CYCLING WEST

UT/AH · IDAHO · WYOMING · NEVADA · COLORADO · NEW MEXICO · ARIZONA · MONTANA · CALIFORNIA

MAY IS BIKE
MONTH!
CELEBRATE!

2019 EVENT CALENDARS INSIDE!

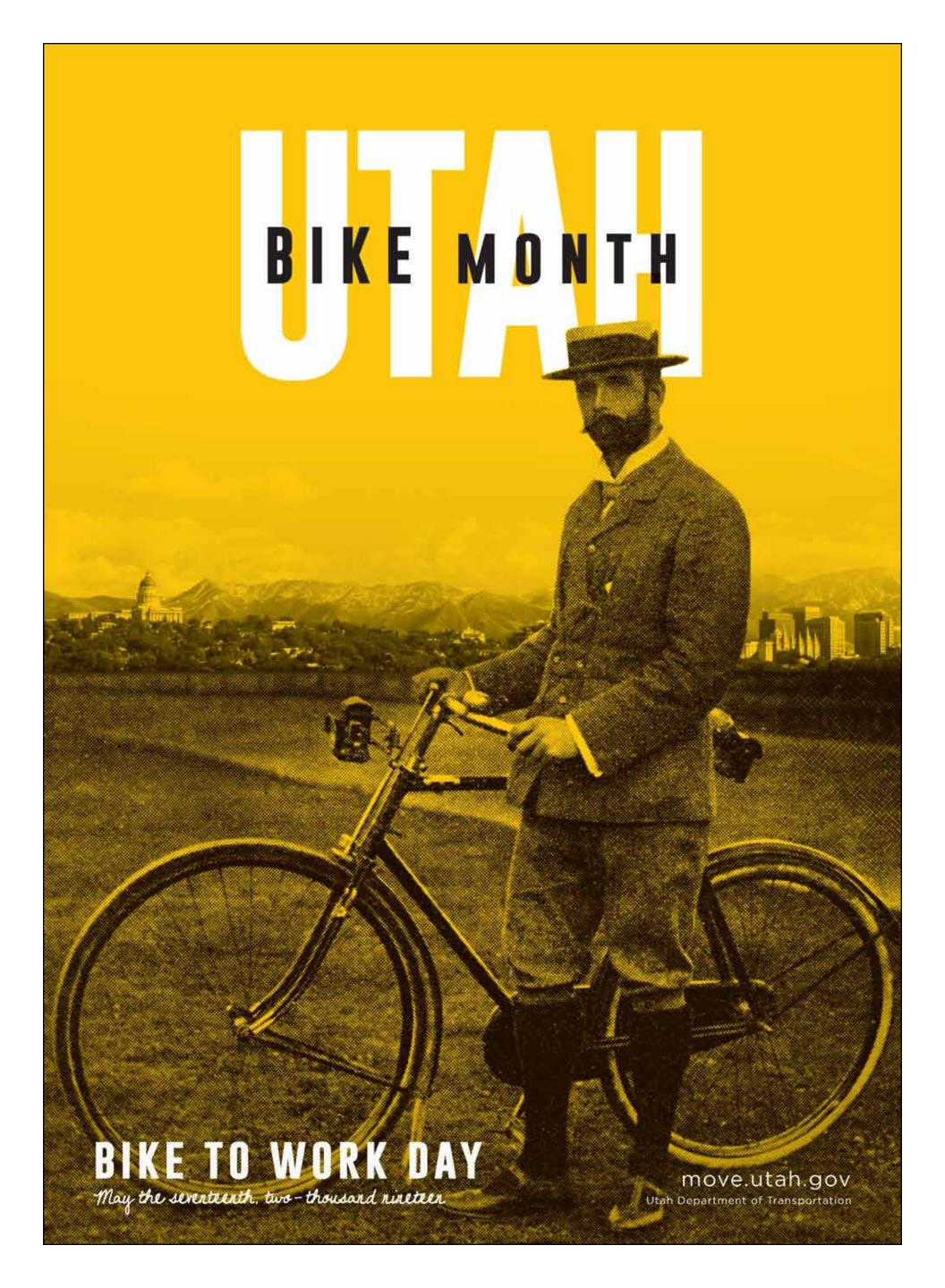


IN THIS ISSUE

- •2019 EVENT CALENDARS
- **•COMMUTER COLUMN**
- •BICYCLE ART
- •A COLORADO BICYCLE TOUR
- **•BIKE MONTH!**

- OINTERVAL TIPS
- •SMOOTHIES FOR CYCLING
- •EL TOUR DE MESA
- ·SEA OTTER PHOTO GALLERY
- •RACING IN BELGIUM
- GRAND ENDURO PREVIEW

ROAD · MOUNTAIN · TRIATHLON · TOURING · RAGING · GOMMUTING · ADVOGAGY





CYCLING WEST

1124 4th Ave Salt Lake City, UT 84103

www.cyclingutah.com www.cyclingwest.com Phone: (801) 328-2066

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

Assistant Editor: Lisa Hazel Assistant Editor: Steven Sheffield

David R. Ward, Consultant and Founder dward@cyclingutah.com Bob Truelsen, Founder

May 2019 Issue; Volume 27 Number 3; Issue 210

Contributors: Ben Simonson, Chuck
Collins, Dave Iltis, Charles Pekow, Lou
Melini, John Higgins, Turner Bitton,
Sarah Kaufmann, Al Michini, David
Ward, Eric Ramirez, Eric Kramer,
Breanne Nalder, Lukas Brinkerhoff, John
Roberson, David Collins, Mckenzie Dye,
Cimarron Chacon, Alex Gallivan www.
gallivanphotography.com, Light Bulb
Media, David Harward, Breanne Nalder,
Steven Sheffield, Jeff Louder, Greta
Vermote

Distribution: McKibben Lindquist, 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: \$25 (Send in a check to our address above or buy on our website - cyclingutah.com/subscriptioninfo/) 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% postconsumer recycled paper with soy-based ink. We are solar powered too.

Cycling Utah / Cycling West is free, limit one copy per person. © 2019 Cycling Utah

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

Cover Photo: John Roberson bike path south from Glenwood Springs on a bicycle tour of Western Colorado.

Photo by John Roberson

BIKE MONTH

May is Bike Month!

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 15, see rideofsilence.org). We present 43 events to choose from in the west.

April 30-June 25 — Babes with Babes on Bikes |, Utah Bike Month, Provo, UT, Come join other bike-loving families on a friendly bike ride exploring bikeways and parks. Fantastic family time, great socializing opportunity, fun workout, and very eco-friendly. This ride will meet every Tuesday at 10am at Joaquin Park and end at the 11am storytime at Provo Library. Aaron Skabelund. 385-207-6879, a.skabelund@gmail.com, bikeprovo.org, facebook.com/events/2210080759043009/

May 1 — Bike to Work Day in Provo City |, Utah Bike Month, Provo, UT, Provo businesses will hast 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, a.skabelund@gmail.com, bikeprovo.org, facebook.com/events/272554273280249/

May 1-31 — Reno Commuter Challenge | , Bike Month, Reno Bike Week, Reno, NV, Commute by bike in Washoe County. Log your miles, Truckee Meadows Bicycle Alliance , 775-323-4488, info@bikewashoe.org, bikewashoe.org

May 1-31 — Provo Bike Month|, Utah Bike Month, Provo, UT, Tons of great rides, events, and festivals throughout May, organized by Bike Provo and the Provo Bicycle Collective, Aaron Skabelund, 385-207-6879, a.skabelund@gmail.com, bikeprovo.org

May 1-31 — St. George Bike Month | , Utah Bike Month, St. George, UT, Various events throughout St. George to celebrate Bike Month, bikedixie.org

May 1-31 — Bike Photo Show |, Utah Bike Month, Millicreek, UT. The fine art bike photos of William Athey will be on display at the Millicreek Library for all of May, 2250 East Evergreen Avenue. , None , noemali@cyclingutah.com, libraryMillcreek.htm

May 3 — Bike In Movie | , Utah Bike Month, Provo, UT, Provo Bicycle Collective, 9 pm, Aaron Skabelund, 385-207-6879, a.skabelund@gmail.

May 3 — Bike to Art Stroll |. Utah Bike Month, Provo, UT, Ride your bike to Downtown Provo's monthly Art Stroll to check out fantastic local artwork and shop at our fun and unique downtown businesses. 6-9 pm., Aaron Skabelund, 385-207-6879, a.skabelund@gmail.com. bikeprovo.org

May 4 — Tour de Brewtah |, Utah Bike Month Salt Lake City, UT, A tour of the city highlight ing Salt Lake's great bicycle infrastructure



This May, National Bike to Work Day is May 17, 2019. Find a bike month event in our calendar below. Photo by Dave Iltis

Van Horsen, 801-484-4128, <u>tourdebrewtah@gmail.com</u>, <u>tourdebrewtah.com</u>

May 4 — 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 Continued on page 6







SPRING SALE GOING ON NOW!





wahoo

cannondale



Orem 385-375-2133 Millcreek 801-278-1500

Draper 801-576-8844 South Jordan 801-790-9999 Provo 801-374-9890 Highland/Lehi 801-901-6370

hangar15bicycles.com

COMMUTER COLUMN

Salt Lake City's Bike Squad - Community Oriented Policing on Two Wheels



The Salt Lake City Westside Bike Squad. Photo by Alex Gallivan, www. gallivanphotography.com

By Turner Bitton

In mid-July of last year, Salt Lake City re-established a bicycle patrol squad on the city's west side to patrol the neighborhoods of Rose Park, Poplar Grove, and Glendale. Area residents greeted the news with enthusiasm and excitement. As many readers may know, Salt Lake City has had bicycle squads for years and the west side COP bicycle squad is not so much new as it is redeployed to assist with the city's efforts to improve coverage and support for west side neighborhoods. Coupled with the opening of a new police sub-station on North Temple the new squad represented a celebrated increase in resources for west side

Research conducted in communities across the country has shown that bicycle squads are associated with improved civilian-officer relations (Menton, 2007), cost savings, faster officer response times, and environmental benefits (Vonk, 2003). The average fully-equipped police bicycle costs roughly \$1,200 and has very little maintenance when compared to vehicles yet bicycles can respond more effectively to areas throughout the west side that patrol

> GUTHRIE GuthrieBike.com

vehicles cannot. This includes areas along the Jordan River, the numerous alleys and walkways, and inside of the many housing complexes.

Cycling West spoke with Officer Clinton Fox, a member of the west side bicycle squad to hear about the past year of work for the bicycle squad. Below is a transcript of the interview with Officer Fox:

CW: First of all, what is your position with the bike squad? How long have you been with Salt Lake City Police Department?

OF: I have been with the Salt Lake City Police Department for 3 years, but I have been in law enforcement for over 10 years. With regards to the bike squads, there are only officers and supervisors. I have been with bikes for over a year and am not

CW: After a year of operation on the west side is there anything unique about being in the bike squad on the west side?

OF: This squad has some very unique issues to deal with. On the west side, we have the Jordan River Trail, Gateway Inn project area, as well as some of the highest rates of drive-by shootings.

Being on a bike gives us the opportunity to patrol the trail and give much-needed attention to areas that are used by all types of people but that are hard to get to using normal patrol techniques. While riding a bike you become much more a part of your surroundings making us more approachable and more involved. Being on the bike squads we are responsible for helping some of the other specialty units in the department. Some of our plainclothes officers utilize us because of our flexibility and it is often essential to have uniformed officers present during some of their operations. Another benefit of us being so flexible is that when we have spikes in specific crimes, like drive-by shootings or any other conceivable crime, we make those areas our priority and we can patrol either in our cars or on bikes making us very versatile.

Another unique aspect of this squad is that we are each assigned a target area. We are responsible for meeting with and creating a dialogue between us and the different businesses in that area. This gives the owners/managers a one on one opportunity to give us their complaints and to hear their feedback regarding what they see as the major problems facing their community.

CW: What's it like to commute by bike as a law enforcement officer? Does it make the job significantly different than in a patrol vehicle?

OF: Without a doubt being on a bike is harder than being inside a patrol car. If doing police work was easier on a bike, everyone would be

The obvious reasons are that you have to pedal everywhere you go. Do this with body armor, a duty belt, and all the other essential gear we must carry makes it a little bit more difficult. With that being said, we do limit

ourselves to only taking calls within a limited area, and we are non-call responsive meaning that we are not the first in line to get dispatched to calls in any zones. It is our responsibility to listen to the radio and we self-dispatch to any call that it is within our capabilities to adequately

Like I mentioned earlier though. Being on our bikes forces us to blend into the public. We interact with people at a much higher rate than simply passing through a neighborhood in a car. We ride with people walking and talk to them and try to be as engaging as possible. We stop at crosswalks and intersections and flow with the everyday foot traffic that is passing through our areas. This is, in my opinion, one of the best parts about being on any bike squad.

CW: Is there anything that sticks out in your mind as one of the successes of the bike squad?

of this COP Squad has been the interaction that we have had in the Gateway Inn area of North Temple. This has been one of our biggest targeted enforcement areas and we have had some major success with stemming the flow of narcotics and prostitution. Being on our bikes has put us on a face to face basis with many of the locals. I have spoken with many of the shop owners/management and they have thanked us for our presence in their neighborhood. Our continued presence in this area has forced many of the dealers

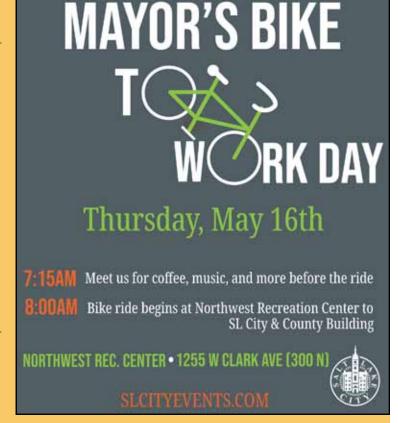
OF: Our constant presence in the area of the Gateway Inn, coupled with the many arrests in the same area has had a very positive influence on the neighborhood. We are constantly battling the epidemic of narcotics in this area, but we are seeing positive effects from our opera-

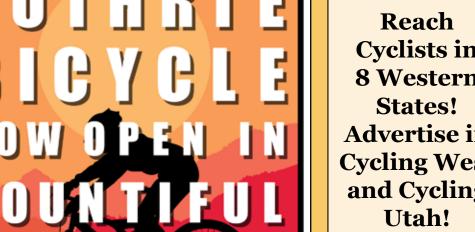
to move to other areas and we are

forcing them to adapt to us.

Continued on page 10

OF: I believe the major successes





420 West 500 South

SLC & BOUNTIFUL

Cyclists in 8 Western Advertise in **Cycling West** and Cycling

Email: dave@cyclingutah.com Web: www.cyclingutah.com/advertising-info/

NEW! DINNER SERVICE 7 DAYS A WEEK: SMALL PLATES, ENTREES, & SALADS GREAT SELECTION OF WINE AND BEER!

1026 EAST SECOND AVENUE SALT LAKE CITY, UTAH 84103 M-TH 7am-9pm • Fr 8am-10pm • Sat 8am-10pm • Sun 8am-9pm 801-322-3055

www.cucinadeli.com



READY TO SERVE?

