whitney VOUGH 1:27:00:13
 5 Jenny OLDS 1:28:45:69

Open Sport Men

1 Kyle FOSSELMAN 1:10:19:67
 2 Ryan KEATING 1:15:51:57
 3 Richard HAWLEY 1:16:51:97
 4 William BOLER 1:21:55:62
 5 Jens JORGENSEN 1:23:07:89

Sport Men 15-49

1 Lance BAILEY 1:11:04:18
 2 Brian BOWLING 1:11:36:49
 3 Joel ZEMGER 1:13:26:36
 4 Denmark JENSEN 1:14:32:48
 5 Rich URELLO 1:14:41:84

Sport Men 50+

1 Doug ROCK 1:12:15:22
 2 Gregg BROMKA 1:17:32:82
 3 Steve LARSEN 1:18:27:28
 4 Bryan WASHBURN 1:20:00:60
 5 Michael PETERSON 1:24:04:31

Open Expert Men

1 Jordan BRACKEN 1:43:58:60
 2 Joe DRAPER 1:45:07:01
 3 Jared MILLINGTON 1:46:02:49
 4 Chandler HARR 1:46:15:88
 5 Jordan ANDERSEN 1:46:19:87

Expert Men 40-49

1 Christoph HEINICH 1:40:47:22
 2 Matthew PAYNE 1:45:28:72
 3 Jody HARRIS 1:45:41:26
 4 Andy COMPAS 1:46:14:68
 5 Seth BRADLEY 1:51:29:05

Expert Men 50-59

1 Bruce BALCH 1:44:07:36
 2 Trent WIGNALL 1:44:35:53
 3 Reed TOPHAM 1:47:16:22
 4 Bob SAFFELL 1:48:58:63
 5 John PENDLETON 1:51:06:37

Expert Men 60+

1 Robert STUMPUS 1:14:42:12
 2 Dave MENDENHALL 1:19:15:24
 3 Randy BANALES 1:23:59:46
 4 Denny TYNAN 1:25:50:83
 5 Glenn EISENBERG 1:27:34:67

Expert Women

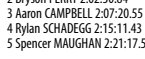
1 Emily GIFFIN 1:16:14:33
 2 Emily MAUGHAN 1:16:30:91
 3 Kellie OLIVER 1:18:12:82
 4 Lauren ZIMMER 1:20:35:55
 5 Trina HEDRICK 1:22:13:09

Elite Women

1 Kc HOLLEY 1:53:39:45
 2 Jen HANKS 1:58:20:31
 3 Hadley NYLEN 2:04:50:86
 4 Justin LINDINE 2:02:11:55
 5 Bryson PERRY 2:02:30:84

Elite Men

1 Aaron CAMPBELL 2:07:20:55
 2 Rylan SCHADDEG 2:15:11:43
 5 Spencer MAUGHAN 2:21:17:53



Road Racing

East Canyon Echo Road Race, UCA Series, Henefer, UT, April 21, 2018

Place, Name, Team, Time
Junior Men
 1 Michael Wilson SBR Cycles Racing 43:13:00
 2 Jake Okelberry 46:08:00
 3 Luke Okelberry 47:27:00
 4 Johann Moore 47:54:00

Junior Women

1 MacKenzie Meitowitz 52:03:00
Cat 3/4 Men
 1 Rylan Schadegg Pivot-Competitive Cyclist 1:53:42
 2 Wiggo Moore SBR Cycles Racing 1:53:42
 3 Luke Gangi-Wellman SaltCycle-Kestral Wellness 1:53:42
 4 Jack Shuckra FFRK Architects racing 1:53:42
 5 Taylor Edwards Zone Five Racing 1:53:43

Cat 4 Men

1 James "Trevor" Robinson Fitzgerald's Bike Shop 1:59:34
 2 Curtis Cole Extra Mile Racing 1:59:35
 3 Jared Meyers 1:59:38
 4 Dallin Kelly Utah State University 1:59:47
 5 Jeff Turk SaltCycle-Kestral Wellness 2:02:53

Cat 5 Men

1 Troy Tomkinson 186 1:56:53
 2 Gregory Best 198 1:56:57
 3 Will Marringa Mi Duole 1:56:58
 4 Anthony Lemon 204 1:56:58
 5 William Black Intermountain Live Well 1:57:00

Master Men 55+

1 Mark Schaefer Mad Dog Racing 1:58:12
 2 Paul Hughes 1:58:53
 3 Jerold Hunsaker Bountiful Mazda Cycling Team 2:01:03
 4 Jeff Olsen 2:01:05
 5 Michael Westminister 2:01:05

Master Men 35+

1 Gam Candelaria Zone Five Racing 1:54:04
 2 Ricky Bangertor Live Well p/b Bountiful Bicycle 1:54:06
 3 Aaron Olsen Ski City Cycling 1:54:15
 4 Joshua Frick Ski City Cycling 1:55:24
 5 David Bagley Zanconato Racing 1:55:37

Master Men 45+

1 Justin Wilson 1:53:53
 2 Christoph Heinrich KUHL Cycling Team 1:53:53
 3 Aaron Jordan Canyon Bicycles - Shimano 1:53:54
 4 Kyle Brown 1:54:48
 5 Michael Fogarty 1:54:49

Pro Women 1 / 2/3

1 Lindsey Stevenson Zone Five Racing 2:09:04
 2 Ingrid Smallman Zone Five Racing 2:09:05
 3 Elsie Hinton Zone Five Racing 2:09:07
Pro Men 1 / 2/3

1 Spencer Johnson Team Endurance 360 46:14.0
 2 Nathan Manwaring Team Endurance 360 46:18.2
 3 Erik Harrington RMCC 46:19.1
 4 Roger Arrlett Team Endurance 360 46:19.7
 5 Ben Stevenson Team Endurance 360 46:20.0

Cat 3/4/5 Women

1 Emily Birch Zone 5 1:49:27
 2 Liz Apling Zone Five Racing 1:49:48
 3 Jessica Hansen Zone Five Racing 1:53:26
 4 CHANDRA CRUZ TOSH 2:00:16
 5 Aspen Hassell Extra Mile Racing 2:03:32

Master Women 35+

1 Elaina Lindberg Extra Mile Racing 1:49:49
 2 Shannon Tuddenham Plan 7 DS 1:51:28
 3 Natalie Slemboski 1:51:28
 4 Dixie Robinson Zanconato Racing 1:51:29
 5 Kristy Stratton Extra Mile Racing 1:53:08

Cat 4/5 Master Men 35+

1 Kevin Fuller Zone Five Racing 1:57:44
 2 Brett Peterson Zone Five Racing 1:57:45
 3 Michael Russell Zone Five Racing 1:57:46
 4 John A Koudlik 346 1:57:47
 5 Morten Pedersen Pavestone Capital 1:57:47

Master Women 50+

1 Kelly Hunsaker PLAN7 DS 1:49:56
 2 Margaret Douglas 1:51:28
 3 Debra Cantrell Zone Five Racing 1:57:50

Utah Motorsports Campus Circuit Race and Time Trial, UCA Series, Tooele, UT, March 31, 2018

Road Race

Masters Men 35-99

1 Joshua Frick Ski City Cycling
 2 Kevin Gibson ICE
 3 Jared Kirby Bountiful Mazda Cycling Team
 4 Scott Powers Zone Five Racing
 5 Thomas Pitcher Pavestone Capital Cycling

Juniors 14-u

1 Ezra Higley
 2 Alan Cantrell Zone 5 Racing
 3 Jackson Hawley
Masters Men 45-99
 1 Andre Gonzalez Ski City
 2 Aaron Jeffrey
 3 Darin Boyd Zone Five Racing
 4 Guy Roundy
 5 Kenneth Morris Ski City Cycling Team

Masters Men 55-99

1 Dirk Cowley FFRK ARCHITECTS RACING
 2 Paul Hughes
 3 Charles Palmer FFRK ARCHITECTS RACING
 4 Stephen Tueller Bountiful Mazda Cycling Team
 5 James Ferguson Bountiful Mazda

Masters Men 70-99

1 Ken Louder FFRK ARCHITECTS RACING/
 VeloSportRacing
 2 Stan Swallow Team Endurance 360
 3 Larry Peterson Endurance360

Cat 3-4 18-99

1 Andrew Robinson Extra Mile Racing
 2 Taylor Edwards Zone Five Racing
 3 James Lavelle Cicada Racing Inc.
 4 Luke Gangi-Wellman University of Utah
 5 Stephen Rogers Zone Five Racing

Cat 4-5 18-99

1 Dallin Kelly Utah State University
 2 Zach Petersen Pavestone Capital Cycling Team
 3 Tommy Kline Zone Five Racing
 4 Benjamin Todt
 5 Kenneth Rayl America First Credit Union Cycling Team

Masters Men 35-99

1 Nate Furman
 2 Al Takemori Millbrook Racing
 3 Mike Oblad MILLBROOK RACING
 4 Greg Guey Zone Five Racing
 5 Rich Campbell Zone Five Racing

Collegiate A 18-99

1 Robert Squire Westminster College
Collegiate B 18-99
 1 Luke Gangi-Wellman University of Utah
 2 Tim Frost Utah State University
 Collegiate C 18-99
 1 Matt Hunter University of Utah
 2 Dallin Kelly Utah State University

Pro Men 1-2-3 18-99

1 Bryce Olsen LiveWell p/b Harristone
 2 Erik Harrington RMCC
 3 Tyler Riedesel Bingham Cyclery - Peak Fasteners
 4 Robert Squire Westminster College
 5 Gavin Storie Team Endurance 360

Women Juniors 14-u

1 Morgan Speicher Extra Mile Racing
Masters Women 35-99
 1 Liz Apling Zone Five Racing
 2 Elaina Lindberg Extra Mile Racing
 3 Meghan Gilroy
 4 Brooke Quaintance Extra Mile Racing
Masters Women 50-99
 1 Margaret Douglas
 2 Heidi Roundy
 3 Cathleen Wilde Team Endurance 360
 4 Debra Cantrell Zone Five Racing
 5 Lorri Zenoni Project HERO Utah

Women Cat 3-4-5 18-99

1 Shannon Tuddenham Plan7 DS
 2 Kristy Stratton Extra Mile Racing
 3 Jamie Linde
 4 Jessica Hansen Zone Five Racing
 5 Anna Hansen Plan7

Collegiate A 18-99

1 Sofija Novoselec Westminster College
Pro 1-2-3 18-99
 1 Lindsey Stevenson Zone Five Racing
 2 Ingrid Smallman Zone Five Racing
 3 Allison Frye Ski City Cycling
 4 Elsie Hinton Zone Five Racing
 5 Alesha Larsen DNA Cycling Team

Time Trial

Men Cat 1-2-3 18-99
 1 Rob Smallman Hangar 15 Bicycles 18:03:06
 2 keaton rich Cicada Racing 18:21:05
 3 Cortlan Brown Hangar 15 Bicycles 18:23:13
 4 Michael Hawley Live Well p/b Bountiful Bicycle 18:29:07
 5 Michael Claudio 18:29:41

Masters Men 35-99 1

Jared Kirby Bountiful Mazda Cycling Team 20:21:53
 2 Thomas Pitcher Pavestone Capital Cycling 25:07:23
Masters Men 45-99
 1 Kenneth Morris Ski City Cycling Team 19:25:05
 2 Dan Kadrmas Bountiful Mazda Cycling Team 20:00:23
Master Men 55-99
 1 Paul Hughes 19:38:77
 2 Charles Palmer FFRK ARCHITECTS RACING 20:23:80
 3 Stephen Tueller Bountiful Mazda Cycling Team 20:57:92
 4 Bob Wymalek Contender 21:57:08
Masters Men 70-99
 1 Ken Louder FFRK ARCHITECTS RACING/
 VeloSportRacing 20:12:02
 2 Larry Peterson Endurance360 20:49:45
 Cat 3-4 18-99
 1 Stephen Rogers Zone Five Racing 18:49:57
 2 Liam O'Donnell Cicada Racing Inc. P/B Mark Miller Subaru 20:12:04
 3 Eric Draper Rapid Cycling Racing 20:31:35
 4 Ryan Mauer Zone Five Racing 20:50:09
 5 Chris Epley SBR Cycles 21:23:06

Men Cat 4-5 18-99

1 Benjamin Todt20:38:21
 2 Zach Petersen Pavestone Capital Cycling Team 22:50:02
 3 Kade Hunter23:12:34
 4 Nick Fritz23:54:11
 5 Matt Hunter University of Utah 24:06:76

Masters Men 35-99

1 TIM VALDEZ Pavestone Capital Cycling Team 22:57:24
 2 Billy Fenhagen Pavestone Capital Cycling 23:25:21
 3 Sean Biggs Pavestone Capital Cycling Team 24:10:66
 4 Steve Holden Project HERO Utah 24:53:95
 5 Brian Kieran 38:20:73

Women Cat 1-2-3 18-99

1 Alesha Larsen DNA Cycling Team 21:01:53
 2 Colleen Neider Team Endurance360 23:03:07
 3 Elsie Hinton Zone Five Racing 24:35:98
Masters Women 35-99
 1 Meghan Gilroy23:07:07
 2 Brooke Quaintance Extra Mile Racing 26:25:80
Masters Women 50-99
 1 Lorri Zenoni Project HERO Utah 24:34:24
Women Cat 3-4-5 18-99
 1 Callie Goff Extra Mile Racing 24:50:52
 2 Kelly Fritz29:06:30

RIDE PREVIEW

Golden Spoke Ride to be Held June 2, 2018 - Will Celebrate Over 100 Miles of Continuous Paved Pathways on the Wasatch Front

The Golden Spoke Ride will be held on June 2, 2018 in celebration of the opening of the new Jordan River Parkway bridge at 200 S in Salt Lake City, and hence the establishment of over 100 miles of continuous pathways from Provo to Ogden, Utah.

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Brian Head Resort Mountain Bike Park

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Brian Head, UT 84719
(866) 930-1010 ext. 212
brianhead.com

Cedar Cycle

38 E. 200 S.
Cedar City, UT 84720
(435) 586-5210
cedarcycle.com

Hurricane

Over the Edge Sports

76 E. 100 S.
Hurricane, UT 84737
(435) 635-5455
overtheadge.bike

Moab

Chile Pepper

702 S. Main
(next to Moab Brewery)
Moab, UT 84532
(435) 259-4688
(888) 677-4688
chilebikes.com

Bike Fiend

69 E. Center Street
Moab, UT 84532
435-315-0002
moabclassicbike.com

Moab Cyclery

391 S Main St.
Moab, UT 84532
(435) 259-7423
moabcyclery.com

Poison Spider Bicycles

497 North Main
Moab, UT 84532
(435) 259-BIKE
(800) 635-1792
poisonspiderbicycles.com

Rim Cyclery

94 W. 100 North
Moab, UT 84532
(435) 259-5333
rimcyclery.com

Monticello

Roam Industry

265 N. Main St.
Monticello, UT 84535
(435) 590-2741
roamutah.com

Price

BicycleWerks

82 N. 100 W.
Price, UT 84501
(435) 637-2453
facebook.com/bicyclewerks

St. George

Bicycles Unlimited

90 S. 100 E.
St. George, UT 84770
(435) 673-4492
(888) 673-4492
bicyclesunlimited.com

IBB Cyclery & Multisport

185 E Center St
Ivins, UT 84738
435-319-0011
ibbcyclery.com

Rapid Cycling

705 N. Bluff Street
St. George, UT 84770
435-703-9880
rapidcyclingbikes.com

Rapid Cycling

446 S. Mall Drive, #3
St. George, UT 84790
435-703-9880
rapidcyclingbikes.com

Red Rock Bicycle Co.

446 W. 100 S.
(100 S. and Bluff)
St. George, UT 84770
(435) 674-3185
redrockbicycle.com

Springdale

Zion Cycles

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

Northern Utah

Logan

Al's Cyclery / Al's Sporting Goods

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

Joy Ride Bicycles

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

Sunrise Cyclery

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

Wimmer's Ultimate Bicycles

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

Park City/Heber

Cole Sport

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

Jans Mountain Outfitters

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

Mountain Velo

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

Park City Bike Demos

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

Slim and Knobby's Bike Shop

468 N Main
Heber, UT 84032
(435) 654-2282
slimandknobbys.com

Stein Eriksen Sport

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

Silver Star Ski and Sport

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

Storm Cycles

1764 Uinta Way, Suite C1
Park City, UT 84098
(435) 200-9120
stormcycles.net

White Pine Touring

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

Vernal

Altitude Cycle

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

Wasatch Front WEBER COUNTY

Eden/Huntsville/Mountain Green

Diamond Peak Mountain Sports

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

Ogden

Bingham Cyclery

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

2nd Track Sports

1273 Canyon Road
Ogden, UT 84404
801-466-9880, ext. 2
2ndtracks.com

Shiftworks

2267 Grant Ave, Suite G-12
Ogden, UT 84401
385-389-2596
shiftworks.bike

Skyline Cycle

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

The Bike Shoppe

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

Two Hoosiers Cyclery

2343 N Washington Blvd
North Ogden, UT 84414
385-238-4973
twohoosierscyclery.com

DAVIS COUNTY

Biker's Edge

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

Bingham Cyclery

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

Bountiful Bicycle

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

Bountiful Bicycle

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

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rei.com/saltlakecity

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MOUNTAIN BIKE TRAVEL

A Mountain Biking Trip to Squamish, British Columbia with the Highliners

Bryson Deppe and Steven Sadler dropping a granite slab with Squamish and Howe Sound in the distance. Photo by Eric Kramer

By Eric Kramer

Ambitious plans have a way of falling through. Work gets in the way, resolve weakens, and friends bail. But occasionally the stars align and a great

idea materializes, and what started out as a casual discussion bloomed into a full-on road trip to Squamish, British Columbia with seven friends.

One might wonder what would possess someone to drive sixteen hours to ride bikes when we have

so many good trails right here in Utah, but once you've ridden Jacob's Ladder and Rush for the umpteenth time, you begin to long for something completely different. Plus, the stories of Squamish and Whistler B.C. are legendary. Loamy dirt that never gets muddy or dusty, granite peaks adorned in glaciers in all direction, and some of the steepest and most challenging terrain in the world. We had to see it for ourselves.

After doing some research we determined that June and September are the best times of year to go because there's more moisture to keep the trail conditions perfect; we opted for September because the high terrain would be open. The weeks leading up to our departure were worrying, though. Forest fires ravaged the Pacific Northwest (PNW), and reports were that Whistler was blown-out, dusty dry and that the air was full of smoke. Then the Deer Valley Enduro Cup ran two weeks before we planned to leave, and we told everyone "Don't get hurt! Squamish!" at which point Steve proceeded to knock himself out at the bottom of NCS (the only upside of which was briefly forgetting Trump was president), and Sam hurt his shoulder re-running the same stage after Steve's crash halted the race.

Two weeks later, though, Steve was given the clear to ride again, and the forecast was looking favorable with rain in B.C., so Steve, Bryson and I loaded up Jon's truck with our bikes, made a final stop at Go-Ride for last minute supplies, and hit the road. Sam, a confirmed "van guy," would drive up in his van, and Piper and Brett would both be flying in a

couple days later. The drive through Idaho, Oregon, and Washington was unsettling. A thick haze of smoke permeated the air, and the sun shown red during the midday hours. But as we reached Bellingham, Washington a sweet, light rain was falling, clearing the air and perfecting the dirt, so we decided to pull off the highway and ride bikes. Within the first few feet of trail at Galbraith Mountain we were all ecstatic to be riding in the PNW; it was raining yet the dirt was hard and tacky, the trails were brilliantly sculpted for flow and speed but with enough intervals of rooty, rocky tech to keep you on your toes. Steve, recovering from a concussion, hadn't been on a bike for two weeks since the crash, and Piper, his wife, instructed him not to "send it." But when

you're feeling the flow, you can't help but send it, and that's exactly we did.

At the bottom of our last descent, the clouds cleared and the sun came out revealing pine-covered mountains rising out of the mist and Bellingham Bay in the distance. This was going to be a good trip. A few hours later we pulled into our Airbnb in Squamish, a cozy place with coffee and bike shops within walking distance, and some of Squamish's best trails within riding distance. Heading into the Squamish forest for the first time was like entering the forests of Endor, so green with moss and fern and still glistening from the recent rain. We started with a lap down Half Nelson, a fun flow trail that was a little worse for wear after a long dry summer. Nevertheless we all high fived at the bottom, blown away

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Eric Kramer, Sam Fox, Bryson Deppe, and Steven Sadler getting in all the riding they can before the sun sets. Photo by Jonathan Cracroft



Steven Sadler, Sam Fox, Bryson Deppe, and Eric Kramer cliff jumping on a much needed rest day. Photo by Jonathan Cracroft

by the quality of the trail.

Our real initiation happened later that afternoon when we met up with Sam's buddy, "Angry Jon," an American expat who somehow managed to get himself a job at the one tiny college in a town known the world over for incredible biking and skiing. Word was Angry Jon had only skipped riding seven days that entire year, and those were due to his bike

granite slabs is the sandstone terrain in Moab, yet these are more intimidating than anything I've seen there. They tend to be steeper and longer, but you have more grip. They're usually incorporated into the trail in a way that there's no ride-around. Angry Jon did his best to prepare us newbs for this novel surface by telling us to grab as much front brake as our forearms could muster, and



The scenery is epic, but Bryson Deppe keeps his head down to finish the grueling climb up Into the Mystic. Photo by Eric Kramer



Jon Cracroft getting over the back wheel on some steep Squamish loam. Photo by Eric Kramer

being in the shop. He doesn't Strava or Instagram; for him riding a bike isn't about getting likes or KOMs, but is as core to his existence as breathing. I imagine he devoted himself to his scholarly field with the same intensity, landing him a great job in one of the most coveted places you could imagine for a mountain biker.

We met up with Angry Jon and his buddy Tim and loaded our bikes into the back of their decades old trucks into homemade racks made from 2x4s. Blasting up gravel roads at ludicrous speeds, my bike nearly fell out of the rack and off the truck, so Angry Jon had to gun it even more to catch up with Tim so we could yell at him to stop. The trailhead was nothing more than an easily-missed entrance into the thick forest. This trail is not on Trailforks, and it probably didn't even exist a few months earlier. Dropping in we discovered a whole new definition of steep. Your tires are desperately searching for grip in the soft loam, brakes begin to fade, and you realize that gravity is no longer your friend but your constant enemy who would rather see you lose control and tumble down the mountain.

And then there were the granite slabs. The closest thing we have to

try not to let the back wheel skid. This is counter-intuitive to most riders who've been told over and over that too much front brake results in OTBs. Yet the approach worked: our tires held fast despite the fact that I squeezed my front brake so hard my forearms started to cramp.

It doesn't take long in Squamish to find your limits, though. Angry Jon warned us that a particular chute had taken out many of the best local riders, but I was feeling confident and decided to give it a go. Within seconds I was over the bars going end-over-end while my bike tomahawk-ed down the trail. Later on, after too long a break and idle chit-chat, Sam coined the phrase "less talk more tomahawk-ing!"

For most of my 25+ years of riding, I've relied on a good dose of speed to carry me through sketchy sections of trail. But in Squamish the terrain is so steep and unforgiving that the smarter approach is to go in slow with as much control as possible. You have to alter your thinking and turn off the Strava in your brain and realize that going fast isn't the only measure of riding ability. When it comes to difficulty, every trail in B.C. is rated below an equivalent trail

in Utah, so a "blue" trail in B.C. is similar in difficulty to a "black" trail in Utah, and a double black trail in Squamish is more difficult than just about anything we have here. Forget about going fast — riding and surviving the trails here is the ultimate rush.

And the steepness doesn't just apply to the descents. The Canadians are a hardy people and they don't worry themselves with manageable grades for mountain bikes. Straight up the mountain is the most direct route, so that's the one they take. It was obvious that Angry Jon was far better at technical downhill riding than us, but he lives at sea level. For our next ride with him there would be no shuttling and surely we would redeem ourselves by showing him how riders from the high elevation state of Utah can climb. When we met up with Angry Jon and his buddy Phil for another ride, both of them had their jerseys off with their helmets strapped to their bars. We were all thinking how undignified that was, but half way into the climb we started to understand. We kept up pretty well until about half way up an old mining road, when we hit a wall. The road

Continued on page 18



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Eric Kramer testing the limits of grip on a Squamish slab. Photo by Jonathan Cracroft

Squamish - Continued from page 17

went straight up and the surface was full of loose rocks. I was determined not to walk, but after spinning out with my heart rate well beyond the lactic threshold, I gave up and watched Angry Jon and Phil ride away from me. When I finally made it to the top, I was so drenched with sweat from the deceptively humid air that even the contents of my hip pack were soaked. To add a little salt to my wounded ego, Angry Jon remarked that when you see the locals doing something, you should probably do it too. Yeah, he was probably right on this one.

As the week progressed we gained confidence, but our bodies struggled to adapt to the fact that we were doing two big rides every day. We kept it up, though, and by mid-week we rode Top of the World in Whistler, fol-

lowed by Khyber, Middle of Nowhere, Kashmir, and Kush. This was the most unrelenting technical terrain I have ever ridden with mile after mile of steep, rooty drops and thousands of feet of descending. My arms were failing me and with every g-out my chest came closer to colliding with my handlebars. So the next day we only did one easy ride and spent the rest of the day at a mountain lake cliff diving, swimming, and relaxing with some cold beers.

The rest was much needed because the next morning we would ride Into the Mystic and Lord of the Squirrels, a 22-mile, 4500-foot climb into the high alpine of B.C. It's easy to mistake Into the Mystic as the B.C. equivalent of Park City's Armstrong trail (after all it's a similar machine cut wide format trail), but I was quickly reminded as I Eagle'd out into my easiest gear: everything in B.C. is a lot steeper. But the effort was worth it

as a couple hours later we entered the most magical zone of granite, glistening alpine lakes and a 360-degree panorama of distant peaks and glaciers. The Lord of the Squirrels descent is only rated as a blue trail, but in Utah it would easily be a black or double black. It's fairly technical, and dropping 3000 feet in four miles resulted in jello legs at the bottom. From there we decided to be prudent and take the easiest way back, but the double black "AC/DC" trail looked like too much fun, so we dropped it and found even more steep terrain with rock slabs.

After years of riding the hardest trails in Utah, I started to feel pretty confident in my abilities, but Squamish was an awakening to just how demanding trails can be. We all came back sore and scratched up but in one piece, (although Brett the bee harasser came back with about a dozen bee stings) and with the most satisfying feeling that we went to Squamish and Whistler and gave it our all. The steepness—both up and down, the soft loamy dirt, roots, and rock slabs are what make B.C. trails unique, but we actually have pockets of terrain in Utah that share a lot of these features, and I hope we can learn from the British Columbians and emulate their trails here. In Utah it seems like most of the trails are machine-cut sidewalks, but in B.C.



The Highliners travel crew loaded up in front of shop sponsor Go-Ride ready to hit the road and the 16 hour drive from Satl Lake City, Utah to Squamish, BC. Photo by Eric Kramer

even the XC trails are technical, and the number of double black trails that can work you is mind-blowing. We tried to ride as much as we could, but we barely scratched the surface. And that's why we'll be going back this summer, with a little more experience and confidence to take it up to the next level. Riding in B.C. is humbling. There are so many trails and so many of them are harder than anything we have here, but spending time there will make you a better rider, and I came back to Utah with more confidence to ride trails and features that used to scare me.

Tips for planning a trip to BC

Do a thorough tune-up on your bike beforehand and replace anything worn past 50% and put some fresh rubber on for maximum grip

Replace your cables and housing as the B.C. moisture will bond with the months of built-up Utah dust and ruin your shifting

Bleed your brakes—you'll want them to be performing at their best on the steep

Take as many spares (derailleur hangers, tires, cables, etc.) as you can as everything is a lot more expensive up there

Take a bike stand and tools if possible, because you'll end up doing a lot of work on your bike

Train for it like you are training for a week long mtb race—you'll want to ride as much as you possibly can, and your body will be the limiting factor

Take the biggest bike that still climbs decently, as everything is steep and gnarly and a slack bike with big, grippy tires will make it more ride-

able; it's also not a bad idea to go with a smaller chainring because the climbs are so steep

Get as much local knowledge as you can: Angry Jon took us on trails we never would have found and gave us advice on which trails ride and in what order and direction to ride them.

Eric Kramer has been mountain biking for over 25 years, and moved to Utah from Ohio to ride is bike on actual mountains. When he's not riding, talking about riding, writing about riding or taking pictures of riding, you might find him making software in his day job.

Brett Scothern, Bryson Deppe, Eric Kramer, Piper Sadler, Sam Fox, and Steven Sadler are riders for the HIGHLINERS mtb team, a mountain bike team focused on enduro, community, and good times.

For more information about the HIGHLINERS mtb Team visit www.highlinersmtb.com, www.instagram.com/highlinersmtb, or www.facebook.com/HighlinersMTB.