We're Seeking **Board Members**



slco.org/bicycle | 385.468.4860



Bike Month - Continued from page 3

Partnership., Truckee Meadows Bicycle Alliance, 775-323-4488, info@bikewashoe.org, bikewashoe.org

May 4 — Cycle de Mayo |, tentative date, 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 morel, Mark Benigni, 801-393-2304, wp@weberpathways.org, Micheal Staten, 801-589-2686, mstaten@ensignutah.com, riverdalecity.com/departments/recreation/Flyers/Cycle%20De%20Mayo%20 Event%202018.pdf, facebook.com/Riverdale-City-Utah-181710475200673/

May 4 — Brunch on Bikes |. Utah Bike Month, Provo, UT, Join a representative from Mad Dog Cycles for a cruise around town, stopping at many great restaurants along the way. Meet at Pioneer Park for departure. Anticipated stops include Provo Bakery, Vie Juice Bar, Bianca's La Petite, Peace on Earth Cafe, Fillings and Emulsions, and Hruskos Kolaches, Randy Gibb, 801-222-9577, randy@maddogcycles.com, Aaron Skabelund, 385-207-6879, a.skabelund@gmail.com, bikeprovo.org

May 8 — 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

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

May 11 — 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 11 — Golden Spoke |, Utah Bike Month, Wasatch Front, UT, This second annual cycling event features 100 miles of interconnected trail systems across the Wasatch Region from Provo to Ogden, Utah. This year's theme also highlights the theme of the Spike 150 celebration of the completion of transcontinental railroad. Rides of various lengths — with 100 mile, 75 mile, 50 mile, 25 mile, 10 mile and 1.5 mile segments — will feature connections with local communities around various historic and contemporary railroad themes. Some stretches of trail in Utah, Davis and Weber County, will also include rails to trails cycling paths. The rides are geared for fun

and community engagement rather than competition, and are planned to accommodate riders of all ages and abilities., Heidi Goedhart, 801-783-8426, hgoedhart@utah.gov, goldenspokeutah.org

May 12-18 — 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.

May 12 — Cyclofemme Ride | , Utah Bike Month, Provo, UT, Women's only ride. Join us for the 6th 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, 6-7 pm, Heather Skabelund, 971-404-1557, bikeprovo@gmail.com, Jennifer Messenger, jennbobenn17@yahoo.com, cyclofemme.com, bikeprovo.org

May 12 — 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 12—Cyclofemme Ride], Bike Month, Boise, ID, Low key women's ride, the CycloFemme ride is a global social ride that takes place on Mothers Day to celebrate the women in our lives. No matter age, gender or riding ability, all are welcome to ride along on this easy ride on the Boise Greenbelt. We will meet at BBP around 10:30 am and start the ride at 11 am. The destination will be the Idaho Botanical Gardens. Then at 12 pm, we will gather at the gardens for lunch and hear from four local women who are in the cycling world. Admission will be free to the Botanical Gardens as they are also celebrating National Public Gardens Day., Lisa Brady, 208-761-8507, tyca@biketreasurevalley.org, biketreasurevalley.org, facebook.com/events/311286072894747/

May 13-17 — 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/bicyclingevents-swaps-and-festivals/

May 13-17 — Bike to Work and School Week | Utah Bike Month, Logan, UT, Cycle-Delia! Celebrate Bike to Work Week! Ride by for fuel at our post work feedzones, pedal through a mixed terrain alleycat, or experience a casual bike n dine with friends., Gary Saxton, 435-752-2161, 435-374-8076, logan-downtown@gmail.com, Dayton Crites, 435-755-1646, dayton.crites@cachecounty.org, facebook.com/events/181020812630348/, trails.cachecounty.org/news/?id=48

May 13-17 — Utah Bike to Work Week |, Utah Bike Month, All, UT, State employees across Utah are being encouraged to use their bikes to get to work this week. This could include using their bikes in conjunction with public transportation as a means of reducing single-occupancy vehicle trips. This effort is a way to raise awareness about active transportation options available to commuters., Heidi Goedhart, 801-783-8426, hgoedhart@utah.gov, udot.utah.gov

May 15 — 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, lucy@provo.edu, rideofsilence.org, facebook.com/events/850565635000205/851 159871625538/

May 15 — 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 15 — Ride of Silence |, Bike Month, Las Vegas, NV, 15th Annual Las Vegas Ride of Silence, Wednesday May 16th. Meet at the Regional Transportation Commission of Southern Nevada, 600 South Grand Central Parkway, parking lof. Registration from 6:15 to 6:50 PM. Ride begins at 7:00 PM sharp. This is a 9 mile 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. The ride is silent to honor fallen cyclists., Jim Little, 702-360-4751, LYRODEOMAN1@aol.com, rideofsilence.org

May 15 — Ride of Silence |, Bike Month, Boise ID, Ride to honor dead and injured cyclists Location TBA, Lisa Brady, 208-761-8507, tyca@biketreasurevalley.org, rideofsilence.org, biketreasurevalley.org

May 15 — Ride of Silence | , Bike Month, Sedona, AZ, Ride to honor dead and injured cyclists, Don Mathieu, , rideofsilence.org

May 16 — 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 7:00 am, Bike ride begins at 8am at Northwest Rec Center 1255 W. Clark Ave (300 N), and ends at the Salt Lake City and County Building., Salt Lake City Transportation, 801-535-6630, bikeslc@slcqov.com, Amy Nilsson, 801-535-6167, 801-535-6110, amy.nilsson@slcqov.com, slcqov.com/biketoworkday, slcityevents.com

May 16 — Commuter Convoy and Ride for Reading I, Bike Month, Reno Bike Week, Reno, NV, Volunteer riders will ride to Diedrichsen Elementary to meet with the students and pass out books, Truckee Meadows Bicycle Alliance, 775-323-4488, info@bikewashoe.org, bikewashoe.org

May 17 — Bike To Work, School, and Play Day I, Utah Bike Month, Park City, UT, Hosted at the Park City High School. Bike to School, Work and Play Day with Mayor & Council, May 17th, 7:30-9:30am, Meet at Park City High School, Breakfast before work, school and play. Bike support station available. Petritiendly & 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: Park City Heights, PC MARC, Aspen Villas apartments, Arches Park at the end of Comstock, Heinrich Deters, 435-649-8710, 435-659-1188, hadeters@parkcity.org, Julia Collins, julia.collins@parkcity.org, basin-recreation.org

May 17 — 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 17 — St. George Bike to Work Day |, Utah Bike Month, St. George, UT, Bike to work in St. George - various stops throughout the city!, Judith Rognli, 435-574-9304, judith@bicyclecollective.org, bikedixie.org

May 18 — Bike Day with the Mayor of Springville City | Utah Bike Month, Springville City, UT, 9:30 gather, 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@spring-ville.org, springville.org/bike-with-mayor/

May 18 — Ogden Bike Swap |, Utah Bike Month, Ogden, UT, Ogden Bicycle Collective is hosting a Bike Swap12 pm - 7 pm, 936 28th St., Danielle Stiff, 801-997-0336, danielle@bicyclecollective.org, bicyclecollective.org/ogdennews/item/570-ogden-bike-swap, dacebook.com/events/2280356492212046/

May 18 — Bikes and Trikes Children's Bike Festival J. Utah Bike Month, Provo, UT, Grab your family, friends, and neighbors and pedal on over Location IBA 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 enjoyl, Aaron Skabelund, 385-207-6879, a.skabelund@gmail.com, bikeprovo.org

May 19-24 — Flagstaff Bike to Work and School Week |, Bike Month, Flagstaff, AZ, Bike to work, record your commute, win prizes!, Anthony Quintile, 928-526-7704, info@flagstaffbiking.org, Kyle Hornbeck, kyle.hornbeck@gmail.com, flagstaffbiking.org

Late Spring 2019

May 23 — Bicycle Pit Stops: Bikes, Bites, and Beverages |, Utah Bike Month, Salt Lake City, UT, 4p.m.-6p.m. evening pit stops throughout Salt Lake City on popular bicycle routes. Food trucks, music, and more. See facebook the week before for locations., Salt Lake City Transportation, 801-535-630, bikeslo@slc.gov.com, slc.gov/transportation/2019/04/22/bike-month-2019/, facebook.com/slcmoves

May 25 — 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, pedal-provo@gmail.com, pedalprovo.com

May 30 — Bicycle Pit Stops: SLC Bike to School Day |, Utah Bike Month, Sait Lake City, UT, Sait Lake City School District children and parents are encouraged to practice bike safety and ride to school., Salt Lake City Transportation, 801-535-630, bikesic@slcgov.com, slc.gov/transportation/2019/04/22/bike-month-2019/, facebook.com/slcmoves

June 3-7 — 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 volunters will be available at each stop to offer safe route guidance and answer questions regarding bicycle traffic laws., Alex Lussier, <u>lussiera@hotmail.com</u>, Megan Lawson, 406-570-7475, meganmclawson@gmail.com, Gallatin Valley Bicycle Club , <u>gwbcbike@gmail.com</u>, gallatinvalleybicycleclub.org, gallatinvalleybicycleclub.o

June 8 — Bike Prom |, Utah Bike Month, Salt Lake City, UT, Bike Prom, the Bicycle Collective's annual fancy bike party. Tracy Aviary, Wear your prom outfits. Pre-prom ide: 6:00pm starting at 1BA, Sean Murphy, 801-328-2453, info@bicyclecollective.org, bicyclecollective.org, bikeprom.com

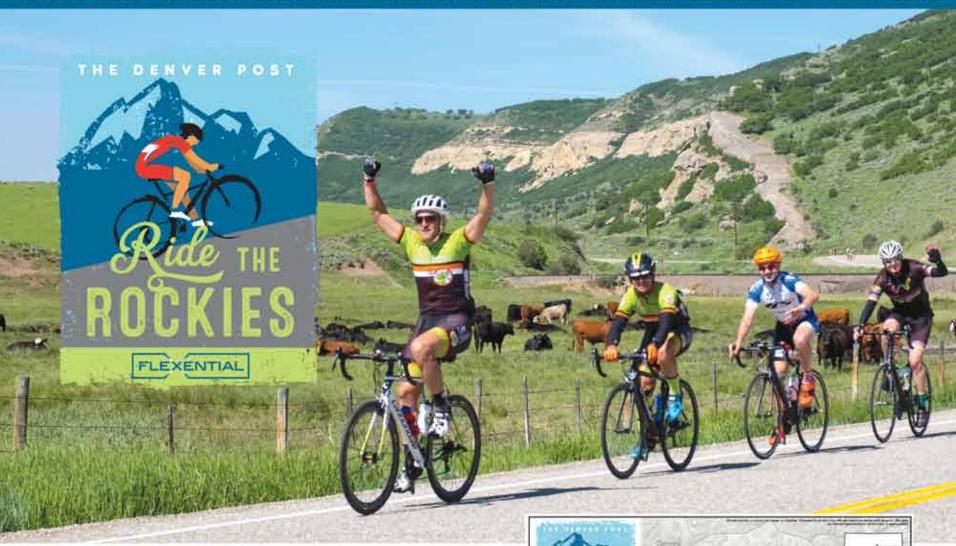
June 15 — SLUG Cat Alleycat Bike Race! |, Utah Bike Month, Salt Lake City, UT, This exciting alleycat event features a scavenger hunt bike race that takes you all over Salt Lake City. Bike with the coolest cats you in town, make new friends and win awesome prizes from our local sponsors! 7th Annual SLUG Cat Alleycat Bike Race!, Angela Brown, 801-487-9221, angela@slugmag.com, John Platt. 801-487-9221, johnplatt@slugmag.com, Anne Olsen, anne@slugmag.com, slugmag.com



JUNE 9 - 15, 2019

Colorful Colorado on Two Wheels

CRESTED BUTTE · GUNNISON · BUENA VISTA · SNOWMASS · CARBONDALE · HOTCHKISS · GUNNISON · MT. CRESTED BUTTE

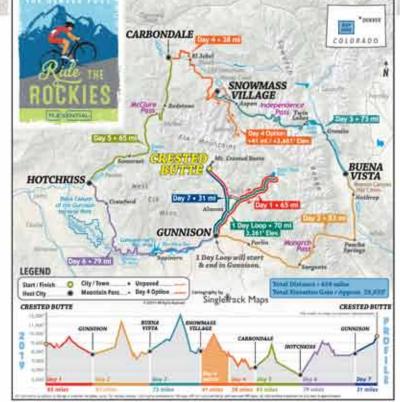


The 34th Annual Ride The Rockies (RTR) Bicycle Tour will be a loop traveling up and over some of Colorado's most iconic passes and locations such as Independence Pass. Starting in Crested Butte and ending on Mt. Crested Butte, riders will cover multiple mountain passes, traverse through the likes of the Black Canyon and meander through both the Gunnison and Roaring Fork Valleys. This is a truly epic Colorado bike ride.

The wonderful communities that RTR will visit along the 2019 route provide participants with a taste of Colorado's mountain culture as they enjoy community meals under the Gathering Tent.

From cyclists to volunteers to local communities, and from staff to partners and vendors - these relationships are why Ride the Rockies is so special to so many.

Be part of it.



Total Distance: 434 Miles Total Elevation Gain: Approximately 29,623'

First come. First Served. Register at ridetherockies.com











BOOK REVIEW AND INTERVIEW

The Belgian Hammer - Book Review Highlights the Belgian Racing Experience; And an Interview with Jeff Louder

THE BELGIAN HAMMER



FORGING YOUNG AMERICANS INTO PROFESSIONAL CYCLISTS

Daniel Lee

Foreword by George Hincapie

By Lou Melini

The subtitle of the book, Forging Young Americans into Professional Cyclists, sums up the gist of the book. Young cyclists from 19-21 years of age, perhaps older, go to Belgium to seek their potential to become a professional cyclist. The test of their potential lies in the ability to do well in the infamous kermesse (or kermis) races of Belgium. There may be 150 or more riders in these weekly (or more frequent) events, with each rider putting down "the hammer" from the start of the 100-kilometer race. The hammer never lets up as the riders fight for position throughout the race on narrow roads, some with cobblestones, along with sharp turns and short steep hills. And then

there are the racing conditions: "The race started off in chilly dry conditions but quickly deteriorated to a cold wet slog". If you are not in the top 50 you are going nowhere in your career potential.

The book is older with a copyright date of 2011, but by simply changing the names of the young riders featured in the book (Phinney, King, Craddock) and it becomes relevant to 2019. The Belgian Hammer is a hard look at what it takes to be at the top of European cycling. Not only is the racing described but the whole culture of living in Europe is detailed, food, lodging, and the towns in which the riders live. In addition, there are the costs of time such as a leave of absence from college and money, almost \$1400 for room, board and racing. It's no won-



Jeff Louder racing in a Belgian Kermese in 1999 (my last year as an amateur). Photo by Greta Vermote

der that only a select few move on.

Former local pros, Jeff Louder and Levi Leipheimer have one-sentence mentions in the book. Former CEO of USA Cycling and Salt Laker Steve Johnson also has a brief interview section in the book. Bicycle racing fans that have followed the sport will recognize many of the names and races discussed in the book. You will also be treated to many behind-the-scenes interviews that Mr. Lee was able to obtain from his personal connections to many of the riders. The Belgian Hammer gives you a rare and memorable look into the lives of those hoping to make it to the top of the profession cycling

As interesting as the book was to read, listening to Jeff Louder discuss his time in Belgium was even more entertaining. Jeff is the owner of TrainLouder.com, a personal training business for anyone that wants to improve their cycling skills from up and coming Junior racers to the weekend recreational rider. Jeff is also the Manager (Director Sportif) for the Hagens/Berman Axeon professional cycling team. I wish to thank Jeff for his time.

Cycling West: Tell the readers about your start in Belgium.

Jeff Louder: My father, Ken, found an advertisement for a room in the bottom floor of a house in Belgium during an Internet search, so off I went. The book says I was

a graduate of the Cycling Center but at that time it was less formal, just a room in a basement. I was about 20 and passionate to become a cycling pro. The living conditions were OK but after a year I moved in with the DeWulf family. They understood my needs as they had a relative that almost entered the pro ranks. I stayed there about 5 years. The Dewulf's were a large reason for my success. Greta did a lot for me. I learned Flemish along with her 3 year-old daughter, Zoe.

During my first year I lived with a bunch of other Americans that were doing the same thing as me. My roommates and I would ride our bikes to all of the races, some of which were quite far. Occasionally we took the train. We sometimes rode home in the dark, or would catch a train home. We missed a few races because of transit delays. It was crazy when I think back about it. With the DeWulf's I had transportation to the races. They also helped me join a team, which allowed me to enter bigger races.

C.U.: Your start in Belgium racing was not at all auspicious. When did you realize you were going to make the pros?

J.L.: The first year I mostly learned the hard way. In my first race I crashed, broke my bike, my helmet and cut my cheek where I still have a scar. I was taken to a hospital by ambulance two cities from the race and dropped off. My race bag and wallet was still at the start/finish area of the race. Not my expected experience. I did obtain a ride back from a Belgium rider that also crashed and was brought to the same hospital so there was a little good news. The rest of the season went better but I made a lot of mistakes and feel like I went home with my tail between my legs.

I didn't lose my desire to succeed and once I got back to Utah and recovered a little I began preparing to go back for another year. That second year I had a lot of top-10



Jeff Louder with the Dewulf family in their backyard in Oostende, BE. Clockwise from left: Marc, me, Greta, Zoe, Enzo. Date unknown, likely 2001. Photo by Jeff Louder

finishes and had several wins in the Belgium races. If you made the "cut" and had your name in the newspaper as one of the top finishers the local people noticed. I had my name in the paper and heard my name mentioned quite a bit by the local citizens. I didn't expect to get onto a pro team after that second season but I think I got lucky. I won the right race at the right time, and had a meeting with Gerard Buelens the manager of Tonnissteiner-Colnago the next day. He offered me a contract.

C.U.: As the book points out, you were one of a small group that made the leap to a pro contract. What set you apart from the other riders that may have had near equal talent?

J.L.: I did have talent, but not amazing talent. I put in a lot of hard work along with a strong desire to make it. I feel like mentally, I just had to do it so I persevered and made the cut. A lot of riders were doing the same but I managed to become a pro. I also think I was lucky as a lot of things in my favor also fell into place.

C.U.: Jeff, thank you for your time. I had a good time listening to your stories. Good luck with the Hagens/Berman Axeon team. If anyone wishes to improve his or her cycling experience you can contact Jeff at trainlouder@gmail.com.

The Belgian Hammer: Forging Young Americans into Professional Cyclists

By Daniel Lee; 2011; Breakaway Books; <u>Breakawaybooks.com;</u> ISBN-10: 1891369911

See also our Conversation About Life as a Euro Pro with Jeff Louder (cyclingutah.com/racing/roadracing/a-conversation-about-life-asa-euro-pro-with-jeff-louder/)



The best way to explore is on two wheels and in spandex. Our luxury experiences will take your travel and cycling beyond expectation. Once you arrive, all you do is pedal, eat, relax, repeat. We take care of EVERYTHING else.

www.upperecheloncyclingexperiences.com

Burr Trail Gravel Adventure-Ticaboo, UT June 5-9, 2019

Italian Cycling Experience Oct 29-Nov 3, 2019

Women, wheels &Wine-Napa, CA Oct 29-Nov 3, 2019



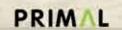


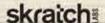


















For more information: pedaltheplains.com



Commuter Column - Continued from page 4

tions

CW: Lastly, is there anything you'd like readers to know about the bike squad or law enforcement more broadly?

OF: My personal take on the bike squad is that we have to be different than your everyday beat cops. I believe that all cops need to be approachable. But when you roll up on a mountain bike people look at you different, they treat you different. In a good way. I have high-fived more random people on my bike than at any time before. I have had conversations with people walking on sidewalks that left both them and me laughing for really no reason. People approach us for directions, or even dining suggestions believing that we must know where all the best food is. Being on the bike squads is an opportunity to represent your department in a way that just driving by and waving will never accomplish. It's a way to really connect and be one with the community that you serve and to give special attention to areas like parks or biking trails that otherwise go un-serviced for the most part.

Our bike squad wears all the protective equipment we can. Bright yellow shirts, helmets, gloves, lights on the bikes. But it is still very dangerous. Riding through downtown, crossing North Temple or Redwood Road, or doing everyday cop stuff like foot pursuits or even traffic stops (we have

recovered at least two separate occupied stolen cars while on our bikes) we have to be aware that we are at the mercy of every moving vehicle around us. Our situational awareness has to be high when working on a bike. Bike safety and training is extremely important and takes the awareness of not just us but all motorists.

Lastly, I would like to thank your readers. Being a police officer is 100% about service. We would not be here without the support of the public we serve. It is my honor to work for such a great police department and to serve such a wonderful community. I have worked for several police agencies in Utah and SLCPD is by far the greatest department to work for. The people of Salt Lake City are incredible, and it is amazing the love and support they show for us and all first responders. I would like to say thank you to the citizens of Salt Lake City for allowing me to serve them.

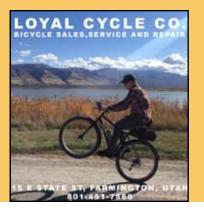
References

Menton, C. (2007). Bicycle patrols: an underutilized resource. Law and Order.

Vonk, K. (2003, April). Bike Patrol Case Studies: Ann Arbor and Univ of Michigan. Law and Order.

Turner C. Bitton is an avid cyclist and is well-known for his commitment to public service. He lives in the Glendale neighborhood of Salt Lake City with his husband Chase and their two dogs Charley and Moose.







MOUNTAIN BIKE RACING EVENT PREVIEW

The Grand Enduro Set for Grand Junction, Colorado on June 1-2, 2019



Highlights from the Grand Enduro, held in Grand Junction, Colorado. Photo by Light Bulb Media, <u>lightbulbmediacolorado.com</u>

By Dave Iltis

The Grand Enduro is a premier regional enduro mountain bike race that will be held on the Lunch Loops Trail System in Grand Junction, Colorado on June 1-2, 2019. With the cancellation of both the Scott Enduro Cup and the Idaho Enduro Series for 2019, this event will be a mainstay on the enduro calendar. We caught up with race organizer John Klish of Mad Racing Colorado to ask about the event.

Cycling West: Tell us about the event. What's the main draw to the Grand Enduro?

Mad Racing Colorado: The Grand Enduro hosts the most exciting features of enduro mountain bike racing on a world class mountain bike trail system within the Lunch Loops and Tabeguache trail system. This is a unique opportunity to race a professional course within a laid back fun event where the sense of community is large and good vibes abound.

CW: Tell us more about the stages. What are the highlights?

MR: Stage 1 of the Grand Enduro features the world famous Ribbon Trail which giving you an incredible moon like landscape, vistas of the whole Grand Valley, and a 7-10 minute brake burner downhill with several challenging technical features, some cliff exposure, and runs with multiple technical lines. Midway through this stage you'll enter the Wine Glass featuring speeds approaching 50 mph. At the bottom part of this section is a radar gun to catch the fastest of each category.

Stage 2 - Gunny Loop with lots of technical features, high speed rocky

sections, and a lot of tight turns. The lower part of the Gunny Loop is fast, with loose rock, and tight squeezes. Be prepared with what you need in case of a flat and save some juice for the uphill at the end.

Stage 3 begins on Free Lunch, the first purpose built free ride trail built on public land in the United States. This 3rd and final stage features multiple play areas and various lines, making it essential to pre-ride this to choose which line is best for you. Then comes a rowdy section called Pucker Up including drops, a wall ride, and Cathedral Rock area with a gnarly drop. There is a walking bypass for those not comfortable dropping in on this feature.

CW: Racers are encouraged to bring their families. Tell us more about some of the things to do in the area before and after the race.

MR: We encourage people to make this into a family trip. The beginning of June is one of the best times to visit the Grand Valley with great weather and endless fun activities.

Beginning May 26, Grand Junction hosts of the Junior College Baseball World Series (JUCO).

Mike the Headless Chicken Festival on May 31st is a super fun family festival in Fruita, CO. This festival is dedicated to the amazing story of one chicken's will to live.

Then in Downtown Palisade, CO, more than 100 bikes from near and far will be on display for the The Unknown Motorcycle Show. Admission and parking are free along with live music, contests, and fun for the kids!

CW: What sort of festivities are planned?

MR: Less than a mile away



Highlights from the Grand Enduro, held in Grand Junction, Colorado. Photo by Light Bulb Media, lightbulbmediacolorado.com



Highlights from the Grand Enduro, held in Grand Junction, Colorado. Photo by Light Bulb Media, lightbulbmediacolorado.com

from the finish line is where the MADness will begin and end at the event venue and also Stage 2 sponsor, the Handlebar Tap House, serving up gourmet burgers and craft beer. There will be vendors, live music, and games featured Saturday evening through Sunday afternoon.

CW: Where can people stay? Are there motel discounts? Camping nearby?

MR: Amazing camping is available just across the street from the venue at The Camp. You'd never know while at your tucked away camp site that you are a 2 minute walk from restaurants and a shopping plaza with a grocery store, liquor store, pet store, and more! Several hotels offer discount rates throughout the weekend. Details will be included in the Grand Enduro digital guidebook viewable at www.grandenduro.com

CW: The Colorado National Monument is nearby. Tell us a little about the park and the history of the area.

MR: The Monument, as locals refer to it a gorgeous plateau of sheer walls, steep canyons, pinyon, and sage protected by the National Park Service. It hosts tons of wildlife, including red-tailed hawks, golden eagles, desert bighorn sheep, and coyotes. It's great place for a scenic

drive or camping at many locations

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

MR: This is a super down to earth, fun, and exciting weekend event. All are welcome, we love meeting new participants and their families each year.

Event details: June 1-2 — Grand Enduro, Grand Junction, CO, 3rd Annual, Race the top 3 trails of the Lunch Loops (Ribbon, Gunny, and Free Lunch) with amazing views in the background. This is the only race on the Ribbon... come see what it's like to ride up to 50mph on a big slab of rock! 22-35 minutes of racing over 6.2 miles of trail. 2.5-4 hours of total ride time covering ~22 miles., John Klish, 970-744-4450, madness@madracingcolorado.com, madracingcolorado.com

What's on your mind?
Send your feedback and letters to the editor to: dave@cyclingutah.com

E-Bikes and Cities

throughout The Monument.

Planners take note: E-bikes are here to stay. So you'd better take them into account when designing communities. Or so says a study from Norway, which may be ahead of the United States in e-bike use and planning. The Institute for Transportation Economics at the Norwegian Centre for Transportation Research looked at Norway's four largest cities and advises that by integrating e-bike usage, "municipalities and regional development authorities can steer urban mobility to a more sustain-

able direction."

The research team calculated that people will be able to get to thousands of jobs by e-bikes that they couldn't or wouldn't ride a regular bike to because of the speed differential. And with greater job accessibility, planners should account for more jobs in a given city center, says Land Use Development Potential and E-bike Analysis: A Study of Cycling & Land Use Planning.

Find the study in English and Norwegian at https://tinyurl.com/y3xd8qo7.

-Charles Pekow





SPEAKING OF SPOKES

El Tour de Mesa



Marielle on the entry to Bush Highway in El Tour de Mesa. Photo by David Ward. Photo by David Ward

By David Ward

I can't even begin to count how many organized rides I have participated in. I have to say, I believe I have enjoyed every one. What's not to like? First and foremost, you are out riding your bike, typically on a ride you expect to challenge you at least somewhat. Also, most of us do it with friends and/or family. So you have good company. And you are riding with a whole bunch of other people who, like you, love this sport and enjoy a good organized ride.

But, what can detract from a good organized ride is just that: Good organization. Maybe there aren't enough aid stations, or they promise a lot of good food and snacks and fail to come through. Maybe the aid stations are poorly placed. Or maybe they run out of food. Or perhaps by the time the slower riders arrive at the finish, all the booths and vendors

are packing up and leaving, so there is no more free Coke or beer at the end, or the promised post race meal can no longer be had. Maybe they failed to have a water stop at the top of a tough climb.

Well, all those have happened to me. And when it does, it diminishes my enjoyment of the ride, leads to gripes from my cohorts and me, and just takes some of the fun out of the day's experience.

But on April 6, my daughter, Marielle, and I participated in El Tour de Mesa, an event sponsored by Holualoa Companies and held in, you guessed it, Mesa, Arizona. On a stop a couple of years ago at a bike shop in the area during a visit to my daughter and her family, I had seen a flyer for El Tour de Mesa and thought then I should ride that some time with Marielle. Naturally, I soon forgot about that, but Marielle saw something on it about a month

before this year's ride and asked if we wanted to come down. So we did.

The packet pick up was a breeze (though admittedly we showed up early afternoon to beat the crowd), and we duly arrived early Saturday morning and lined up for the 6:30 a.m. start. El Tour offered two distances, a metric century and a metric half century. While we both lacked early year distance training, we opted for the 100 kilometer ride as it had much more appeal.

Starting in downtown Mesa, the route for the metric century headed north to where it met the Beeline Highway. From there, it rolled through the Salt River Recreation Area and Tonto National Forest as it circumnavigated Phoenix area's East Valley landmark, Red Mountain. A couple of miles before the halfway point, the route turned onto Bush Highway which it followed for the next 12 miles before turning left onto Usury Pass Road which led up and over Usury Pass and back into East Valley. Once back in the valley, the route wound through East Valley and back to the start/finish in Mesa.

Well, I absolutely loved this ride. For starters, it is a beautiful ride. You have to appreciate desert beauty, and this was desert beauty at its best. With the frequent (for the Phoenix area) rains, and even some snow, the desert flowers were in full bloom and the desert landscape was as green (desert green, to be sure) and colorful as you will ever see it. To me, it was simply stunning..

Also, the aid stations were good. Organizers had made it clear in the registration booklet that there would be simple snacks, fruit and water at the stops. So, we were ready for that.



Rider (unknown) on Bush Highway. Photo by David Ward

We had a good breakfast before leaving, and took enough energy drink, bars and chews to get us through. The stops had pretzels (which I much appreciated for the salt), oranges and bananas,. They probably had a few other items too, but those were the snacks I liked.

Additionally, the route planning and control was amazing. All the intersections leading out of Mesa were controlled, as you would expect, and we were able to ride through with no stops. Also controlled was the one stoplight on the back side of the route so we could roll right through that. That was a bit of a surprise. But what astounded me was that for the last nearly 20 miles of the ride through East Valley and to the finish in Mesa, every single intersection with a stoplight or stop sign was also manned, and traffic was stopped to allow us to ride through. We must have ridden through 20-30 intersections on this ride, all manned. Except for the aid stations we stopped at, we never had to put a foot down till the finish. Incredible.

The frosting on the cake, though, was the stretch from where we left the Beeline Highway until after we had turned onto Usury Pass Road and ridden up and over Usury Pass. This tends to be a busy section of road, with narrow shoulders on Bush Highway for a good portion of the road. I know, because I have ridden over Usury Pass numerous times, and I rode on Bush Highway out to Saguaro Lake one time a few years ago. One must contend with a lot of traffic, including a bunch of big trucks pulling boats to and from Saguaro Lake, a popular recreation

For El Tour de Mesa, though, our lane for this stretch of nearly 20 miles was blocked off to traffic, with a pilot car alternately shuttling the traffic each way in the other lane. This section has outstanding mountain vistas, a lovely landscape

of red rock contrasting with green cacti and the other desert flora, and on Bush Highway, the blue waters of Saguaro Lake. We could ride, climb and descend with a full lane at our disposal and enjoy the scenic desert landscape. It was a very special part of the ride.