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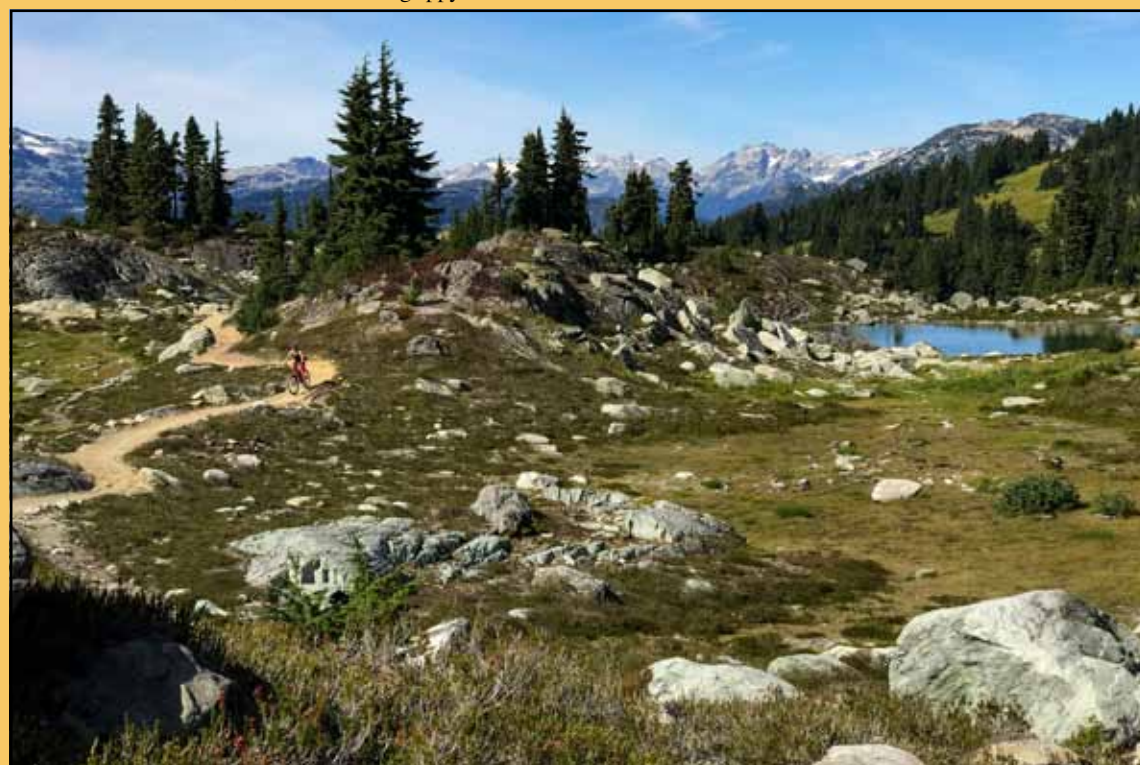
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Piper Sadler in an alpine wonderland on Into the Mystic. Photo by Jonathan Cracroft

TOUR OF CALIFORNIA

World's Top Teams Set to Compete in Amgen Tour of California Mens' and Women's Races in May



Mark Cavendish, one of the world's premier sprinters, is slated to race the 2018 Tour of California. Here, Cavendish (Team Dimension Data) salutes as he takes the sprint to win Stage 8, 2016 Amgen Tour of California. In the background, Julian Alaphilippe (Etixx-Quick Step) provides the double salute celebrating his overall win of the race. Photo by Dave Richards

LOS ANGELES (April 5, 2018) The top cycling teams in the world are confirmed to come to California to race in the Amgen Tour of California announced AEG, owner and presenter of the 13th annual race.

The 2018 edition of America's premier cycling stage race for men will cover 645 miles of roadways, highways and coastlines during seven stages from Long Beach to Sacramento May 13-19 while the Amgen Tour of California Women's Race empowered with SRAM, showcasing the world's best women cyclists, will run concurrently May 17-19, covering upward of 187 miles over three stages.

The annual professional cycling events are the only U.S. races on the UCI WorldTour calendar and continue to attract some of the most renowned cyclists and teams in the world, including UCI's top-five ranked men's WorldTour teams at the conclusion of the 2017 season:

2018 AMGEN TOUR OF CALIFORNIA TEAMS (MEN)

Confirmed to compete (17)

AG2R La Mondiale (FRA)
 BMC Racing Team (USA)
 BORA-hansgrohe (GER)
 Hagens Berman Axion Cycling Team (USA)
 Holowesko
 Citadel p/b Arapahoe Resources (USA)
 Mitchelton-SCOTT (AUS)
 Quick-Step Floors (BEL)
 Rally Cycling (USA)
 Team Dimension Data (RSA)
 Team EF Education First-Dracpac p/b Cannondale (USA)
 Team KATUSHA ALPECIN (SUI)
 Team LottoNL-Jumbo (NED)
 Team Sky (GBR)
 Team Sunweb (GER)
 Trek-Segafredo (USA)
 UAE Team Emirates (UAE)
 UnitedHealthcare Pro Cycling Team (USA)

The Amgen Tour of California attracts top talent, and comes at an important time in our season it's the most prestigious race in America, and also serves as a stepping stone to hone our racing lineup and form for the Tour de France in July, said KATUSHA ALPECIN Team Director Dmitry Konyshov.

In addition to the powerhouse sprinters previously announced Peter Sagan (BORA-hansgrohe), Marcel Kittel (KATUSHA ALPECIN), Mark Cavendish (Team Dimension Data), the 2018 Amgen Tour of California will feature a world-class peloton of World and National Champions, Olympic medalists and Tour de France veteran cyclists including:

Sagan's teammate Rafal Majka, who holds three Tour de France stage wins and two King of the Mountain titles there, as well as a Stage 2 win

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at the 2017 California race

Tony Gallopin (AG2R La Mondiale), a 2014 Tour de France stage winner, who claimed the Yellow Jersey for a day

Sacramento, Calif.-area resident Nielson Powless (LottoNL-Jumbo), the 2016 Amgen Tour of California Best Young Rider

American all-rounder Ian Boswell (KATUSHA ALPECIN), who placed 5th overall in last year's race

Northern California rider Peter Stetina (Trek-Segafredo), who placed 2nd on the Gibraltar stage in 2016

Young Australian sprinter Caleb Ewan (Mitchelton-SCOTT), who placed 2nd at the recent Milan San Remo classic

"This is a critical race for our team and our partners. With the UCI WorldTour race designation, it was important that we upgrade to Pro Continental in order to remain eligible for America's biggest race. California has always been a showcase for the future of American cycling, like last year, our athletes are training hard to take on the world's best cyclists and have an impact in this year's edition, said Managing Director Charles Aaron, Rally Cycling, whose team animated the 2017 Amgen Tour of California with relentless attacking and aggressive style that netted two-stage victories.

AMGEN TOUR OF CALIFORNIA WOMEN'S RACE EMPOWERED WITH SRAM TEAMS

Confirmed to compete (15):

Astana Women's Team (KAZ)
 BePink (ITA)

CANYON//SRAM Racing (GER)

Hagens Berman
 Supermint Pro Cycling (USA)
 Mexican National Team (MEX)
 Rally Cycling (USA)

Swagit/Agolico Cycling Pro Team (MEX)

Team Illuminate (USA)
 Team Sunweb (NED)

Team TIBCO-Silicon Valley Bank (USA)

Trek Drops (GBR)

TWENTY20 Pro Cycling p/b Sho-Air (USA)

UnitedHealthcare Pro Cycling Team (USA)

USA Cycling National Team (USA)

Wiggle High5 Pro Cycling (GBR)

The Amgen Tour of California has long been dedicated to elevating women's cycling. It's a special race that attracts the highest level of competition and is a major focus on our calendar every year, said Ronny Lauke, Team Manager, Canyon//SRAM.

Three of the current top-five UCI ranked teams will compete in the three-day women's competition, which will kick off May 17 in Elk

Grove, Calif. UnitedHealthcare's Katie Hall (Oakland, Calif.), who claimed Stage 2 last year in South Lake Tahoe, is expected to return to the world-class peloton, as is three-time National Champion and 2016 race champion Megan Guarnier (San Mateo, Calif.) with the USA Cycling National Team. Canyon//SRAM is likely to mount an early race favorite Kasia Niewiadoma, who is stacking up early season results, and Ventura, Calif. native Alexis Ryan. Phenom Chlo Dygert is likely to race with TWENTY20 Pro Cycling p/b Sho-Air along with San Diego native Jennifer Valente, who together won silver in the 2016 Olympic team pursuit. Tustin, Calif.-based Coryn Rivera (Team Sunweb), who blazed to a Stage 3 victory last year, plans to return on the heels of her historic Tour of Flanders win earlier this spring.

"The team and I had some great results at the Amgen Tour of California last year and we will be back this year looking to build on that it's a fun race in beautiful locations, plus holds a lot of personal meaning for me being in my home state and country," said Southern California native Coryn Rivera.

Presented by Visit California, a visual overview of the men's and women's courses is viewable at www.amgentourofcalifornia.com/2018-route-overview.

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SEA OTTER CLASSIC

Sea Otter Photo Gallery by Photo-John - A Few of Our Favorite Shots!



US National cross-country champion Kate Courtney, leads Chloe Woodruff on the brutally steep climb in the womens pro XC race. Courtney finished the race in 2nd place, after Annika Langvad; and Woodruff finished in 5th place. Photo by Photo-John.



Duncan Shaw, co-founder of the Drop and Roll trials show, along with Danny MacAskill, performing before a huge and enthusiastic crowd on Saturday afternoon. Photo by Photo-John.

Cycling West photographer Photo-John took a trip to the Subaru Sea Otter Classic from April 14-19, 2018. The annual bike festival draws over 9000 athletes and 72000 fans each year to the Laguna Seca Recreation Area in Monterey, California. The festival features road and mountain bike races, kids activities, bicycle trials, vendor tents, new bike

announcements, and even electric bike racing. Over 500 exhibitors display bike products from over 900 brands in the expo. The Sea Otter is billed as the world's largest cycling festival.

Cycling West presents a gallery of the festival by Photo John.

For more of his great work, see Photo-John.net



The head-to-head gravity racing in dual slalom makes it one of, if not the most popular spectator event at the Sea Otter Classic. Here we see Cannondale enduro pro Matt Simmonds leading Giant pro and former BMX racer Mike Day on one of the beautifully sculpted berms on the top half of the course. Photo by Photo-John.



Trials superstar Danny MacAskill, working an adoring crowd during his Drop and Roll trials show at the Sea Otter Classic. Note the brand new carbon Santa Cruz signature trials bike he's riding. Photo by Photo-John.



The start of the pro men's cross-country short track race, on Saturday morning. Photo by Photo-John.



Unknown rider on one of the big jumps at top of the downhill course during Thursday evening's DH practice session. Photo by Photo-John.



This was the biggest year ever for Sea Otter spectators, attendees and exhibitors. This is just a small part of the infield area of the racetrack where bike manufacturers and other exhibitors showed off their wares. Photo by Photo-John.



Sea Otter has become one of the bike industry's favorite places to launch new bikes and other cycling-related products. Here, Tyler Cloward shows off the new Signal Peak 29er/27.5-plus bike Fezzari unveiled at this year's Sea Otter Classic. Photo by Photo-John.



Looking down on the 2018 Sea Otter Classic exhibitor area from high up on the cross-country race course. Road, mountain or e-bike - there was pretty much something for everyone at this year's Sea Otter Classic. Photo by Photo-John.



Road racing on the world-famous Laguna Seca racetrack. Photo by Photo-John.



The Angry Singlespeeder, a.k.a Kurt Gensheimer, and friend, hanging with the Sea Otter. Photo by Photo-John.



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ELECTRIC BIKES

EBike Survey: People Ride Farther, More Often, and Carry More Cargo

By Charles Pekow

Lets face it: electric bicycles

have become a significant part of the cycling community, both for transportation and recreation. But research into who rides them and

their effect on the bicycle business is lacking. In an attempt to partially fix this lack of knowledge, researchers at the National Institute

for Transportation & Communities at Portland State University in Oregon surveyed owners five years ago. To see what has changed since the, they

released a follow-up this March.

They found not much has changed since 2013 in terms of why people buy e-bikes: they're easier to ride than standard bikes, especially when climbing hills and they cut automobile trips. And yes, more people can ride bikes, go for longer distances and carry more cargo (including children) than on standard bikes, the research found. The survey, however, was done disproportionately in the Portland area and the sample wasn't random. About 70 percent of respondents were male and almost all of them rode a standard bicycle before buying an e-bike; only about seven percent stated the first bike they bought as an adult included a motor.

The authors suggest that use of e-bikes could reduce smog and energy use, since many riders use them in lieu of driving an auto. "The majority of the utilitarian trips (i.e., errands and commutes) being made by e-bike are replacing motor vehicle trips, which signifies an impressive decrease in vehicle miles traveled," the report says. "I am 63 years old and have had 3 knee surgeries and cardiac bypass. Having an e-bike enables me to ride more often than I would on my regular bike," one respondent noted.

Many owners also said they felt safer on an e-bike than on a conventional bicycle, but it's not clear if safety was a major factor in determining whether to buy one. E-bike riders are more inclined to take indirect routes to stay off major roads, can accelerate more quickly to get through intersections and can go faster than other cyclists, improving safety or the perception thereof. The downside, however, lies the fact that motorists may misjudge their speed. Safety remains an open question, the report notes.

Americans aren't pedaling to the e-bike stores with the same speed as Asians. Americans bought between 200,000 and 250,000 e-bikes in 2006, but by then 200 million had been sold in China. The study didn't conclude in what parts of the USA e-bikes were most popular but they seemed more common in major cities, particularly Los Angeles and hilly San Francisco.

On difference over time between the two surveys (which are not completely comparable as they used different methodology) is that now people are more likely to buy e-bikes rather than conversion kits for standard bikes.

But communities will need to deal with code and policy questions. Are e-bikes considered bicycles or motorized vehicles? Should they be allowed on sidewalks or recreational trails. (The U.S. Forest Service is dealing with the question of allowing them on mountain bike trails). The authors concluded that e-bikes can go a long way to encourage longer and more bike trips. But first, they say, "they will not be met to their full potential in the absence of policies and regulations which support and protect the use of e-bikes."

You can find the report, A North American Survey of Electric Bicycle Owners, at goo.gl/NgxPk6.

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PUBLIC HEALTH**CDC Recommends Bicycling Infrastructure for Better Public Health**

By Charles Pekow

Small infrastructure improvements — or starting with them — can make a big difference in getting people out on bikes. Just combine land use with active transportation planning elements, suggests a federal panel. The Community Preventive Services Task Force of the Centers for Disease Control & Prevention suggests communities use environment approaches that combine one or more interventions to improve transportation systems (activity-friendly routes) with one or more land use and community design interventions (everyday destinations) to increase physical activity.

The task force recommends in a recent brochure building bicycle infrastructure that will keep cyclists away from autos and make it easy to cross streets. Factor this into planning of places that get a lot of daily use, such as schools, parks, health care facilities, grocery stores, etc.

The task force compiled a chart (goo.gl/dzTJK6) of eight communities of all sizes across the United States that successfully combined design of activity-friendly routes with everyday destinations. Only two of the eight, however, specifically included bicycle infrastructure as a major element.

Atlanta produced the most comprehensive project of the eight with its BeltLine converting former rail lines to various uses. It will eventually encompass 22 miles of trails connecting 45 neighborhoods.

And Houghton, MI, a rural community in the upper peninsula, wanted to improve access to its waterfront. The effort included buying abandoned industrial waterfront property and converting it into parks with bike paths and extending the paths to downtown and residential areas.

The task force looked at 90 studies to draw its conclusion and says that communities can start small and build upon small efforts. All it takes is adding bike parking. It doesn't suggest a minimum effort. Communities are encouraged to start where they can and then build toward larger scale improvements to increase physical activity, the task force recommends.

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CYCLING AND THE LAW**Bike Lights and Crosswalks – Are You Following the Law?**

By Ken Christensen and Russ Hymas

Crosswalks:

You may have heard that the law requires cyclists to walk their bikes through crosswalks, but this is more of a suggestion than a rule. However, intersections can be dangerous, so become familiar with these rules, and use good judgment:

- **Don't ride where bikes are prohibited**

Obey signs and city laws that prohibit bikes on sidewalks, crosswalks, or pathways. These rules often have good reasons, and you can be fined for not doing what they say.

- **Remember that you have the same responsibilities as a driver**

You must yield to pedestrians before turning through a crosswalk. Also, if there is a T-intersection on your left, you are still required to stop at the stop sign or stop light. There could be a pedestrian in the crosswalk – if you don't stop and hit the pedestrian, you will be responsible.

- **You Must Ride or Walk at a Reasonable Speed**

The law states that a cyclist may not ride in a crosswalk at a speed greater than is reasonable and pru-

dent under the existing conditions, while paying attention to any potential hazards. Some arbitrators and judges have interpreted a "reasonable speed" for a cyclist crossing a crosswalk to be the same speed at which a pedestrian would travel.

- **Riding Your Bike on the Right Side of The Road, May Be Your Best Option**

If you keep your bike on the same path as the shoulder of the road and out of the crosswalk then the crosswalk rules above do not apply. You just have to ride as close to the righthand edge of the roadway (or left of cars turning right) as practicable and under the speed limit.

Bike Lights:

Its that time of year when temperatures start to warm up, but the days remain short. Many rides start or end in dark. Proper preparation and understanding of your duties as a cyclist is important.

Make Yourself Visible

Take extra steps to ensure your safety every time you ride in the dark. This includes thinking about what you wear and about what you put on your bike. Most cycling kit manufacturers have reflective materials built into their kits. If you know your ride will include low visibility or darkness, then choose the kit that has bright colors and reflec-

tive materials.

- **Keep Bike Lights with You and Know When They Are Required**

Utah law requires bicycles to be equipped with a white headlight, red taillight, and side reflectors – all visible from 500 feet. The lights must be on a half hour after sunset till a half hour before sunrise. So if your morning ride starts at 6:30am, but sunrise isn't until 7:15am, you must have lights on until 6:45am. Same thing in the evening, if sunset is at 7:50pm, then lights must be turned on at 8:20pm.

Always make sure your bike lights are fully charged before a ride. If the battery dies and you are hit by a car, then you will bear some responsibility for the collision.

If for some reason your light dies, then end your ride and have someone pick you up. Do not continue riding in the dark.

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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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.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

Advocacy

Bike Utah — UT, Utah's Statewide Advocacy Group., Phil Sarnoff, 801-440-3729, psarnoff@bikeutah.org, 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., Becca 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., Helen Peters, 385-468-4860, HPeters@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 Benigni, 801-393-2304, wp@weberpathways.org, Rod Kramer, 801-393-2304, rod@weberpathways.org, weberpathways.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 (PRATT) Coalition 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

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

Calendar Guidelines:

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

Submit your event to:

calendar@cyclimgutah.com

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

Let us know about any corrections to existing listings!

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@ogdencity.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, bzbybike@gmail.com, bikewalkmontana.org

Salt Lake Valley Trails Society — Salt Lake City, UT, Salt Lake Valley's natural surface bicycle trails non-profit., Kevin Dwyer, kevin@saltlakevalleytrailsociety.org, saltlakevalleytrailsociety.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@cyclimgutah.com, [facebook.com/groups/SLCCM/](https://www.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/](https://www.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 Dudevair, 435-649-4806, scottdudevair@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](https://www.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](https://www.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, 2018 — 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/272554273280249/](https://www.facebook.com/events/272554273280249/)

May 1-31, 2018 — Bike It or Hike It, Henderson, NV, Explore over 180 miles of trails by bike or by foot for a chance to win prizes., Chuck Ashby, 702-267-5707, bikehenderson@cityofhenderson.com, Scott Jarvis, 702-267-3065, scott.jarvis@cityofhenderson.com, bikehenderson.org

May 2, 2018 — Music and Mechanics, Utah Bike Month, St. George, UT, Open Stage at the St. George Bicycle Collective, 70 W St. George Blvd. Wrench on your bike and listen to local music. Sign ups for the Open Stage start 6:30 PM, Performances 7 PM - 9 PM, \$3 donation at the door, workbenches open to the public, Judith Rognli, 435-574-9304, judith@bicyclecollective.org, bicyclecollective.org, [facebook.com/st-george-events/](https://www.facebook.com/st-george-events/), [facebook.com/STGBC/](https://www.facebook.com/STGBC/)

May 2-30, 2018 — Lunch Outside, Utah Bike Month, St. George, UT, Wednesdays, Unwind, feel free, and socialize. Weekly ride and picnic starting at the St. George Bicycle Collective, 70 W St. George Blvd. Meet at 12PM, roll out 12:10 PM, back at the Collective at 1 PM. Please bring your own lunch, water, flat tire repair, etc., Judith Rognli, 435-574-9304, judith@bicyclecollective.org, bicyclecollective.org, [facebook.com/st-george-events/](https://www.facebook.com/st-george-events/), [facebook.com/STGBC/](https://www.facebook.com/STGBC/)

May 5, 2018 — OpenStreets Salt Lake City, Utah Bike Month, Salt Lake City, UT, Designed to engage new people in bicycling and physical activity. The event will temporarily open a route of city streets exclusively to walking, biking, and other forms of active transportation. Includes activities such as exercise classes, dance classes, music, food, games and other attractions. This year, Salt Lake City will be highlighting a route downtown on 200 West, 200 South, West Temple, and 300 South from West Temple west to Pioneer Park. 10 am - 4 pm., Tara Olson, 801-535-6167, Tara.Olson@slcgov.com, slcopenstreets.com

May 5, 2018 — Reno Bike Swap, Bike Month, Reno Bike Week, Reno, NV, Biggest Little Bike Swap. Idlewild Park. Buy or sell a bike and benefit the Kiwanis Club and the Nevada Colon Cancer Partnership., Truckee Meadows Bicycle Alliance , 775-323-4488, info@bike-washoe.org, bikewashoe.org

May 5, 2018 — Cycle de Mayo, Utah Bike Month, Riverdale , UT, Promotes bicycling versus driving for light shopping and dining. The purpose is to make more people aware of how pathways available to citizens throughout the Weber County area can sometimes provide more convenient access to those businesses. Noon to 4 pm, Riverdale Town Square, bike valet, swag bags, prizes, and more!, Mark Benigni, 801-393-2304, wp@weberpathways.org, Micheal Staten, 801-589-2686, mstaten@ensignutah.com, riverdalecity.com/departments/recreation/flyers/Cycle%20De%20Mayo%20Event%202018.pdf, [facebook.com/Riverdale-City-Utah-181710475200673/](https://www.facebook.com/Riverdale-City-Utah-181710475200673/)

May 9, 2018 — 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@cyclimgutah.com, walkbiketoschool.org, ready/about-the-events/bike-to-school-day

May 10, 2018 — Ogden Trails Shindig, Utah Bike Month, Ogden, UT, Fundraising event and party to benefit the Ogden Trails Network and The Ogden Bike Park 6-9 pm — The Front Climbing Gym 225 20th St. vendors, BMX show, party, food, Josh Jones, 801-629-8757, joshjones@ogdencity.com, shiftworks.bikeogdencity.com

May 12-13, 2018 — 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 12th 8am-5pm and Sunday May 13th 11am-3pm. Buy or sell gear., Julie Minahan, 435-640-8642, julie.minahan@gmail.com, youngriders.com

May 12, 2018 — 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@ogdenbicyclecollective.org, bicyclecollective.org/ogden-news/item/570-ogden-bike-swap

May 12, 2018 — 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@bike-washoe.org, bikewashoe.org, renoriverfestival.com/reno-river-roll

May 12, 2018 — Yoga and Ride with Rachel Cieslewicz, Utah Bike Month, St. George, UT, Local runner, yoga instructor, cyclist, and friend, Rachel Cieslewicz, will be collaborating with the St. George Bicycle Collective for a refreshing morning of cycling and yoga. Bike Ride starting at the St. George Bicycle Collective, 70 W St. George Blvd, 9 AM - 10 AM, Yoga for Cyclists at Yoga Soul 10:15 AM - 11:15 AM, Judith Rognli, 435-574-9304, judith@bicyclecollective.org, bicyclecollective.org, [facebook.com/STGBC/](https://www.facebook.com/STGBC/)

May 13-19, 2018 — 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 18th. There is something for everyone: Bike to Work day, week, happy hours, bike to vote, bike in movie, bike fair, bike rodeo, 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! [facebook.com/BoiseBikeWeek](https://www.facebook.com/BoiseBikeWeek), Lisa Brady, 208-761-8507, lvcq@biketreasurvalley.org, boisebikeweek.org, biketreasurvalley.org

May 13-19, 2018 — 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@bike-washoe.org, bikewashoe.org

May 13, 2018 — Cyclofemme Reno, Bike Month, Reno Bike Week, Reno, NV, Riders of any gender, join the casual six mile ride to celebrate all women, Meet at 9am at the BELIEVE sculpture in Reno City Plaza, Truckee Meadows Bicycle Alliance , 775-323-4488, info@bike-washoe.org, bikewashoe.org

May 13, 2018 — Cyclofemme Ride, Bike Month, Boise, ID, Low key women's ride, Lisa Brady, 208-761-8507, lvcq@biketreasurvalley.org, biketreasurvalley.org, boisebikeweek.org

May 14-18, 2018 — 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 14-18, 2018 — Bike to Work and School Week, Utah Bike Month, Logan, UT, Celebrate Bike to Work Week by riding your bike to work or school. All week bike commuters enjoy free food and drink, free bike checkups and more. Participate in the passport program to earn a chance to win a free bicycle courtesy of Sunrise Cyclery. Come to our morning and afternoon locations to sample fare from local eateries, and Friday we'll be closing the week with a morning ride with Logan City Mayor Holly Daines, and in the evening, a free concert at Stokes Nature Center by Earthstra., Gary Saxton, 435-752-2161, 435-374-8076, logandowntown@gmail.com, Dayton Crites, 435-755-1446, dayton.crites@cachecounty.org, [facebook.com/events/181020812630348/](https://www.facebook.com/events/181020812630348/), trails.cachecounty.org/news/?id=48

May 15, 2018 — 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)

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May 16, 2018 — 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., Martin Gregory, martin.gregory@hsc.utah.edu, rideofsilence.org

May 16, 2018 — Ride of Silence. Utah Bike Month, Provo, UT, Join the Provo chapter of the Worldwide Ride of Silence to ride to honor people who were killed or injured while biking this last year and last several years. We will begin at Dixon Middle School and go for a short, slow, silent ride with brief stops at the ghost bike memorials for Doug Crow and Mark Robinson, and return to Dixon Middle School where we will have light refreshments. Meet at 6:30, Dixon Middle School, 750 W 200 N. 7 pm., Lucy Ordaz, 801-787-4384, lucyo@provo.edu, rideofsilence.org, [facebook.com/events/850656535006205/](https://www.facebook.com/events/850656535006205/)

May 16, 2018 — Ride of Silence. Bike Month, Prescott, AZ. Ride to honor dead and injured cyclists and to honor Amber Harrington who was killed by a drunk driver in 2015. Organized by Bike Prescott, Patricia David, info@bikeprescott.org, rideofsilence.org, [facebook.com/bikeprescott.org](https://www.facebook.com/bikeprescott.org)

May 16, 2018 — Ride of Silence. Bike Month, Las Vegas, NV, 14th Annual Las Vegas Ride of Silence, Wednesday May 16th. Meet at the Regional Transportation Commission of Southern Nevada, 600 South Grand Central Parkway, parking lot. Registration from 6:15 to 6:50 PM. Ride begins at 7:00 PM sharp. This is a street ride in traffic that will go through downtown Las Vegas, then wind through the Central Medical Area and historic neighborhoods. All riders must have lights front and rear as per Nevada statutes. You must also wear a bike helmet while riding. This ride is open to all ages but is not really meant for younger children because of traffic conditions. All riders under 18 must be accompanied by a parent or guardian on the ride., Jim Little, 702-360-4751, LVRODEOMAN1@aol.com, rideofsilence.org

May 16, 2018 — Ride of Silence. Bike Month, Boise, ID. Ride to honor dead and injured cyclists. This ride will coincide with a kick off of the 2nd Idaho Walk Bike Summit and we will convene post ride for discussion with advocates from across Idaho. All event details will be listed by March 30, 2018., Lisa Brady, 208-761-8507, twag@biketreasurerevalley.org, rideofsilence.org, biketreasurerevalley.org

May 16, 2018 — Ride of Silence. Bike Month, Sedona, AZ. Ride to honor dead and injured cyclists, Don Mathieu, rideofsilence.org

May 17, 2018 — Salt Lake City Mayor's Bike to Work Day. Utah Bike Month, Salt Lake City, UT. A mellow ride with Salt Lake City Mayor Jackie Biskupski under police escort. Breakfast, music, and more at 7:15 am. Bike ride begins at 8 am at Wasatch Hollow Park, 1631 E 1700 S, and ends at the Salt Lake City and County Building., Tara Olson, 801-535-6167, Tara.Olson@slcgov.com, slcityevents.com

May 17, 2018 — Commuter Convoy and Ride for Reading. Bike Month, Reno, NV. Volunteer riders will ride to Diederichsen Elementary to meet with the students and pass out books. Truckee Meadows Bicycle Alliance, 775-323-4488, info@bikewashoe.org, bikewashoe.org

May 17, 2018 — St. George Bike Month MTB Group Ride. Utah Bike Month, St. George, UT. Intermediate mountain bike ride leaving from the St. George Bicycle Collective, 70 W St. George Blvd, 6:30 PM - 8:00 PM. We will either ride Paradise Rim or City Creek. Helmets are REQUIRED for this ride and you must also be self-sufficient for any mechanicals one might encounter on a desert mtb ride (flat tire, water, snack, etc.). Judith Rognli, 435-574-9304, judith@bicyclecollective.org, bicyclecollective.org/st-george-events/, [facebook.com/STGBC/](https://www.facebook.com/STGBC/)

May 18, 2018 — Bike to Work, School, and Play Day. Utah Bike Month, Park City, UT. Hosted at the Park City High School. Bike to School, Work and Play Day with Mayor & Council, May 18th, 7:30-10:30am. Meet at Park City High School. Breakfast before work, school and play. Bike support station available. Pet-friendly & family-friendly. Breakfast, bicycle safety information and bike tune-ups. 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, basin-recreation.org

May 18, 2018 — 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 18, 2018 — Logan Bike to Work with the Mayor. Utah Bike Month, Logan, UT. Celebrate Bike to Work Day by riding your bike to work or school. Ride with the Mayor! 10 am. See website for details on where., Gary Saxton, 435-752-2161, 435-374-8076, logan-downtown@gmail.com, Dayton.Crites@cachecounty.org

trails.cachecounty.org/news/?id=48, logan-downtown.org

May 18, 2018 — Bike In Movie. Utah Bike Month, Provo, UT. Provo Bicycle Collective, 9 pm, Aaron Skabelund, 385-207-6879, a.skabelund@gmail.com, bikeprovo.org

May 19-20, 2018 — Cole Sport Bike Swap. Park City, UT, 9-5 Sat., 9-3 Sun. \$20 fee if bike sells. Proceeds go to Mountain Trails Foundation. Drop bikes off at Cole Sport, 1615 Park Ave. on 5/18. Pick up is by 3 pm on 5/20., Scott Dudevair, 435-649-4806, scottdudevair@colesport.com, mountaintrails.org, colesport.com

May 19, 2018 — 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, pinfinitecycles.com