Finally, with about 7 miles to go, we enjoyed a special moment. As we were riding down Lindsay Road, just on the back side of where Marielle lives, we saw a small group of people with a sign. It turned out to be Marielle's husband and children, my wife, and another daughter and her son, all cheering us on. It was unexpected, and a thoughtful and touching moment.

El Tour was held in connection with Cyclo Mesa, Mesa's family friendly bicycle festival. So, instead of a finish with just sponsors' and vendors' booths, there was also a zip line, a rock climbing wall, bungee trampolines, BMX stunt shows, and inflatable slides and bouncing houses, some of which my grandchildren took advantage of, and which made coming to the finish to meet us enjoyable for them. It was, indeed, not just an event finish, but truly a festival.

El Tour de Mesa was a real treat. A metric century was a perfect early season ride for me. There was not too much climbing, mainly the 3.5 mile climb up Usury Pass. As you can imagine, the Phoenix area does not have much real climbing, and many consider Usury Pass a huge challenge which, frankly, it isn't. But again, it was just right for me at this time of the year.

Adding it all together, controlled intersections, a nearly 15-mile stretch with a full traffic lane for just us cyclists through the most scenic part of the ride, a beautiful desert land-scape and

sweeping views, and a daughter there ready to ride it with me, I plan to be back again for El Tour de Mesa.



Marielle on the Beeline Highway in El Tour de Mesa. Photo by David Ward



CYCLING UTAH

RACE RESULTS



Moab Rocks Stage 1, Moab, UT, March 30-April 1, 2019 Place, Name, Time Open Men 1 Geoff Kabush 131:22.3 2 Cal Skilsky 13:204.2 3 Justin Lindine 132:27.7 4 Cooper Wiens 132:34.5 5 Ben Sonntag 133:00.8 Open Women

Open Women 1 Katerina Nash 1:43:39.4 2 Marlee Dixon 1:51:29.8 3 Karen Jarchow 1:54:37.1

5 Melisa Rollins 1:58:39.1

Men 40+ 1 Nick Gould 1:34:08.4 2 Spencer Johnson 1:37:01.4 3 Cameron Brenneman 1:37:52.5 4 Josh Wolfe 1:42:51.0

Women 40+ 1 Meghan Sheridan 2:07:51.4 2 Kathy Lockwood 2:19:05.5 3 Christa Clippinger 2:27:06.6 4 Tara Pollock 2:36:35.4

ndez 2:51:22.7 5 Beni Hernar Men 50+ 1 Mark Sevenoff 1:45:37.0 2 David Harward 1:49:32.7 3 Ike Nicoll 1:52:29.6 4 Scott Crabill 1:57:36.5 5 Willem Jewett 1:59:07.3

Women 50+ 1 Lynda Wallenfels 2:01:08.3

2 Kirsten Darley 2:28:49.3 3 Tina Burch 2:37:08.8

Time Burch 237:08.8

4 Ellen Guthrie 2:44:58.5

Nancy Aguille 2:47:05.5

Moab Rocks Stage 2, Moab, UT, March
30-April 1, 2019

Place, Name, Time

Open Men 1 Geoff Kabush 1:48:56.2 2 Taylor Lideen 1:49:20.0 3 Cal Skilsky 1:49:20.5 4 Ben Sonntag 1:49:21.0 5 Justin Lindine 1:49:21.5 **Open Women** 1 Katerina Nash 2:10:23.8 2 Karen Jarchow 2:20:51.3 3 Syd Schulz 2:24:00.6 4 Marlee Dixon 2:24:04.9 5 Tamara Donelson 2:26:21.9 Men 40+ 1 Nick Gould 1:56:46.3

2 Cameron Brenneman 2:00:1 3 Spencer Johnson 2:01:37.2 4 Jason Sager 2:02:08.3 5 Travis Hauck 2:02:10.0 1 Meghan Sheridan 2:32:43.0 2 Kathy Lockwood 2:48:50.5 3 Christa Clippinger 2:51:24.0 4 Tara Pollock 3:07:50.2 5 Sara Groom 3:11:28.6 **Men 50+**

Men 50+ 1 Mark Sevenoff 2:12:06.2 2 David Harward 2:15:04.5

2 David nariwali 2:15:04-5 3 Scott (rabill 2:22:36.8 4 Willem Jewett 2:23:20.6 5 Ike Nicoll 2:25:12.3 Women 50+ 1 Lynda Wallenfels 2:28:36.0 2 Tina Burch 2:51:02.3 3 Kirsten Darley 2:58:33.5

ni 1:56:29.0 Moab Rocks Stage 3, Moab, UT, March 30-April 1, 2019

Place, Name, Time Open Men 1 Geoff Kabush 1:57:31.7 2 Justin Lindine 1:59:01.0 3 Taylor Lideen 1:59:02.0 4 Cal Skilsky 1:59:02.5 4 Cal SMISKY 1:59:02.5 5 Ben Sonntag 1:59:04.3 **Open Women** 1 Katerina Nash 2:16:02.6 2 Karen Jarchow 2:29:48.4 3 Tamara Donelson 2:30:19.1 4 Marlee Dixon 2:30:57.3

4 Martee Dixon 2:30:57.3 5 Syd Schulz 2:31:43.3 Men 40+ 1 Nick Gould 2:07:32.7 2 Spencer Johnson 2:08:28.7 3 Cameron Brenneman 2:08:30.7 4 Jason Sager 2:10:59.6 5 Travis Hauck 2:11:44.0

Women 40+

5 Beni Hernandez 3:26:36.9 Men 50+ 1 Mark Sevenoff 2:16:54.4 2 David Harward 2:22:30.9 3 Willem Jewett 2:28:33.9 4 Scott Crabill 2:29:21.7 5 Brad Keyes 2:35:04.8 Women 50+ Lynds Willenfells 2:37:11

Women 50+
1 Lynda Wallenfels 2:37:11.9
2 Tina Burch 3:00:09.4
S Kirsten Darley 3:07:34.6
4 Ellen Guthrie 3:23:20.6
5 Nancy Aguilar 3:26:48.0
Unclassified

Unclassified
1 Shane Helwer 2:54:49.3
2 Ryan Doeren 3:06:53.8
3 Darryl Lawrence 3:17:31.7
4 Debbie Burry 3:29:52.7
5 Alejandro Carreno alvarado 4:32:07.4
6 Alejandro Carreno menfiza 4:55:55.1

Moab Rocks General Classification, Moab UT, March 30-April 1, 2019

Place, Name, Time Open Men 1 Geoff Kabush 5:17:50.3 2 Cal Skilsky 5:20:27.2 3 Justin Lindine 5:20:50.2 4 Ben Sonntag 5:21:26.1 5 Taylor Lideen 5:21:29.2 **Open Women** 1 Katerina Nash 6:10:05.9

2 Karen Jarchow 6:45:17.0 3 Marlee Dixon 6:46:32.1 4 Tamara Donelson 6:53:31.8 5 Syd Schulz 6:58:20.7

Men 40+

1 Nick Gould 5:38:27.5

2 Cameron Brenneman 5:46:37.6

3 Spencer Johnson 5:47:07.5

4 Travis Hauck 5:57:03.1

4 Iravis Hauck 5:57:03.1 5 Jason Sager 5:59:51.5 **Women 40+** 1 Meghan Sheridan 7:24:31.4 2 Kathy Lockwood 8:07:51.5 3 Christa Clippinger 8:26:29.7 4 Tara Pollock 8:59:17.7 5 Beni Hernandez 9:30:46.6

Men 50+

1 Mark Sevenoff 6:14:37.7

2 David Harward 6:27:08.2

3 Scott Crabill 6:49:35.2

4 Willem Jewett 6:51:01.9 5 lke Nicoll 7:03:22.1 **Women 50+**

Women 50+ 1 Lynda Wallenfels 7:06:56.4 2 Tina Burch 8:28:20.6 3 Kirsten Darley 8:34:57.5

Red Rock Desert Rampage, Intermountain Cup, St. George, UT, March 30, 2019 Place, Name, Team, Time Lil' Shredders (9 & Under) 1 STEVE DANIELSON CINCH Cycling 03:40.25 2 NASH THOMPSON 03:50.39 3 MILES CROCKETT Contender Bicycles 04:00.53

a mitta: KVCKET I Contender Bicycles 04:00.53 4 COLLIN JOHNSON Bountiful Bicycle Racing p/b Nate Wade Subaru 04:04.73 5 MCKAY HOLM 04:06.03 5 MrcAder Boys (10-12) 1 Isaac LOWRY Maybird Reyes-Psych 09:46.47 2/SAAC (ALI) 0

1 Baac LUWKY Mayburd Reyes-Psych 09:46.4/ 2 ISAAC CALL 09:46.48 3 MATTHEW BROWN 10:21.78 4 LOUK GORDON 10:29.62 5 MAX VOGELSBERG Bountiful Bicycle Racing p/b Nate Wade Subaru 10:44.12 Shredders Girls (10-12)

I REMADURE CUSIEN 2-9%. In 2 SIVER KNUDS-50. 281VER KNUDS-515.24
3 ELLIE HORTIN 2-817.61
4 ELLIA FRANDS-6 Frandull 28:18.01
5 ELIZA HAIGHT Summit Bike Club 28:34.27
Junior High Boys (14 & Under)
1 JAXON MARSHAL Fezzar Factor Wacing 33:05.84
2 OWEN OKOLOWITZ Rouleur Devo p/b DNA 35:27.96
3 DORTER CABURE 3-5:3-21.31 3 PORTER GARNER 35:32.13 4 NICO MCGEE Hoback Sports 35:32.63 5 BRADEN BUTTERFIELD 36:01.65

Junior High Girls (14 & Under)
ADDISYN LUNDBERG Lunkheads 38:25.89 2 JAYDE MATTHEWS 41:28.81 3 EMMA CALLAHAN 42:20.23

4 JERZY MATTHEWS 42:27.55 5 EMMA-LEE DORMAN Rapid Cycling 44:25.64 Junior Varsity Boys 1 ELIJAH TOPPER Team Portal 58:54.71 2 NATHAN ASAY VeloLove 1:00:00.29 3 JOSH KAELBERER Maybird Reyes-Psych 1:01:26.91 4 DAVIS CLARK ImpactDevo p/b Bountiful Bicycle

4 DAVIS LEARN IMPACTURE UP JO BOUNDING BICYCLE
5 NOAH HUNT Spr (ycle 1:02:24.98

JUNIO'R VARSITY GIRLS
1 ANNIKA PEACOK 1:11:46.03

2 GWENDOLYN SEPP 1:11:47.88

3 AUNIKA KEMP Kuhl Gyding 1:17:24.41

4 ELLIE BRIEM 1:18:05.44

4 ELLIE BRIEM 1:18:05.49

NORSTAL REALIN IMPACTURE OP JO BOUNTIFUL BICYCLE
1:19:09.19

NORSTAL REALIN IMPACTURE OF JO BOUNTIFUL BICYCLE
1:19:09.19

NORSTAL REALIN IMPACTURE OF

1:19:09.19
Varsity Boys
1 CARTER ANDERSON VeloLove 1:24:05.34
2.JAKON COLES ImpactDevo p/b Bountiful Bicycle
1:24:07.38
3.JAMESOM MOTTO Summit Bike Club 1:25:04.44
4.STERLING. JAMES Rouleur Devo p/b DNA 1:25:04.63
5.PORTER MITCHELL 1:25:09.50

SPORTER MICHEL 1:2539-30 Varsity Gill's 1 SYDNEY NIELSON Rouleur Devo p/b DNA 1:05:34.55 1 SVAILEY 1:09:50.55 3 KATE WILSON 1:10:08.85 4 CAMILLE LIDDEL Rouleur Devo p/b DNA 1:11:35.39 5 ALISHA BACON VeloLove 1:12:49.80

5 ALSHA BACUN VEOLOVE 1:12:49
NOVICE MEN
1 WILL SHELDON 1:09:43.66
2 MARK ROWLEY 1:12:02.11
3 LUKE MCCAUSLAND 1:13:04.21
4 ISAAC MILLER Maybird Reyes-Psy
5 STEVEN AULT 1:14:44.64

Novice Women

1 HEATHER RAMSDELL 39:06.46

2 MELISSA HERBERS 40:06.31

3 KOURTINEY DANIELSON CINCH Cycling 41:43.34

4 ALEX SMITH 42:15.12 5 SHANNON PAYNE VeloLove 42:15.44

Sport Women 1 CHRISTINE MULLINS 1:12:49.18 2 CHRISTINA PERRY 1:21:22.34 3 COURTNEY CUSTER 1:22:12.94 4 TATA FERGUSON 1:25:25.12 5 KELLY SCUDDER Bingham Cyclery Peak Fasteners

1:29:54.54
Freshmen/Sophomore Boys
Freshmen/Sophomore 1 JAMES SYBROWSKY Rouleur Devo p/b DNA 59:0 2 LUKE ANDERSON Fezzari Factory Racing 1:00:09 3 SETH CLAWSON 1:01:40.29 4 JACOB MCCUNE 1:03:22.83 5 ETHAN ALTAMIRANO Rouleur Devo p/b DNA

Treshmen/Sophomore Girls

1 ADDIE JONAS 1:16:04.16

2 TESSA LIDDELL Rouleur Devo p/b DNA 1:16:43.56

3 MACY ELLIS Rouleur Devo p/b DNA 1:20:40.96

1:21:23.74 5 GRACIE GORDON 1:28:35.26

CLASSIFIED AD:



Help Wanted!

Full or Part-time Salesman and Mechanic needed in our Salt Lake City and Bountiful locations. Experience in a retail bike shop or mechanic training certificate is preferred.

Email a resume to jeff@guthriebike. com or visit our shop at 803 E. 2100 S SLC, UT 84106

DAVIS DEHLIN 1:04:34.77 3 IAN THOMPSON ImpactDevo p/b Bountiful Bicvcle 1:07:25.49 4 DAVIS CLARK ImpactDevo p/b Bountiful Bicycle 1:07:26.03 5 TYLER MATHESON ImpactDevo p/b Bountiful Bicycle 1:08:09.55

r Varsity Girls FRAHAM 1:14:37.45 2 LAYLA WALKER ImpactDevo p/b Bountiful Bicycle 2 AUNIKA KEMP Kuhl Cycling 1:17:31.75 3 AUNIKA KEMP Kuhl Cycling 1:17:31.75 4 KAMBER SASSER Fezzari Factory Racing 1:17:45.09 5 JANE HAIGHT Summit Bike Club 1:17:49.48

1 JAMES OWEN 13/25:3.44
2 BLAKE DEHART 104-09.91
3 ZANE LYON Summit Bike Cub 1:0-04:54.61
4 ELLAS SVENNUNGSEN Summit Bike Cub 1:07:10.69
5 ERIC DRAPER Rapid Cycling 1:07:28.22
5 Sport Men (33-49)
1 JACOB (ROCKETT Contender Bicycles 57:28.56
2 STEWART GRAY 1:03:05.05
3 MART HIMT Spr Cycles 1:0-04:13.5
4 JERAMIE THOMPSON Bike Fix 1:04:59.7.6
4 JERD FELE REQUESTED SEA 5:0-04:14.15 Varsity Boys 1 CARTER ANDERSON Velolove Elite 1:30:51.81 1 CARTER ANDÉRSON Veolove Eitre 1:30:51.81
2 MCKADE JAISS 1:30:58.09
3 STERLING JAMÉS Rouleur Devo p/b DNA 1:32:06.82
4 PORTER MITCHELL Spry Cycles 1:32:35:56
5 BRYCE FGLEY Rouleur Devo p/b DNA 1:33:08.01
Varsity Girls
1:570NEY MEISSON Rouleur Devo p/b DNA 1:07:22.06
2 KATERN WILLIAMS 1:07:45.36
3 ELLY PETRSON 1:08:19.84
4 HEATHER GILLESPIE 1:11:43.11
5 GWENDOLYN SEPP 1:13:23.43
NOVICE MEN
1 BRIAN IRITLE 1:12:74.77

NOVICE MEN 1 RRIAN TRITI F 1·12·24 77

2 SPENCER DOW 1:14:20.54

3 RICKY GARDNER 1:14:37.87

4 LOGAN PHIPPS 1:15:53.37 5 JAMES RICHARDS 1:15:57.65 Novice Women 1 BRECKEN DALLEY 38:36.08 2 ELIZABETH ROOKLIDGE 40:58.92

2 CHRISTINE MULLINS 1:14:25.27

TANNER RICKS 1:04:59.90

2 ELIZABETH KUUKLIUGE 40:36:32 3 ERICA ROGES 41:52.74 4 TARA BRADSHAW 45:54.15 5 VICTORIA COUSING 45:54.34 5 Sport Women 1 AMANDA SYBROWSKY Rouleur Devo p/b DNA

2 CHRDINE MULLID: 11:42:5.27

3 HEATHER RAMSDELL 1:16:46.09

4 AIMEE LARKIN Maybird Reyes-Psych 1:18:24.38

5 SAM STEELE 1:18:57.59

Freshmen/Sophomore Boys
1 LUKE ANDERSON Fezzari Factory Racing 1:03:10.18

2 TANNER RICK: 1:04:59.90

ETHAN ALTAMIRANO Rouleur Devo p/b DNA

3 ETHAN AITAMIRANO Rouleur Devo p/b DNA 1:05:20.12
4 JACKSON SOREHSEN Team Portal 1:06:22.02
5 TATE LARKIN Maybird Reyes-Psych 1:07:57.92
Freshmen/Sophomore Girls
11ESSA LIDDELL 1:18:51.27
2 DAISY MILLER Rouleur Devo p/b DNA 1:19:17.05
3 ADELINE JONAS 1:24:01.98
4 JAYDE MATTHEWS 1:24:14.72
5 ADELINE JONAS 1:24:01.98
4 JAYDE MATTHEWS 1:24:14.72
5 SADIE BADGER 1:35:11.04
Sport Men (35-49)
MATT HUNT Spy Cycles 1:06:53.83
2 STEWART GRAY Contender Bicycles 1:08:09.63
3 JERAMIET HOMSON Bike Fix 1:08:43.01
4 JARED EGLEY Rouleur Devo p/b DNA 1:09:37.84

JARED EGLEY Rouleur Devo p/b DNA 1:09:37.84

3 GREGG BROMKA PEARI. (2UM): 1:13:32.70
4 ANDREW BELLO 1:14:41.99
5 MAX GREGORIC 1:15:45.04
Open Sport Men
1 SETH SHEARER Rouleur Devo p/b DNA 1:11:17.31
2 KYLE OWENS 1:13:20.79
3 BRADY GRAYSON 1:13:35.54

4 CORY THOMPSON Team Red Rock 1:14:52.27 5 CAMERON ANDERSON University of Utah 1:22:34.01

Expert Men (40-49)

1 CHARLES JENKINS 1:35:02.06

2 CHRISTIAN SYBROWSKY Rouleur Devo p/b DNA

1.36.09.07 B JEFF MASSE Rouleur Devo p/b DNA 1:36:26.31

4 ERIC LANDON 1:36:49.40 5 ELLIS PERKINS Team UpCycle p/b St. Alphonsus Medical Center 1:37:20 96

2 BILL HARRIS Maybird Reyes-Psych 1:39:23.96 3 REED TOPHAM Bingham Cyclery Peak Fastenei

1.45:46.39 **Expert Men 60+**1 DAVE MENDENHALL Team RedRock 1:14:36.25

2 TIM FISHER 1:15:53.87 3 RYAN SPAINHOWER Team Red Rock 1:15:54.24 4 LAWRENCE WOOLSON Bingham Cyclery Peak Fasteners 1:19:53.86 5 RANDY BANALES 1:20:41.91

\$ FANDY BANALES 1:20:41.91

Open Expert Men

1 DEREK EDWARDS Plan 7:34:10.28

2 JOH HOUK Red Rock Bicycle 1:37:15.08

3 ZAC HARDY Team Red Rock 1:39:41.86

4 JAMES OWEN 1:40:30.66

5 TYLER MULLINS Sumil Bike Club 1:41:50.69

Expert Women

1 MADELINE TANIER Bountful Bicycle Racing p/b Nate
Wade Suban 1:160.15 7

Wade Subaru 1:16:01.57 2 LAURA PATTEN Stay Park City Cycling 1:24:21.25

2 LAURA PATTEN Stay Park (tity Cycling 1:24:21.25 Elite Men
1 BRYSON PERRY Rouleur Devo p/b DNA 1:57:31.58 BREMNON PETERSON 1:59:27.47 3 RYLAN SCHADEGG Summit Bike Club 1:59:53.28 4 CHRIS HOLLEY Kunl Cycling 2:014:44 5 MAX MILLER Rouleur Devo p/b DNA 2:03:16.97 Elite Women
1 NATALLE QUINN ImpactDevo p/b Bountiful Bicycle 145:513.77 KENDYL NELSON 1:48:03.97 25 WINDLY KENDYL NELSON 1:48:03.97

3 KC HOLLEY Kuhl Cycling 1:49:29.55 4 LAUREN ZIMMER Bingham Cyclery Peak Fasteners

1:49:42.29 5 JEANETTE PETERSON 1:50:48.03

Medical Center 1:37:20.96

Expert Men (50-59)

1 ANDY COMPAS Velolove Elite 1:37:37.73

5 NATHAN SMITH VeloLove 1:09:42.13 Sport Men 50+ 1 KEVIN WILLIAMS 1:10:54.26 2 JOHN MCILMOIL 1:11:16.80

3 GREGG BROMKA PEARL IZUMI 1:13:32.70

\$ JARDE 66LEY Rouleur Devo p/b DNA 1:05:07.41 **Sport Men 50+**1 ANDREW BELIO 1:09:05.29

2 GREGG BROMKA PEARI, IZUMI 1:10:16.73

3 AARON MULLINS 1:15:50.86

4 BRIAN \$135TMY 1:16:05.56

5 TODD MILLER Maybird Reyes-Psych 1:17:49.60

5 10DD MILLER Maybird Reyes-Psych 1:17:49.60

Expert Men

1 ADAM SEEGMILLER 1:24:44.35

2 DEREK EDWARDS Plan7 1:24:44.89

3 RYAN HONEA 1:27:09.04

1/10E DRAPER Maybird Reyes-Psych 1:28:43.14

5/10H DOUK Reyes Hook Bicycle 1:30:06.84

Expert Men (40-49)

1 HEEFMASE Resident Plans (5) DNA 1:20:18.23

1.IFF MASSE Rouleur Devo p/b DNA 1:30:18.22 27 LER KNUDSEN 1:30:54.35 3 GEN ENZELDER 1:30:54.48 4 ELUS PERKINS Upcycle Boise 1:30:54.86 5 ERIC LANDON 1:33:36.97

Expert Men (50-59)
I CHRISTOPH HEINRICH Kuhl Cycling 1:25:15.56

2 SCOTT ALLEN Hangar 15/Shimano 1:27:05.50 3 BILL HARRIS Maybird Reyes-Psych 1:29:49.36 4 ANDY COMPAS VeloLove 1:29:49.56 5 REED TOPHAM Bingham Cyclery Peak Fasteners

Expert Men 60+ 1 JOHN LAUCK Bountiful Bicycle Racing p/b Nate Wade Subaru 1:05:43.24 2 DWIGHT HIBDON Stay Park City Cycling 1:08:14.62 3 DAVE MENDENHALL Red Rock Bicycle 1:10:39.67

4 DENNY TYNAN 1:16:25.34 5 RYAN SPAINHOWER Team Red Rock 1:16:51.46 Expert Women 1 MADELINE TANNER Bountiful Bicycle Racing p/b Nate

Wade Subaru 1:09:51.28 2 ROBIN MCGEE Hoback Sports 1:10:39.69 3 HANNAH FOREMAN Maybird Reyes-Psych 1:12:58.69 SAM STEELE 1:18:24.07

4 SAM SIELLE 1:18:24.0/ Elite Men 1 TAYLOR SHELDEN 1:41:52.02 2 ALEX GRANT 1:41:56.34 8 BRYSON PERRY Rouleur Devo p/b DNA 1:43:30.67 4 BRENNON PETERSON Rouleur Devo p/b DNA KYLER GIBB 1:46:37.20

Elite Women

1 NATALIE QUINN ImpactDevo p/b Bountiful Bicycle
1:33:44.66

2 NICOLE TITTENSOR Jans Park City/Team Tittensor 1:36:38.94 3 SARAH KAUFMANN DNA Pro Cycling Team 1:38:12.34 4 ERIKA POWERS Stay Park City Cycling 1:39:16.35 5 KC HOLLEY Kuhl Cycling 1:40:31.96

Tinker Classic, Beatty, NV, April 19-21, 2019 19-∠1, 2019 Place, Name, Team, Time Open Men

1 David Juarez Cannondale 4:41:26 2 Samuel Brehm Bear Valley Bikes/Honey Stinger 4:42:58 3 Stuart Gonzalez Bear Valley Bikes/Honey Stinger

4:49:24
4 John Nobil Bear Valley Bikes/Honey Stinger 5:02:34
5 Josh Onarheim IBB Cyclery 5:18:38
6 GREG GIBSON TruckerG Nockstar Energy 5:20:55
7 Steve Amill CTS 5:44:18
8 James Cope The Countertop Shop 6:04:09
Open Women
1 Amanda Felder Bear Valley Bikes 6:08:04
Master Men
1 Larry Pritchard 5:32:37
2 David Montague 6:33:50
3 Brandon Smith Brandon Smith 6:36:14
4 Jordan Smith Brandon Smith 7:03:07
Men 30-49

Men 30-49 1 Mike Moore 5:49:38

The Cactus Hugger, Intermountain Cup, St. George, UT, April 27, 2019 Place, Name, Team, Time Lil' Shredders (9 & Under) 1 COLLIN JOHNSON Bountiful Bicycle Racing p/b Nate

Wade Subaru 03:46.46 2 MCKAY HOLM 03:51.10 3 CALVIN MULL Frandull 04:01.50 4 RYKER FRANK Ten 23 Racing 04:09.83 5 LUKE CHRISTENSEN 04:12.63 Shredders Boys (10-12) 1 DAVID HARRISON 25:01.69 2 GRIFFIN PEAD 26:00.51 3 MAX VOGELSBERG 26:55.71 4 JAMES VAN LEEUWEN Maybird Reyes-Psych 27:17.87 5 KADE JOHNSON 27:22.25

S KADE JOHNSON 27:22.25 Shredders Girls (10-12) 1 ELLIE HORTIN 29:12.40 2 CALLA BEYKIRCH 30:02.98 2 CADLE HOLM 20:00.73

Junior High Boys (14 & Under) 1 JAXON MARSHALL Fezzari Factory Racing

42:52.78 2 JAXSON WEAVER Rouleur Devo p/b DNA 43:05.73 3 HADDEN BEYKIRCH 43:16.02

3 HADDEN BEYKIRCH 43:16.02
4 ANDREW BURION 44:13.19
5 TAYLOR ANDERSON 45:31.18
Junior High Girls (14 & Under)
1 MAYCEE DEHLIN 39:54.48
2 JESSICA LINDSEY 41:51.24
3 ABBY FRANDSEN Velolove Elite 44:33.89
4 BEKARI FRANDSEN Velolove Elite 47:15.51
5 MONTANA LEONARD Summit Bike Club
47:20.17

47:20.17

Junior Varsity Boys

1 ISAAC HORTIN ImpactDevo p/b Bountiful
Bicycle 1:04:31.55

Road Racing

East Canyon Echo Road Race, UCA Series, Henefer, UT, April 13, 2019 Place, Name, Team, Time Open Junior Men 1 Michael Wilson Society Gydes 1:10:27 2 Lijiah Williamon 1:10:29 3 Joseph Bonacd Mi Duole 1:10:36 4 Sam Adams 1:21:42 5 Evan VanBrocklin Balanced Art Multisport 1:22:54 Open Junior Women

Open Junior Women

1 Mackenzie Meirowitz Portupine/City Works 1:24:33

Cata 3/4 Men

1 Tommy Moncur Ascent Cycling p/b BB Health 2:53:10

2 John Hughes FFRR Velosport racing 2:53:29

3 Dan Hoopes Zone Five Racing 2:53:49

4 Anthony Lemon 41 2:54:06

5 Chad Chenoweth Johnson Elite Orthodontics 2:54:20

6 Tommy Kline Zone Five Racing 2:55:01

7 James "Trevor" Robinson Fitzgerald's Bikes 2:55:26

8 Lance Heaton FFRR Velosport racing 2:55:36

9 Anthony Jeffs Ascent Cycling p/b RB Health 2:56:12

10 Douglas Gibbu Salfcycle-Kestrel Wellness 2:58:844

9 Anthony Jeths Ascent Cycling p1b fil8 Health 2:56:12 10 Douglas Galbud Salft/ycle-Restrel Wellness 2:58:44 Cat 4 Men 1 James Bylund 2:58:06 2 Samuel McKride 2:58:13 3 John Koudelke 2:59:06 4 Stafford Rose Porcupine/Cityworks 3:02:57 5 Mathew McGarry 3:04:56 6 Daniel Wendt 3:08:50 7 Sam Deture 3:04:04 8 Daniel Hall Zone Five Racing 4:12:58

9 Jettrey Ray 4:38:01 Cat 5 Men 1 Steve Caywood Killin' Time 3:09:23 2 Jonny Carlson University of Utah 3:10:10 3 Vincent Bonacd Mi Duole 3:10:15 4 Jay Park Cicada Racing Inc. 3:10:44 5 Jesse King 3:12:12 6 Jose Medina 3:12:14 7 Robert Allen 3:13:42 8 Brandon Benally Nebo Cycling 3:23:53 9 Dennis Morgan III University of Utah 3:58:24

Jeffrey Ray 4:38:01

10 Chase Maires Zone Five Racing 4:02:11
Open Master Men 55+ Open Master Men 55+

1 Mark Schaefer Maddog Racing 3:14:57

2 Curtis Madsen America First Credit Union 3:15:03

3 David Sharp Mi Duole 3:15:08

4 Rob Van Kirk (Tvelo 3:15:24

5 Paul Hughes Velosport Racing 3:15:41

6 Unknown Rider 3:15:41

8 Unknown Rider 3:15:41

8 Unknown Rider 3:17:51

8 Unknown Rider 3:17:51

8 Pard MatTack (hormountain Linewall 3:16:28

9 Brad Matlack Intermountain Livewell 3:19:28 10 Donald Armstrong 3:31:53 Master Men 70+

Master Men 7 Ó+
1 Ken Louder VeloSport Racing 3:23:30
Cat 1/2/3 Men
1 Matthew Wikstrom 2:53:17
2 Paul Burger Bountful Mazda Cycling Team 3:04:20
3 Devin Smith Bountful Mazda Cycling Team 3:04:20
3 Devin Smith Bountful Mazda Cycling Team 3:05:37
4 Yipler Kirk Pozurjen/Cytyworks 3:06:28
Open Master Men 45+
1 Agron Jordin Hannar 15 7:54:no Open Master men 45+ 1 Aaron Jordin Hangar 15 2:54:09 2 Christoph Heinrich KUHL Cycling Team 2:54:19 3 Kenneth Morris Ski City Cycling Team 2:59:29 4 Ben Nichols Hanger 15 3:03:00