May 19, 2018 — Bike Day with the Mayor of Springville City. Utah Bike Month, Springville City, UT, 10:00 a.m. bike ride with the Mayor around town. Opening of the Splash Pad at the Springville Civic Center and park following the ride. Springville Civic Center - 110 South Main Street, Free food, bike swag, and bike licensing. City Splash Pad will be turned on after the ride. These are short rides. The smaller kids will bike around the block. The older will go on a 2-3 mile ride around the city. Rod Oldroyd, 801-491-7684, roldroyd@springville.org, springville.org

May 19-20, 2018 — Bike Bash. Utah Bike Month, Salt Lake City, UT. Bike Bash at the Fisher Mansion Beer Garden, Noon until 6 pm and maybe later, 1208 W 200 S, Phil Sarnoff, 801-440-3729, psarnoff@bikeutah.org, bikeutah.org

May 20-25, 2018 — Flagstaff Bike to Work and School Week. Bike Month, Flagstaff, AZ. Bike to work, record your commute, win prizes, Anthony Quintile, 928-779-5969, flagstaff@absolutebikes.net, Melissa Dunstan, info@flagstaffbiking.org, Kyle Hornbeck, kyle.hornbeck@gmail.com, flagstaffbiking.org

May 22, 2018 — St. George Bike Month Bike Travelers' Showcase. Utah Bike Month, St. George, UT. Bike packers and wannabes talk about their adventures around town, around the globe, and their prep work for a multi-year trip. 7 PM - 9 PM, St. George Bicycle Collective, 70 W St. George Blvd., Judith Rognli, 435-574-9304, judith@bicyclecollective.org, bicyclecollective.org/st-george-events/, [facebook.com/STGBC/](https://www.facebook.com/STGBC/)

May 26, 2018 — SLUG Cat Bicycle Scavenger Hunt. Utah Bike Month, Salt Lake City, UT. This exciting event features a scavenger hunt bike race 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! 6th Annual., Angela Brown, 801-487-9221, angela@slugmag.com, John Ford, 801-487-9221, johnford@slugmag.com, Anne Olsen, anne@slugmag.com, slugmag.com

May 26, 2018 — Bikes and Trikes. Utah Bike Month, Provo, UT. Grab your family, friends, and neighbors and pedal on over to Memorial Park (800 E Center St) on Saturday, May 26th from 11:00 am - 1:00 pm. You'll want to bring your bikes, trikes and training wheels for some fun cycling festivities your whole family will enjoy!, Aaron Skabelund, 385-207-6879, a.skabelund@gmail.com, bikeprovo.org

June 2, 2018 — National Trails Day. Park City, UT. Location & Project TBA, Charlie Sturgis, 435-649-6839, charlie@mountaintrails.org, mountaintrails.org

June 2, 2018 — National Trails Day. Salt Lake City, UT. Volunteer on Trail Projects., Kristen Kenley, (801) 501-0850, kkenley@rei.com, rei.com/saltlakecity

June 2, 2018 — National Trails Day. Weber County, UT. Weber Pathways Trail Day. Come out on a build trail! Check website for details., Rod Kramer, 801-393-2304, outreach@weber-pathways.org, weber-pathways.org

June 2-3, 2018 — Primal Colorado Bike Expo. Denver, CO. 4th Annual, The Primal Colorado Bike Expo has a new home at the Subaru Elephant Rock Cycling Festival. The expo will bring together all things cycling; 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, bike rodeo, learn to ride clinics, demos, antique bicycle display, a fashion show, incredible programming, live music, beer garden, food trucks and more! This of course, in addition to ERock's five curated rides on Sunday with amazing support, fully-stocked aid stations and fun at every turn., Amanda Knutson, 515-681-6036, amanda@clipped-productions.com, coloradobikeexpo.com

June 2, 2018 — National Trails Day. Herriman, UT. Please come and help with the finish work on 3.4 miles of multi-use primitive trail in the Herriman Hills. This is the first of many trails that Herriman will be cutting in the 1800 acres of open space that Herriman City has recently acquired. 8am - 12p Blackridge Reservoir

Trailhead, Jo Darton, jdarton@gmail.com, [facebook.com/groups/804827286204846/](https://www.facebook.com/groups/804827286204846/)

June 4-8, 2018 — Bozeman Bike Week. Bike Month, Bozeman, MT. Bike Week is the most celebrated week of the year for cyclists everywhere. Bozeman Bike Week is more than just a jamboree of folks who prefer to commute via bicycle, it is also an opportunity to advocate safe cycling practices and routes, and to encourage alternative transportation to members of this great community. Morning and evening events will be happening all week, and knowledgeable volunteers will be available at each stop to offer safe route guidance and answer questions regarding bicycle traffic laws., Alex Lussier, lussiera@nolmail.com, Megan Lawson, 406-570-7475, meganclawson@gmail.com, Gallatin Valley Bicycle Club, gvbcbike@gmail.com, gallatinvalleybicycleclub.org, gallatinvalleybicycleclub.org/community-events/bike-to-work-week/

June 9, 2018 — 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 15-17, 2018 — Grinta Junior Development Cycling Camp. Grinta Camps, Steamboat Springs, CO. Calling all young riders ages 13-18 who wish to develop cycling skills, strength, healthy habits, and confidence by spending 2 1/2 days of riding, learning skills and having fun., Amy Charity, 970-215-4045, info@steamboatbiketown.com, grintacamps.com

June 16, 2018 — Road Respect Community Celebration & 73 Mile Bike Ride. Logan, UT. Logan Trails Festival, Celebrate Logan's Active Transportation by joining us for the Road Respect Community Celebration and Ride. Event begins at 11 am and ends at 1 pm. Merlin Olsen Central Park, Logan, Utah., Gary Saxton, 435-752-2161, 435-374-8076, logan-downtown@gmail.com, Dayton Crites, 435-755-1646, dayton.crites@cachecounty.org, logandowntown.org/logan-trails-festival.html

June 18-24, 2018 — Steamboat Bike Week. Steamboat Springs, CO. A variety of events are in Steamboat Springs for you to enjoy! Moots factory tours; Women's MTB group ride; mountain bike race; road skills clinic; yoga for cyclists, T-shirt printing party; townie brewery tour; and Bike-In Movie. Amy Charity, 970-215-4045, info@steamboatbiketown.com, steamboatbiketown.com

June 20-24, 2018 — Grinta Cycling Retreat. Grinta Camps, Steamboat Springs, CO. This is your chance to get away from your busy lives by spending a few days in the mountains getting fit, soaking in the hot springs, learning key health & wellness strategies, and enjoying meals and camaraderie with other dynamic cyclists. We will focus on cycling endurance, key skills on the road. Join our endurance cycling camp open to men, women and juniors and challenge yourself mentally and physically., Amy Charity, 970-215-4045, info@steamboatbiketown.com, grintacamps.com

June 25-29, 2018 — Cycleability Special Needs Bike Camp. Bluffdale, UT. Cycling camp for kids with autism and special needs. Held at Summit Academy High School (14942 South 560 West, Bluffdale), Dorene Sombado, 801-541-3792, dorene@cycleability.org, cycleability.org

June 30, 2018 — Weber Pathways Trailfest. Ogden, UT. ride a section of the Centennial Trail, 8 am-12 pm. The Centennial Trail is a loop created by the connection of the Weber River Parkway, Ogden River Parkway and Bonneville Shoreline Trail, Rod Kramer, 801-393-2304, outreach@weberpathways.org, weberpathways.org

July 28-August 5, 2018 — Big Bear Cycling Festival. Big Bear Lake, CA. Enjoy the only week long cycling festival in the United States - daily rides and cycling activities for the entire family! Road, mountain, and gravel rides, craft beer, and more, Tour de Big Bear, tourdebigbear@live.com, bigbearcyclingfestival.com

September 1-2, 2018 — Outside Bike & Brew Festival. Santa Fe, NM. There are mountain and road rides, skill clinics, a Festival Expo and bike art show, bike demos, poker ride, beer dinners, concerts, movies and more!, Tim Fowler, 505-209-5760, tim@outsidesantafe.com, outsidesantafe.com

September 22, 2018 — World Car Free Day. UT. Ride your bike and leave the car at home!, None, noemail@cyclimgutah.com, worldcar-free.net

November 17, 2018 — 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., Chuck Ashby, 702-267-5707, bikehenderson.com

cityofhenderson.com, Annette Mullins, 877-775-5252, bikehenderson.com, cityofhenderson.com, bikehenderson.org

Mountain Bike Tours and Festivals

May 4-6, 2018 — US Bank Fruita Fat Tire Festival. Fruita, CO. 23rd Annual festival kicking off the MTN bike season in CO, world renowned trails, expo, Clunker Crit, Prizes, and live music., Mike Heaston, 303-635-2815, emgmh@emgcolorado.com, George Gatsos, 970-858-7220, fruitafatirefestival.com

May 5, 2018 — WomenMTB Kick-Off Party and Group Rides. Women MTB Wasatch Club, Corner Canyon, UT. Come see what WomenMTB is all about! We will have all ability group rides and Bingham Cyclery will have demo's available. Start time will be 9:00am., Rae Sutherland, 801-520-6658, womenmtb@gmail.com, Danita Ritter, dirtdiva68@gmail.com, womenmtb.com

May 12, 2018 — 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 12, 2018 — Gourmet Gravel Grinder. Nevada City Chamber of Commerce & Gourmet Gravel, Nevada City, CA. Gravel Grinder/Mixed Terrain ride. Two distances, fully supported with post ride party, Kurt Stockton, 406-381-7962, 530-264-6364, info@GourmetGravel.com, gourmetgravel.com

May 13, 2018 — Amazing Earthfest Kanab Trails Ride. Kanab, UT. 18-mile Arizona Trail ride celebrating 50th anniversary National Trails System Act. Meets 3/13 in Kanab, UT at 8:00 AM. 12th Amazing Earthfest., Rich Csege, 435-644-3735, jw@gwi.net, Susan Johnston, 435-644-8328, susanjw@gmail.com, amazingeartfest.org

May 17-20, 2018 — 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, coordinator@copmobia.org, Whit Smith, 303-475-2255, whitsmith1@mac.com, copmobia.org

May 18-20, 2018 — 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, biketheswell.org

May 19, 2018 — Amazing Earthfest. Fredonia, AZ. 12th Annual Joy Jordan Woodhill Trail Ride and trail cleanup (BLM): 12 mile non-technical loop 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@gwi.net, amazingeartfest.org

May 19, 2018 — Three Peaks Revival ICup Festival. Cedar City, UT. Mountain Bike Festival and Race, Joey Dye, 435-674-3185, joey@redtrackbicycle.com, Margaret Gibson, 435-229-6251, margaret@redtrackbicycle.com, ridesouthernutah.com

May 26-27, 2018 — NUMB Fest. Vernal, UT. Two 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, starting at McCoy Flats Saturday the 26th. There is no charge or entry fee., Troy Lupcho, 435-781-2595, troyboy@alltitudecycling.com, Bike Numb, contact@bikenumb.org, bikenumb.org, alltitudecycling.com

May 28-October 5, 2018 — Bryce and Zion National Parks (MTB) Singletrack. yes, St. George, UT. Standing as brilliant masterpieces of color, Bryce Canyon and Zion National Parks are even more breathtaking when seen from a trailside perspective! Come and experience the richness of Utah's Color Country with the first outfitter to offer you this mountain bike trip! Tour includes 3-night camping and

1 inn or 4-night all inns, transportation and food. Camping and inn dates: June 11-June 15, June 18-22, June 25-29, July 2-6, July 9-13, July 16-20, July 23-27, July 30-Aug 3, Aug 6-10, Aug 13-17, Aug 20-24, Aug 27-31, Sep 3-7, Sep 10-14, Sep 17-21, Sep 24-28, Oct 1-5. All inn dates: May 28-June 1, June 18-22, July 23-27, Aug 20-24, Sep 17-21., Kevin Ford, 800-596-2953 x1, 702-596-2953, info@escapeadventures.com, escapeadventures.com

June 1-3, 2018 — Eagle Outside Festival. Eagle, CO. Massive free bike and product demo with access to 100+ miles of trails. Haymaker Hollar MTB Race, Clinics, Beer Mile, Chromoly Chef Frankenbike Building and More!, Mike McCormack, 970-485-5847, mikemac@eagleoutsidefestival.com, eagleoutsidefestival.com, Jeremy Gross, 970-328-9625, jeremy.gross@townofeagle.org, eagleoutsidefestival.com

June 1-3, 2018 — Eagle Outside Festival. Eagle, CO. Mountain Bike Festival, Mike McCormack, 970-485-5847, mikemac@eagleoutsidefestival.com, eagleoutsidefestival.com

June 2, 2018 — VIDA MTB Series: Betti Bike Bash. VIDA MTB Series, Lakewood, CO. Women's mountain bike skills clinic, Rachel Gottfried, 949-677-6809, info@vidamtb.com, vidamtb.com

June 2, 2018 — Weiser River Trail Ride. Council Bluffs, IA. A one day ride of either 28 or 48 miles on the Weiser River Trail. Shuttles from Cambridge or Council. Snack stops., Craig Kjar, 208-571-7447, 208-253-4433, octoberfret@gmail.com, kato.com/annual-bike-ride, weiserivertrail.org

June 15-18, 2018 — 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, Black Hills MTB Festival, blackhillsmountainfest@gmail.com, bhfatirefestival.com, cparksandrec.org

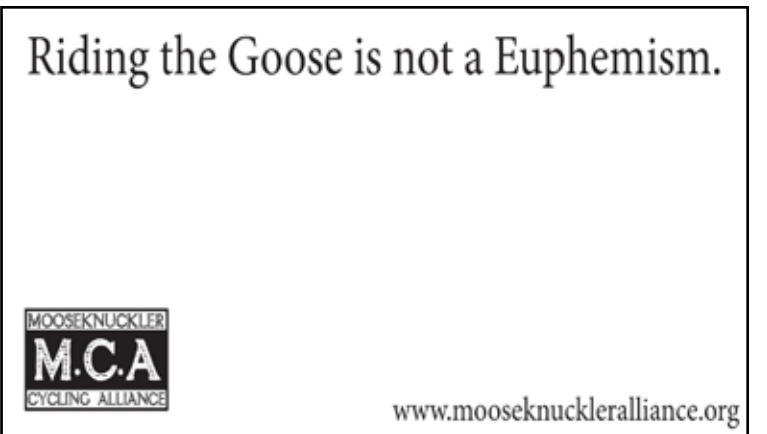
June 16, 2018 — Beaver Dam 49er Gravel Grinder. Beaver Dam State Park, NV. Ride the Rim and see the park from a different perspective. Pedal down an old churning road that runs along the Park's rim and winds you through Pinyon and juniper trees. Through the small town of Barclay where lunch is served at the one room schoolhouse. The course then swings around back to the main park road and down into Campground B where we end the ride with a BBQ. The course is subject to change based on weather conditions. 35 and 45 mile options., Dawn Andone, 775-728-4460, cathedralgorge_vc@cltcarbonet.com, beaverdamgravelgrinder.com

June 16-17, 2018 — Knobby Tire Bike Tour of Idaho City. Boise, ID. Some asphalt, mostly dirt roads and some single track. 8am on Saturday leave Boise for Idaho City, 90 miles over 2 days - 5,000 feet of climbing each day. 21st Annual, Harley Pearson, 208-861-2182, 208-789-2327, admin@cycleidaho.com, knobbytirebiketour.com, cycleidaho.com

June 16, 2018 — Orem Cyclefest. Orem, UT. Come Celebrate All Things Bicycle! Orem Cyclefest is the first community event dedicated to mountain, road, and every other kind of cycling in Utah Valley. We will have a schedule of mini lectures from land managers, trail groups, cycling clubs and organizations, and experts on specific aspects of cycling. All proceeds will go to the Orem Youth Cycling Association., Jason Christiansen, 801-885-6884, jason@utahmtb.org, [facebook.com/events/1658423040945748/](https://www.facebook.com/events/1658423040945748/)

June 17-September 28, 2018 — Grand Staircase Escalante Singletrack (MTB). yes, Panguitch, UT. From the high alpine terrain of the Aquarius Plateau to the deep canyons of the Escalante River, discover a fantastic array of backcountry cycling! This mountainous region contains biking trails so remote that each year we are commissioned by the US Forest Service to maintain and clear them ourselves! These primitive trails reveal hidden lakes, secret canyons, and spectacular mountain vistas. We often encounter large herds of elk and other rarely seen wildlife. Trip highlights include cycling atop the highest plateau in North America, visiting John Wesley Powell's favorite lookout point, climbing Hell's Backbone, and mountain biking the exciting Gap Mountain Trail! June 17-22, July 1-6, July 29-Aug 3, Aug 26-31, Sep 23-28., Kevin Ford, 800-596-2953 x1, 702-596-2953, info@escapeadventures.com, escapeadventures.com

June 17-September 16, 2018 — Crested Butte Singletrack MTB Tour. Crested Butte, CO. Tours



Support Your Local Bike Shop!

available June, July, August and September. Immensely beautiful, challenging and remote terrain in the Elk Mountains and Crested Butte region of south-central Colorado., John Humphries, 970-728-5891, info@lizardheadcyclingguides.com, lizardheadcyclingguides.com

June 19-24, 2018 — Crested Butte Bike Week. Crested Butte, CO, The World's Oldest Mountain Bike Festival celebrates 38 years with an Amateur Film Festival, Chairless World Championships, Fat Tire 40, Junior Wildflower Classic, Bridges of the Butte townie tour, Pinnacle Race Series at Crested Butte Mountain Resort, guided rides, clinics, and great memories. Scott Stewart, 970-349-6438, events@cbchamber.com, cbbikeweek.com

June 23-24, 2018 — 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

June 24-August 24, 2018 — Colorado Trail MTB Tour. Monroe, CO, 6/24-29; 7/8-13; 7/15-20; 7/22-27; 7/29-8/3; 8/5-10; 8/12-17; 8/19-24. 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

July 8-August 10, 2018 — Glacier National Park Bike Tour. Whitefish, MT, 7/15-20; 7/22-27; 8/3-8/5; 8/5-10. Options for cyclists of all abilities. Ride the Going to the Sun Road! Big climbs and bonus mileage options available., John Humphries, 970-728-5891, info@lizardheadcyclingguides.com, lizardheadcyclingguides.com

July 21, 2018 — Wydaho 100 Gravel Ride. Jackson, WY, From the foothills of the Teton Range, looking into the depths of Wilderness to the Big Hole Mountains, featuring some of the best gravel this Eastern Idaho has to offer, this route completes a 360-degree circumnavigation of Teton Valley! The road surface is predominately gravel and dirt ranging between steep mountain and rutted farm roads. Bring your gravel bike or ANY bike that for that matter. Self-supported, Fitzgerald's, 307-201-5453, info@fitzgeraldsbicycles.com, fitzgeraldsbicycles.com

August 4-5, 2018 — Trek Dirt Series Mountain Bike Camp. Park City, UT, Women's Mountain Bike Camp for beginner to advanced levels, focusing on skill development and trail riding, for cross country and downhill riders. Skill instruction ranges from basic front wheel lifts and switchback turns to technical climbs, descents, drops, jumps and more., Penny Deck, 604-484-6238 (Canada), register@dirseries.com, Emily Neuman, 604-484-6238, info@dirseries.com, Elli Petersilie, elli@dirseries.com, dirseries.com

August 4-5, 2018 — 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 4, 2018 — South Boundary Big Ride. Angel Fire, NM, The South Boundary Big Ride is an absolutely stunning 40 mile mostly single-track ride from Angel Fire Resort to Taos Youth and Family Center on the South Boundary Trail. The South Boundary trail is arguably the best ride in New Mexico and probably one of the top rides in the whole country with beautiful high alpine views and amazing aspen forests. It will be a perfect warm up for those training for Leadville, as the course tops out at nearly 11,000 feet!, Seth Bush, 505-554-0059, ElCapitan@ZiariRides.com, ziarides.com

August 18-20, 2018 — 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 23-26, 2018 — 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

August 25, 2018 — York 38 Special. York, MT, Mountain bike rides of either 38 or 76 miles of breathtaking scenery through the Big Belt Mountains, gaining 3,000 vertical feet from lowest point, 6 aid stations. Starts at York Fire Station 7:00-9:00 am; Spirit of 76 starts at 6:30 am, Rita Naylor, 406-475-3085, tbmontana@gmail.com, york38special.org

August 31-September 3, 2018 — Wydaho Rendezvous Teton Mountain Bike Festival. Teton Valley, WY/ID, 9th annual hosted at Grand Targhee Resort. Come enjoy endless

miles of cross-country, singletrack, dirt road, lift-served downhill, dirt jump and freeride. Wydaho Rendezvous Bike Festival supports Teton Valley Trails and Pathways tvtap.org. Includes 2018 demos, group rides, skills clinics, shenanigans, kids activities, music and libations. New Shoshone chairlift bike park access, TVTAP, 208-201-1622, info@tetonbikefest.org, Devin Dwyer, 208-201-1622, devin@tetonbikefest.org, tetonbikefest.org, grandtarghee.com

September 14-16, 2018 — Tinker Classic. Beatty, NV, MTB Race and Festival, 100k and 60k races, Guided rides, demo bikes and industry vendors. Enjoy 60+ miles of single track and many more miles or gravel roads and pavement. The weekend events will include a 3 day Bike Expo with demo's, festival rides on 60+ miles of single track, races for kids, a cyclo-cross style Crit Race, the 60 K Gravel Gran Fondo through Death Valley National Park and Rhyolite Ghost town, and the Main Event! The 100K Tinker Classic Mountain Bike Race. Held at Spicer Ranch, Cimarron Chacon, 970-759-3048, info@groraces.com, tinkerclass.com, GRopromofions.com

September 15, 2018 — VIDA MTB Series: Golden Giddayup. VIDA MTB Series, Golden, CO, Women's mountain bike skills clinic, Rachel Gottfried, 949-677-6809, info@vidamtb.com, vidamtb.com

September 21-23, 2018 — 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, biketheswell.org

September 22-23, 2018 — Trek Dirt Series Mountain Bike Camp. Fruita, CO, Women's Mountain Bike Camp for beginner to advanced levels, focusing on skill development and trail riding, for cross country and downhill riders. Skill instruction ranges from basic front wheel lifts and switchback turns to technical climbs, descents, drops, jumps and more., Penny Deck, 604-484-6238 (Canada), register@dirseries.com, Elli Petersilie, elli@dirseries.com, dirseries.com

September 29-30, 2018 — Albuquerque MTB Festival. Albuquerque, NM, 12 hour race, 2 hour race, and weekend long mtb festival, Seth Bush, 505-554-0059, ElCapitan@ZiariRides.com, ziarides.com

October 5-7, 2018 — Outerbike Fall. Moab, UT, 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, 7000 N. Hwy 191 at Moab Brands Trailhead, Mark Sevenoff, 800-845-2453, 435-259-8732, outerbike@westernspirit.com, outerbike.com

October 6-7, 2018 — October Trek. Weiser, ID, 2 day mountain bike gravel ride, 86 mile rails-to-trails conversion trail from New Meadows to Weiser, Idaho. Supported ride with meals and camping., Craig Kjar, 208-571-7447, 208-253-4433, octobertrek@gmail.com, weiserivertrail.org, octobertrek.html, kotahocom/october-trekinformation/

October 6-7, 2018 — Trek Dirt Series Mountain Bike Camp. Sedona, AZ, Women's Mountain Bike Camp for beginner to advanced levels, focusing on skill development and trail riding, for cross country and downhill riders. Skill instruction ranges from basic front wheel lifts and switchback turns to technical climbs, descents, drops, jumps and more., Penny Deck, 604-484-6238 (Canada), register@dirseries.com, Elli Petersilie, elli@dirseries.com, dirseries.com

October 25-28, 2018 — Moab Ho-Down Mountain Bike Festival & Film Fest. Moab, UT, 12th Annual - Mountain bike festival with dual stage enduro race, group shuttle rides, bike films, townie tour with poker run, dirt jump comp and costume party! The festival is a fundraiser for local trails and the bike park!, Tracy Reed, 435-259-4688, info@chilebikes.com, moabho-down.com, chilebikes.com

Utah Weekly MTB Race Series

May 1-August 31, 2018 — 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 rides at 6:00 and main event at 6:30. May to August. The 2018 season will be a mix of XC and mini-enduros. Please check website for dates and venues., Phil Samoff, 801-440-3729, psarnoff@biketah.org, midweekmtb.com

May 2-August 1, 2018 — 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. 2018 Dates:Wasatch County: May 2, 16; June 6, 20; July 4, 18; Aug 1; Sundance: May 9, 23, 30; June 13, 27; July 11, 25, 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, Josey Apostol, 435-200-3239 (Wasatch), 801-223-4849 (Sundance), races@weeklyraceseries.com, weeklyraceseries.com

June 20-August 29, 2018 — Mt. Ogden Midweek Race Series. Snowbasin Resort, UT, Courses are on Trailforks for all details. Fun races, great prizes. Registration- 5pm-6:30pm at Grizzly Center, Race Start: 6:30. Cash and prizes each week. Beg, sport, expert, pro classes. No race July 4th, Tim Eastley, 801-620-1000, 801-620-1045, teastley@snowbasin.com, mtogdenraceseries.com, snowbasin.com

Regional Weekly MTB Race Series

May 8-August 28, 2018 — Colin Craig Memorial Series. Bozeman, MT, Weekly series that includes road races, time trials, criteriums, mountain bike races and more, Alex Lussier, lussiera@hotmail.com, Phil Rotherman, phil@rthconst.com, Mollie McKiernan, mollie.mckiernan@gmail.com, Patrick Wessel, patrickwessel@yahoo.com, cms.gallatinvalley-bicycleclub.org

June 6-27, 2018 — Wednesday Night Race League. Western Montana Trail Series, Missoula, MT, Various courses. Wednesdays in June, Ben Horan, 312-502-5997, bfhoran@gmail.com, mtbmissoula.org

June 19-July 17, 2018 — Laramie Mountain Bike Series. Medicine Bow National Forest, WY, Tuesdays. Local mountain bike series, great for riders of any age and ability. Starts at Happy Jack Trailhead at 6:00 p.m. Food and fun await at each finish line., Evan O'Toole, evan@laramieracing.com, Niesey Heckart, 307-761-1741, niesey@laramieracing.com, laramiemtbseries.com, laramiebiketnet.org

June 20-August 1, 2018 — Ten Dollar Downhill. Whitefish, MT, Wednesday downhill, Josh Knight, 406-862-2900, info@skiwhitefish.com, skiwhitefish.com/events

July 12-August 16, 2018 — Thursday Night Race Series. Whitefish, MT, Josh Knight, 406-862-2900, info@skiwhitefish.com, skiwhitefish.com/events

Utah Mountain Bike and Gravel Racing

May 4-6, 2018 — 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, takes place at Soldier Hollow, a venue of the 2002 Winter Olympics. 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, Utah State MTB XC Championship, MJ Turner, 801-664-6351, mj@summitbikeclub.org, summitbikeclub.org/events/soldier-hollow-pro-xct/

May 5, 2018 — 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 5, 2018 — 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 Magel, 801-595-8293, daymag@hotmail.com, RideWildHorse.com

May 19, 2018 — Three Peaks Revival ICup. Intermountain Cup, Cedar City, UT, Mountain Bike Race XC race #3 in the series, approximately 7.5 mile lap utilizing a completely different course than the Desert Rampage or Cactus Huggler., Joey Dye, 435-674-3185, joey@redrockbicycle.com, Margaret Gibson, 435-229-6251, margaret@redrockbicycle.com, ridesouthernutah.com

May 26, 2018 — 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., MJ Turner, 801-664-6351, mj@summitbikeclub.org, Karl Redel, karl@webcycling.com, summitbikeclub.org

May 26, 2018 — 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 Manti Bike Club, Beverly

Thomas, 435-340-1052, scandinavianfestival@gmail.com, Chet Thompson, 435-851-2085, cthompson@manti.com, scandinavianfestival.org/viking-on-a-bike

June 2-3, 2018 — 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 2, 2018 — Wasatch 50. Intermountain Cup, Heber, UT, Endurance XC, 25-50 miles, 1700' per lap., Darren Goff, 801-896-8244, info@intermountaincup.com, intermountaincup.com

June 9, 2018 — Volcano Fire Road 120k Gravel Grinder. Veyo, UT, Fun and challenging gravel race! 75 miles with 6200' climbing in the beautiful Pine Valley area north of St George. 56% dirt, 44% pavement. Solo or 2x relay. Famous Veyo Pie at the finish line!, Deborah Bowling, 818-889-2453, embassy@planetultra.com, gravelgrinder.com

June 23-24, 2018 — Canyonball Downhill and Super D. Go-Ride Gravity Series, Nordic Valley, UT, Held at Nordic Valley, Super D on Saturday, Downhill on Sunday., Ron Lindley, 801-375-3231, info@utahdh.org, go-ride.com, utahdh.org

June 23, 2018 — North Fork Punisher ICup. Intermountain Cup, Liberty, UT, XC race. Distance: 7-28 miles, Elevation Gain: 1,300'/lap, Darren Goff, 801-896-8244, info@intermountaincup.com, intermountaincup.com

June 30, 2018 — Pony Express Gravel Grinder. Fairfield, UT, Held on the Pony Express Trail Historic Byway with two distances - 95 Miles and 60 Miles. Starting and finishing at the Camp Floyd Pony Express Station in Fairfield, your ride travels along 85% gravel roads with a loop around the mountain at Simpson Springs Campground. With fully supported aid stations and roaming SAG vehicles on course to take care of riders, you'll get tired, dirty, dusty and take in some epic view in Utah's west desert., Jared Eborn, 801-599-9268, jared@extramileracing.com, extramileracing.com

July 7, 2018 — The Chris Allaire Solitude Cup. Intermountain Cup, Solitude Resort, UT, XC race, 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. 5-25 miles, 800' per lap, Darren Goff, 801-896-8244, info@intermountaincup.com, intermountaincup.com

July 14, 2018 — The Crusher in the Tushar. Beaver, UT, 70 grueling miles exploring Southern Utah's Tushar Mountains on a mix of dirt, gravel, and asphalt. Features 10,000+ of climbing traversing Utah's highest and most scenic roads. Join us for the original mixed-surface gravel and road classic!, Burke Windlehurst, roadit@msn.com, tusharcrusher.com