4 Ben Nichols Hanger 15 3:03:00 5 Vigen Sarkisha Ammenia 3:03:46 6 Scott Allen Hangar 15 3:04:13 7 Iony Peterson 3:04:32 8 Ian Skurnik 3:04:32 9 Paul Larson Team Larson 3:04:37 10 Dwaine Aligier Zanconato 3:06:06 Pro 172/3 Men Eric Ellis Stay Park (tiy Cycling 45:45.8 2 Taylor Edwards Zone Five Racing 45:52.1 3 Firk Harrinoth RMC 45:57.5

3 Erik Harrington RMCC 45:57.8 Spencer Johnson Johnson Elite Orthodontics 46:03.7 5 Nathan Manwaring Johnson Elite Orthodontio

47:07.0
6 Erik Brockhoff Cicada Racing Inc. 50:31.0
7 Ryan Kingsolver Wildlife Generation p/b Maxxis
50:30.1
8 Inner Soelberg PLAN7 DS Cycling Team 50:57.2
9 Luke Gangi-Wellman Ascent Cycling p/b RB Health
51:01.7

51:01.7 10 Derek Edwards LiVeWell p/b Harristone 51:48.5

10 Derek Edwards LiVeWell Jp h Harristone 51:48.5

Cat 4/5 Master Men

1 William Black Intermountain Live Well 3:03:42

Douglas Brower Mi Duole 3:04:14

3 Matthew Brady Zone Five Racing 3:04:19

4 Mike Broderick America First cycling team 3:04:19

5 Jason Olsen America First Credit Hinton Cyd 3:04:42

6 Ted Fleischel Zanconato Racing 3:05:11

7 PAUL CHATERTON 3:05:29

8 Doug Almstedt Stay Park City Cycling 3:05:31

9 Steven Clinger 3:05:36

10 James Willis Porcupine 3:06:33

Cat 3:14/5 Women

10 James Willis Porcupine 3:06:33 Cat 3/4/5 Women I Eleise Hinton Zone 5 Racing 2:22:39 2 Jamie Linde Zone Five Racing 2:24:52 2 Janille Linder Zoner ver Acting 2:24-52 3 Liz Apking Zone Five Racing 2:24-59 4 Ashley Kline Zone Five Racing 2:25-50 5 Jessica Taverna Plan 7 DS 2:25:15 6 Trista Winder Kuhl 2:26:26 7 Bit Hoopes Zone five racing 2:33:38 8 Audrey Peebles 2:38:27 9 Jessica Hansen Zone Five Racing 2:47:29 10 Heather Smith 2:53:51 Master Women 35+

inson Zone I Racing 2:33:15 Master Women 50+ 1 Alison Frye Ski City Cycling 2:24:41 2 Kelly Hunsaker P7DS Cycling Team 2:24:56

ADVOCACY Bike League **Benchmarking** Report Shows Need for Better Bicycling

By Charles Pekow

The state of bicycling in America leaves a lot to be desired, according to the latest biennial benchmarking report. The number of cyclists killed or mortally wounded while riding has increased by 14.7 percent since the first benchmarking report in 2007. And according to data from the National Highway Traffic Safety Administration, the share cyclists and pedestrians composed of the total number of traffic fatalities increased from 12.9 percent to 18.2 percent from 2007 to 2016, the latest year for which complete data are available.

This is highlighted in Bicycling & Walking in the United States: 2018 Benchmarking Report, released this spring by the League of American Bicyclists, which took over the project from the Alliance for Biking & Walking after they closed in 2016. The Centers for Disease Control & Prevention funded the study (https://tinyurl.com/y6lpr8n3).

The bad news doesn't end there. The report tracks four chronic diseases it says can be controlled by exercise such as bicycling and walking: asthma, obesity, diabetes and hypertension. "Unfortunately, for each of these four chronic diseases, at least 42 states saw an increase in the prevalence of each disease over the course of the Benchmarking project,' the report says.

When it comes to biking to work, increases tended to be concentrated in a handful of cities. And no national surveys provide enough data to judge how many people bike to work in any given area. Census Bureau surveys on commuting tend to undercount the role of bicycling anyway, because they ask people about their primary mode - so if you ride your bike to the train station, you get counted as a train commuter, not a bike commuter. The League complains that the bureau hasn't tried hard enough to improve data.

"Data present a pretty poor picture right now at the national level. Some states and cities are doing a good job," League Policy Director Ken McLeod said at the group's recent National Bike Summit. We think biking hasn't been increasing since 2014 but data are incomplete.'

On the plus side, however, the number of states with Complete Streets policies jumped from nine in 2007 to 34. Of the 50 largest cities, the number jumped from eight to 40. But it's not clear how thorough the plans all or or how well they are implemented.



Support Your Local **Bike** Shop!

BICYCLE SHOP DIRECTORY

Southern Utah

Brian Head/Cedar City

Brian Head Resort Mountain Bike Park 329 S. Hwy 143 P.O. Box 190008 Brian Head, UT 84719

435-677-2035

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

<u>Hurricane</u> Over the Edge Sports

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

<u>Moab</u>

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

Bike Fiend 69 E. Center Street Moab, UT 84532

Moab Cyclery Moah IIT 84532

Poison Spider Bicycles

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

Rim Cyclery 94 W. 100 North Moab, UT 84532 (435) 259-5333

Monticello

Roam Industry 265 N. Main St. Monticello, UT 84535 (435) 590-2741

<u>Price</u> **BicycleWerks**

(435) 637-2453

<u>St. George</u>

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

IBB Cyclery & Multisport

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

Rapid Cycling 705 N. Bluff Street

St. George, UT 84770 435-703-9880

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

Red Rock Bicycle Co. 446 W. 100 S. (100 S. and Bluff) St. George, UT 84770 (435) 674-3185

<u>Springdale</u>

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

Northern Utah

Al's Cyclery / Al's Sporting Goods 1075 N Main Street, Suite 120 Logan, UT 84341 435-752-5151

Joy Ride Bicycles

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

Sunrise Cyclery 138 North 100 East Logan, UT 84321 (435) 753-3294

Wimmer's Ultimate Bicycles

Logan, UT 84321

Park City/Heber

Cole Sport 1615 Park Avenue Park City, UT 84060 (435) 649-4806

Contender Bicycles 1352 White Pine Canyon Road Park City, UT 84060

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

Park City Bike Demos

Park City, UT 84060

Slim and Knobby's Bike Shop

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

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

Silver Star Ski and Sport

1825 Three Kings Drive Park City, UT 84060

Storm Cycles

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

White Pine Touring

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

<u>Vernal</u> **Altitude Cycle** 580 E. Main Street Vernal, UT 84078

Wasatch Front WEBER COUNTY

Eden/Huntsville/Mountain Green **Diamond Peak Mountain Sports**

(801) 745-0101

<u>Ogden</u>

Bingham Cyclery 1895 S. Washington Blvd. Ogden, UT 84401 (801) 399-4981

2nd Track Sports 1273 Canyon Road Ogden, UT 84404 801-466-9880, ext. 2

Skyline Cycle 834 Washington Blvd. Ogden, UT 84404 (801) 394-7700

The Bike Shoppe

4390 Washington Ogden, UT 84403 (801) 476-1600

Two Hoosiers Cyclery

DAVIS COUNTY

Biker's Edge 232 N. Main Street Kaysville, UT 84037 (801) 544-5300

Bingham Cyclery 2317 North Main Street Sunset, UT 84015 (801) 825-8632

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

Bountiful Bicycle 151 N. Main St. Kaysville, UT 84037 (801) 444-2453

Guthrie Bicycle 420 W. 500 S. Bountiful, UT 84010 (801) 683-0166

Loyal Cycle Co. 15 E. State St. Farmington, UT 84025 801-451-7560

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

SALT LAKE COUNTY

Central Valley

Cottonwood Cyclery 2594 Bengal Blvd Cottonwood Heights, UT 84121 (801) 942-1015

Flynn Cyclery 4640 S. Holladay Village Sq., Suite 101 Holladay, UT 84117 801-432-8447

Hangar 15 Bicycles 3969 Wasatch Blvd. (Olympus Hills Mall) (801) 278-1500 hangar15bicycles.c

Summit Cyclery Holladay, UT 84117 801-676-9136

Salt Lake City **Bicycle Center**

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

BikeFitr

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

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

Contender Bicycles 989 East 900 South Salt Lake City, UT 84105 (801) 364-0344

Cranky's Bike Shop 250 S. 1300 E. Salt Lake City, UT 84102 (801) 582-9870

Fishers Cyclery 2175 South 900 East Salt Lake City, UT 84106 (801) 466-3971

Gear Rush Consignment South Salt Lake, UT 84115

Go-Ride.com Mountain Bikes

2066 S 2100 E Salt Lake City, UT 84108 (801) 474-0081

Guthrie Bicycle 803 East 2100 South Salt Lake City, UT 84106 (801) 484-0404

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

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

Jerks Bike Shop 4967 S. State St. Murray, UT 84107 (801) 261-0736

Level 9 Sports 660 S 400 W Salt Lake City, UT 84101 801-973-7350

Pedego Electric Bikes 1095 S. State Street Salt Lake City, UT 84111 801-341-2202

REI (Recreational Equipment Inc.) 3285 E. 3300 S. Salt Lake City, UT 84109 (801) 486-2100

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

Salt Lake Ebikes 1035 S 700 F Salt Lake City, UT 84105

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

SLC Bicycle Collective 2312 S. West Temple Salt Lake City, UT 84115 (801) 328-BIKE

2nd Track Sports 2927 E 3300 South Salt Lake City, UT 84109 2ndtracks.com

Sports Den 1350 South Foothill Dr (Foothill Village) Salt Lake City, UT 84108 (801) 582-5611

The Bike Ladv 1555 So. 900 E. Salt Lake City, UT 84105 (801) 638-0956

Wasatch Touring 702 East 100 South Salt Lake City, UT 84102

South and West Valley

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

Go-Ride.com Mountain Bikes Draper, UT 84020 (801) 474-0082

Hangar 15 Bicycles 762 E. 12300 Sout Draper, UT 84020 (801) 576-8844

Hangar 15 Bicycles 11445 S. Redwood Rd S. Jordan, UT 84095 (801) 790-9999

Infinite Cycles 3818 W. 13400 S. #600 Riverton, UT 84065

(801) 523-8268

Lake Town Bicycles 1520 W. 9000 S., Unit E West Jordan, UT 84088 (801) 432-2995

REI (Recreational Equipment Inc.)

230 W. 10600 S. Sandy, UT 84070 (801) 501-0850

Salt Cycles 2073 E. 9400 S. Sandy, UT 84093 (801) 943-8502

UTAH COUNTY

Alpine/American Fork/Cedar Hills/ Lehi/Pleasant Grove/Lindon

Bike Peddler 24 East Main American Fork, UT 84003 (801)-756-5014

Bicycle Motion Mobile Bike Shop

77 N. 200 E. Alpine, UT 84004 385-444-6666 Eddy's Bicycle Barn 9449 N. Canyon Road Cedar Hills, UT 84062

Fezzari Bicycles 850 W. 200 S. Lindon, UT 84042 801-471-0440

801-503-7872

Hangar 15 Bicycles 1678 East SR-92 Highland/Lehi, UT 84043 (801) 901-6370

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

Trek Bicycle Store of American Fork Meadows Shopping Center 356 N 750 W, #D-11 American Fork, UT 84003 (801) 763-1222

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

<u>Payson</u> **Nebo Peaks Cycles** 36 W. Utah Ave Payson, UT 84651 (801) 465-8881 k.com/NeboPeaksCyclesUtah

Provo/Orem/Springville Al's Cyclery / Al's Sporting Goods 643 East University Parkway Orem, UT 84097

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

Hangar 15 Bicycles 187 West Center Street Provo, UT 84601 (801) 374-9890 hangar15bicycles.com

Level 9 Sports Orem, UT 84057 801-466-9880, ext. 3 levelninesports.com

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

Noble Cycling Spanish Fork, UT 84660 (801) 798-6624

CYCLINGWEST.COM

Racer's Cycle Service

Provo. UT (801) 375-5873

Society Cycles

Orem. UT 84097 (801) 225-0076

Taylor's Bike Shop

Provo. UT 84604 (801) 377-8044

ARIZONA

Flagstaff

Absolute Bikes

202 East Route 66 Flagstaff, AZ 86001 928-779-5969

<u>Sedona</u>

Absolute Bikes

6101 Highway 179 Suite D Village of Oak Creek Sedona, AZ 86351 928-284-1242

Over the Edge Sports

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

CALIFORNIA

Tour of Nevada City Bicycle Shop

Nevada City, CA 95959 530-265-2187

Dr. J's Bicycle Shop

1693 Mission Di Solvang, CA 93463 805-688-6263

COLORADO

<u>Fruita</u>

Colorado Backcountry Biker

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

Over the Edge Sports

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

WYOMING

Jackson Area

Fitzgeralds Bicycles

Jackson, WY 307-201-5453

Hoback Sports

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

Hoff's Bike Smith

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

The Hub

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

Teton Bike

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

Teton Village Sports

3285 W Village Drive Teton Village, WY 83025

Wilson Backcountry Sports

Wilson WY 83014 307-733-5228

IDAHO

<u>Boise</u>

Rnh's Bicycles

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

Boise Bicycle Project

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

Custom Cycles

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

facebook.com/Custom-Cycles-1071105139568418

Eastside Cycles

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

George's Cycles

Boise, ID 83702 208-343-3782

George's Cycles

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

Idaho Mountain Touring

1310 West Main Street Boise, ID 83702 208-336-3854

www.idal

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

TriTown

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

Rolling H Cycles

115 13th Ave South Nampa, ID 83651 208-466-7655

Victor/Driggs

Fitzgeralds Bicycles

20 Cedron Rd Victor, ID 83455 208-787-2453

Habitat

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

Peaked Sports

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

Idaho Falls

Bill's Bike and Run 930 Pier View Dr Idaho Falls, ID

208-522-3341

Dave's Bike Shop 367 W Broadway St

Idaho Falls, ID 83402 208-529-6886

Idaho Mountain Trading

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

Intergalatic Bicycle Service

Idaho Falls, ID 83401 208-360-9542

<u>Pocatello</u>

Barries Ski and Sport

624 Yellowstone Ave Pocatello, ID 208-232-8996

Element Outfitters

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

Element Outfitters

1570 N Yellow Pocatello, ID 208-232-8722

<u>Rexburg</u>

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

Twin Falls

Epic Elevation Sports

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

Spoke and Wheel

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

Cycle Therapy

1542 Fillmore St Twin Falls, ID 83301 208-733-1319

<u>Salmon</u>

The Hub

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

Sun Valley/Hailey/Ketchum

Durance

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

Power House

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

Sturtevants

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

Sun Summit South

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

The Elephant Perch

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

NEVADA

Boulder City

All Mountain Cyclery

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

Las Vegas

Giant Las Vegas

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

Las Vegas Cyclery

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

Need a new job in the biking industry?

cyclingutah.com/jobs

for new listings from bike shops and companies!

It's free to post a job or view.

Email dave@cyclingutah.com to post a new job.