July 28, 2018 — Dirty Devil Gravel Grinder Gran Fondo Relay. Ferron, UT, This 9 stage, 206 mile cycling event takes you through the San Rafael Swell and it's beautiful high desert plateaus and into the Manti La-Sal mountains along the Skyline Drive ridge line. Pavement, gravel and dirt roads with potentially a snow drift or two. Can be ridden solo or with a team up to 4 riders - a team of 3 riders is ideal. Truly a one of a kind cycling event. Start: Millsite State Park, Mark Jespersen, 435-637-2453, mark@castlecountrycycling.com, Cory Jensen, 801-824-8455, cory.jensen@carbon.utah.gov, Ed Malmgren, 435-637-2453, ed@castlecountrycycling.com, castlecountrycycling.com, carbonrec.com

August 3-4, 2018 — Abajo (Blue Mountain) Enduro. Monticello, UT, Two day, three stage race in the Abajo Mountains by Monticello Utah. Stage 1 starts at 3:00 PM on Friday. A shuttle will be provided from the end of each stage to the start of the following course or to the parking area for the stage. Stages announced May 2018, Dustin Randall, 435-590-2741, info@roamutah.com, roamutah.com/abajoenduro

August 4, 2018 — 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. 5-25 miles, 570' elevation gain per lap, Darren Goff, 801-896-8244, info@intermountaincup.com, intermountaincup.com

August 11-12, 2018 — 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 18, 2018 — Cedar City Fire Road 100 Gravel Grinder. Cedar City, UT, 100k or 60k options - with over 80% dirt! Chip timed. Prizes for top finishers., Deborah Bowling, 818-889-2453, embassy@planetultra.com, gravelgrinder.com

August 18, 2018 — Old Ephraim's Gravel Grinder. Garden City, UT, Starting and finishing in Garden City near the shores of Bear Lake, Old Ephraim's Bike Ride is a timed, competitive race along the forest roads and trails the loom beyond the horizon. With three distance options (75 miles, 62 mile and 30 miles) cyclists will find a ride for their needs - but they're all going to hurt just a little bit with challenging

climbs rewarding you with incredible views. More than 9,000 feet of vertical gain over 75 miles, Jared Eborn, 801-599-9268, jared@extramileracing.com

August 18, 2018 — Dirty Arts Gravel Grinder Fondo. Helper, UT, The Fondo is a 62 mile ride on pavement, gravel and dirt roads. The route takes you through central Carbon County exploring some high desert vistas and the foothills of the Manti La-Sal mountains. 5,000' of climbing and 5,000' of descending consisting of 2 main long climbs with plenty of short climbs. Enjoy the Helper Arts & Film Festival afterwards for food, drink and fun, if you have the strength. Start: Historic Conoco Station, Mark Jespersen, 435-637-2453, mark@castlecountrycycling.com, Cory Jensen, 801-824-8455, cory.jensen@carbon.utah.gov, Ed Malmgren, 435-637-2453, ed@castlecountrycycling.com, castlecountrycycling.com, carbonrec.com

August 18, 2018 — Utah High School Cycling League Central Region Race #1. Utah High School Cycling League Race Series, Soldier Hollow, Midway, 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 3000+ students on 90+ teams across the state participating., Lori Harward, 801-502-8516, 801-885-6884, lori@utahmtb.org, Brooke Howard, 385-227-5741, brooke@utahmtb.org, utahmtb.org

August 25, 2018 — Utah High School Cycling League South Region Race #1. Utah High School Cycling League Race Series, High Star, Kamas, 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 3000+ students on 90+ teams across the state participating., Lori Harward, 801-502-8516, 801-885-6884, lori@utahmtb.org, Jason Christiansen, 801-885-6884, jason@utahmtb.org, utahmtb.org

August 25-26, 2018 — 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 unkept, 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 25, 2018 — Powder Mountain ICup. Intermountain Cup, Powder Mountain, UT, XC race. Distance: 6.3-30 miles, Elevation Gain: 500-1,800'/lap (depending on category), Darren Goff, 801-896-8244, info@intermountaincup.com, intermountaincup.com

September 1, 2018 — 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, snowchicken.jb@gmail.com, thepcp.com

September 1, 2018 — Utah High School Cycling League Central Region Race #2. Utah High School Cycling League Race Series, Snowbasin Resort, 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 3000+ students on 90+ teams across the state participating., Lori Harward, 801-502-8516, 801-885-6884, lori@utahmtb.org, Brooke Howard, 385-227-5741, [brooke@](mailto:brooke@utahmtb.org)

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 15, 2018 — 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, sundanceresort.com/summer

September 15, 2018 — 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, Tasha Heilweil, 801-448-2234, tasha@utahmtb.org, utahmtb.org

September 15, 2018 — Utah High School Cycling League Central Region Race #3. Utah High School Cycling League Race Series, Vernal, 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 3000+ students on 90+ teams across the state participating. . Lori Harward, 801-502-8516, 801-885-6884, lori@utahmtb.org, Brooke Howard, 385-227-5741, brooke@utahmtb.org, utahmtb.org

September 16, 2018 — 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 22, 2018 — 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. The Utah League has 3000+ students on 90+ teams across the state participating. . Lori Harward, 801-502-8516, 801-885-6884, lori@utahmtb.org, Jason Christiansen, 801-885-6884, jason@utahmtb.org, utahmtb.org

September 29, 2018 — Utah High School Cycling League North Region Race #3. Utah High School Cycling League Race Series, Soldier Hollow, Midway, 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 3000+ students on 90+ teams across the state participating. . Lori Harward, 801-502-8516, 801-885-6884, lori@utahmtb.org, Tasha Heilweil, 801-448-2234, tasha@utahmtb.org, utahmtb.org

September 29, 2018 — Utah High School Cycling League Central Region Race #4. 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 3000+ students on 90+ teams across the state participating. . Lori Harward, 801-502-8516, 801-885-6884, lori@utahmtb.org, Brooke Howard, 385-227-5741, brooke@utahmtb.org, utahmtb.org

October 6, 2018 — Utah High School Cycling League South Region Race #4. 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 3000+ students on 90+ teams across the state participating. . Lori Harward, 801-502-8516, 801-885-6884, lori@utahmtb.org, Jason Christiansen, 801-885-6884, jason@utahmtb.org, utahmtb.org

October 6, 2018 — Antelope Island 50K MTB Race. Antelope Island, UT. 4th edition of Antelope 50K Mountain Bike Race will be held at White Rock Bay Trailhead, Antelope Island State Park. There will be 3 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 6, 2018 — Utah High School Cycling League North Region Race #4. 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, Tasha Heilweil, 801-448-2234, tasha@utahmtb.org, utahmtb.org

October 13, 2018 — Utah High School Cycling League Rain Out. Utah High School Cycling League Race Series, Eagle 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 3000+ students on 90+ teams across the state participating. . Lori Harward, 801-502-8516, 801-885-6884, lori@utahmtb.org, utahmtb.org

October 15-16, 2018 — 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, 435-674-0550, hws@seniorgames.net, seniorgames.net

October 19-20, 2018 — Utah High School Cycling League State Championships. Utah High School Cycling League Race Series, TBD, UT. This race will combine North, Central, 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 3-4, 2018 — 25 Hours of Frog Hollow. Frog Hollow Endurance Series, Hurricane, UT. Held Sat 10 am to Sun 10 am with the bonus-double midnight lap due to the fallback time change. 13 mile long course in the UT desert combines sweet single track, with some technical sections, and great climbs. 10th Annual, Cimarron Chacon, 970-759-3048, info@graces.com, 25hoursoftroughollow.com

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

May 4-5, 2018 — 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@emg-colorado.com, George Gatsos, 970-858-7220, 18hrsoffruita.com

May 5, 2018 — Avimor Coyote Classic. Knobby Tire Series, Avimor, ID. 14th 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. . Alex Phipps, 208-841-4120, alex01phipp@gmail.com, knobbytireseries.com, bikenspokecycling.com

May 5, 2018 — 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.org

May 5, 2018 — Ridgeline Rampage. RME, Castle Rock, CO. 16-mile loop runs clockwise this year with -1,700 of elevation gain per lap. Distances for all levels, free junior and kids races. Distances: Endurance-48 miles, XC-32 miles, Appetizer-16 miles, Jr 15-18 16 miles, Jr 13-14 10 miles, Jr 11-12 5 miles. . Thane Wright, 970-401-1422, thane@rockymountainendurance.com, rockymountainendurance.com

May 5, 2018 — Salida720. Salida, CO. 12 hour race with a mandatory meeting May 4, 2018 at 8:00 p.m. Several beer sponsors with 3 free beer coupons with entry. Options for 4, 3, and 2 group racers as well as solo racers. . Keith Darner, 719-221-1251, keith@rockymountainenduroseries.com, chocolatebunnyproductions.com

May 6, 2018 — USA Cycling Marathon MTB National Championships. Arkadelphia, AR. Chuck Hodge, 719-434-4200, chodge@usacycling.org, Greg Randolph, usacycling.org

May 6, 2018 — 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, j.hamilton@bresnan.net, Jason Steichen, jason.steichen@gmail.com, Shelli Thomas, thomashelli@gmail.com, bigskybikes.com/events/unravel-the-scratchgravel, montanacycling.net

May 12, 2018 — 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 12, 2018 — Flagstaff Frenzy. Flagstaff, AZ. The 2018MBAA finals, MBAA, 480-442-4229, racing@mbaa.net, Denise Barron, 928-530-0868, mbaa.net

May 12, 2018 — Gem Grit Grinder. Emmett, ID. Gravel Grinder, Gem Grit Grinder is an all-gravel bicycle race on county gravel roads. The race is open to everyone. Benefits the Emmett Valley Friendship Coalition and Food Bank. 21.4 and 44 mile options. . Kelsey Spiegel, Kelsey.R.Richards@gmail.com, Nadine Carter, safelynut@gmail.com, boisevelowomen.com, [facebook.com/boisevelowomen](https://www.facebook.com/boisevelowomen)

May 12, 2018 — Fountain-Roubaix Gravel Grinder. Tour of Colorado Series, Fountain, CO. The second gravel grinder in the Series, the Palmer Divide is an epic challenge through El Paso and Douglas Counties with nearly 6000 ft of climbing and 98 miles of dirt roads - a true gravel grinder! 41, 64, 101 mile options. Andy Bohlmann, 719-428-5807, 719-651-1677, info@tourofcolorado.com, tourofcolorado.com

May 18-20, 2018 — Grand Junction Off-Road. Epic Rides Off-Road Series, Grand Junction, CO. Participants will climb their way out of downtown Grand Junction onto the Uncompahgne Plateau (the world's largest mesa), while connecting some of the area's favorite technically challenging singletrack, double track, gravel roads and the occasional paved segment in the world famous Lunch Loops trail system and beyond. . Zoe Loffreda, 520-623-1584, info@epicrides.com, Dave Castro, dcastro@epicrides.com, epicrides.com

May 18-20, 2018 — Rocky Mountain Race Series Pajarito. Los Alamos, NM. Keith Darner, 719-221-1251, keith@rockymountainenduroseries.com, chocolatebunnyproductions.com

May 19-20, 2018 — 12 and 24 Hours of Disco. Disco/Flathead 12-24 hour series, Salmon, ID. 11 mile laps, mostly singletrack with 1700' of climbing per lap, at the foot of the mighty

Beaverhead Mountains. Race Solo, or teams of 2 or 4. 12 hours starts and ends on May 19 and 24 hour ends on May 20. . Max Lohmeyer, 208-357-9109, 208-756-7613, max@ridesalmon.com, ridesalmon.com

May 19, 2018 — Battle the Bear. RME, Lakewood, CO. Distances for all abilities and ages, including the 3-person Relay Team discipline, fast 11.5 mile loop that encircles Bear Creek Lake Park favors a taste for speed, with five short punchy climbs and rolling big ring single-track, sponsor expo village with product sampling, Kidz Zone with jumpy house, and free Warriors Kidz race. Thane Wright, 970-401-1422, thane@rockymountainendurance.com, rockymountainendurance.com

May 19, 2018 — The Pony Xpress Gravel 160. Colorado Gravel Grinder Championships, Trinidad, CO. 160 km and 70 km options. Held on gravel roads northwest of Trinidad, CO. Working head and tail light and helmet are required. Maps will be adequate for 70 km but GPS is preferred for 160 km option. . Phil Schweizer, 877-743-3566, phil@koobi.com, coloradogravelgrinderchampionship.com/pony-xpress/the-race

May 19, 2018 — Rattlesnake Rally Gravel Grinder. Wyoming Gravel Grinder Series, Casper, WY. 60 or 120 miles. Explore the lesser known side of Central Wyoming on the historic Oregon Trail. Experience the wild and unforgiving west that has been nearly untouched since the first settlers passed through this area over 160 years ago. . Adam Leiferman, 307-462-6038, leiferman.adam@gmail.com, wyominggravel.com, rattlesnakerally.weebly.com

May 20, 2018 — Revolution Enduro Race #1. Revolution Enduro Series, Buffalo Creek, CO. David Scully, 970-846-5012, david@revolutionenduro.com, revolutionenduro.com

May 20, 2018 — Buffalo Creek Enduro. Revolution Enduro Series, Buffalo Creek, CO. A great early season tune-up to see your fitness and speed check. Race day will feature five stages totaling 24.5 miles of racing and pedal transfers. Black Jack is not one of the stages. David Scully, 970-846-5012, david@revolutionenduro.com, revolutionenduro.com

May 26, 2018 — Big Mountain Enduro. Big Mountain Enduro Series, Santa Fe, NM. A one-day backcountry race entailing upwards of 6'000 feet of long rocky descents. . Brandon Ontiveros, brandon@bigmountainenduro.com, bigmountainenduro.com

May 26-27, 2018 — 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@roundandround.com, Wendy Zupan, 509-953-9831, wendy@roundandround.com, roundandround.com

May 26-27, 2018 — Iron Horse Bicycle Classic. Durango, CO. 46th 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@ironhorsebicyclass.com, ironhorsebicyclass.com

May 27, 2018 — Helena Enduro. Montana Enduro Series, Helena, MT. Montana Enduro Series . contact@montanaenduro.com, Christine Wike, christine@montanabicycleguild.org, montanaenduro.com, montanabicycleguild.org

May 30, 2018 — Mullet Cycling Classic. Missoula, MT. 2 rider relay race, mullets encouraged, Ben Horan, 312-502-5997, bhoran@gmail.com, mtbmissoula.org

June 2-3, 2018 — Grand Enduro. Grand Junction, CO. Race the top 3 trails of the Lunch Loops (Ribbon, Gunny, and Free Lunch) with amazing views in the background. This is the only race on the Ribbon... come see what it's like to ride up to 50mph on a big slab of rock! 2.5-35 minutes of racing over 6.2 miles of trail, 2-4 hours of total ride time covering ~22 miles. John Klish, 970-744-4450, madness@madracingcolorado.com, madracingcolorado.com

June 2, 2018 — 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. . Scott Olmsted, 303-282-9015, info@elephantrockride.com, Amanda Knutson, 515-681-6036, amanda@clippedproductions.com, erockrace.com, emgcolorado.com/events/ero

June 2, 2018 — Lost and Found Gravel Grinder. Lost Sierra Triple Crown, Lake Davis, CA. 100, 60, 30 mile gravel rides. Live acoustic music, excellent food and beverages. Greg Williams, wllie@sierratrails.org, lostandfoundbikeride.com

June 2, 2018 — The Dead Swede Gravel Grinder. Wyoming Gravel Grinder Series, Sheridan, WY. 40 or 100 miles, Adam Leiferman, 307-462-6038, leiferman.adam@gmail.com, Sheridan Bicycle Company, 307-763-4481, wyominggravel.com, thedeadswede.com

June 2, 2018 — The Angry Horse Gravel Grinder. Idaho Falls, ID. Come crush some gravel and Ride the Angry Horse. This fully supported ride offers three different routes. The Filly Run is a rolling 10 miles of all gravel fun, the Colt Run is 45 miles and 4200 vertical feet of climbing.

Finally the Stud Run is 120 miles of epic suffering, rolling all the way down and around Blackfoot Reservoir and on through the Grays Lake National Wildlife Refuge, before turning up Horse Creek. Register at USACycling.com. ALL of the proceeds will go to saving Wild Mustangs. Come out and ride the untamed. . Brooke Jeffs, 208-528-0664, ridetheangryhorse@yahoo.com, cibikes.com

June 2, 2018 — Firebird XC Race. Eagle, CO. XC race, USAC state championship mtb race, Mike McCormack, 970-485-5847, mikemac@eagleoutsidefestival.com, eagleoutsidefestival.com

June 3, 2018 — Yeti Betsi Bike Bash p/b Stan's No Tubes. Betsi 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@mountaingrowmarket-ing.com, betibikebash.com

June 8-9, 2018 — City Creek Pocatello Pedalfest. Pocatello, ID. Kids, Cross Country & Enduro Races. Beginner, Sport, Expert & Open Classes (12, 17, 27 miles). Awards, prizes, raffle, music, food & fun. \$2000 cash prizes, \$500 to fastest riders, Lindi Smedley, 208-251-5915, lindij@mac.com, Katie Loveday, 208-232-8996, bairsevents@gmail.com, pocatellopedalfest.com, bairsevents.com

June 8-10, 2018 — Missoula XC PRO XCT 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, bhoran@gmail.com, wmtrail.org, usacycling.org

June 9, 2018 — 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, krobg@mwpower.net, elynevada.net/events/fearstearsbeers.htm

June 9, 2018 — 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. . Alex Phipps, 208-841-4120, alex01phipp@gmail.com, knobbytireseries.com

June 9, 2018 — Gowdy Grinder. Cheyenne, WY. Cross country mountain bike race that takes place on the trails of Curt Gowdy State Park in southeastern Wyoming. The beginner races are on a course with a handful of short 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@aramieracing.com, Niesey Heckart, 307-761-1741, niesey@aramieracing.com, gowdygrinder.com

June 9-10, 2018 — 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, flow lines, sweet berms and big jumps at Angel Fire Bike Park - the largest bike park in the Rocky Mountains. . Jessica Kunzer, 801-349-4612, kunze@mispports.com, Sara Valerious, 847-946-4182, svalerious@mispports.com, endurocupmtb.com

June 9, 2018 — Homesteader 6 Hour. Missoula, MT. solo, duo, quad, Ben Horan, 312-502-5997, bhoran@gmail.com, mtbmissoula.org

June 9, 2018 — The Palmer Divide. Tour of Colorado Series, Palmer Lake Gravel Grinder, CO. Starting & finishing in downtown Fountain, CO, the Fountain-Roubaix is the first event on our inaugural Tour of Colorado Series. Evoking it's namesake, the infamous Paris-Roubaix, the course has more than 40 miles of El Paso County, Colorado gravel roads, 40, 66, 100 mile options. Andy Bohlmann, 719-428-5807, 719-651-1677, info@tourofcolorado.com, tourofcolorado.com

June 15-18, 2018 — 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@rcg.org, Black Hills MTB Festival, blackhillsmountainfest@gmail.com, bhfat-tirefestival.com, rcparksandrec.org

June 15-17, 2018 — 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 15-17, 2018 — Rocky Mountain Race Series Mount Crested Butte. Crested Butte, CO. Keith Darner, 719-221-1251, keith@rockymountainenduroseries.com, chocolatebunnyproductions.com

June 16, 2018 — SRMBC Super D. Idaho Falls, ID. The Snake River Mountain Bike Club's 5th 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!, Garrett Christofferson, 208-589-6048, garretsplumb-ing@yahoo.com, snakerivermountainbike-club.com

June 16-17, 2018 — Revolution Enduro Race #2. Revolution Enduro Series, Granby Ranch, CO. David Scully, 970-846-5012, david@revolutionenduro.com, revolutionenduro.com

June 17, 2018 — Granby Ranch Enduro. Revolution Enduro Series, Granby, CO. This event is a one day race a short drive from the Denver area. This bike park is small but mighty, offering fun technical trails with a mix of backcountry and lift access racing. Practice will be on Saturday June 16. . David Scully, 970-

Bruxvoort, 719-219-9357, kbruxvoort@lifetimefitness.com, leadvillaceraceseries.com

June 30-July 1, 2018 — Silver Mountain Enduro - North American Enduro Cup. Montana Enduro Series, Idaho Enduro Series, North American Enduro Cup, Kellogg, ID. Held at Silver Mountain Ski Resort, James Lang, 208-571-1853, 208-344-9182, lang83702@yahoo.com, Montana Enduro Series, contact@montanaenduro.com, Christine Wike, christine@montanabicycleguild.org, naenduro.com, idahoenduroseries.com

June 30, 2018 — Phillipsburg 46. Western Montana Trail Series, Phillipsburg, MT, Cross country race., Ben Horan, 312-502-5997, bthoran@gmail.com, mtmissoula.org

June 30, 2018 — Coal Country Gravel Grinder. Wyoming Gravel Grinder Series, Gillette, WY, 25, 55, and 136 mile options with start times at 6 a.m. for 136 miles, 7 a.m. for 55 miles, and 8 a.m. for 25 mile option. For intermediate to experienced cyclists but doable for most. Cash purse. Festival with live music, street dancing, games, and a bike raffle. . Adam Leiferman, 307-462-6038, leiferman.adam@gmail.com, David Bauer, 307-660-1570, dbauer33@gmail.com, wyominggravel.com, energyadicts.net

July 7, 2018 — Big Hole Challenge MTB Race and Duathlon. Driggs, ID, Mountain bike mass start first, at 10 a.m. 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 7, 2018 — Big Mountain Enduro. Big Mountain Enduro Series, Keystone, CO, The Keystone BME contains some of the rawest and most rugged lift-accessed mountain biking in the U.S. and year over year is ranked as one of the most popular mountain biking events in the Rockies. 3-4 stages, Brandon Ontiveros, brandon@bigmountainenduro.com, bigmountainenduro.com

July 7, 2018 — Silver Rush 50. Leadville Race Series, Leadville, CO, At 10,000-12,500 feet above sea level, this challenging 50 mile out-and-back course takes racers through the historic mining district on Leadville's East side. This race is known for its long, lung-burning climbs and rocky, steep terrain. Solo or Tandem 50m. Leadville Trail 100 Qualifier., Paul Anderson, 719-219-9364, panderson4@lifetimefitness.com, leadvillaceraceseries.com

July 8, 2018 — Brundage Mountain Cross Country. Knobby Tire Series, McCall, ID, Cross country and endurance mtb race on Sunday, Alex Phipps, 208-841-4120, alex01phippis@gmail.com, knobbytireseries.com

July 12, 2018 — Southeast Idaho Senior Games . Pocatello, ID, City Creek Trails: Staging at Centennial Park 6:00pm. Categories: Men and Womens: Age Divisions start at 50 and are every 5 years. . Dana Olson, 208-233-2034, 208-317-3918, southeastidahoseniorgames@gmail.com, seidahoseniorgames.org

July 13-15, 2018 — Rocky Mountain Race Series Sol Vista. Granby Ranch, CO, Keith Darnier, 719-221-1251, keith@rockymountainenduroseries.com, chocolatebunnyproductions.com

July 14, 2018 — Tahoe Trail 100. Leadville Race Series, Northstar, CA, Ride 50K or 100K of rocky summits, breathtaking pine forests and beautiful Lake Tahoe views. 100K riders can qualify for the Leadville Trail 100 MTB, Josh Colley, 719-219-9357, youthoracocontact@gmail.com, Todd Jackson, 530-546-1019, todd@bigblueadventure.com, tahoetrailmtb.com, youthoraproductions.com

July 14, 2018 — Breckenridge 100. RME, Breckenridge, CO, Colorado's premier off-road endurance race, the 13th annual BRECK 100, climbs 13,719 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, Colorado State Marathon Championship, Thane Wright, 970-401-1422, thane@rockymountainendurance.com, rockymountainendurance.com

July 14-15, 2018 — Scott Enduro Cup at Durango. Scott Enduro Cup Series, Durango, CO, Athletes can expect climbs at altitude, abundant wildlife and technical descents from Round 3 in Durango, CO. This stop will feature one day of backcountry riding and one day of lift-accessed racing at Purgatory Resort., Jessica Kunzer, 801-349-4612, jkunzer@mtsports.com, Sara Valerious, 847-946-4182, svalerious@mtsports.com, endurocupmtb.com

July 14, 2018 — Leadville Massive Gravel Grinder. Tour of Colorado Series, Leadville, CO, The Leadville Massive is an epic gravel challenge in the heart of the Rockies with nearly 7000 ft of climbing and incredible views. Start and finish in downtown Leadville at Periodic Brewing Company! 95 miles, Andy Bohlmann, 719-428-5807, 719-651-1677, info@tourofcolorado.com, tourofcolorado.com

July 15, 2018 — Enduro Pescado Whitefish Enduro. Montana Enduro Series, Whitefish, MT, Montana Enduro Series, contact@montanaenduro.com, Christine Wike, christine@montanabicycleguild.org, montanaenduro.com

July 17-22, 2018 — USA Cycling Mountain Bike National Championships. Snowshoe, WV, Chuck Hodge, 719-434-4200, chodge@usacycling.org, usacycling.org

July 17-22, 2018 — USA Cycling MTB National Championships. Snowshoe, WV, Chuck Hodge, 719-434-4200, chodge@usacycling.org, Greg Randolph, usacycling.org

July 21-22, 2018 — 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, wildrockiessemail@yahoo.com, go-ride.com, utahdh.org

July 21-22, 2018 — Angle Fire Enduro. Revolution Enduro Series, Angel Fire, NM, 6 stages planned including a Super-D and chainless DH Stage 1 starts with an old school Super D raced in heats of 10 racers. Stage 3 is Chainless Worlds! The Chainless Worlds stage is going to satisfy DH lovers with a classic course on trails that will put a grin behind your full-face! Both Saturday and Sunday will include lunch and beverages after the racing. This weekend is designed to be a fun mix of trails and race disciplines all wrapped together—the new revolution racing! David Scully, 970-846-5012, david@revolutionenduro.com, revolutionenduro.com

July 21, 2018 — Chainless Worlds. Revolution Enduro Series, Angel Fire, NM, David Scully, 970-846-5012, david@revolutionenduro.com, revolutionenduro.com

July 21-22, 2018 — Iron Daisy Enduro. Western Montana Trail Series, Missoula, MT, Enduro MTB race, Ben Horan, 312-502-5997, bthoran@gmail.com, mtmissoula.org

July 21, 2018 — Salmon Enduro. Idaho Enduro Series, Salmon, 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. No license required., idahoenduroseries.com

July 21, 2018 — Salmonduro Enduro. Idaho Enduro Series, Salmon, ID, New back-country venue; rugged and wild. Pro payout., James Lang, 208-571-1853, 208-344-9182, lang83702@yahoo.com, idahoenduroseries.com

July 27-29, 2018 — NW Cup Downhill Series #6 - PRO GRT at Tamarack. 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

July 27-29, 2018 — Leadville Stage Race. Leadville Race Series, Leadville, CO, 100M (100 miles over three days), Team Option. Experience the legendary Leadville Trail 100 course over three days. Push the pace to see what you're made of, or use the stages to prepare or qualify for the Leadville Trail 100 in August. This is one amazing party, with daily stage prizes, raffles, unmatched swag, food, beer and live music. . Paul Anderson, 719-219-9364, panderson4@lifetimefitness.com, leadvillaceraceseries.com

July 28, 2018 — Laramie Enduro. Laramie, WY, Approximately 30 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, racedirector@laramieenduro.org, Onies Heckart-Eads, 307-761-1741, heckart.eads@gmail.com, Niesey Heckart, 307-761-1741, niesey@laramieracing.com, laramieenduro.org

July 28, 2018 — Butte 100 Races. Butte, MT, Continental Divide Trail, Single Track, Big Sky Country, 100 and 50 mile options, and a Sorini 25 mile option., Stephanie Sorini, 406-

490-7632, stephaniesorini@butte100.com, butte100.com

July 28-29, 2018 — Scott Enduro Cup at Powderhorn. Scott Enduro Cup Series, Mesa, CO, The fourth round will provide two days of racing at one of the newest bike parks in Colorado. Powderhorn, CO will feature lift-served trails with big jumps, technical rock gardens and high speeds through forests of aspens that will test even the best riders, Jessica Kunzer, 801-349-4612, jkunzer@mtsports.com, Sara Valerious, 847-946-4182, svalerious@mtsports.com, endurocupmtb.com

July 29, 2018 — Lone Peak's Revenge Big Sky Enduro. Montana Enduro Series, Big Sky, MT, Montana Enduro Series, contact@montanaenduro.com, Christine Wike, christine@montanabicycleguild.org, montanaenduro.com, montanabicycleguild.org

August 2-5, 2018 — Downieville Classic. Lost Sierra Triple Crown, Downieville, CA, All mountain, cross country, and downhill races, Live music, premium beer, food vendors and all-weekend mainstreet industry expo top off the event, mountain bike festival, Greg Williams, willie@sierratrails.org, downieville-classic.com

August 3-5, 2018 — Rocky Mountain Race Series Powderhorn. Mesa, CO, Keith Darnier, 719-221-1251, keith@rockymountainenduroseries.com, chocolatebunnyproductions.com

August 4, 2018 — Pierre's Hole MTB Race. National Ultra Endurance Series, Alta, WY, 10th 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 4-5, 2018 — Big Mountain Enduro/Enduro World Series Aspen Snowmass. Big Mountain Enduro Series, Aspen Snowmass, CO, Aspen Snowmass will host the BME Finals for 2018. The two-day event will blend high altitude riding adventures mixed with some of the biggest descents and best riding in the area. Also part of the Enduro World Series, Brandon Ontiveros, brandon@bigmountainenduro.com, bigmountainenduro.com

August 4, 2018 — South Boundary Big Ride. Angel Fire, NM, 40 mile singletrack race and ride, Seth Bush, 505-554-0059, EICapitan@ziarides.com, ziarides.com

August 4, 2018 — Sun Valley Enduro. Idaho Enduro Series, Sun Valley, ID, New venue. Partial lift-served. Tons of fast flow. Pro payout., James Lang, 208-571-1853, 208-344-9182, lang83702@yahoo.com, idahoenduroseries.com