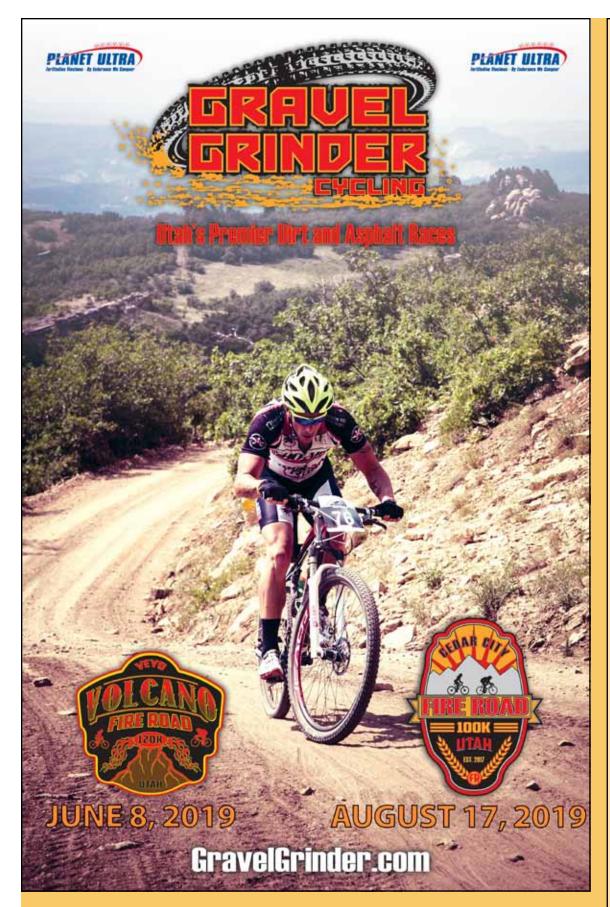


INJURED IN A **BICYCLE ACCIDENT?**

Protecting the Rights of Injured Cyclists

FREE CONSULTATION: 801-214-0954

UTAHBICYCLELAWYERS.COM



utahbikinglaw

Proud to support



Riding to make a difference





COACHING

Six Tips to Get Started With Intervals

By Sarah Kaufmann

Maybe you are familiar with intervals, maybe you have followed a structured interval workout on your trainer over the winter, maybe you have heard your friends talk about doing intervals. In a nutshell, intervals are repeated efforts with recovery between. 'Intervals' of work, interspersed with recovery. The reason they work is because with the recovery between, you are able to more consistently hit power or effort targets than just going out and trying to go hard the whole time. (Because you will fade). Riding of any kind will improve your fitness. But we are all strapped for time and doing intervals will be your most efficient use of ride time. Of course, lapping a climb for a set of intervals may not be as interesting as riding a loop with fun, interesting scenery. But you can do that too! Save your looping, adventure/ exploration rides for the days you have more time and you will ride at a lower intensity. For time crunched days, try intervals! Here are a few things to keep in mind as you test the interval waters;

- 1. Not all intervals should be at a maximal effort. Depending on the type of intensity required for your goal event(s), the time of year, and your current fitness, you may do intervals at a range of intensities and/or with a range of goals. You may have a goal based on a rate of perceived effort, heart rate, power, cadence, or other objectives.
- 2. Intervals can vary in more than intensity and duration. You will change the training effect by adjusting the amount of recovery between, how hard you start or finish the interval, adding surges, changing cadence, incline, and
- 3. As I mentioned, intervals may be targeted around goals other than watts or effort but that is the most common type of interval. For example, you might do a set of four intervals of 10 minutes at tempo power/effort and work your way up to three to four 20 minute intervals of that power/effort. You might do six times two minutes of VO2 power/effort and work your way up to nine times and/or up to four to five minutes. The types, reps, and duration will vary dramatically depending on your current fitness and goals.
- 4. You don't need a power meter to do intervals but it will allow

you to perform the intervals more precisely. Remember that if you train by heart rate zones, your heart rate is a response to an effort. It is your body's response to how hard you are pedaling. But it doesn't say anything about objectively how hard you are pedaling (how many watts you are producing). What your response is (your heart rate) can be affected by how tired you are, if you are dehydrated or hungry, if you are hot or cold, if you have had caffeine, if you are tired, and a myriad of other factors. Not to mention heart rate is lagged so will not catch up to your effort for some, even many minutes.

5. Based on the above, if you are not training with a power meter, your rate of perceived effort may be a more accurate training metric than heart rate. Most people have little faith in their ability to assess rate of perceived effort but when blinded against a power meter, most of us are pretty good. Think of the rate of perceived effort scale from 1-10 like this:

Active Recovery: 1-4 (very easy, soft pedaling or not much more)

Endurance: 4-5 (you can chat but you are starting to work)

Tempo: 6-7 (hard endurance pace, conversation only in brief phrases between heavy breathing)

Threshold: 8 (hard, about the max you could sustain for an hour, single word answers, conversation not possible)

VO2: 9 (hard surges for a several minutes)

Anaerobic Capacity: 9-10 (just below sprinting)

Sprinting/Max: 10+

6. Don't overshoot. Start the set of intervals and each individual interval conservatively. The worst way to do an interval is to overshoot and either have to back off or stop completely. Better to be conservative, hold steady, ramp up if you have something left, and finish strong!

These tips give you a beginners idea of training with intervals. For further information or coaching inquiries, please contact me through one of the means below. I'll see you on my favorite interval hill!

Sarah Kaufmann is the owner of K Cycling Coaching. She is a professional XC and CX racer based in Salt Lake City, Utah. She can be reached at sarah@kcyclingcoaching.com or 413.522.3180.

BIKE FIT

The Spend Doesn't End (with the purchase of a bike)



Worn bike cleats don't work very well, and once is not enough though. sometimes keep you stuck to your pedals. Helmets have a life span, Photo by John Higgins

By John Higgins

By John Higgins

Experienced cyclists know that the opportunity to spend money on their chosen pastime is boundless, some driven by want and some that is needed. Novice cyclists in many cases have not come to this realization, and think that once they have outlaid a substantial sum for a bicycle that cycling is a free sport. Let's put a thorn in that tube right now. Buying a bike is just the start of a long journey of cycling expenses, some of which you may expect and many of which you won't. Let's get on the audit trail....

Sensible Accessories

When I worked in mainstream bike shop land, I was always surprised by the number of new bike purchasers who flatly refused to think it would be in anyway beneficial

to have a waterbottle cage, waterbottle, seat bag, spare tube, patch kit, tire levers, multitool and chain lube. You can get away without some or all of these things for a while, but there is no fun cycling with a parched throat or being stranded by the side of the road with a breakdown that could have been repaired – especially if you are in a cell phone deadspot. Boy scout motto: be prepared". Allocate some new bike budget to sensible accessories.

Attire

You can ride in whatever you like. But cycling shorts, gloves and helmet enhance the experience. It only took my first case of saddle sores on my first long distance tour in cotton shorts to gain a true appreciation for the potential value offered by padded cycling shorts. Buying once is not enough though. Helmets have a life span, and need replacing. Gloves

wear out, and cycling shorts wear out. Ride, wear out, replace.

Maintenance

A bicycle is a machine, with mechanical moving parts, and increasingly hydraulics and electronics as well. Machines need maintenance. Cleaning, lubing, greasing. Maintenance has a cost – your time or someone else's in return for dollars, but it can help extend the lifespan of the moving parts on a bicycle, and those things cost even more money.

Parts

Brake pads, chains, chain rings, cassettes, bearings, cables, batteries, tires. All of these things have a useful life, and the more you ride (and sometimes when you don't), theses things wear out and need replacing. Let your chain get too worn out and it's going to take the chainrings and cassette with it, turning a low cost

Docked or Dockless Bike Share?

Freeing shared bikes from docks does wonders for increasing use. Or so experience in China shows. Docked bicycle systems became popular in China back in 2008. Dockless ones weren't introduced till 2016. In the first year since then, they took off so rapidly in more than 200 cities that they made docked systems "appear insignificant," reports To Be or Not to Be Dockless: Empirical Analysis of Dockless Bikeshare Development in China, a paper from the Institute of Transport Studies in Clayton, Australia.

Dockless systems grew so fast, however, that they overwhelmed cities and caused some to start regulating. Most trips are by young riders to and from work, with an almost equal number of males and females.

The authors conclude, however, that docked and dockless systems come with their own advantages and disadvantages and one might work better than another in a given city. Larger cities with plenty of transportation choices probably prefer dockless. Docked systems tend to work better in medium-sized cities where a higher proportion of people drive to work.

Find the report at https://tinyurl.com/y43yrrns.

-Charles Pekow



Saddles wear out! Time to get a new one? Photo by John Higgins

part replacement into a high cost part replacement. Last weekend my mountain bike shifters decided they were done with performing a thankless task. Broken internals. Time for new shifters. Not an expected repair, but one that made its need known suddenly and effectively.

Contact Points

You might have expected all of the previous categories, but this one catches out many people unaware. Stuff that doesn't move also wears out, due to its important role connecting you to the bike. Saddles for example. The rails bend, the padding breaks down, the outer fabric gets scuffed or torn. Saddles are a consumable item. Expect to replace your saddle at some stage because it wont last as long as the bike as a whole, and that's even if it's comfortable (or was comfortable).

Using cycling shoes and pedals? When is the last time you looked closely at your cleats? These things last about a season or two, not a lifetime. And the shoes they are attached to will also wear out.

Handlebar tape breaks down from pressure and UV light, and can get manky from exposure to your grubby, greasy hands. Is it time for new tape or grips?

Events

How about going in a charity ride, gran fondo or race? Now you are up for event registration fees, fund raising, travel and accommodation. Not to mention food – lots of food! And of course, to do your best you will no doubt want some sports bars, gels, electrolytes, recovery drinks and maybe even a post event massage. Still think cycling is cheap? Yes! Time to add a coach, training plan, indoor smart trainer, power meter and a Zwift subscription.

Upgrades

Now we venture into the realm of want, and your susceptibility to cleverly constructed marketing campaigns designed to imply that your bike is not good enough, or you are not good enough, or you're not keeping current unless you buy X. Beware the smoke. Beware the mirrors. But heh – it's your cash. Spend it how you like!

N+1

The ultimate upgrade. A whole new bike! Woo hoo! Now we are back to square one. That new bike needs some new accessories. And you need a new kit to ride in, and now an extra bike needs maintenance, and parts and contact point items, and upgrades. You can see where this is going right? It's a journey. There is no end to the spend!

John Higgins is a professional bike fitter and purveyor of unique and boutique bicycles and fit-related components and accessories in Salt Lake City. More info on bikefitr.com



MECHANIC'S CORNER

Shifting Business – B Tension



B-Gap is always measured when the drivetrain is in the absolute (easiest) climbing gear. In this case, the 1x11 drivetrain is oriented with the chain and derailleur in the 42 tooth position. The measurement is tooth to tooth, as seen here. Photo by Eric Ramirez

By Eric Ramirez

In our last article Shifting Business Rear Derailleur Discussion, I discussed setting up the rear derailleur. I hope you read it and it helped establish your already growing knowledge of derailleur adjustment. This issue I will discuss the B-Tension adjustment. I'm devoting this article entirely to the matter because B-Tension is not very easy to figure out. This is proven by the wide range of improperly adjusted B-Tension screws I come across. The most important part of this is knowing why it is there and what it does.

What is B-Tension?

B-Tension is an adjustment using that mysterious third screw on the back of your rear derailleur. Its proper adjustment is the final step to clean and quiet shifting. It also provides a degree of chain tension assuming:

1.Chain is properly installed and the right length.

2.Rear derailleur cage is appropriate length for your chainring, yes chainring, configuration (I.e., 1x, 2x, or 3x) - Fewer chainings, shorter the cage can be.

3.High and low limits properly adjusted.

4.Cable tension is properly set.

The more B-Tension the derailleur has, the further from the cogs it will naturally sit. This is generally called B-Gap. This allows the chain to have a certain amount of flection as it travels from the upper (jockey) pulley of the derailleur to the cogs. Using larger climbing cogs usually demands a larger B-Gap.

Despite the differences in the derailleur design, B-Tension always performs the same job. It transcends almost all rear derailleurs, except the most inexpensive units. It is not marked by an "L" or "H". The screw that makes the adjustment either contacts the derailleur hanger either directly or indirectly. Some units are spring loaded - allowing for dynamic

Locate the B-Tension Screw

chain tension - while others are static.

Almost all rear derailleurs are slightly different in regards to B-Tension location. Finding this screw could be as simple as locating the non-marked screw. Other derailleurs may take guess work. Get to know your derailleur by getting close and inspecting or searching on the internet for specifications.

Identify the Need to Adjust

If the jockey pulley sits too close to the cogs, it will struggle to shift. This is most notable when shifting into the largest cog. The chain is forced into a sharper angle moving from one cog to the next. As the chain bounces around on the edges of the teeth, it misses the shifting ramps of the cassette cogs. And it won't shift unless it is forced.

Conversely, the gap could be too large and then shifting simply becomes unpredictable and erratic. It worsens when shifting into the smaller cogs. If there is way too much of a gap it will even struggle to get to the smallest cog. One must find the sweet spot.

Double check your "low" limit (covered in previous CW issue) to be sure that the derailleur is actually getting to the lowest cog. If it is, then the B-Tension is likely the culprit. The derailleur may have too large or too small of a B-Gap.

Adjustment

Locate your B Tension adjustment screw and find the correct tool to do the job. (Hint: Phillips head screws usually work better with JIS screwdrivers). My first move is to shift the rear derailleur to the lowest geared cog. Then, supposing there is more than one chainring, shift into the smallest chainring. If there is no B-Gap, the upper derailleur pulley will look like it is dragging on the cog as the chain passes between them. On certain configurations this will make a rumbling sounds as it is



SRAM's tool in action - The lines clearly show where to hold the tool. The Silhouette matches the iockey pulley and 50 tooth cog. Photo by



SRAM designed this handy tool for setting the B-Tension on their Eagle drivetrains (12 speed, single chainring, 10-50 tooth). Photo by **Eric Ramirez**

pedaled in the work stand.

If there is a gap then back off on the B screw until the derailleur's upper pulley appears to almost touch the cog. This is your control point. It is where technicians start the B-Tension adjustment process.

From this point progressively turn the B Tension screw 1/2 turn at a time clockwise, or in. Pay close attention to the B-Gap. As the derailleur starts to pull down and away from the cogs, try shifting again. Sometimes, it requires the smallest gap.

If it offers the same result, repeat the steps by adding 1/2 turn at a time. Shift again.

Does chain change gears?

Is it a clean and quick shift?

If so, shift through the range and make sure that all gears are crisp and clean. If you have made a rather large correction to the B-Tension, you may need to adjust your low and high limits, and, possibly, cable tension.

SRAM Rear Derailleurs

What about SRAM derailleurs? Their road rear derailleurs typically have a 6mm B-Gap. Their 1x11 drivetrains require roughly a 14mm

ADVOCACY

Lessons from the National Bike Summit - Working with Reluctant Officials

By Charles Pekow

Maybe you live in a community with a mayor not very sympathetic to bicycling. Or commissioners on your county board represent the boonies where no one cares to bike. Does that mean you can't convince local government to support bike projects?

It may mean broken glass on the path but it doesn't mean it will give you a flat that you can't fix and move on. A mayor and an advocate from Nebraska explained at the 2019 Bike Summit of the League of American Bicyclists how bike advocates can deal with decision makers who appear unlikely to support bike projects.

Bellevue, NE, a suburb of Omaha, wanted to build a bike path to neighboring Offutt Air Force Base, mainly for the benefit of commuters, explained Rita Sanders, who completed her second term as Bellevue mayor at the end of last year. But the board of nearby Cass County "is a very conservative forum. They don't want bicyclists riding there," she said. But the board had to approve bike lanes over a bridge on the route.

"Farmers said if we have bicyclists going over the bridge, our tractors will not be able to go over it," Sanders said, explaining the opposition. Transportation officials promised to work with the farmers to ensure their tractors could get around.