August 5, 2018 — Race Montana Triathlon. Great Falls, MT, Electric City Water Park, Olympic and Sprint distances, Ron Ray, info@racemti.com, racemti.com/event/race-montana-triathlon, racemti.com

August 11, 2018 — 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. . Paul Anderson, 719-219-9364, panderson4@lifetimefitness.com, leadvillaceraceseries.com

August 11, 2018 — Steamboat Stinger. Mountain Town Challenge Series, Steamboat Springs, CO, Beginning at 8:00am at the Howelsen Hill Ski Area in the heart of Steamboat Springs. The course takes a 50 mile singletrack detour into the beautiful backcountry of Routt County with a total of roughly 3,500ft elevation gain before returning to the transition/finish area. Solo and duo team options available, Nate Bird, 866-464-6639, nate@honeystinger.com, Jordan Edwards, 866-464-6639, steamboatstinger@honeystinger.com, honeystinger.com/steamboatstinger.html

August 11, 2018 — Powderhorn 100k Gravel Grinder. Tour of Colorado Series, Leadville, CO, The last event in our 2018 Series, the Powderhorn 100k is a scenic road & gravel tour of the Western Colorado region featuring high altitude lakes, alpine climbs, and epic views along the Grand Mesa Scenic Byway, 63 miles, Andy Bohlmann, 719-428-5807, 719-651-1677, info@tourofcolorado.com, tourofcolorado.com

August 17-19, 2018 — Rocky Mountain Race Series Purgatory. Durango, CO, Keith Darnier,

719-221-1251, keith@rockymountainenduroseries.com, chocolatebunnyproductions.com

August 18, 2018 — Wright Brothers - The Building Company - Enduro. Idaho Enduro Series, McCall, ID, Enduro Sunday, Courses divided by ability. No license required. Hotel McCall is available right on the lake, plus plenty of camping nearby. Held at Jug Mountain. Pro payout, James Lang, 208-571-1853, 208-344-9182, lang83702@yahoo.com, idahoenduroseries.com, jugmountainranch.com

August 18-19, 2018 — 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/24HoursOfFlathead

August 18-19, 2018 — Enduro X Race. Revolution Enduro Series, Steamboat Springs, CO, David Scully, 970-846-5012, david@revolutionenduro.com, revolutionenduro.com

August 18, 2018 — Togwotee Gravel Fondo. Jackson, WY, 60 and 105 mile options, held at Togwotee Pass, a mountain pass located on the Continental Divide in the Absaroka Mountains of Wyoming, between the towns of Dubois and Moran Junction in the Jackson Hole valley. All participants must carry accessible bear spray!, Forest Dramis, jackson-holecycling@gmail.com, hvcycling.org

August 18, 2018 — Rendezvous Enduro. Montana Enduro Series, Teton Village, WY, Montana Enduro Series, contact@montanaenduro.com, Christine Wike, christine@montanabicycleguild.org, montanaenduro.com, montanabicycleguild.org

August 18-19, 2018 — Steamboat Springs Enduro. Revolution Enduro Series, Steamboat Springs, CO, Saturday racing will start with a shuttle ride to access new never raced trails for 3-4 Stages in the back country. Sunday August 19, will be three Stages with lift and pedal transfers at the Steamboat Bike Park and Forest Service trail system, David Scully, 970-846-5012, david@revolutionenduro.com, revolutionenduro.com

August 19, 2018 — Tamarack Twister. Knobby Tire Series, Donnelly, ID, Cross country and enduro race on Sunday at a beautiful venue., Alex Phipps, 208-841-4120, alex01phippis@gmail.com, knobbytireseries.com

August 24-26, 2018 — NW Cup Series #7. Northwest Cup Downhill Series, Whitefish, MT, Downhill race. Held at Whitefish Bike Park. Friday will be open practice. Saturday will be split practice by category. Pro/JuniorX seeding Saturday evening. Sunday racing all categories, Scott Tucker, 360-797-4288, scott@nwcup.com, www.nwcup.com

August 25-26, 2018 — 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. It's going to be a weekend long celebration of the Teton's. . Andy Williams, 800-TARGHEE ext. 1309, awilliams@grandtarghee.com, Montana Enduro Series, contact@montanaenduro.com, Christine Wike, christine@montanabicycleguild.org, grandtarghee.com, montanaenduro.com

August 25, 2018 — Ruby Mountain Relay. Wells, NV, 184 mile relay gravel grinder., Robert Johnson, 775-340-5943, 801-718-0557, ruby-mountainrelay@gmail.com, rubymountainrelay.com

August 25-26, 2018 — Big Sky Biggie. Big Sky, MT, 30 and 50 Mile races on Saturday, Short track on Sunday, Starting in Big Sky's Town Center (Meadow Village) and climbing into the scenic views from Lone Peak and Buck Ridge, riders will ride some of the area's most exhilarating (and challenging) pieces of single-track, double-track, gravel roads and the occasional paved segment, Natalie Osborn, 907-223-0858, natalie@wonderbuilt.com, bigskybiggie.com

August 25, 2018 — Battle of the Gravel. Wyoming Gravel Grinder Series, Savery, WY, South of Rawlins, WY, The race will start and finish at the Little Snake River Museum. Riders will start between 7 and 9 am and return to a BBQ, band and brews on the grounds of the Museum, 95 miles, Adam Leiferman, 307-462-6038, leiferman.adam@gmail.com, Kimberly Coats, 307-383-7778, 530-744-8773, teamwandacycling@gmail.com, wyoming-gravel.com, battleofthegravel.com

August 31-September 2, 2018 — 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, thigh 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, rebeccasprivatoidaho.com

September 1-3, 2018 — Purgatory's Revenge Pro XCT and GRT. Purgatory, CO, Pro cross country and gravity tour races, Chuck Hodge, 719-434-4200, chodge@usacycling.org, purgatoryresort.com

September 1, 2018 — Joe Cosley Pancake Ride Gravel Grinder. Whitefish, MT, 140 miles, 15000 feet of climbing, gravel grinder, Brad Lamson, 406-250-9827, pancakeide.com

September 8, 2018 — Barn Burner 104. Leadville Race Series, Flagstaff, AZ, 104 mile mountain bike race, Solo, Duo, Teams, Kaibab and Coconino National Forest, Camping on private land. 26 and 52 mile options. Party afterwards with music, food, and beer, Jeff Frost, 928-380-0633, canisbleu@gmail.com, barnburnermtb.com, leadvillaceraceseries.com

September 8-9, 2018 — Vapor Trail 125. Salida, 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 8, 2018 — 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.org, Tony Ferlisi, landercycling@gmail.com, Mike Dicken, 307-332-2926, jurassicclassicfest@gmail.com, Adam Leiferman, 307-462-6038, leiferman.adam@gmail.com, wyominggravel.com, wyo131.com

September 8, 2018 — 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@mrwpower.net, www.elynevada.net

September 14-16, 2018 — Tinker Classic. Beatty, NV, MTB Race and Festival, 60k race, Guided rides, demo bikes and industry vendors. Enjoy 60+ miles of single track or gravel roads and pavement., Cimarron Chacon, 970-759-3048, info@groraces.com, tinkerclassic.com

September 15, 2018 — 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 15-16, 2018 — Two Moon 24. Glendo, WY, 24 hour race on the trails of Glendo State Park in eastern Wyoming, 9.5 mile loop; approximately 10 laps possible. Fun time all night with hot breakfast served Sunday morning!, Evan O'Toole, evan@aramieracing.com, Niesey Heckart, 307-761-1741, niesey@aramieracing.com, twomoon24.com

September 15, 2018 — Double Dip Downhill. Whitefish, MT, Josh Knight, 406-862-2900, info@skivwhitefish.com, skivwhitefish.com/events

September 15, 2018 — Scott Junior Enduro Cup at Gunnison. Scott Enduro Cup Series, Gunnison, CO, Junior riders ages 9-17 will put it all on the line at this one-day enduro race at the storied Hartman Rocks Recreation Area. A local favorite, Hartman Rocks offers playful and challenging trails in the high desert for a variety of skill levels, not part of the series, Jessica Kunzer, 801-349-4612, jkunzer@mtsports.com, Sara Valerious, 847-946-4182, svalerious@mtsports.com, endurocupmtb.com

September 22, 2018 — Royal 50 Mountain Bike Race. Canon City, CO, mtb race, 20 or 50 miles, Gordon Eckstrom, director@bikesandbrews.org, Ashlee Sack, 719-248-6376, coordinator@joinFAR.org, bikesandbrews.org, royal50.com

September 22, 2018 — Roan Cliff Chaos. Rifle, CO, Start west end of Town of Rifle on W 3rd St. Bike race leads to Hubbard Mesa trail network and finish there. Run race stays around town and finishes same location as start. Bike: Various distances up to 22 miles, depending on category and course. Run: 5k with various course challenges and features., John Klish, 970-744-4450, [madness@madracingcolorado.com</](mailto:madness@madracingcolorado.com)

just north of Tucson on the "backside" of the Santa Catalina Mountains. John McCarrell, john@mtlemmongravelgrinder.com, mtlemmongravelgrinder.com

November 17, 2018 — 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@4peakracing.com, 4peakracing.com/events/12-hours-of-fury-2017

December 8, 2018 — Dawn to Dusk, Fountain Hills, AZ, Endurance mountain bike relay. Compete as a solo, duo, or team on a fast, fun course in McDowell Mountain Regional Park. Family friendly camping and event expo promises a fun weekend! Space is limited to 125 solo riders, 100 two-person, 50 four-person, and 10 corporate entries. Seth Bush, 505-554-0059, ElCapitan@ZiaRides.com, ziarides.com/event/register/dawn-dusk-arizona

December 15, 2018 — JayP's Backyard Fat Bike Pursuit 60k, JayP's Backyard Series, Island Park/West Yellowstone, ID, 60k snow bike race on groomed snow machine trails in Island Park, ID near Yellowstone National Park., Jay Petervary, 307-413-2248, jaypetervary@gmail.com, fatpursuit.com

January 4-6, 2019 — JayP's Backyard Fat Bike Pursuit 200k or 200 Mile, JayP's Backyard Series, Island Park/West Yellowstone, ID, 2 Distances- 200 km or 200 mile. These endurance events take on an expedition feel and you will need to have outdoor winter camping skills., Jay Petervary, 307-413-2248, jaypetervary@gmail.com, fatpursuit.blogspot.com, fatpursuit.com

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, Marek Shon, 801-209-2479, utahcritseries@gmail.com, utahcritseries.com, utahbikeracing.com

Salt Air Time Trial Series — Utah Crit Series, Salt Lake City, UT, Every other Thursday April - September, 160 Frontage Road West of the International Center, Marek Shon, 801-209-2479, utahcritseries@gmail.com, utahcritseries.com, utahbikeracing.com

DLD (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 - August, Marek Shon, 801-209-2479, utahcritseries@gmail.com, utahcritseries.com, sktutahcycling.com

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

Utah Road Racing

May 5, 2018 — Antelope Island Classic, UCA Series, Antelope Island, UT, Starts at the West end of the causeway, then across the causeway towards the ranch and end on the island. 32 to 60 mile options, \$2,000 cash plus prizes., James Ferguson, 801-476-9476, ferguson8118@comcast.net, bmbbc.com

May 11, 2018 — 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 12, 2018 — 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, 2018 — Bear Lake Classic IIT, 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 13, 2018 — 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 18-19, 2018 — Farm Bureau 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 IIT in SLC, Saturday night Crit at the UMP, Marek Shon, 801-209-2479, utahcritseries@gmail.com, race2wheels.com, bikesforkidsutah.com

May 26, 2018 — 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. State Championship, Marek Shon, 801-209-2479, utahcritseries@gmail.com, utahbikeracing.com

June 2, 2018 — Porcupine Hill Climb, UCA Series, Salt Lake City, UT, 17th 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, mikesride@gmail.com, Jared Eborn, 801-599-9268, jared@extramileracing.com, extramileracing.com, bikereg.com/porcupine

June 8-9, 2018 — 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, vision-relay.com

June 16, 2018 — Adventure Gear Criterium, UCA Series, Sandy, UT, Marek Shon, 801-209-2479, utahcritseries@gmail.com, utahbikeracing.com

June 21-23, 2018 — 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, mccllellan@suu.edu, Steve Ahlgreen, 435-865-8421, 435-865-8423, ahlgreen@suu.edu, utahsummergames.org

June 23, 2018 — Utah State Time Trial Championship, UCA Series, Skull Valley, UT, Marek Shon, 801-209-2479, utahcritseries@gmail.com, utahbikeracing.com

June 28-30, 2018 — Sa-Lo Stage Race, Salem, UT, 3 days, 4 stages: crit, 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, 801-822-9459, ken@kenmeads.com, sa-lo.com

June 30, 2018 — Greater Utah Handicap Race, Grantsville, UT, Held at the intersection of I-80 and Hwy 196. 72 mile road race. 3 groups start at different times depending on ability. Cat 5 at 9 am. Cat 3-4, and Cat 1-2 to follow. Only one overall winner., Dirk Cowley, 801-699-5126, dcowley@comcast.net, racedayeventmanagement.com

July 4, 2018 — SOJO Twilight Criterium, Bountiful, UT, Fast, flat and tons of fun in South Jordan's Riverfront Parkway, Jared Eborn, 801-599-9268, jared@extramileracing.com, extramileracing.com

July 7, 2018 — Ophir Road Race, UCA Series, Ophir, UT, UCA State Championship Road Race. 19-68 Mile courses from Ophir Canyon to Dugway and looping back for a solid uphill finish., Jared Eborn, 801-599-9268, jared@extramileracing.com, extramileracing.com

July 14, 2018 — Cache Gran Fondo, Logan, UT, 7th annual Cache Gran Fondo, designed for riders of all abilities. Pre-ride light breakfast will be provided at startline with well stocked food stations, support, and additional hydration spots for 2018. The 100 mile, 50 miles, and a new 70+ mile course follow 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 28, 2018 — Iron Lung Race, Salt Lake City, UT, 120 mile timed road race starting at This Is The Place Heritage Park and turning around near Snowbasin Resort., Michelle Lyman, 801-941-5526, info@ironlungride.com, ironlungride.com

July 21, 2018 — Tour de Park City, UCA Series, Park City, UT, 155 Miles of great road riding with 10,000 feet of climbing., Jared Eborn, 801-599-9268, jared@extramileracing.com, extramileracing.com

July 27-28, 2018 — Capitol Reef Classic, UCA Series, Torrey, UT, Two days, three stages. Friday circuit race and IIT, Saturday road race. Must complete the first stage to continue on to the next. Distances determined by racer's category., Tina Anderson, 435-425-3491, 435-691-1696, ticrazy@live.com, Scott Anderson, sr3club@live.com, capitolreefclassic.bike

July 27-28, 2018 — 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 28, 2018 — Snowbird Hill Climb, Snowbird, UT, Join us for the 40th Annual Snowbird Bicycle Hill Climb! 10 miles and 3,500 feet! 8 am start on 9400 S. near 20th East, climb to Snowbird's entry 11. 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, bikereg.com/snowbird-bicycle-hill-climb

August 4, 2018 — Punisher Race, UCA Series, Powder Mountain, UT, 116 Miles and 11,000 feet of climbing. Starts in Eden and finishes at Powder Mountain. Yep, it's gonna hurt., Jared Eborn, 801-599-9268, jared@extramileracing.com, extramileracing.com

August 6-12, 2018 — Larry H. Miller Tour of Utah, Various, UT, The Tour of Utah is a UCI 2.HC sanctioned stage race for the top men's teams in the world. As America's Toughest Stage Race, the race covers more than 500 miles across Utah, and 52,000 feet of climbing. It is broadcast worldwide on Tour Tracker and is free for spectators., Larry H. Miller Tour of Utah, 801-325-7000, info@tourofutah.com, tourofutah.com

August 11, 2018 — Wildflower Hill Climb, Mountain Green, UT, Timed 5.5 mile climb during the 75 mile course option in this women-only cycling event. Age-group cash prizes. Gift for all who complete the climb., Stacie Palmer, 801-644-9940, 801-336-6198, wildflowerpedalfest@gmail.com, wildflowerpedalfest.com

August 11, 2018 — 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 24-27, 2018 — Hoodoo 500, Utah Triple Crown, St. George, UT, 500 mile loop race through Southern Utah. Non-stop or stage race, solo and relay team divisions. 300 mile option as well., Deborah Bowling, 818-889-2453, embassy@planetutira.com, Hoodoo500.com

August 25, 2018 — Utah Tour de Donut, American Fork, UT, 11th Annual event - Most fun you'll have on a bike. Three 7-mile laps, eat donuts to reduce your time. Starts at 8:00 am., Rodney Martin, 801-427-6400, rotaryroad@live.com, Ronald Tolley, 480-285-6281, rtolley@clearvisionreserve.com, Utah Tour de Donut, info@utahourdofdonut.com, utahourdofdonut.org

August 25, 2018 — West Mountain Road Race, UCA Series, West Mountain, UT, 100 Miles of rolling terrain around West Mountain in Utah County, Jared Eborn, 801-599-9268, jared@extramileracing.com, extramileracing.com

September 8, 2018 — LOTOJA Classic Road Race, Logan, UT, 36th Annual, 1 day, 3 states, 200-plus mile road race from Logan, UT to Jackson Hole, WY, Brent Chambers, 801-546-0090, brent@lotojaclassic.com, lotojaclassic.com

September 29, 2018 — Gran Fondo Moab, Moab, UT, Mass start timed road cycling event on the beautiful La Sal Loop road, 60 miles with 5500 feet of climbing. Not a sanctioned race, but you will get a time, awards, and placings., Scott Newton, 435-654-8650, 800-635-1792, info@granfondomoab.com, granfondomoab.com

October 9-12, 2018 — Huntsman World Senior Games Cycling, 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, 435-674-0550, hwsj@seniorgames.net, seniorgames.net

October 13, 2018 — City Creek Bike Sprint, Salt Lake City, UT, Race starts at the mouth of City Creek Canyon and finishes at Rotary Park where we will have awards, food, music and fun, James Zwick, 801-583-6281, sports-am.com, sports-am.com

Regional Weekly Road Race Series

May 1-July 17, 2018 — Expo Idaho SWICA Criterium Series, SWICA Criterium Series, Boise, ID, Local training crit series at Expo Idaho West lot (Glenwood Street south of Hawks Stadium). Tuesdays, Kurt Holzer, 208-890-3118, idahobikeracing@yahoo.com, idahobikeracing.org

May 8-August 28, 2018 — Colin Craig Memorial Series, Bozeman, MT, Weekly road series that includes road races, time trials, criteriums, mountain bike races and more., Alex Lussier, lussier@hotmail.com, Phil Rotherman, phil@rothconst.com, Mollie McKiernan, mollie.mckiernan@gmail.com, Patrick Wessel, patrickwessel@yahoo.com, cems.galatinvalley.bicyclub.org

May 9-August 8, 2018 — ICE BAR Time Trial/Hillclimb Series, ICE BAR Series, Pocatello, ID, Flat time trials: Start at Rainbow Road, 6.2m(10k). Scoring is best 2 of 4 times., May 9 at 6:30 pm 7:00 pm, June 6, June 27 and July 25 Hill Climbs: Park at Cherry Springs, Crystal start at Cherry Springs and Scout start at bottom of Scout Mtn Rd. Scoring is best Crystal plus best Scout time. Approximately 5 mile climbs. mass start., May 23 -Crystal Summit, 6:30 pm 7:00 pm; June 13-Scout, July 11-Crystal Summit, August 8-Scout Categories: End of season awards for men and women's overall winners of these categories: A's, B's, Master's 50+, Triathlete, Recreational (Non TT bike, Eddie Merckx style), Single Speed, and Clydesdale (210 lbs+) and Athena (150 lbs+)., Peter Joyce, 208-282-3912, pvj@pete@isu.edu, Tony Chesrow, 435-671-2506, heberrisports@yahoo.com, idahocycling.com

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

May 4-6, 2018 — USA Cycling Collegiate Road National Championships, Grand Junction, CO, Chuck Hodge, 719-434-4200, chodge@usacycling.org, usacycling.org

May 4-6, 2018 — Tour de Bloom Stage Race, Wenatchee, WA, Athree-day cycling event organized by the Wenatchee Valley Velo Club. The event features a road race on Friday, a hill climb from Squilchuck State Park to the Mission Ridge Ski Area on Saturday morning, a twilight criterium in historic downtown Wenatchee on Saturday afternoon and evening, and a road race among the rolling wheat fields near Waterville in adjacent Douglas County on Sunday. The event is USA Cycling-certified. Tour de Bloom is held during Wenatchee's famous Apple Blossom Festival., Ace Bollinger, 509-679-5003, acebollinger@nwi.net, wenatcheevalleyvelo.com/current-event/tour-de-bloom/

May 19, 2018 — Ride for the Pass, Aspen, CO, Benefits the Independence Pass Foundation. 24d 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 19, 2018 — 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 19-20, 2018 — Superior Morgul Omnium, Superior, CO, 8 mile time trial, team time trial, Superior Morgul road race, Lance Panigutti, 303-408-1195, lance@withouthilimits.com, whitelincycling.com

May 19, 2018 — Bearmouth Road Race, Missoula, MT, Alex Gallego, 406-721-6525, alex@missoulabicycleworks.com, missoulabicycleworks.com

May 26-27, 2018 — Iron Horse Bicycle Classic, Durango, CO, 46th 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@ironhorsebicycleclassic.com, ironhorsebicycleclassic.com

June 2, 2018 — 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

June 2, 2018 — 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 3, 2018 — Guanelia Pass Hill Climb, Colorado Summit Cycling Series, Georgetown, CO, 7th annual, Begins in historic downtown Georgetown to the summit of Guanelia Pass

— Elevation 11,670 ft, 3,050 ft. of elevation gain with grades from 8-12%, 11 miles on freshly paved roads and closed to traffic, Barry Lee, 720-244-8228, 720-409-7048, barry@sanitascycling.com, sanitascycling.com

June 13-14, 2018 — USA Cycling Para Road Race & Time Trial National Championships, Augusta, GA, Chuck Hodge, 719-434-4200, chodge@usacycling.org, usacycling.org

June 14-17, 2018 — USA Cycling Masters Road National Championships, Columbia County, GA, Chuck Hodge, 719-434-4200, chodge@usacycling.org, usacycling.org

June 16, 2018 — Ketchum Criterium, Ketchum, ID, Idaho State Criterium Championship, Mark Lovlien, 208-720-6973, mlovlien@gmail.com, sturtevantssv.com

June 17, 2018 — Parker Main Street Criterium, Parker, CO, fast and flowing criterium, Barry Lee, 720-244-8228, 720-409-7048, barry@sanitascycling.com, sanitascycling.com

June 21-24, 2018 — USA Cycling Professional Road, IIT, and Crit National Championships, Knoxville, TN, Chuck Hodge, 719-434-4200, chodge@usacycling.org, usacycling.org

June 29-July 1, 2018 — 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@clouid.com, bakercitycycling.org

June 30, 2018 — Mike Mercy Memorial - Idaho State Time Trial Championships, Mountain Home, ID, All proceeds from the event will go to the Mike Mercy scholarship fund at BSU. The course is old hwy 20 heading east out of Mountain Home. Pavement is good, very little traffic and extremely well supported by local law enforcement and the community in general. New for 2018 will be the addition of Merckx categories. Unique medals for category/age group winners regardless of state of residency, Howard Roose, 208-484-8342, hkroose@gmail.com, idahobikeracing.org, bobs-bicycles.com

July 7, 2018 — Twin Falls Criterium, SWICA, Twin Falls, ID, Rick Greenawald, 208-316-6176, greenawald@cablenet.net, idahobikeracing.org

July 8, 2018 — Sunshine Pass Hill Climb, Boulder, CO, 3000 feet in 9.8 miles including 3 miles of hard pack dirt., Barry Lee, 720-244-8228, 720-409-7048, barry@sanitascycling.com, sanitascycling.com

July 11-14, 2018 — Southeast Idaho Senior Games, Pocatello, ID, Scout Mountain Hill Climb, Criterium, 10k Time Trial and 20k Road Race, 5k Time Trial, 40k Road Race, Dana Olson, 208-233-2034, 208-317-3918, southeastidahoseniorgames@gmail.com, seidahoseniorgames.org

July 13, 2018 — Chrono Kristin Armstrong Time Trial, Pro Road Tour, Boise, ID, UCI 1.2 men's, women's time trial, Mike Cooley, 208-343-3782, mcooley@georgescycles.com

georgescycles.com, chronokristinarmstrong.com

July 14, 2018 — 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, boisewillightcriterium.com

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, hvcy-club.org

July 29, 2018 — Riverbend Criterium, tentative, Post Falls, ID, Mike Strott, mikesstrott@gmail.com.

August 4-5, 2018 — Idaho Senior Games, Kuna, ID, 5k and 10k Time Trials both at 9 a.m. date corresponds to order of listing, 20 K Aug 5 and 40 K Aug 4 Road Races at 10 a.m., qualifying year for 2019 National Senior Games. Held at S. Cole Road & Hubbard/10 Mile Creek Rd., Mike Thornton, 208-861-8000, idahoseniorgamesinfo@gmail.com, Frank Gilbert, 208-853-1964, frank@georgescycles.com, idahoseniorgames.org

August 11, 2018 — Pikes Peak Hill Climb, Colorado Summit Cycling Series, Colorado Springs, CO. 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, The Sports Corp., 719-634-7333, info@thesportscorp.org, Jeff Mosher, 719-634-7333 Ext 1005, jeff@thesportscorp.org, uscycling.org, PikesPeakCyclingHillClimb.org

August 18, 2018 — Bogus Basin Hill Climb, Boise, ID, 42nd Annual, Mike Cooley, 208-343-3782, mcooley@georgescycles.com, georgescycles.com

August 19, 2018 — Arizona State Time Trial 20K Championships, Picacho, AZ, Arizona State Individual Time Trial, 20K. Course out & back, flat, first ride start 6:30 AM, rider go off in 30 seconds intervals. USA Cycling State awards, Nippy Feldhake III, 520-747-2544, nippy-smarty-pants@juno.com, tucsonmasters.org, azcycling.org

August 26, 2018 — Arizona State Time Trial 40K Championships, Arizona City, AZ, Arizona State Individual Time Trial, 40K. Course out & back, flat, first ride start 6:30 AM, rider go off in 30 seconds intervals. USA Cycling State awards, Nippy Feldhake III, 520-747-2544, nippy-smarty-pants@juno.com, tucsonmasters.org, azcycling.org

September 2, 2018 — Kitt Peak Time Trial, Tucson, AZ, 11.6 mile hill climb time trial up Kitt Peak, 3400' vertical., Donald Melhado, 520-325-7978, dmelhado@cox.net, azcycling.org, saguarovelo.org

September 2, 2018 — West Elk Bicycle Classic, Gunnison, CO, 34-46 mile north rim Black Canyon, 52 mile Raghorn, or 134 mile West Elk Bicycle Classic routes options available. This ride is fully supported with optional fundraising to help stop type 1 diabetes by donations to research and treatment. Bikes and Books for Kids will also benefit., Jeff Hillis, p2pcycling@gmail.com, westelkbicyclass.com, p2pcolorado.com

September 10-15, 2018 — World Human Powered Speed Challenge (WHPS), Battle Mountain, NV, International cyclists compete on SR305, 5 miles to a 200 meter time trap. 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@sbcglobal.net, ihpva.org, whpsc.org

September 14-16, 2018 — Silver State 508, Reno, NV, 35th Annual, Founded by John Marino in 1983 and recognized as "The Toughest 48 hours in Sport," This 508-mile bicycle race is

reversed 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. The Silver State 508 is a Race Across America (RAAM) Qualifier, which traverses Highway 50, the Loneliest Road in America., Robert Panzera, 917-543-2670, robert@ccsd.com, Jo Panzera, jo@ccsd.com, the508.com

September 22, 2018 — 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, todd@tourofutah.com, Victoria Lovely, 773-590-6499, vblovely@yahoo.com, m2dbik-eride.com

October 12, 2018 — Nevada Senior Games, Las Vegas, NV, Cycling competition for age groups: 50-94, 5 and 10k time trials, 20 and 40k road races, start: Part of the Huntsman World Senior Games in 2018, Tim Jones, 702-994-6205, tjones@cox.net, nevada.fusesport.com, seniorgames.net

Utah Road Touring and Gran Fondos

May 5, 2018 — 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@forthewinracing.com, frontrunnercentury.com

May 5, 2018 — 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 km (65 to 125 mile) options. A brevet (bruh vay) is a timed ultra distance event, Richard Sturm, 435-462-2266, richard@eogear.com, saltlakerandos.org

May 12, 2018 — Cyclofemme Ride, Utah Bike Month, Provo, UT, Women's only ride. Join us for the 5th 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 the Provo Bike Collective, 397 E 200 N, Provo, UT 84606. Heather Skabelund, 971-404-1557, bikeprovo@gmail.com, Jennifer Messenger, jennbobenn1@yahoo.com, cyclofemme.com, bikeprovo.org

May 12, 2018 — Thanksgiving Frontrunner to Ogden Frontrunner, BCC SuperSeries, Salt Lake City, UT, Start: Lehi Front Runner Station. Ride to Ogden Frontrunner and take the train back. Free event, self-supported., Dean Zenoni, roadcaptain@bccutah.org, Tom Coffey, 801-737-3241, lech2zurs@msn.com, bccutah.org

May 13-September 22, 2018 — Cycling Bryce, Zion, and Grand Canyon National Parks, yes, St. George, UT, We've combined our three most popular destinations, Bryce Canyon, Zion National Park, and the Grand Canyon, for a world class road cycling vacation. Tour includes 6 nights camping and inns or all in nights. Includes accommodations, transportation, and food. Camping and inn dates: May 13-19, June 10-16, June 24-30, July 8-14, July 29-Aug 4, Aug 12-18, Sep 2-8. All inn dates: May 27-June 2, Aug 12-18, Aug 26-Sep 1, Sep 16-22, Kevin Ford, 800-596-2953 x1,

702-596-2953, info@escapeadventures.com, escapeadventures.com

May 13, 2018 — Amazing Earthfest Fun Ride, Kanab, UT, Cyclists, runners and walkers will enjoy this 3 mile paved loop around Kanab's most recent attraction, Jackson Flat Reservoir. This scenic area is home to eagles, hawks, herons and a variety of ducks. Including the two additional paved loops, the trail is 4 1/2 miles. Riders may make as many loops as they choose, Rich Csenge, 435-644-3735, jw@gwi.net, Susan Johnston, 435-644-8328, susanjv@gmail.com, amazingearthfest.org

May 19, 2018 — 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., Chris Godfrey, 801-269-9320, cgodfrey@useatf.org, useatf.org, usea-rideforeducation.weebly.com

May 19, 2018 — Ride for the Angels, Copperton, UT, 9th 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 19, 2018 — 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, 100 Miles, 63 Miles or 30 Miles. Join hundreds of cyclists and raise funds for charity., Jared Eborn, 801-599-9268, jared@extramiletracing.com, GranFondoSaltLake.com

May 19, 2018 — 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, saltlakerandos.org

May 19, 2018 — Ogden Marathon Sunrise Canyon Bike Ride, Nordic Valley, UT, Ride down Ogden Canyon, 14.5 mile course, Mike McBride, 801-399-1773, mike@goalfoundation.com, Jenny Scothern, 801-399-1773, jenny@goalfoundation.com, ogdenmarathon.com

May 20, 2018 — Springville to Nephi 100, Tentative, 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., Dean Zenoni, roadcaptain@bccutah.org, bccutah.org

May 28, 2018 — 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., Dean Zenoni, roadcaptain@bccutah.org, bccutah.org

June 2, 2018 — 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 8-21, 2018 this event sells out quickly., Penny Perkins, [penperk@centu-](mailto:penperk@centu-rylink.net)

rylink.net, Curt Griffin, lrh@bbtc.net, bccutah.org/lrh

June 2, 2018 — 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@redrockbicycle.com, Ryan Gurr, info@spingeeks.com, ridesouthernutah.com

June 2, 2018 — Golden Spoke, Utah Bike Month, Wasatch Front, UT, Join us to celebrate over 100 miles of safe, separated, and connected multi-use trails linking Ogden and Provo, by participating in a group bike ride and family-friendly event! This free event includes two simultaneous group bike rides, which will begin at Rainbow Gardens in Ogden Canyon and travel south (47 miles), and Bridal Veil Falls in Provo Canyon and travel north (57 miles). The two group bike rides will converge in the center of the connected trails at the new Jordan River Bridge in Salt Lake City., Heather McLaughlin-Kolb, 801-363-4250, heather@wtrc.org, goldenspokeutah.org

June 9-10, 2018 — Utah Bicycle Touring Society's Overnight Bike Tour, Salt Lake City, UT, 12th 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 Melini, 801-487-6318, lvmelini@comcast.net, Cheryl Soshnik, 435-649-9008, csohnik@yahoo.com

June 9, 2018 — Ride Against the Plague, Brigham City, UT, Fully supported road bike ride. There will be three routes a 100-mile route, a 62-mile route and a 33-mile route; fully supported rest stops. Fruit, ice, water, coconut water and other snacks will be provided at each rest stop. At the end of the ride a delicious and nutritious lunch will be provided. Start 7:30 am at Snow Park, Tom Summers, 801-513-5465, info@rideagainsttheplague.org, rideagainst-theplague.org

June 10, 2018 — 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., Dean Zenoni, roadcaptain@bccutah.org, bccutah.org

June 16, 2018 — Mt. Nebo Climb, Tentative, BCC SuperSeries, Nephi, UT, Start at the North Side of the city park, ride North up Main Street and Hiway 91 to Sanaquin then to Payson and over the Mt. Nebo Loop and finish up back at the city park, Dean Zenoni, roadcaptain@bccutah.org, Doug Jensen, 801-815-3858, sccyclier@gmail.com, bccutah.org

June 16, 2018 — Huntsman 140, Delta, UT, A road cycling, non-competitive ride that raises funds for cancer research at Huntsman Cancer Institute. Participate in the 140-Mile Founder's Ride from Delta, Utah (with a new relay option) or 30, 55, 75, and 140-mile out-and-back from Salt Lake City, Utah, Jen Murano-Tucker, 801-584-5815, jmurano@huntsmanfoundation.org, Porter Sprout, 801-584-5882, psprout@huntsmanfoundation.org, huntsman140.com

June 16, 2018 — Heart of Utah Series, Salt Lake Randonneurs Brevet Series, Nephi, UT, Self-supported rides. Choose from 300 km (190 miles) or 400 km (250 miles) self supported ride on rural roads of Juab and Sanpete Counties. A brevet is a timed ultra distance event., Richard Sturm, 435-462-2266, richard@eogear.com, saltlakerandos.org

June 23-24, 2018 — Bike MS: Harmons Best Dam Bike Ride, Bike MS, Logan, UT, Join thousands of cyclists from around the region and celebrate 32 years of Bike MS: the premier fundraising cycling series in the nation raising funds for a world free of MS. The Bike MS experience offers route options ranging from 45 to 150 miles over two days and is friendly to all abilities with rest stops every 8-12 miles. Camping, meals, and entertainment based out of Cache Valley Fairgrounds (400 S 500 W) in Logan., Geoff Dairon, 801-424-0112, geoff.dairon@ms.org, bikemutah.org

June 23, 2018 — Castle Country Century, Scofield, UT, Enjoy scenic riding from Scofield reservoir up and over the Manti La-Sal mountains, down through Huntington Canyon and out into the high desert plateaus before finishing in Price, UT. Scenic, challenging and an overall good time. Over 5,300' of climbing and 7,200' of descending. Century and Metric Century available., Mark Jespersen, 435-637-2453, mark@castlecountrycycling.com, Cory Jensen, 801-824-8455, cory.jensen@carbon.utah.gov, Ed Malmgren, 435-637-2453, ed@castlecountrycycling.com, castlecountrycycling.com, carbonrec.com

June 29-30, 2018 — Great Basin Series, North Salt Lake, UT, Choose from 400 km (250 mile) or 600 km (375 mile) distances that travel into Great Basin & West Desert of Utah. A brevet is a timed ultra distance, self-supported event., Richard Sturm, 435-462-2266, richard@eogear.com, saltlakerandos.org

July 4, 2018 — Tour de Riverton, Riverton, UT, 18th Annual, Part of Riverton Town Days. Fun family ride, 25 mile loop through Riverton and Herriman, 7 am start., Brad Rowberry, 801-523-8268, tdr@infinitcycycles.com, tourderiverton.com, infinitcycycles.com

July 14, 2018 — Cache Gran Fondo, Logan, UT, 7th annual and bigger than ever. Designed for riders of all abilities. Pre-ride light breakfast provided at startline with well-stocked food/support stations. 100 and 50 mile courses follow a scenic and mostly-flat route through Northern and Cache Valley, UT. Both courses include a challenging hill, but very rideable. The finish is held on a closed-off section of downtown Logan with a party and fun festivities including rider gifts, many random prizes, and unique jerseys at or below retail. New rider surprises for 2018, including more hydration spots., Troy Oldham, 435-764-2979, aldhamtroy@gmail.com, cachegranfondo.com

July 21, 2018 — 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@redrockbicycle.com, ridesouthernutah.com

July 21, 2018 — 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, 2018 — Tour of the Valley, BCC SuperSeries, Salt Lake City, UT, Start: Fashion Place Mall, Wasatch Blvd, Emigration. Free event, self-supported., Dean Zenoni, roadcaptain@bccutah.org, Tom Coffey, 801-737-3241, lech2zurs@msn.com, bccutah.org

July 24, 2018 — South Sevier Ram Ride, Monroe, UT, 15 miles, 25 miles, and a 50 miler. Start



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Dates & Locations
2018 BOISE: 6/23
PROVO: 9/22
VEGAS: 10/20

time is 7:00 a.m. Start & Finish location is Monroe Fire Station., Heather Newby, 435-201-0138, Heather.N@onesanddemille.com.

July 27, 2018 — Antelope by Moonlight Bike Ride, Antelope Island, UT, 25th Annual, 10pm. Open to participants of all ages and starts at the Antelope Island's White Rock Bay. The half way point is the historic Fielding Garr Ranch where refreshments are served. The entire route is 24 miles on an asphalt road., Neka Roundy, 801-451-3286, 801-451-3282, neka@co.davis.ut.us, daviscountyutah.gov, antelopebymoonlight.com

July 27-28, 2018 — 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 28, 2018 — 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, utahcountycgranfondo.com

July 28, 2018 — Fiesta Days 50 - Blue Haven Half Century, Spanish Fork, UT, Provides support for fallen police officers families. For the third 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@bluehavenfoundation.com, racecentury.com, info@bluehavenfoundation.com

July 29, 2018 — Park City Chalk Creek 100 SuperSeries, Tentative, BCC SuperSeries, Park City, UT, Free self-supported event. Start Treasure Mtn Middle School. Legs to Coalville, Chalk Creek and back., Dean Zenoni, roadcaptain@bccutah.org, bccutah.org

August 4, 2018 — Punisher Ride, Powder Mountain, UT, 116 Miles and 11,000 feet of climbing. Starts in Eden and finishes at Powder Mountain. Yep, it's gonna hurt., Jared Eborn, 801-599-9268, jared@extramileracing.com, extramileracing.com

August 8, 2018 — El Doce at Pow Mow, Powder Mountain, UT, 12 1/2 Hour Mountain Bike Race at Powder Mountain, Utah. Solo, Duo and 3-4 Person Teams. 12 Mile lap, 1200' vertical per lap, 12 hours. Limited to 400 riders., Jenny Southern, 801-399-1773, jenny@goalfoundation.com, Clairese Miljour, 801-399-1773, claire@goalfoundation.com, eldoceutah.com

August 11, 2018 — 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 11, 2018 — 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 11, 2018 — 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 RWHCR 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, gdigit@gmail.com, Debbie Simpson, 435-750-0193, 435-753-4777, debbie@caffebis.com, Dee Cudney, 435-363-6183, 435-753-4777, dee@caffebis.com, randywirthhcr.org, randywirth50miles.org

August 18, 2018 — 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, John Wojciechowski, 801-532-2335, 801-725-3227, wojciechowski@cff.org, fightcf.cff.org

August 18, 2018 — 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, roxredde@gmail.com, tothemoonandback-events.com

August 25, 2018 — 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. Great last century before LoToId, Bob Jardine, 435-713-0288, 435-757-2889, info@CacheValleyCentury.com, Sammie MacFarlane, 435-713-0288, Sammie@cgadventures.org, CJ Sherlock, 435-713-0288, 435-757-2889, info@cachevalleycentury.com, CacheValleyCentury.com

August 25, 2018 — 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 usually 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., Burchie Benton, 435-649-3991, 435-200-0990, events@discovernac.org, Whitney Thompson, 435-649-3991, whitneyt@discovernac.org, summitchallenge100.org, discovernac.org

August 25, 2018 — Sevier Valley Rooster Ride, Richfield, UT, Sevier County in conjunction with Sevier County Trail Days is presenting a 33, 55, or 100 mile bike ride thru scenic Central Utah. Event will be chipped, with fully stocked rest stops, great swag and lunch. Metal and Tee Shirt provided. 33 mile option has a 800 ft gain, 1,163 ft gain for the 55 mile option, and 4,061 ft for the 100 mile option., Chad McWilliams, 435-893-0457, 435-421-2743, cmcwilliams@sevier.utah.gov

September 2-8, 2018 — 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 14-16, 2018 — Haute Route Utah, Cedar City, UT, 3 day ride featuring two road climbs and a time-trial all based out of the hosting city., Katrina Younce, kyounce@milefortyfour.com, Gretchen Brett, 719-287-8489, contact.northamerica@hauteroute.org, hauteroute.org

September 15, 2018 — Wonder Woman Ride, Payson, UT, Join us for the 9th 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 21-22, 2018 — 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, nrpalmer@comcast.net, Tom Jensen, 801-475-7488, tom.jensen@scouting.org, trapertrails.org/bike

September 21-22, 2018 — 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@saltosaint.com, saltosaint.com

September 22, 2018 — 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@skinnyfireevents.com, skinnyfireevents.com

September 22, 2018 — 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, 80, 60, 40, and 20 mile route options, Goldilocks has a route that is "just right" for everyone!, Randy Gibb, 801-222-9577, randy@goldilockslide.com, goldilockslide.com/gsl

September 22, 2018 — 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 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, syracusetag@gmail.com, Brent Jones, 801-774-2801, 801-645-0247, brent.jones@rcwilley.com, rcwilley.com/ride

September 29, 2018 — Gran Fondo Moab, Moab, UT, Mass start timed road cycling event on the beautiful La Sal Loop road, 60 miles with 5500 feet of climbing. Not a sanctioned race, but you will get a time, awards, and placing., Scott Newton, 435-654-8650, 800-635-1792, info@granfondomoab.com, granfondomoab.com

October 20, 2018 — Fall Tour de St. George, St. George, UT, Tour around southern Utah and see some of the most scenic views as you climb to Veyo 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@redrockbicycle.com, Ryan Gurr, info@spingeeqs.com, ridesouthernutah.com

October 20, 2018 — 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 Quairrh Mountains before winding through Herriman and South Jordan, Bo Earls, 801-253-5203, ext 1105, beearls@scj.utah.gov, SoJoMarathon.com

October 20, 2018 — Extra Mile Racing Mini Fondo, Salt Lake City, UT, A mini-gran fondo, Jared Eborn, 801-599-9268, jared@extramileracing.com, extramileracing.com

Regional Road Touring and Gran Fondos

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

May 6-October 28, 2018 — Redrock Canyons Utah Bike Tour, Grand Junction, CO, Featured in NY Times. Tours available in May, September, and October. Ride to Monument Valley and the Dolores River Canyon. Strong-Intermediate to Advanced., John Humphries, 970-728-5891, info@lizardheadcyclingguides.com, lizardheadcyclingguides.com

May 6, 2018 — Rose Hill Rally, Grand Junction, CO, 22nd Annual, 100k or 50k bike tour. Benefits Rose Hill Hospital House at St. Mary's Medical Center., Ed Lipton, 970-242-5940, ed.lipton@scjhs.net, stmarygl.org/RoseHillRally

May 12-13, 2018 — STOKR (Scenic Tour of the Kootenai River), Libby, MT, Libby, Troy, Yaak, 2 day ride, sells out every year, Greg and Susie Rice, stokrmama@gmail.com, libbymi.com/events/stokr.htm

May 19, 2018 — Cycle for Independence, Boise, ID, Fundraiser for the Treasure Valley Chapter of the National Federation of the Blind, 10,20, and metric century (62.5 miles), individual and team rides, routes begin in northwest Boise, supported ride. After ride burgers with all the fixings combined with socializing, music, festivities and prizes, Ramona Walhof, 208-336-5333, cycleforindependence@gmail.com, Allan Schneider, 208-870-4831, aschneider@hotmail.com, cycleforindependence.org

May 19, 2018 — Ride for the Pass, Aspen, CO, The 24rd 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, director@independencepass.org, Dina Belmonte, 970-379-1222, dinab@sopris.net, independencepass.org

May 19, 2018 — Heartbreak Century and Double Century, Frazier Park, CA, 200 mile ride, Deborah Bowling, 818-889-2453, embassy@planetultra.com, planetultra.com

May 20, 2018 — Santa Fe Century and Gran Fondo, Santa Fe, NM, 33rd Annual, Beautiful scenery, outstanding food stops and very reasonable registration fees. Century, Half-Century, and 20 mile rides are offered as well as two timed events: Gran Fondo (100 mile timed ride), Medio Fondo (50 mile timed ride). Enjoy free massages, award-winning BBQ and local craft beers following the rides., Michael McCalla, 406-381-2690, ride@santafecentury.com, santafecentury.com

May 26, 2018 — Tour of Marsh Creek Valley, Pocatello, ID, Fully supported ride with snack and drinks at Inkom, McComan and the Downey turns. Options of 26, 60, or 100 miles between Pocatello and Malad Pass. 21st Annual, Mike Collier, 208-681-0919, 208-533-5445, dadcollier2@hotmail.com, pebblecreekraceteam.com

May 26-27, 2018 — Iron Horse Bicycle Classic, Durango, CO, 46th Annual, Road Race and tour 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

June 2, 2018 — 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 afternoon 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 Quoyeser, 719-398-9257, chris@emakersoc.com, bvbf.org

June 2, 2018 — Pailsade Gran Fondo, Pailsade, CO, Fully supported Gran Fondo through the famous orchards and vineyards of western Colorado and the rugged Reeder and Purdy Mesas. 40 and 72 mile options., Jennifer Sliney, 970-819-1101, 510-910-1608, pailsadevelo@gmail.com, pailsadegrantfondo.com, pailsadecoc.com/co/pailsadegrantfondo

June 2, 2018 — Tour de Lava, Lava Hot Springs, ID, Come and see Lava on your bike! The ride begins and ends at the Lava Hot Springs Senior Center, with on-site registration at 9 a.m. and the ride starting at 10 a.m., 16-mile option: Whiskey Mike's and back, 34-mile option: Bancroft and back-50-mile option: Bancroft and Chesterfield and back., Katie Lovelady, 208-232-8996, barriesevents@gmail.com, barriesevents.com

June 2, 2018 — Eastern Sierra Double Century, Bishop, CA, 200 mile ride, Deborah Bowling, 818-889-2453, embassy@planetultra.com, planetultra.com

June 3, 2018 — America's Most Beautiful Bike Ride - Lake Tahoe, Stateline, NV, 27th Annual, in conjunction with the Leukemia & Lymphoma Society Team in Training program. Fully supported with rest stops, Tech support and SAG. 100 mile century, 72 miles, (boat cruise - 35 mile fun ride TBD), Curtis Fong, 800-565-2704, 775-771-3246, tgff@bikethest.com, bikethest.com, bikeandskitahoe.com

June 3, 2018 — 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., Scott Olmsted, 303-282-9015, info@elephantrockride.com, Amanda Knutson, 515-681-6036, amanda@clippedinproductions.com, elephantrockride.com, emgcolorado.com/wordpress/?page_id=10

June 9, 2018 — Fremont Area Road Tour (FART), Lander, WY, 13 to 100 mile options, includes breakfast, bba, t-shirt and bottle, in conjunction with Lander Brew Fest, Nyssa, fart@landercycling.org, Tony Ferlisi, landercycling@gmail.com, Amanda Dyer, 307-332-3394, landercycling@cw.edu, landercycling.org, landercyclingevents.org

June 9-15, 2018 — Ride the Rockies, Breckenridge, CO, Ride the loop to explore Colorado's Rocky Mountains by bicycle.the2018.com. The 2018 tour will be a brand new route showcasing the state's unmatched scenery and breathtaking mountain views. The premier cycling tour will be a 418 mile loop. Proceeds

benefit Colorado nonprofits through The Denver Post Community Foundation., Rachel Gillette, 303-954-6700, rgillette@denverpost.com, ridetherockies.com

June 9, 2018 — Tour of Two Forests, Santa Clarita, CA, 200 mile ride, Deborah Bowling, 818-889-2453, embassy@planetultra.com, planetultra.com

June 10-17, 2018 — 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 Sheehran, 352-353-8712, tours@pedalerspubandgrille.com, pedalerspubandgrille.com, alaska-bicycle-tours-great-alaska-highway-bike-tour

June 15-17, 2018 — Bike the Bear Gran Fondo Trifecta, Montpelier, VT/ID, Three rides of 100 miles of more in the Bear Lake Valley. Ride all three for the trifecta and a special reward., Jared Eborn, 801-599-9268, jared@extramileracing.com, extramileracing.com, racebearlake.com

June 16, 2018 — Spinderella, Pocatello, ID, 7th Annual, ladies-only ride featuring five scenic routes, from 10 to 100 miles. Roll-out begins at 6:00 am at Ross Park in Pocatello, ID., DaNae Young, 208-221-9300, spinderella33@gmail.com, spinderellaride.com

June 16, 2018 — Century Experience Ride, Florissant, CO, Be our guest! Do you like to climb? Over 10,000 feet of elevation gain, all on paved roads. Choose 100, 75 and 50 mile routes., Deborah Maresca, 719-689-3435, redhorse680552003@yahoo.com, mountain-topcyclingclub.com

June 23, 2018 — 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 23, 2018 — Goldilocks Boise, Goldilocks Bike Ride, Boise, ID, Fully supported, non-competitive, women only bike ride. Beautiful route, yummy food, pretty t-shirt, good lookin' Papa Bears., Randy Gibb, 801-222-9577, randy@goldilockslide.com, goldilocks.events/gid/info

June 23, 2018 — Bike for Kids Idaho Falls, Idaho Falls, ID, Kids Crit Series, family ride, and 5K run. Held at Snake River Landing, Kristy Mickelsen, 208-522-1205, 208-680-9397, skmick@hotmail.com, bikeforkidsidaho.com

June 23, 2018 — 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., Kari Kivisto, 307-637-6404, kkivisto@cheyennecity.org, cheyennecity.org

June 23, 2018 — Ride for Hope, Kuna, ID, 3rd annual Ride for Hope put on to help give support to Genesis Community Health and the Boise Rescue Mission. 100% of registration and donations go to charity. Riders have the opportunity to raise additional funds with the goal of \$250 through individual sponsorships. Ride through the scenic Snake River Valley and West Heritage Byway with stocked aid stations and excellent post-ride food and music. 18.6 mile, 31.2 mile, metric century, and century route options available., Margo Riggs, 208-608-2527, rideforhope.ccb@gmail.com, rideforhopeidaho.com

June 23-29, 2018 — Mavic Haute Route Rockies, Haute Route, Boulder, CO, The seven timed and ranked stages will take riders on an all-new route at the 2018 Mavic Haute Route Rockies, covering approximately 500 miles through high altitude passes with abundant views of the beautiful panoramas that make Colorado the heartland of American cycling. Boulder will serve as the official start city of the seven-day event, which includes visits to Winter Park, Avon, Breckenridge and Colorado Springs, Olympic City USA, before taking riders up an epic climb over 14,000 feet to the summit of Pikes Peak-America's Mountain., The Sports Corp., 719-634-7333, info@thesportscorp.org, Doug Martin, 719-634-7333 Ext 1010, doug@thesportscorp.org, Gretchen Brett, 719-287-8489, contact.northamerica@hauteroute.org, hauteroute.org/events/overview/mavic-rockies-2018

June 24-30, 2018 — Bicycle Tour of Colorado, Various, CO, Leadville, Carbondale, Delta, Pailsade, Glenwood (day off), Eagle, Leadville, 24th 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., Alissa Powell, 303-985-1180, answer@bicycletourcolorado.com, bicycletourcolorado.com



27th ANNUAL
AMERICA'S MOST BEAUTIFUL BIKE RIDE
Sunday, June 3, 2018 Lake Tahoe, NV

16th ANNUAL TOUR DE TAHOE
Sunday, Sept. 9, 2018 Lake Tahoe, NV

27th ANNUAL O.A.T.B.R.A.N.
Sept. 23-2

July 8-20, 2018 — 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 14, 2018 — 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 15-20, 2018 — Tour de Wyoming, Afton, WY, 22nd Annual. explore both the Green River Basin and Star Valley in western Wyoming. We cover 333 miles over six days. Amber Travky, 307-742-5840, atravsky@wyoming.com, cyclewyo.org

July 21-28, 2018 — Oregon Bicycle Ride, Seneca, OR, Ride the Range: One-week road tour, fully supported, with legendary BRNW food and amenities. 450 miles, 28,000 feet of elevation gain. Seneca, John Day, Sumpter, Baker City, Austin Junction, Mt. Vernon, Seneca., Jim Moore, 503-281-1526, 503-504-2656, info@bicycleridesnw.org, bicycleridesnw.org

July 21, 2018 — 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, absolutebikes.net/flagstaff

July 21, 2018 — Cycle Magic Valley, 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@fildertel.com, mavtec.org

July 21, 2018 — Fondo on the Palouse, Moscow, ID, Starting at 7:00AM in Moscow, pick from 3 courses (15, 50, 100 miles) that build on themselves to provide a touring experience of the Palouse as its communities celebrate along the way., T-Jay Clevenger, 208-882-0703, fon-dopalouse@gmail.com, fondopalouse.org

July 28, 2018 — Cascade 4-Summit Challenge, Cascade, ID, This beautiful ride is over 90 miles (or any lesser distance as chosen by the participant) through the West Central mountains of Idaho. Ride any of 1-4 summits! The ride begins at the American Legion Hall in downtown Cascade, proceeds north down Main Street, turns right/east onto Warm Lake Road and then turns left/north onto South Fork Road, which is CLOSED to vehicular traffic. The route then proceeds along the South Fork of the Salmon River until the turn around point at Reed Ranch and then returns along the same outbound route. Money raised by the 4 Summit Challenge will support various charitable and bicycle oriented community projects within the Cascade area. Ride support will be handled by George's Cycles of Boise, and the delicious post ride beef brisket meal, beer garden and music will be hosted by the local Cascade community., Mike Cooley, 208-343-3782, mcooley@georgescycles.com, 4summitchallenge.com, georgescycles.com

August 4-11, 2018 — Ride Idaho, Ketchum, Sun Valley, ID, 7-Day fully supported, noncompetitive roadbike tour with SAG support, mechanics, showers, beer garden, entertainment, 355 miles of spectacular scenery. Tent and Porter Service available. Post Falls to Sandpoint, Trout Creek, Pritchard, Wallace, Medimont, Post Falls, Earl Grief, 208-890-4434, egrief@cablone.net, rideidaho.org

August 4, 2018 — 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., Scott Olmsted, info@coppertriangle.com, scottolmsted.com, clippedinproductions.com, amanda@clippedinproductions.com, coppertriangle.com, emgcolorado.com/wordpress/?page_id=10

August 4, 2018 — Tour de Big Bear Gran Fondo, Big Bear Lake, CA, 25, 50, 70, 107 and 125

miles! Enjoy the scenic beauty of the lake, San Bernardino National Forest, 11,500' San Geronio and its 10,000' plus peaks., Tour de Big Bear, toudebear@live.com, tourdebear.com

August 4-11, 2018 — BRNW California 2018, Yreka, CA, Spirit of Shasta: One-week road tour, fully supported, with legendary BRNW food and amenities. 435 miles, 34,000 feet of elevation gain. Yreka, Happy Camp, Hoopa, Weaverville, Etna, Weed, Mt. Shasta Climb, Yreka, Jim Moore, 503-281-1526, 503-504-2656, info@bicycleridesnw.org, bicycleridesnw.org

August 5, 2018 — SPNDX Stampede Gravel Grinder, Big Bear Lake, CA, Taking place on Sunday following the Tour de Big Bear road event riders start in the Village and are challenged with a 44 mile route including fire road climbs and single track through the trees, that will make it a Stampede like no other in the series. The gravel ride will be limited to 200 stampedeers., Tour de Big Bear, toudebear@live.com, Unicorn, unicorn@spndxstampede.com, spndxstampede.com

August 11, 2018 — 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@heartmuseum.org, heartmuseum.org/Century.htm

August 11, 2018 — Le Tour de Kooocanusa, Libby, MT, Fully supported 83 or 44 mile bike ride which tours the breathtaking shoreline of Lake Kooocanusa. Ride finishes with a Blues Festival Finale. Fundraiser for Search & Rescue. Starts at 8 am., Dejon Raines, 406-291-3635, dejonrains@hotmail.com, Pam Boyke, 406-293-3556, info@letourdekooocanusa.com, letourdekooocanusa.com

August 11-12, 2018 — Bike MS - Wyoming's Bighorn Country Classic, Bike MS, Sheridan, WY, Bike MS has become a rallying point of the MS movement creating a community of shared commitment determined to end MS. Bike MS is a weekend that allows people to come together and celebrate being part of a movement by and for the 400,000 Americans living with MS. This two-day, fully supported ride covers rolling plains, mountain climbs, scenic vistas, and historic towns including Buffalo, Story, Big Horn, Ranchester, Dayton and many more! We offer a challenge for novice and experienced cyclists alike., Alexis Johnson, 303-698-5403, alexis.bradley@nmss.org, Molly Palmer, 307-433-8664, 855-372-1331, molly.palmer@nmss.org, bikemswyoming.org

August 11, 2018 — The Broadmoor Pikes Peak Cycling Hill Climb, Colorado Springs, CO, This is an epic hill climb on Pikes Peak America's Mountain, starting at 9,390 feet and finishing 12.42 miles later at 14,115 feet. There is a timed race and gran fondo, with waves starting at 6:15 am., The Sports Corp., 719-634-7333, info@thesportscorp.org, Jeff Mosher, 719-634-7333 Ext 1005, jef@thesportscorp.org, PikesPeakCyclingHillClimb.org

August 18, 2018 — 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. Ride 1-4 peaks as you wish, Katie Loveday, 208-232-8996, barriesevents@gmail.com, David George, 208-317-2225, dgeorge@victoryofidaho.com, 4PGF.com

August 26-September 1, 2018 — Yellowstone National Park Bike Tour, Belgrade, MT, Experience the world's first national park! 7-Day tour includes 6 nights lodging/meals, guide service, entrance fees, daily lunch en route, and more!, John Humphries, 970-728-5891, info@lizardheadcyclingguides.com, Travis Tucker, 970-728-5891, travis@lizardheadcyclingguides.com, lizardheadcyclingguides.com

September 8, 2018 — 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@mwpower.net, www.elynevada.net

September 8, 2018 — American Diabetes Association's Tour de Cure Colorado, 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, Kelly Jackson, 720-855-1102 x7020, kjackson@diabetes.org, diabetes.org/coloradofourdecure

September 9, 2018 — Tour de Tahoe - Bike Big Blue, Lake Tahoe, NV, 16th Annual ride around Lake Tahoe's 72 mile Shoreline. Fully supported with rest stops, tech support and SAG. 72 miles, 4300 ft vertical gain. (Boat cruise and 35 mile fun ride TBD), Curtis Fong, 800-565-2704, 775-771-3246, tgft@bikethest.com, bikethest.com

September 14-15, 2018 — Grind de Galena, Pocatello, ID, 100 miles, 2 day group ride, Katie Loveday, 208-232-8996, barriesevents@gmail.com, barriesevents.com

September 14-16, 2018 — Pedal the Plains, Kiowa, CO, PTP will take cyclists through the most communities of Kiowa, Bennett and Limon. Celebrates the agricultural roots and frontier heritage of the Eastern Plains of Colorado. Learn about farming and ranching, while experiencing the culture, history and landscape of Colorado's high plains. The Tour incorporates interactive on-route experiences by staging rest stops on farms, posting educational points of interest and serving community meals composed of locally sourced food. New in 2018 is the Great Mustang Gravel 100 - 80% on packed dirt or gravel roads, this route will be fun and challenging for the gravel expert or rookie! Proceeds from Pedal the Plains benefit The Denver Post Community Foundation in support of the Colorado FFA Foundation and Colorado 4-H., Rachel Gillette, 303-954-6700, rgillette@denverpost.com, ridetherockies.com

September 15, 2018 — Tour de Vineyards, Palisade, CO, Come join this 25-mile ride through Colorado's Wine County just prior to the Colorado Mountain Winefest., Scott Olmsted, scottolmsted@clippedinproductions.com, Amanda Knutson, 515-681-6036, amanda@clippedinproductions.com, tourdevineyards.com

September 15-16, 2018 — Bike MS: Cycle the Silver Valley, Bike MS, Coeur d'Alene, ID, Bike MS: Cycle the Silver Valley is an unforgettable, one- or two-day journey through the ancestral lands of the Coeur d'Alene nation on a "Rails to Trails" path almost completely off of roadways. What makes this ride so special? As many as 200 riders will cruise along looping routes that start and finish at the Silver Mountain Resort. Full meals, generous amenities, stunning landscapes, fully stocked rest stops and spirited festivities are all included., Geoff Doiron, 801-424-0112, geoff.doiron@nmss.org

September 16, 2018 — Edible Pedal 100, Carson City, NV, 100 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 Iddings, 775-393-9158, ride@ediblepedal100.org, ediblepedal100.org

September 22, 2018 — 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, Lara Young, 970-708-1105, m2dbikeride@gmail.com, m2dbikeride.com

September 22-26, 2018 — Montana Gravel Tour, Missoula, MT, 4 gravel rides in 4 days. Lake Placid, Garnet, Blackfoot River, Ovando, Shaun Radley, 406-219-1318, montanacyclocross@gmail.com, thecyclinghouse.com/trip/montana-gravel-tour/

September 23-29, 2018 — OATBRAN, Lake Tahoe, NV, 27th annual One Awesome Tour Bike Ride Across Nevada! Following the Legendary Pony Express Trail on U.S. Hwy. 50. 5 days of riding, 420 miles from Lake Tahoe to Great Basin National Park. Fully Supported motel stay tour... limited to 50 participants., Curtis Fong, 800-565-2704, 775-771-3246, tgft@bikethest.com, bikethest.com

September 29, 2018 — West Yellowstone Old Faithful Cycling Tour, 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

September 29, 2018 — 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., Scott Olmsted, 303-282-9015, info@touroffhemoon.com, Amanda Knutson, 515-681-6036, amanda@clippedinproductions.com, touroffhemoon.com, emgcolorado.com/wordpress/?page_id=10

October 6, 2018 — 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 lunch at noon for all riders. Check in and start 7:00-8:30 am, Churchill County Fairgrounds, David Ernst, 775-423-7733, 775-427-6679, dernst@churchillcounty.org, churchillcounty.org

October 13, 2018 — 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, cathedralsgorge.vc@turbonet.com, Jonathan Bruner, 775-726-3564, kershaw@turbonet.com, parktoparkpedal.com, lincolncountynevada.com/exploring/biking/park-to-park-pedal/

October 13, 2018 — Gila Monster Gran Fondo, Silver City, NM, With three distances to choose from, everyone can find their challenge. Gran Fondo 115 miles, Gough Park, Silver City 8:00am. Medio Fondo 78 miles, Gough Park, Silver City 8:00am. Nano Fondo 40 miles, Camp Thunderbird, HWY 35 10:00 am., Jack Brennan, 575-590-2612, brennan5231@comcast.net, touroffhegila.com

October 20, 2018 — Goldilocks Vegas, Goldilocks 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., Randy Gibb, 801-222-9577, randy@goldilockside.com, goldilockside.com/events/glv/

October 20, 2018 — Solvang Autumn Double Century and Double Metric Century, Solvang, CA, 200 miles or 200 kilometers in Southern CA's most scenic and popular cycling region. A perfect first time double century. 100 mile option too., Deborah Bowling, 818-889-2453, embassy@planetultra.com, planetultra.com

November 17, 2018 — 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

Twin Tri series at Sand Hollow State Park, with Sprint, Olympic, Du, Aquabike, 10k, and 5k distances. Bike along scenic sand dunes, and run around a gorgeous, reflective lake., Craig Towler, 318-518-7303, info@bbsctri.com, Michelle Lund, michelle@bbsctri.com, bbsctri.com

May 19, 2018 — Utah Lake Olympic, RACE TRI, Spanish Fork, UT, Olympic Triathlon, Aaron Shamy, 801-358-1411, info@raceetri.com, raceetri.com, toughmantri.com

May 19, 2018 — Summer Open Triathlon, Longmont, CO, 11th annual Summer OPEN Sprint Triathlon on Saturday May 19th is the kick off to the Colorado Triathlon Season. Union Reservoir, Sprint and Olympic distances, Lance Panigutti, 303-408-1195, lance@withoutlimits.com, withoutlimits.co

June 2, 2018 — Daybreak Triathlon, Salt Lake Triathlon Series, South Jordan, UT, The only open water Olympic distance race in the greater Salt Lake Valley. Get ready for the best spectator swim around with a point to point swim, a killer bike course near the Oquirrh Mountains and a run around the lake that is unparalleled., Cody Ford, 801-558-2503, 801-432-0511, cody@ustrisports.com, ustrisports.com

June 2, 2018 — Colorado Triathlon, Boulder, CO, Sprint and Olympic distances, at Boulder Reservoir, Lance Panigutti, 303-408-1195, lance@withoutlimits.com, withoutlimits.com

June 9, 2018 — 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@triatl.com, triatl.com

June 9, 2018 — 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@xterraplanet.com, TriSports Racing, 520-884-8745, info@trisportsracing.com, deuceswildtriathlon.com/events/xterra-deuces-wild

June 16, 2018 — 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 16, 2018 — 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.com/#!_xterra-ly

June 16, 2018 — 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, parkcityrecreation.org

June 16, 2018 — 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 23, 2018 — 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@raceetri.com, raceetri.com, toughmantri.com

June 23, 2018 — 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. Finish in downtown Alpine. 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 23, 2018 — Tribella Triathlon, Aurora, CO, Women's only tri, sprint, super sprint, Cherry Creek Reservoir, Lance Panigutti, 303-408-1195, lance@withoutlimits.com, withoutlimits.co

June 24, 2018 — Boulder Sunrise Triathlon, Boulder, CO, Scenic course, sweet swag and all for a good cause! Includes olympic, sprint, Relay, duathlon, Aquabike, 10k, and 5k, Craig Towler, 318-518-7303, info@bbsctri.com, Michelle Lund, michelle@bbsctri.com, bbsctri.com

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ADVOCACY

Salt Lake County Advocacy News

By Marcus Kaller

In our March meeting, UDOT Active Transportation manager Heidi Goedhart put forth a new initiative to encourage people to adopt a more active lifestyle in Utah. Move Utah is the new program, created from the Road Respect program, aims at getting people, and especially families, to get out and move, whether by bicycle or on foot. Among its initiatives are to emphasize integrated transportation planning, identify the benefits of health and activity, improve the quality of life for the communities, enhance law enforcement through education, and encourage respect between roadway users. Move Utah aims to be an excellent resource for communities to implement active transportation plans, be a visible advocate for the public.

With the return of warmer weather, I encourage you the reader to encourage your family for a bicycle outing. Or invite a friend or two for a group bicycle ride. Or, look for bikes groups on platforms, such as Facebook and MeetUp. And I would like to inform you that there are some fun activities coming up in the month of May.

On May 19, the annual Pedalpalooza will be held at Butterfield Park (6212 West Butterfield Park Way) in Herriman. There will be safety checks on both bikes and helmets, children's bike rodeo, helmet decorating, and raffle drawings for prizes including bikes and scooters for children. More information can be found at <http://pedalpalooza.infinitecycles.com/>.

On June 2, the Wasatch Front Regional Council will hold the first annual Golden Spoke event. This will start with two separate group rides, one starting at Rainbow Gardens near Ogden Canyon, while

the second will start at Bridal Veil Falls in Provo Canyon. The two rides will converge and meet up at the Fisher Mansion on 200 South and the Jordan River Parkway for festivities there. Both the group rides and the celebration are free to join, but you must register first. If you find out more at <http://wfrc.org/programs/active-transportation/golden-spoke/>.

And if you want to raise money for charity and ride your bike, you're in luck. Great Cycle Challenge USA returns, with the opportunity to ride and raise money for the Children's Cancer Research Fund (CCRF) during the month of June. You can organize a team to log your miles together and send your mileage from your fitness app of choice. In addition, there is an opportunity for prizes, including a bike giveaway. Check it out at <https://greatcyclechallenge.com/>, and registration is free.

Also, if you know someone who doesn't know how to ride a bike, you can inform them about the Bike Ambassadors. They hold classes for adults on how to ride a bicycle. And they have started hosting classes on bike maintenance. Each class covers a different topic, from fixing a flat tire to basic bike maintenance. You can find out more on the Salt Lake County Bike Ambassadors' Facebook page and on <https://slco.org/active-transportation/bicycle-ambassador-program/>. If you need to fix your bike, these are great resources.

And, as always, the Salt Lake County Bicycle Advisory Committee meet every second Wednesday of each month in Room N2-800, at the County Government Center (2001 S. State St.), beginning at 5:30pm. You can contact us at slco.org/bicycle, @slcbac on Twitter, and on Facebook.

Let's start riding!

available. Reservations necessary to ensure campsite. Held on a closed course. This will be Sheriff's Funk last triathlon. Special prizes and awards will be issued to the athletes, Wade Allinson, 435-609-3126, allinson2@gmail.com, sanrafaelclassic.com

July 14, 2018 — 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@triatl.com, triatl.com

July 14, 2018 — 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, pbp.website

July 15, 2018 — Valley Girl Triathlon, Liberty Lake, WA. Sprint, Olympic distances, and duathlon, Maria Ernde, 509-953-9924, 509-939-0552, maria@emdesports.com, emdesports.com

July 21, 2018 — 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@xterraplanet.com, xterra-beavercreek.com

July 21-22, 2018 — 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, donnerlake.com

July 22, 2018 — Tri Boulder, BBSC Twin Tri Series, Boulder, CO. One of the fastest growing triathlons in Colorado. Challenge yourself at mile high elevation, Sprint, Olympic, and Half distances., Craig Towler, 318-518-7303, info@bbsctri.com, Michelle Lund, michelle@bbsctri.com, bbsctri.com

July 27-28, 2018 — Doxa Threelay, Duchesne, UT. The first overnight team triathlon relay. Teams of 1-12 travel 285 miles doing 36 legs in a non-stop triathlon relay. Start times vary Duchesne to Provo., Alan Sheffer, 801-669-7504, 801-836-9610, info@doxaraces.com, doxaraces.com

July 28, 2018 — Burley Idaho Lions Spudman Triathlon, Burley, ID. The race starts at 7 am with the world's fastest 1.5k swim (current-aided) then a 40K Bike and 10K run., Cade Richman, info@spudman.org, spudman.org

July 28, 2018 — 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

July 29, 2018 — Outdoor Divas Triathlon, Longmont, CO. Union Reservoir, Sprint, women only triathlon, Lance Panigutti, 303-408-1195, lance@withoutlimits.com, withoutlimits.com

August 4, 2018 — XTERRA Aspen Valley, XTERRA America, Kadiak 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.com

August 4, 2018 — Great Snake River Triathlon, Idaho Falls, ID. The Great Snake River Triathlon is one of Idaho's fastest. With both sprint and Olympic down current swims in the Snake River, a flat and fast bike, and ending with a very fast 5k/10k Run around Idaho Falls beautiful green belt. Sprint and Olympic triathlon, and Duathlon, and team triathlon., Michael Hayes, 208-521-2243, events@pb-performance.com, Gray Augustus, 801-574-5916, grayaugustus@gmail.com, pbp.website

August 10-11, 2018 — Emmett's Most Excellent Triathlons, Emmett, ID. Kid's Tri on Friday, Olympic/Aquabike, Sprint on Saturday., Kristen Seitz, 208-365-5748, acrd@gemcoun-tyrecreation.com, Lora Loveall, 208-867-6763, emmetttri@live.com, emmetttri.com

August 11, 2018 — Escape from Black Ridge Sprint & Olympic Triathlon in Herriman, 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 11, 2018 — Kids Tri Harder, Idaho Falls, ID, 13 and under kids triathlon, Michael Hayes, 208-521-2243, events@pb-performance.com, pbp.website, idahofallsidaho.gov/638/Kids-Triathlon

August 11, 2018 — Rexburg Youth Triathlon, Rexburg, ID, at Riverside Park, Two skill level categories for 5-12 year olds . Bob Yeatman, 208-359-3020, 208-716-1349, bobby@rexburg.org, Jeff Crowther, 208-372-2395, jeff.crowther@rexburg.org, <http://www.rexburg.org/pages/youth-triathlon>

August 12, 2018 — Steamboat Triathlon, Steamboat Springs, CO, Sprint and Olympic distances, at Lake Catamount, Triathlon, Duathlon, Aquabike, Lance Panigutti, 303-408-1195, lance@withoutlimits.com, withoutlimits.com

August 18, 2018 — 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 country backdrop of the towns of Francis and Woodland., Dan Aamodt, 385-228-3454, info@triatl.com, triatl.com

August 18, 2018 — 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, 801-432-0511, cody@ustrisports.com, Aly Brooks, alybrooks@gmail.com, gotri-athamom.com

August 18, 2018 — 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, starts at Stansbury Park Club House, Elliot Morris, 801-647-8383, emorris53@hotmail.com, stansburydays.com

August 19, 2018 — XTERRA Wild Ride Mountain Triathlon (American Tour Points), XTERRA America / Wild Rockies Series, McCall, ID. Ponderosa State Park at Payette Lake, 3/4-mile swim, a 18.5-mile mountain bike and a 6.2-mile trail run, mass start at 9 am in the Park 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, wildrockiesemil@yahoo.com, wildrockiesemil@yahoo.com, wildrockiesemil@yahoo.com, xterraplanet.com

August 19, 2018 — 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/event/xterra-lake-tahoe/, xterraplanet.com

August 25, 2018 — Boulder Sunset Triathlon, Boulder, CO. Scenic course, sweet swag and all for a good cause! Includes olympic, sprint, duathlon, Aquabike, 10k, and 5k, Craig Towler, 318-518-7303, info@bbsctri.com, Michelle Lund, michelle@bbsctri.com, bbsctri.com

August 25, 2018 — Race on the Rock, Rock Springs, WY. In it's fifth year the Race on the Rock hosts Olympic and Sprint Triathlons, Specialty and youth divisions. We have moved to Flaming Gorge Reservoir this year. Start time is 7 a.m., Traci Ciepiela, 307-922-1840, traciepiela723@yahoo.com, raceontherock.weebly.com

August 25-26, 2018 — 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 25, 2018 — 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., Rockcliff entry to Jordanelle, Trent Hickman, 801-558-9878, parkcitysup@gmail.com, parkcitysup.com

September 3, 2018 — 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, southdavisrecreation.com

September 8, 2018 — 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 Aamodt, 385-228-3454, info@triatl.com, triatl.com

September 8, 2018 — Kokopelli Triathlon, BBSC Triathlon Series, Hurricane, UT. This family-friendly event at Sand Hollow Reservoir has something for everyone! Featuring a Sprint, Olympic, Duathlon, Aquabike, 10k and 5k distances, Craig Towler, 318-518-7303, info@bbsctri.com, Michelle Lund, michelle@bbsctri.com, bbsctri.com

September 8-9, 2018 — XTERRA Fruita Triathlon and Desert's Edge Triathlon Festival, XTERRA America Tour, Fruita, CO. The Desert's Edge Tri Festival brings you two days of racing, a weekend of camping with other triathletes and their fans, and a fun end to the Colorado Tri Season. Desert's Edge weekend includes your choice of XTERRA Sprint (not eligible for points) or XTERRA Tri on Saturday, your choice of Sprint or Olympic distance road tri's on Sunday!, John Klish, 970-744-4450, madness@madracingcolorado.com, DesertsEdgeTri.com, madracingcolorado.com, madracingcolorado.com

September 15, 2018 — 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 15, 2018 — 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, xterra-planet.com, xterrautah.com

September 15, 2018 — Bear Lake Brawl Triathlon, Laketown, UT, Sprint, Olympic, Half 70, Full 140, Joe Coles, 801-335-4940, joeh@onhillevents.com, bearlakebrawl.com, onhillevents.com

September 16, 2018 — Harvest Moon Triathlon, Boulder, CO. Long course, at Boulder Reservoir, Triathlon, Duathlon, Aquabike, Lance Panigutti, 303-408-1195, lance@withoutlimits.com, withoutlimits.com

September 23, 2018 — Oktoberfest Triathlon, Longmont, CO. Union Reservoir, Sprint, Lance Panigutti, 303-408-1195, lance@withoutlimits.com, withoutlimits.com

September 29, 2018 — Nevada Senior Games Triathlon, Las Vegas, NV. The sprint race of the Las Vegas Triathlon is Nevada's qualifying event to the 2019 National Senior Games for triathletes ages 50 or better, Tim Jones, 702-994-6205, tjones@cox.net, Bonnie Parish-Kell, 702-373-5293, bparrishkell@slowpokeidvas.com, NevadaSeniorGames.com

September 30, 2018 — Las Vegas Triathlon, BBSC Double Down Series, Boulder City, NV. The Las Vegas Triathlon is turning 21 this year, so we're going to party! Featuring a Half, Olympic, Sprint, Duathlon, Aquabike, and 10k, 5k, Boulder Beach, Lake Mead, Craig Towler, 318-518-7303, info@bbsctri.com, Michelle Lund, michelle@bbsctri.com, bbsctri.com

October 13, 2018 — 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, 435-674-0550, hwsg@seniorgames.net, seniorgames.com

October 20, 2018 — 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, Aquabike, 10k, and 5k; costumes welcome!, Craig Towler, 318-518-7303, info@bbsctri.com, Michelle Lund, michelle@bbsctri.com, bbsctri.com/pumpkinman

October 27, 2018 — Southern Utah Triathlon, St. George, UT, Sprint and Olympic. Held at Quail Creek Reservoir, Joe Coles, 801-335-4940, joeh@onhillevents.com, southernutahtriathlon.com, onhillevents.com

November 3, 2018 — Telos Turkey Triathlon & 5K, T3TRI 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, 801-769-4032, shaun@t3triathlon.com, Parker Goodwin, 801-769-3576, parker@t3triathlon.com, t3triathlon.com

August 17, 2019 — Polson Triathlon, Polson, MT. Olympic Distance Triathlon. 1.5 km, two-lap triangular swim in Flathead Lake. 40km bike, loop course through the valley southwest of Polson. 10km run single loop course through scenic Polson., Matt Seeley, 406-871-0216, 406-883-9264, seeleysepedwagon@gmail.com, polsontriathlon.com

June 24, 2018 — 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, <http://www.ironman.com/triathlon/events/america/ironman-70.3/coeur-d-alene.aspx#axz-250enu91P6>

June 29, 2018 — 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 course, Scott Merrell, 435-650-0345, scot@lunatictriathlon.com, lunatictriathlon.com

June 30, 2018 — 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!, Greg Murphy, 801-656-5897, vernalnotinotri@yahoo.com, dinoTri.com



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June 30, 2018 — Lookout Mountain Triathlon, Golden, CO. 525 Yard Swim, 10 Mile Bike, 5K Run. Mt. Vernon Canyon Club just west of Golden, CO, Paul Karlsson, 303-960-8129, info@digdeepsports.com, digdeepsports.com

July 7, 2018 — Cache Valley Super Sprint Triathlon, 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, cvst.com, onhillevents.com

July 7, 2018 — West Yellowstone Mountain Bike Biathlon, tentative date, 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@skirunbikemts.com, skirunbikemts.com, rendezvouskiftrails.com/events

July 7, 2018 — Rigby Triathlon, Rigby Lake, ID. Sprint and Olympic Triathlon, and Duathlon, Michael Hayes, 208-521-2243, events@pb-performance.com, pbp.website

July 7, 2018 — 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, 2018 — Boulder Peak Triathlon, Boulder, CO. Sprint and Olympic distances, at Boulder Reservoir, Triathlon, Duathlon, Aquabike, Lance Panigutti, 303-408-1195, lance@withoutlimits.com, withoutlimits.com

July 13-14, 2018 — 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

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BICYCLE TOURING

Long Distance Bicycle Travel and Touring: Basics to consider.

Lou at the location that inspired the Monte Dolack painting, Going to the Sun Highway, Glacier National Park. Photo by Julie Melini

By Lou Melini

Racing, commuting to work, and recreational rides have been an enjoyable part of my cycling life going back to 1971. However beginning with my 1975 ride across

the United States, bicycle touring became, and still is, the pinnacle of fun on a bike. With 9 months of lifetime bike travel (plus another 9 months of backpacking that includes the Appalachian Trail) I am still a “rookie” compared to some of my friends and acquaintances. I will

a book chapter. In 1975 I had no clue what I was doing nor did anyone else at that time. I quit my job as a tax auditor for the state of New Jersey, flew to Seattle with my friend Jeff and began a journey with the goal of riding back to my home. We did not know how long it would take, how far we could travel each day, nor where we would sleep each night among a host of other uncertainties. We picked up state maps at each border.

Now with Julie as my riding buddy I know how far we can travel each day and plan our distances roughly around that. I utilize ACA maps whenever possible for planning. Knowing where campgrounds, grocery stores and other amenities are located make our rides more efficient. (If you are going to Europe consider looking at EuroVelo routes.) With over 46,000 miles of mapped routes, utilizing maps from the ACA maps is a great source of information. On the other hand, I’ve spoken to a few travelers that don’t use them as “they take the adventure out of the tour”. Personally I want my tours to be vacations. I tell people that if the tour becomes an “adventure” it is due to my failure to plan and execute.

I only create a general plan of our trips, detailing our days as we travel. For example, a 16 day tour becomes 4 4-day tours with the upcoming 4 days having more detailed planning. Julie and I ride with 4 sets of fresh bike shorts so that every 3-4 days is a “short” travel day in order to do laundry, check and clean the bikes, rest our legs, and whatever else is needed or desired.

All that Weight

There are plenty of cyclists terrified by “carrying all of that weight”, a fear I have heard multiple times. It isn’t that bad. One can ride with a loaded touring bike 60-80% of the distance compared to a recreational ride on their much lighter road bike. Go for a day ride with all of your gear to determine how far you can travel with a loaded touring bike.

Planning a Tour

Available time, desired destinations, physical capability, goals and travel time to and from your desired ride are the initial decisions one needs to make to start a ride. These considerations alone could make for



Getting dinner ready at Shady Oaks campground; or Not So Shady Oaks Campground. Photo by Julie Melini

Different Types of Tours

An overnight bike tour is another way to experience touring. There are many ways to do a tour, and each person should determine which way suits him, her or we. Some like Julie and I primarily camp, cook our own food and are fully self-sufficient. Others may do a “credit card” tour, staying in motels and eating out. Commercial tours are another way to travel — though other than the ACA, few offer camping and reasonably priced options. The ACA offers self-contained group tours.

What to Bring

What one takes on a tour and how far one travels is another COMPLETELY personal decision. Ride YOUR ride; make it a fun and a memorable experience. A friend of mine, Alvaro Neil de Guzman of Spain (AKA Biciclowen), traveled for 14 years pedaling with 150 pounds including the weight of his bike in order to bring comfort to his travels along with cameras and computers and other equipment to make documentaries. Julie and I carry more stuff than most bike travelers. Julie and I usually average 60-70 mile days, sleeping comfortably in a 3-person tent, sitting comfortably in our folding camp chairs, and eating well with our kitchen set up that includes a tablecloth and plastic placemats for those sometimes not-so-clean picnic tables. We have varied our tours. On one 9-day Southern Utah trip we averaged a rather pedestrian 35 miles/day so that we could include about 35 miles of hiking during our trip. It was a great tour.

Traveling to the Start of Your Tour

Probably one of my biggest causes of angst preceding a trip is getting to and from the start of a tour. I fortunately love touring in the west so the proximity of our destinations has made transportation easier. Leaving our car with friends a couple of times, utilizing the empty parking lot of a ski resort in Idaho, ride the Salt Lake Express bus to begin a tour, and in Garfield County we parked our car, with permission, in the spot reserved for the ranking sheriff. Flying with bikes is expensive as our Germany trip proved, but one can avoid the airline fee with folding bikes or using S & S couplers. Acquaintances of ours have shipped bikes in the U.S. to and from bike shops close to the airport that they were flying into and

out of. Other friends have used one-way car rentals or getting to a touring destination by shuttling cars for car rental agencies.

Where to Sleep

Where to sleep is the second concerning item on my list. Again, utilizing the ACA maps help immensely. When we are off the ACA grid, we’ve had a few discussions about where we would stealth camp, a rare occurrence. The only time we made advanced reservations was an anticipated arrival in Mt. Rainier National Park on the 4th of July. We’ve only been turned away from one private campground, though we have had to “negotiate” a few times. There are now many campgrounds that “don’t do tents”. On two occasions at Lake Louise campground in Banff National Park we were waved to the front of the line and accommodated despite the “campground full” sign. Hiker/Biker sites are always welcoming in many state and national parks and some states (not Utah) have a no turn-away policy for state parks. If you are only utilizing motels, reservations may at times be necessary, as one does not know if there is a soccer tournament in town. I have done a few tours with groups, and found that reservations are good in this situation (more than 2 tents or more than 4 people). As a former member of the Board of Directors I can attest that Warmshowers, an international organization that can provide a place to sleep for touring cyclists, is a great way to obtain housing. But please, be polite, thankful, donate and become a host as well as a guest.

Traveling Companions

Despite occasional condescending remarks that I “drag Julie on bike tours”, I will proclaim that I am very fortunate that I have a spouse that loves to travel on her bike with me. I would be doing a lot less bike travel if she didn’t like to come along. I prefer to not travel alone. However, for most of the guests Julie and I have had at our house, traveling alone is the preferred method. Traveling alone gives one complete freedom to make all the decisions in a trip. On the other hand, one camps alone and loses some face-to-face social contact which is the part of traveling alone I don’t like. Our Warmshowers hosting has provided welcome social contact for many cyclists from around the world; a few of which we have kept in touch with



Biciclowen (right) is Alvaro Neil de Guzman, a lawyer from Spain who also happens to be a professional clown, hence Biciclowen or bicycle clown. He puts on performances in 3rd world countries for kids. In Cambodia his translator told him that the kids had no concept of what a clown was. It was tricky because the kids had no preconceived idea that a clown meant “funny and laughs”. Biciclowen will say in his presentations that as a lawyer and a clown he sometimes confuses the two. Biciclowen spent a week with Lou. Photo by Ben Melini

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Julie riding along the Kootenay River, Kootenay National Park, Canada. Photo by Lou Melini

for many years.

Problems may arise when traveling (bike touring or backpacking) with another person or with a larger group due to the unique physical and psychological stresses that occur during a long trip. A long stretch of rainy weather can dampen personalities, no pun intended. Small differences in travel styles such as lodging (camping vs. motels), eating (dining out

Sears to cross the country. Now Julie and I have matching custom made Waterford built in Julie's home state of Wisconsin. Touring bikes from Co-Motion are another popular American brand. In the 1980's and 90's Trek 520's were the number one touring bike but today I would say that the Long Haul Trucker by Surly is the best selling tour bike. Soma and Rivendell also have nice touring

miles and only need to replace tires, chain, and brake and derailleur cables and housing. Bike parts are good. Even lower priced Shimano parts are better than the stuff I rode with in the '70's. I had no mechanical experience before my cross-country ride. Don't make that mistake. For a longish tour you should be comfortable fixing flats, repairing a chain and trouble shooting minor mechani-



Julie on the bike trail showing off why the Moab Bike Trail may be the most scenic bike trail in the country. Photo by Lou Melini.

vs. eating in camp), money issues, getting out on the road late in the morning, riding late into the evening or having a negative attitude can end relationships during a trip. In the days long before cell phones (~1980) I had a guy ride off on the 2nd day of an Oregon coast tour, never to be seen again during the trip. He had the tent poles of the tent that he shared with one of the remaining riders! The good news is that on my trips with others I have acquired lifetime friendships and great follow-up conversations.

The Bike

I have seen a large variety of bikes used for touring in my lifetime of touring including bikes that are normally seen in a racing peloton. In 1975 I used a bike from

models. In general, any bike with a rack or the ability to fit the new bike packing bags will due. Rusty and I both agree that a bike built for touring is best and to be sure that it is in great mechanical condition before the tour. The general description of a good touring bike is that it rides better with weight and I agree. I've had friends break spokes, chains and a derailleur on the first day of a short tour after taking their "vintage bike off the garage wall". Discussion of parts and accessories are beyond this article.

Bike Maintenance

During my 1975 bike trip across the U.S. it seemed that some bike parts were meant to fail. Even the patches to fix a flat were terrible. Today one could tour for 10,000

cal problems. I've had two different Warmshowers guests that had ridden from Denver with a brake pad rubbing on a wheel rim as they were unable to fix the problem. (They were appreciative of the 5-minute fix.). I've lent out front racks to 2 riders including one that rode up my driveway with a front rack that had bent in a 90-degree angle. In 10,000 miles of travels with Julie, I've had to twice adjust her rear wheel spokes, fix a chain once and on one occasion troubleshoot a front derailleur that lost a pivot pin. We've only had a few flats. Perhaps the worst problem occurred when my bike fell over partially dislodging the brake lever from the housing. Fortunately I had a brake lever at the time that allowed me to work the lever back in place without completely destroying it. In

this era, you can always FedEx parts, tools and whatever to your location. I still laugh about my friend Daisuke from Japan (11 years of travel) cursing at a chain he purchased in India; "s**t chain; s**t chain". The new chain broke within 50 kilometers after putting it on his bike. (I was surprised he didn't carry a spare chain and tool in that part of the world). A bike shop from Israel shipped him a chain and tool as a follow up to his email rant!

Extras to Bring

Riding over 350 miles/week for weeks on end is physically and mentally tiring. I bike travel a bit heavier vs. backpacking. A 3-person tent adds plenty of room for the added weight along with a thicker sleeping pad. A tablecloth adds to the campground cleanliness. Plastic placemats that double as cutting boards allow me to set a sandwich down on a clean surface no matter where I am, a 2-ounce addition that some of my long distance travelers have copied. My kitchen is adequate for many great meals. I carry a water filter in southern Utah and (occasionally) bear spray in bear country. I am able to tighten every bolt on my bike,

have a chain tool, and extensive patch kit and spare tubes. I've used my spare tire on 2 occasions due to bad cuts. And of course there are the books to end the day.

Conclusion

I will end the "Cliff Notes" version of bicycle travel. The best lesson to learn about how to travel on your bike is simply to go out on your bike and do it. You will be surprised to find that after about a total of 2 weeks of bike travel experience you will gain enough confidence to keep going. If you still need more information about bike touring go online and Google bicycle touring. For your first tour consider an early spring or fall tour to the National Parks of Utah, a Yellowstone tour, or the off-road Idaho mountain bike hot springs tour. I've done all 3 and enjoyed each one for different reasons. Enjoy your ride.

Editor's Note: CyclingUtah.com and past issues of Cycling Utah / Cycling West have plenty of touring stories, overnight tours, long tours, tips, and suggestions.

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COMMUNITY CYCLING

The St. George Bicycle Collective: From Road House to Cyclists' Refuge



Volunteers at the St. George Bicycle Collective learning to fix bikes. Photo by Judith Rognli

By Judith Rognli

Bicycle Collective turns former St. George diner into a hub for everyday riders like me

St. George is known for great mountain biking. It hosts road and multisport races through gorgeous landscapes. Thousands flock to the region to enjoy mild shoulder-season weather and great trails. But if you venture off the trail and into town, you'll see far fewer bikes on the road than on the hitch-racks of (oft-idly) SUVs.

from drivers.

But I kept at it. I rode because I was not willing to give up the freedom to move my body for being stuck in a car and in traffic.

We escaped I-15 with a move to an apartment in Ivins, a good bike-commuting-distance from my husband's office, and close to beautiful trails. We enrolled my son in a different daycare at the edge of Santa Clara and I started pulling him there 4 miles in his trailer, almost every day of the week.

Bike trails in that area are great, but when summer approached, I hit more and more open consternation

Ivins was pretty. But by trying to keep the car parked and rely on our bikes for transportation, we'd managed to isolate ourselves at the edge of a burgeoning suburban community that was built to connect people via their vehicles. Streets and playgrounds were often empty. A big box grocery chain served as the de-facto town square.

Downtown St. George (up-and-coming we rationalized) filled our wish to experience social and cultural life, trail access and stores without ever having to use a car. We wanted to get to know the bicycling community better, and bike to rides and trails.

Only days after our move, I found out about the St. George Bicycle Collective. The St. George Bicycle Collective had to this point been a group of volunteers building tremendous amounts of bikes for people in need out of the yard of L&L Mechanical, an air conditioning company located outside of St. George. The group had started off as the 'Bike Kitchen', building bikes for clients from the local homeless shelter and the soup kitchen. The volunteers had worked hard and collaborated with city officials to get a community bike shop started in the center of town. When I first met the group, the City of St. George had agreed to donate the lease for the old Hospital Thrift Store building (itself an old motel diner) on 70 W St. George Blvd. All the local bike shops were already actively supporting the volunteers' efforts. The Salt Lake City Bicycle Collective 501(c)3 had agreed to take St. George under its wings and hire a full-time Location Director for the new shop.

Walking into this diner-turned-thrift shop-turned-Collective for the first time one Saturday morning last August, all off a sudden, I felt at home. Volunteers, among them many city officials, were painting walls. This was finally a community where folks could relate to and understand my concerns about our dystopian but rapidly improving cycling infrastructure. People were open to discussing questions of bicycling infrastructure and trail accessibility and I did not get the usual blank looks I was used to when bringing up these topics in the past.

I was not looking for a job. With ambitions to complete my PhD and to plant a garden in our new yard, and with our newfound ped-friendly access to a social life, I was finally feeling settled and happy. But the chance to work with the cycling community was too tempting. I applied for the Location Director position. My motivation letter was by far the most passionate I ever wrote.

Fast forward another two months, in October 2017 we were celebrating the Grand Opening of the St. George Bicycle Collective. The Mayor and other city officials, the Chamber of Commerce, and a great deal of local friends and supporters were present. After all the consternation I received riding around town with my son in a trailer, I expected to spend the first months, if not years, of my job as the Location Director just trying to drum up support for the idea of a community bike shop. But I'd underestimated the community. Right from



Judith Rognli, director of the St. George Bicycle Collective. Photo by Monty Thurber

the beginning, support was overwhelmingly strong from all walks of St. George life and beyond. The local bike shops, the City, local businesses, media, churches, Boy-Scouts, you name it. The idea of a community bike shop, of bicycling, and of making bikes accessible and affordable for all turned out to have huge appeal to many Southern Utahns.

Fast forward to now, April 2018, we have 4 employees, a database of about 400 supporters, and 20 plus regular volunteers that help us provide educational opportunities and bicycles to adults and children. More and more people learn about us and decide to pick up a bike to ride down one of the cities beautiful paved trails. We provide bikes to people in need, almost 50 this year to date. We also sell used parts, some higher end road and mountain bikes, childrens' and BMX bikes. Our workbenches are open and free to the public, and we offer free repair help to people who can't afford to pay for getting their bikes fixed.

Since this is my first spring living in downtown St. George, I can't tell you whether we are seeing a surge in transportation and leisure cycling around town. But it feels like it. It feels like a lot more people than ever before are choosing to go by bike. St. George recently launched its bike share program with a better-than-anticipated surge in ridership, and the mild and dry winter has helped create some tail winds as well. I'd like to think of the Collective as part of a cycling-friendly change in the transportation climate.

My mission and the mission of the Collective is to put more bikes on the road and to enable everyone to enjoy the freedom of going some-

where under your own power. I am seeing the Collective turning into a meeting place for people excited about bikes and biking. For me, this sense of community means that I no longer feel alone. More and more bike-packers and -tourers stop by as well, bring stories from the road, use our services, grab a drink and lend a helping hand.

But while the cycling climate may be changing, driver courtesy does not seem to be warming. Far too many drivers are on their cell-phones, failing to see cyclists at a stop light or elsewhere. We are in a transition period. The Bicycle Collective is a huge step in the right direction to make bicycling a cornerstone of our community, but we cannot stop here. Together, we must create the infrastructure and the conditions that make it common sense for all of us to pick up our bikes and ride, to build a city that allows parents to ride with children, and without constant fear of distracted drivers. I cannot wait for the day when bike paths, riding to school, to work, or to Bear Claw Poppy along the beautiful paved Virgin River trail, are no-brainers, and am more than grateful to be able to work with the St. George Bicycle Collective to build a town with more bikes on the road than on hitch racks.

To find out more about the St. George Bicycle Collective, visit us on 70 W St. George Blvd., find us on www.bicyclecollective.org, facebook, twitter, and instagram, or call or text us: 435-574-9304

Judith Rognli is the Location Director of the St. George Bicycle Collective.



The St. George Bicycle Collective launched in the fall of 2017 with a new building. Photo by Judith Rognli

When I moved to town from Germany a little over two years ago, I had little time for recreational riding thanks to the trans-Atlantic relocation, a 6-month-old son, and a husband starting a new job. Instead of cycling for sport, I strapped my son in a bike trailer and rode for transportation. This is what most of us do in northern Germany, for no special reason other than getting around by bike is more practical, and cheaper than stepping into a car.

Our initial move to Utah's Dixie landed us in a short-term rental in the sprawl just North of I-15. Riding to get groceries and to my son's daycare presented emotional and mental challenges. It was clear that this was an environment that was not built for cyclists or pedestrians. At times, there were no shoulders, no sidewalks, and no environment that would encourage anything in the way of awareness or consideration

from drivers, especially driving parents. Despite UV protective trailer covers, and plenty of water, and wet washcloths to keep my son cool. How could I put my son through this. This is much too hot. What you are doing is dangerous. I found chewing gum stuck to my saddle outside my son's daycare. Twice.

Talking about my experiences with friends, neighbors, or acquaintances in the suburbs, I rarely got any reactions beyond blank looks and changes of topic.

This is when I realized that my default way of living was in fact activism. And a much needed form of it. Southern Utah was becoming home to me and I was well aware of the epidemics that the country was facing, and the effective mitigation that cycling offers.

Fast forward a year to summer 2017, my husband and I decided to buy a house in downtown St. George.



Volunteers work on bikes at the St. George Bicycle Collective. The bikes are fixed up and donated or sold to those in need of sustainable transportation. Photo by Judith Rognli

TRIATHLON

St. George – Multisport Mecca



At the top of Snow Canyon, Salt Lake Tri Club camp participants get ready for the descent during the Salt Lake Tri Club training camp in St. George, Utah. Photo by John Higgins

By John Higgins

As well as epic mountain biking and scenic road riding, St George in southern Utah is well known in the multisport community for the St George Ironman™ 70.3 being held this year on May 5th. It's a big event on the local triathlon calendar, and is also the North American Pro Championships, featuring a tough but scenically stunning course. Members of the Salt Lake Tri Club joined forces with the Southern Utah Tri Club for a long weekend pre race training camp 2 weeks prior to the big event for skills clinics, training, and course familiarization. I went along for the ride, some of the run, and none of the swim!

Waking up in St George on Friday morning we were greeted with heavy clouds, snow falling in the Pine Mountains, and rain dripping down on the desert. Not the sort of weather we had driven south from Salt Lake City to experience! However triath-

letes are both tough and committed, and a bit of rain wasn't going to dampen the morning swim in Sand Hollow Reservoir. A weather break saw everyone wetsuit up and plunge into the water. The first open water swim of the season was jaw numbingly cold for quite a few people, with wind-chop adding to the race condition simulation.

The swim finished with it as wet on land as in the water, and people vanished to thaw out and contemplate the afternoon bike ride up Snow Canyon. Damp, gloomy conditions lingered as we assembled in Ivins to start the bike ride but right on cue the clouds parted, the sun came out, and a nice breeze quickly dried off the road, making for perfect riding conditions on our loop through Snow Canyon State Park. The headwind going up Snow Canyon resulted in a tailwind assist for the scorching descent back down SR18. Want to experience being a human missile on a bike? That descent is hard to beat. Next up we reconvened at the bike/

run transition park in downtown St George, swapped bikes for running shoes and grunted uphill for a 12 mile run course reconnoiter, or less for those moderating their effort. Day 1 was done, with a swim, bike and run in snow, rain and sun.

Saturday dawned clear and we were treated to a perfect southern Utah day, featuring more swimming and a lap around the full bike course. Conditions out at Sand Hollow Reservoir were conducive to swimming clinics on open water technique led by some of the club coaches, and more jaw numbing swim practice. From the swim it was straight onto the bikes, and setting of in three separate groups, we looped around through Hurricane, back through St George, up Snow Canyon again (much harder the second day in a row), and back into town. The club provided well stocked aid stations along the route with food and beverages; sag wagons, and Velofix Ogden provided very useful mechanical support before, during and after the ride. This ride coincided with the Tour of St George so there were cyclists going in all directions in the area.

Post ride recovery, food, socializing, and parties on top of a big day made for a sound sleep, except for those kept awake by snoring roommates. The joys of camp!

Sunday morning outdoor yoga helped ease the aches of the previous day's exertions, and was followed with short talks on nutrition, injury treatment and body maintenance, bike fit, and race day mental preparation. With organized events over, people headed for home or decided to get in even more training!

The triathlon community in Utah is strong, vibrant and diverse. Many participants are not the uber athlete you might imagine, but everyday people who have decided to take on an extraordinary challenge. Hard core purist cyclists may dismiss triathletes, citing Rule #42: A bike race shall never be preceded with a swim and/or followed by a run. Cycling snobbery aside, a triathlon is a bike race inside a bigger race.

It takes a lot of courage to be a triathlete. Courage to take on 3 sports at once, at least one of which you are going to suck at (often more than 1); courage to train and participate; courage to face inevitable setbacks and challenges. Courage to ask questions, ask for help and seek advice. The strength of a tri club is the shared experience and community resources that can be drawn on. If you need help, someone in the club will have an experience to share, a resource to offer, or encouragement when the going gets tough.

If you have maxed out your potential as a cyclist or are getting bored with your cycling routine, maybe you need to add a little variety into your athletic life. It could even be an excuse for a new bike! There are many beginner friendly triathlons of varying distances in Utah, and the Idaho "Spudman" is a popular place to start. Or ease into it with a duathlon. Maybe one day you'll line up in St George in early May for the national series championship, aiming for a qualifying slot at the World Championships.



Suiting up prior to the open water swim at Sand Hollow Reservoir during the Salt Lake Tri Club training camp in St. George, Utah. Photo by John Higgins



Preventing frozen jaw by swimming with heads out of water at Sand Hollow Reservoir. Photo by John Higgins



Pre-run warm-up exercises with Coach Courtney Duckworth. Photo by John Higgins



Post training run cool off with happy campers from the Salt Lake Tri Club Training Camp. Photo by John Higgins

Resources:

Cycling West's multi-sport event calendar in this issue and online.

Triutah.com

saltlaketriclub.com

southernutahtriathlonclub.com

MECHANIC'S CORNER

Spring Bike Maintenance Tips

By Eric Ramirez

Brushing off the Dust

Living in the Intermountain West it's common to pull your bike down from the proverbial rafters in the spring and find that it doesn't work quite right. As the cold and snowy days of winter rolled into town, your bike went into hibernation, usually with little prep for storage. For roughly 4 months it was ignored and cold and lonely. It's almost like it's acting up to spite you for the seasonal shunning.

The wheels seem loose, there's a rumble coming from somewhere under the saddle, shifting is not a memorable experience, and there's a creak. But your bike seemed fine in the early winter months on that last wet ride. You almost went hypothermic and your bike went into the garage wet and dirty.

Now it is time to figure out what is going on here. Some are aware of how to test functionality of the moving parts on bicycles. Others just know something is wrong and it needs addressing. Here's a little help on things to inspect. Generally, if shifting is off or the bike is noisy, the following information may help.

Testing for Problems

A quick discussion about bearing life: Ball bearings abound on a bike. They allow our wheels and pedals to spin. They also allow us to steer the bike smoothly. Ball bearings exist on full suspension linkages as well. Bearings have a light-duty seal and like all things, seals will begin to break down allowing grease to escape and moisture to invade. Bearings eventually begin to rust from the inside out. Finally, something called pitting occurs. This is when the ball bearings' smooth running surface (bearing race) begins to look like cobble stone.

The bearings lose tolerances with wear. Some bearings are adjustable, usually cup and cone systems. The other common configuration on a bike is the cartridge bearing. Often pressed into a seat, if worn, it must be pulled and replaced. They are non-adjustable. Most modern headset bearings are a hybrid of the two, allowing for adjustment on the fly as the bearing wears.

Headset Bearings: Test your headset by grabbing the front brake and rocking the bike backward and forward. If there's a clunky knock or loose feeling, then the headset either needs to be preloaded anew or there's rust inside the bearings and you need to replace them. On a high speed road descent this can result in a frightening speed wobble.

Wheel bearings: Hubs are the center of your wheels and where the wheel bearings live. The manner to test them is by grabbing the wheel and giving a side-to-side wiggle. It should feel solid. If there's a knock or looseness to the movement then you have bad or loose bearings, either through corrosion or use

or both. While riding, it may sound like a rumble.

Bottom Brackets:

Testing a bottom bracket for play involves a similar movement, by wiggling the crankarms in the same side-to-side test you did with your wheels. Also, on rides, if you hear a nasty creaking or popping noise as you pedal, this could be an indicator of bottom bracket wear as well. Finally, if you can, remove the chain from the chainrings and spin the crankarms lightly. If there is anything but smoothness to the spinning, rough or notchy, then it is time to replace the bearings in the bottom bracket and some times, the entire assembly.

Pedal Bearings: You can see the trend: if a bearing is loose, it needs service. Apply this rule to the pedals too.

Cables and Housing:

A little easier problem to deal with is sticky cables and housing. Cable housing has light-duty grease inside a vinyl tube and that goes bad relatively quickly. The combination of the grease drying out and the vinyl breaking down creates a sticky goo that can still allow for clean shifting as the cable is pulled but lousy shifting when the cable is released; ie, shifting into harder gears on the rear gears (cassette).

This can be seen in brakes as well. Cable pull brakes like those found on most road bikes and kids bikes can experience this same thing. If you find that the brakes are hard to pull or that the brake pads don't retract from the braking surface when released, it's the same issue.

Some techs talk about lubing cables. My recommendation is to replace the housing and cable; especially since the stuff is so inexpensive compared to some of the other parts on the bike.

Mountain Bikes with Suspension

For those of us owning mountain bikes with suspension, it's worth mentioning that if you see excessive oil residue on the fork or shock, it's a good idea to take it to a suspension tech and see if they can help you assess what needs to be done. Often they can ser-

vice these units at a shop and sometimes they can even do full overhauls. If you're desperate for a ride make sure to wipe all oil and dust from the suspension. (Pro Tip: put some 91% isopropyl alcohol in a



If your hubs have sealed bearings, inspect and replace as needed. Photo by Eric Ramirez



If your hub bearings are cup and cone, inspect the cones for pitting. Regrease and replace as needed. Photo by Eric Ramirez



Check the bottom bracket bearings by feeling for play in the crankarms. Photo by Eric Ramirez



Spray off the stanchion tubes with isopropyl alcohol. Photo by Eric Ramirez

Bike Bash at the Fisher Mansion Beer Garden!

Celebrate your love of bikes, family and friends with Bike Utah and Fisher Brewing at the Fisher Mansion in Salt Lake City, Utah on May 19 & 20, 2018.

We love bikes so much that we're celebrating for the whole weekend! From at least Noon until 6 pm both days, we'll play bike games and lead rides along the beautiful Jordan River Trail, which is conveniently located adjacent to the Mansion. The event will showcase the great work Bike Utah does in their mission to make Utah the best place to ride a bike. The SLC Bicycle Collective will provide Bike Valet services so bring your trusty steed.

You will also be able to access

the main level of the Fisher Mansion, located at 1206 West 200 South. This historical site, built in 1893 for Albert Fisher, founder of the original Fisher Brewery, was bought by the city in 2006. It is nestled in the middle of an industrial park on the west side. Its surroundings are a clear reminder that the building was there long before the adjacent interstate or Questar parking lot.

Relax with family and friends at this all ages event with live music, food trucks and of course, Fisher Beer that will be available for purchase, along with other beverages. This is the one Bike Month Event you won't want to miss. Join us for this inaugural celebration.

For more information, see bikeutah.org

-Beth Pacheco

spray bottle and spray the shock down before wiping). The most important areas of concern are the stanchions, shock bodies, and dust wipers. This is where all the external business happens. We'll cover suspension more in later issues.

Making Repairs

If you know what you're doing, you can do the repairs yourself. Most folks don't have the necessary experience or tools. Bikes are becoming ever more complicated machines and it is not as easy to install and adjust equipment. For example SRAM's Eagle platform does not use the standard chain measuring technique for new chain installation. There are also a standard number of clicks a Campagnolo left shifter makes before it is going to shift the chain to the big ring. My recommendation here is to take what you know about your bike and make a trip to your preferred local bike shop. You might have them tune the bike or fix the one thing that seems to be wrong.

The preamble of do-it-yourself maintenance: If you're uncomfortable with doing any little bit of it, your safety could be at risk. Let the pros at the shop handle it.

Back in the Saddle

Now that you've fixed the majority of wear items on your favorite machine, it should glide effortlessly. Your experience should be quiet and clean. Now you can go back to riding and lubing your chain. At least for a little while.

Eric's experience reaches about 20 years back of working on bikes, starting in Park City. Today he's a head technician at a shop and maintains a blog about wrenching and adventures at angrybikemechanic.com



Wipe off the stanchion tubes. Photo by Eric Ramirez



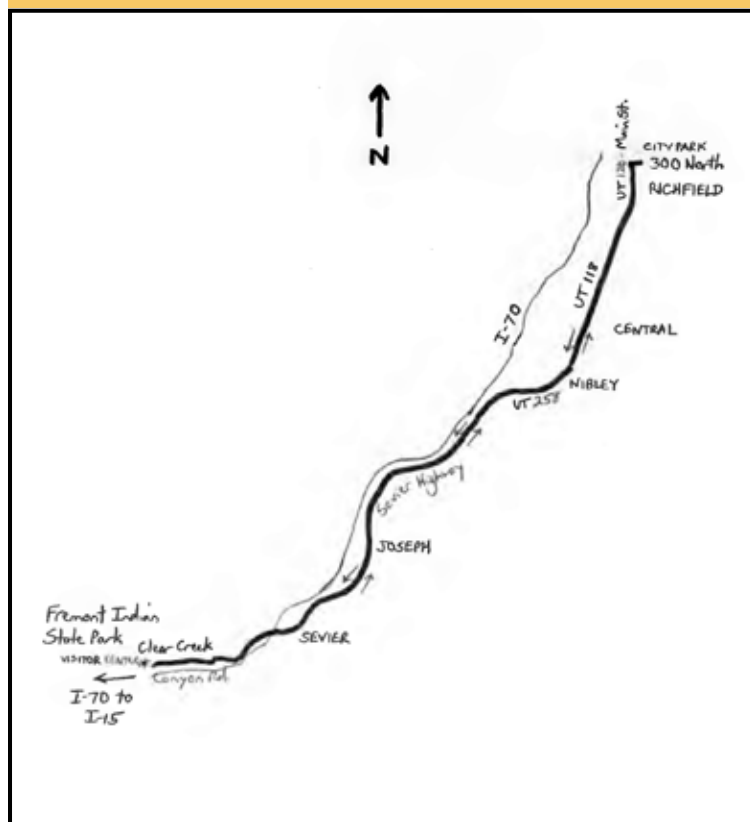
Wipe off the dust from the rear shock too. Photo by Eric Ramirez



Check the headset bearings. Photo by Eric Ramirez

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RIDE OF THE MONTH

Fremont Indian Country Cruise

The Fremont Indian Country Cruise is a 45.4-mile out-and-back ride over flat, false-flat, and rolling terrain between the city of Richfield, Utah, and Fremont Indian State Park. Map by Wayne Cottrell

By Wayne Cottrell

The Fremont Indian Country Cruise is a 45.4-mile out-and-back ride over flat, false-flat, and rolling terrain between the city of Richfield, Utah, and Fremont Indian State Park. The park is located southwest of Richfield, in Utah's "Panoramaland" country, in south central Utah, west of the Sevier River. Start and finish the ride at Richfield City Park, located adjacent 300 North and Main Street. Richfield had a population of 7,610 in 2016, up slightly from its 2010 population. Despite its comparatively small size, Richfield is the largest city for about 100 miles in any direction. Hence, it is the commercial, shopping and entertainment center for an expansive, mostly rural population. The city's influence region includes Sevier County, and portions of Millard, Piute, and Sanpete Counties. Turn left and head south on Main Street, which is Utah Route 120 (UT 120). You may encounter a small amount of city hustle and bustle, here in the center of Richfield. Some of the buildings that you see, along the way, are on the National Register of Historic Places (NRHP), including the Sevier

County Courthouse (between 300 North and 200 North).

A description of this ride appears in the author's Road Biking Utah, which was published in 2010. What has changed since then? Well, the towns, roads and scenery are the same. The populations of Richfield and the surrounding communities have grown only marginally. The economy is still heavily agrarian, with some industry. Also, the region holds a rich tradition in ancient Native-American cultures, particularly that of the Fremonts, who inhabited the area between about 2500 B.C. and 1500, with its most culturally-distinguishing period occurring between 400 and 1300. In fact, the ride's route takes you from Richfield, through several neighboring communities, and into Fremont Indian State Park, before turning around for the return ride. There are no major climbs, as the elevation ranges from 5,354 feet in Richfield to 5,709 feet along Clear Creek in Fremont Indian State Park.

At the southern edge of Richfield, keep straight onto UT 118 (mile 3.5). You are bound to see plenty of grazing horses and cattle in the pastoral setting. Continue straight onto UT 258 at mile 6.4. The highway curves

to the right, passing along the northern edge of Nibley, a small community that is not to be confused with the larger Nibley in Cache County. As UT 258 heads west, enter the town of Elsinore, which had a population of 845 in 2012. Elsinore is famous for the efforts of then-10-year-old Jason Hardman who, in 1980, petitioned the town's mayor to set up a library. Space was allocated in the town's public school, and Hardman became the youngest librarian in the U.S. Within two years, the library had 10,000 books, mostly from donations. UT 258 continues to head west toward the I-70 freeway. At mile 8.3, turn left onto Sevier Highway, which heads southwest-ward, parallel to I-70, to your right, and the Sevier River, to your left. As for the freeway, I-70's 232-mile stretch through Utah is considered to be one of the most scenic Interstates in the U.S. Richfield is the largest settlement along I-70 in Utah. A large cache of Fremont artifacts were discovered during the freeway's construction, including the largest known Fremont village. In fact, Fremont Indian State Park, where you are heading, was developed as a consequence of the I-70 excavations. The park opened in 1987.

Sevier Highway enters the town of Joseph at mile 13.7. The population was 346 in 2016, up nearly 30% since 2000. The town was named for Joseph Ford, a local miner, as opposed to the biblical Joseph, or Mormon prophet Joseph Smith. There is a gradual climb at mile 14.8, as you leave Joseph, followed by rolling terrain. Enter Sevier at mile 16.4; this small settlement had a fluctuating population of about 80. The Sevier Ward Church, which is on the NRHP, is along the highway. Cross U.S. Highway 89 at mile 17.8, followed by an I-70 overpass. You are now on Clear Creek Canyon Road, entering an area that is rich in archeological finds. Enter Fremont Indian State Park at mile 19.5. There are numerous trailheads and information displays along the road. Steep cliffs surround you, with I-70 to your left. The cliffs and nearby coves and caves are abundant in Fremont pictographs and petroglyphs. Although you could spend an extensive amount of time exploring the park, the turn-around is the Visitor Center, at mile 22.6. But, before heading back, dismount and check out the exhibits in the Center. The return ride reverses

Santa Fe Century to Feature New Route and All-Dirt Ride Along the Santa Fe Rail Trail

The Santa Fe Century is one of the west's premier centuries. It will be held on May 20, 2018. Photo courtesy Santa Fe Century.

In 2018, the Santa Fe Century will be held on May 20. The event will include a new 100-mile route for the Century ride and Gran Fondo timed race. The 100-mile course will be re-routed to avoid road construction on Country Road 41 near Stanley. The new course will enable cyclists to experience the thrill of riding up and back down Heartbreak Hill. From there, the route returns to Highway 14, aka the Turquoise Trail, where it turns at County Road 42 and follows the 50-mile course to Galisteo and back to Santa Fe. Additionally, there will be an all-dirt ride that will follow a 20-mile out and back course from the Santa Fe Community College Campus to the Spur Trail and then along the Santa Fe Rail Trail until the turn-around at the crossing with Avenida Eldorado, where a food stop will be located.

The Santa Fe Century will be partnering with Santa Fe Community College (SFCC) to relocate its annual rides and races to the College's campus at 6401 Richards Avenue beginning in 2018.

Because it was so popular last year, the Century will host the second annual Vintage Bike Pageant and Celebration in 2018. The Century is partnering with Classical Bicycles of New Mexico – an informal group of bicycle collectors and vintage bike enthusiasts – in spotlighting vintage or historic bikes built circa 1987 or earlier. The vintage bikes also known in Italian as "Bici Eroiche" will be the focus of a special pageant or "Concours d'Elegance" on Saturday, May 19th during registration and packet pick up. The pageant will be an opportunity to see these vintage bikes

up close and meet the owners. All bicycles displayed in the "Concours d'Elegance" will receive a commemorative number plate for registering as a "Vintage Bike Rider." And, at this year's Concours, all qualifying bicycles will be eligible to win a "Best Of Show" trophy, as well as a "People's Choice" award, which will be determined by the voting public, and a special award from Eroica California.

In order to be a part of in the Concours de' Elegance, vintage bike owners are encouraged sign up for one of the Century's rides or races that take place the following day, Sunday, May 20, 2018. Riders of vintage bikes are encouraged to dress in period style clothing – although ASTM approved helmets are mandatory for all riders.

The Santa Fe Century is the first major cycling event in the spring in the Southwest and is open to riders of all ages and abilities. The weather in May is moderate and provides an opportunity to shed winter gear for warmer riding in Santa Fe. The Century features four well-stocked food stops manned by volunteers who return year after year. Following the rides and races, all cyclists can celebrate their accomplishments with a massage as well as award-winning BBQ provided by Cowgirl Restaurant, New Mexico micro-brewed beers from Canteen Brewery and live music at the beer garden. Age-category winners of the Gran and Medio Fondos will receive medals and the overall top three male and female winners will receive cash awards. Century Bank is generously providing the funds for the cash awards.

For more information, visit www.santafecentury.com.

the outbound route.

Starting point coordinates: 38.772544oN 112.084258oW

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

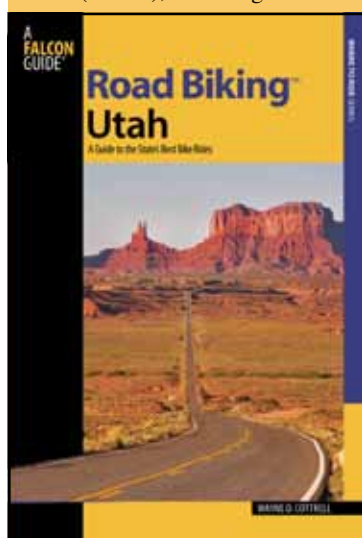
to Bluff. Each ride description features information about the suggested start-finish location, length, mileposts, terrain, traffic conditions and, most importantly, sights. The text is rich in detail about each route, including history, folklore, flora, fauna and, of course, scenery.

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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