So to put some pressure on the board, advocates for the route sought approval from everyone else first. Five other cities and county boards along the route approved it. Since they realized they were the only ones standing in the way of a popular project, the board ultimately voted 4-1 to OK the project. "There is always some commission who does not vote on reason or fact," Sanders said.

And if you can't get a Complete Streets policy that requires bicycles to be considered in every project, take it one project at a time, advised Julie Harris, executive director of the Nebraska Bicycling Alliance.

For additional information, see https://2019nationalbikesummit.sched. com/event/JmxG/building-coalitions-of-support-in-red-states



The B-Tension Screw almost always contacts the frame directly or indirectly. The part of the frame it contacts is called the derailleur hanger or derailleur tab. Photo by Eric Ramirez

B-Gap. Their 1x12 derailleurs come with a really neat tool. It's translucent red and fits behind the low gear and upper pulley. Adjust the B Tension to these measurements and it is generally smooth sailing. Depending on mountain bike suspension designs and drivetrain wear, B Tension measurement may vary. Thus, this article is still relevant to SRAM derailleurs.

Be Patient - Don't Throw Wrenches or Bikes

Working through the shifting and tensioning process can take some time, especially if this is an adjustment you have never done before. The experience of a seasoned wrench may be what you need on this one. But hopefully you have a better pic ture of why B-Tension is there and what it does for your ride.

Eric has 20 years experience 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.

GEAR PICKS

SCC Slick Chain Lube Review



SCC Slick is a new chain lube. Photo by Eric Kramer

Len Waldron. The genesis of the formula started many years earlier when Len was in the Army and grew frustrated with the lubes available for use with his rifle. They prevented rust but didn't lubricate well under heat and pressure and didn't do anything to prevent buildup and contamination, all things that can lead to a inoperative weapon which, unlike our high-end drivetrains, can be a matter of life and death. Len spent seven years perfecting that formula and came to the realization that it had great potential for bicycles, so he teamed up with Kevin Van Loon who used his 20+ years of cycling racing and industry experience to optimize the formula for the needs



Before. Photo by Dustin Ott



After. Photo by Dustin Ott

By Eric Kramer

When my buddy told me he had some new chain lube to try, I brushed it off. After years of trial and error trying to keep my drivetrain running smooth in Utah's ultra dry conditions, I had a routine that worked.

Then one day I ran out of my usual lube, and since I had that tiny sample bottle of SCC Slick still laying around, I figured it was as good a time as any to try it. Being just a few ounces I figured I'd use it up in a few rides then go back to my usual lube. Fast forward an entire season later and I'm still using that tiny bottle of SCC Slick.

I'll get to my impressions of the lube, but first, since they are a local company, a little about SCC Tech. SCC Tech was founded in Salt Lake City, Utah by Kevin Van Loon and

of bicycle drivetrains. They named it SCC because it's designed to run Silent, Clean & Cool.

After applying SCC Slick, I immediately noticed a new level of quiet and frictionless operation. You can apply it by either a single drop on each link or carefully squeezing the bottle while spinning the cranks so each link ends up with a dollop of the blue stuff. Spin the crank a bit, let it settle for at least five minutes minutes, then wipe it down. The chain will feel slick to the touch, hence the name.

SCC Slick has many impressive qualities but the fact that I'm still using that original sample bottle illustrates perhaps its most defining quality: its longevity. My previous routine was to re-apply lube after most rides, but with SCC Slick, I was pleasantly surprised that I could get a week or two of heavy riding with

smooth and quiet drivetrain performance.

Not having to apply lube all the time is surprisingly liberating. Just ask Joe Spataro who completed the six day Trans BC Enduro race on a single application of the stuff. Since you can go more rides between applications, you're a lot less likely to have that sinking feeling at the start of a ride when you realize your chain is dry because you forgot to lube it (which is a pickle since most dry lubes take several hours to dry before you can ride them). If you do want to lube up before a ride, it's no problem because it only needs five minutes to penetrate and settle.

SCC Slick's performance in the dry would be enough to make it a standout performer, but where other dry lubes are nearly useless in the wet, SCC Slick performs quite well. Last summer I left the dry dust of Utah for the wet loam of the Pacific Northwest. I rode in driving rain on soaked trails and SCC Slick performed well and clung to the chain.

SCC Slick also acts like a degreaser. You don't even need to clean your dirty chain before applying it for the first time. Just apply, ride, and your chain will clean itself, especially if you do a quick wipe down after each ride.

SCC Slick may seem expensive for a small bottle, but it's actually far more cost effective than any lube I've ever used before. I use it on my mountain, cross and road bikes, and after a season of heavy riding, I still have some left in that original sample bottle. Everyone I know who has tried SCC Slick has made the switch because it greatly simplifies the cyclist's most common maintenance task by allowing you to use one lube, sparingly, on any bike, in any condition.

Q and A with the SCC Tech Founder Kevin Van Loon

Without divulging any secret formulas, can you tell us a little about the science behind your lube and why it works the way it does?



Applying SCC Slick. Photo by Dustion Ott

SCC SLICK uses 4 major comonents:

- 1. A high-quality synthetic lubri-
- 2. A penetrant capable of reaching micro-crevices as small as a millionth of an inch
- 3. A detergent that floats contamination previously trapped in the micro-crevices of the chain to the surface to be wiped off post ride.
- 4. A dispersant that prevents readherence of contamination

We then incorporated a special addictive that both binds the 4 major components together and also has an affinity for metal (think of it as a chemical magnet), which helps SCC SLICK to adhere to the chain evenly, consistently and for longer periods of time.

This combination allows SCC SLICK to work its way deeper into your chain, resulting in improved performance over time. As one SCC SLICK user said; "3 rides in is when you start to see the real magic happen".

Do you have any additional suggestions for how to apply it?

Applying SCC SLICK is not complicated, but it is different and can be summed up as:

Apply a small drop of SCC SLICK to each chain link, wait five minutes then proceed to wipe the chain thoroughly. Then following the first 3 to 5 rides, without reapplying, wipe the chain thoroughly.

We recommend reapplying every 25 hours of ride time, even if the

chain seems to be running silent and smooth. We recommend this because noise prevention is only one aspect of what SCC SLICK does, its protective and lubricating properties do tend to fatigue, so to keep that smooth chain feeling going we've found it's best to re-apply approximately every 25 hrs or in the instance you notice a decrease in performance or noise.

What's it like starting a new company in the cycling industry? Any advice for someone thinking about jumping in?

It's been fun, challenging and a lot of hard work. I personally love cycling and the cycling lifestyle and I firmly believe everyone should make riding a bike part of their regular lifestyle routine, so for me I've really enjoyed the opportunity to branch out and meet others who feel the same way throughout all the different sub groups of the cycling community. My advice to others is to be sure your capable of obsessing over every little thing that has to do with your product / service that comes to market be and be willing to recognize mistakes and come up with a process to recognize and reconcile, so you're able to move past setbacks as quickly as possible. Personally the big thing I had to recognize was the importance of valuing people and relationships. As difficult as it might be to ask for you're going to need it, so it important to demonstrate appreciation and gratitude, because those individuals offering up their help sure aren't doing it for the money.



SEA OTTER CLASSIC

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



Cat 3,4 and 5 Sea Otter Classic women's road crit. Photo by John Shafer, photo-john.net

Cycling West photographer Photo-John traveled to the Subaru Sea Otter Classic from April 11-14, 2019. The annual bike festival draws over 9000 athletes, 75000 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 1000 brands in the expo. The Sea Otter is billed as the world's largest cycling festival.

Photo-John, a.k.a. John Shafer, is an action sports, commercial and event photographer based in Salt Lake City, Utah. To learn more about Photo-John and his photography, please visit his web site, Photo-John.net.



Sea Otter Classic attendees check out exhibitor booths on the first day of the annual spring cycling festival. Photo by John Shafer, photo-john.net



Share your love of cycling with your kids by bringing them to the Sea Otter Classic. Photo by John Shafer, photo-john.net



Trials rider Fabio Wibmer pulls a backflip in the finale of the Drop and Roll trials show. Photo by John Shafer, photo-john.net



Sea Otter is for families. Photo by John Shafer, photo-john.net





Top qualifier in the men's pro dual slalom, Santa Cruz Syndicate rider Loris Vergier got taken out in the second round of the finals. Photo by John Shafer, photo-john.net



Youn Deniaud, throwing some style in the pro men's dual slalom finals. Photo by John Shafer, <u>photo-john.net</u>



Joey Foresta (right) and lago Garay Tamayo, duking it out in the first round of the men's pro dual slalom finals. Photo by John Shafer, photo-john.net



Steep climbing on the cross country race course. Photo by John Shafer, photo-john.net



The Giant Factory offroad downhill men, having a little fun on the road before the big race. Photo by John Shafer, photo-john.net



ing Sunday morning downhill practice. Photo by John Shafer, photo-

john.net

A closing beauty shot from the 2019 Sea Otter Classic - the SRAM race support team all lined up and ready to hit the road. Photo by John Shafer, photo-john.net

Learn More: www.ElDoceUTAH.com

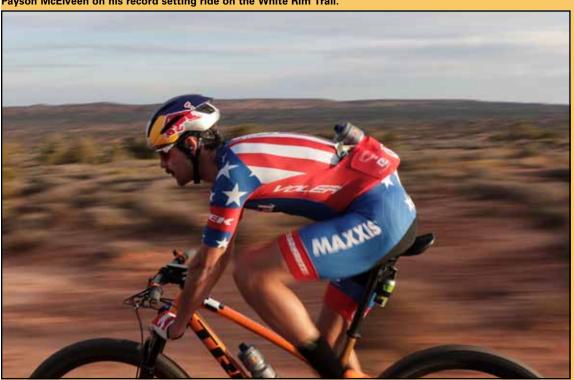


MOUNTAIN BIKING

Payson McElveen Crushes the 100 Mile White Rim Trail Record



Payson McElveen on his record setting ride on the White Rim Trail.



Payson McElveen rides his Orange Seal Trek Off Road Top Fuel on the White Rim Trail.

Fastest Known Time (FKT) Beat by 14 Minutes; New Challenge Issued to Community

MOAB, UT (March 28, 2019) -After a fantastic season opener win at the Landrun 100, Payson McElveen decided to tackle one of the most iconic records in American cycling: the White Rim Trail. On Wednesday, March 27, 2019 at 7:39AM McElveen charged through the start line on his Orange Seal Off-road Trek Top Fuel and sprinted deep into Canyonlands National Park for a near six hour sufferfest in an effort to break Andy Dorais fastest known time of 5:59:34.

McElveen rolled across the finish line in an incredible 5:45:16.

What inspires a person to tackle such arduous feats of fitness?

PM: The only way to get better is to explore your boundaries, and I knew tackling this epic loop as fast I could would push me to my absolute limit. Also, as long as I can remember, the payoff of effort and struggle has brought incredible happiness to

my life. If I'm in a beautiful place, I just naturally find myself wanting to see what's around the next turn or over the next rise. Those places seems to call for us to give our full effort-it feels natural to celebrate these places by giving nothing but your very best.

Your father played a big role in your push today, how did it feel having him there?

PM: My dad (Mike McElveen) introduced me to the bike, and though he never pushed me to chase racing or goals, always supported my dreams. In the twenty years we've been riding together, there are just too many memories to keep track of. Directly and indirectly, the bike has shaped and guided my life. Both he and my mother Kathy have been adventurers most of their lives, and it's permeated my family's history. They are my greatest heroes, and remain the people I most want to be like. It was unfortunate that my mom couldn't make it on this trip, but having my dad there was incredibly special, and gave all the inspiration I needed to give a true, full effort.

how does one get ready for this?

PM: The training process for this FKT attempt in some ways has lasted my entire riding career, but my coach and I definitely dialed in specific training starting about four months ago. I did more 5+ hour rides this winter than the rest of my years riding a bike combined. I also was racing time a bit, as a nagging tricep tear added a challenging rehab element. That arm still isn't at 100%, but thanks to diligent strength work at Red Bull's High Performance Center and back home in Durango, it recovered just enough to get through all the miles of bumpy rocks on the

The mental side also posed a unique challenge. I've done plenty of long races, but when you're going head-to-head with other athletes, the races ebb and flow and keep you constantly engaged. A solo time trial effort of this duration was something totally new for me, and required another level of focus. Letting up for even just a few minutes could've made the difference between success

Aside from the devilish post-Walk through your preparation, ride calf cramps, what were your



A shattered Payson McElveen at the end of the ride is greeted by his father.

highs and lows from the endeavor? What's vivid?

PM: A high was definitely getting to my first checkpoint 13 miles in and being over three minutes ahead. That set the tone, and was important for me mentally. Riding a few hundred yards with a herd of wild horses was memorable, too. I tried to harness some of their power and confidence in that heinous environment. I felt so good for the first four hours, unstoppable. I actually had to keep yelling at myself to slow down and adhere to our pacing strategy. The low was literally and figuratively hitting a wall in the last hour. The 2,200 foot climb out of the canyons broke me physically and almost mentally. I had to dig deeper than I ever have. I was using every mental strategy I'd learned, and the support of my team, dad, sponsors, film crew, and spectators that had shown up helped lift me to the finish. Rolling across the finish to the welcome party and sharing hugs after all that went in to this was an enormous highlight. Also drinking just about every type of cold beverage and laying the dirt for 20 minutes was up there, too.

On the scale of slowly peeling off a Band-Aid for 6 hours to absolute torture on two wheels, how did

PM: Because it's so long, you have to pace it very carefully. The first 4 hours really weren't too bad. I started falling apart in the last hour, and that was unequivocally the toughest hour I've had on a bike to date. A Band-Aid is child's play. We get to peel those off pretty regularly

What's your advice for someone looking to take a swing at your record? What's up for grabs if they beat you?

PM: One of the goals of the project was to standardize an FKT loop. The way Andy routed his, by starting at the bottom of the last major climb, is undoubtedly a faster way to do it. However, I believe that way is logistically prohibitive for a lot of people. We wanted to start and end at the most commonly used parking lot. I hope this project might inspire more folks to get out and enjoy this beautiful place, whether it's going for the FKT or enjoying it over the course of multiple days. If you'd like to go after my record, I'd recommend planning your ride when wind and surface conditions are the most favorable. Also definitely ride a full-suspension. Holy bumpiness. Also remember that if you're pacing it correctly, the first 50 miles really shouldn't feel very hard. Have a well-thought-out fueling strategy. ate 300 calories per hour, which requires eating almost every 20-30 minutes. We're having an official FKT trophy being made, so if you go beat my time using the same start and end point, I'll ship it to you. Records are made to be broken, so I hope the trophy exchanges hands many times!

Where's #VanLife taking you

PM: Luckily I have a bit of break now from racing! I think I may drive up in to the mountains of Durango and try to enjoy my backyard for a few days. That's not something I get to do often enough. Following that, the van and I will be road tripping to Prescott, AZ for the Whiskey

Off-road at the end of April.

About Payson McElveen

Payson McElveen grew up in Austin, Texas and he's the son of a mountain bike racer. He first started riding a bike at age four and began racing by 14. A natural on his bike from the beginning, he's been a member of USA Cycling's National Team since he was 17. When it was time to choose a college, it made sense that he picked Fort Lewis College, located in the mountain bike hub of Durango, Colorado.

In Durango, McElveen became a five-time national champion on the collegiate mountain bike circuit and juggled his academic schedule with a packed lineup of mountain bike races. He graduated in 2016 with a degree in exercise science and a minor in English and quickly set out to follow his dreams of becoming a professional mountain biker. "I want to use my bike as a vehicle to see the world and take advantage of all these amazing races that are happening,"

So he did just that. In 2016, he won the Mongolia Bike Challenge, a six-stage race that Outside Magazine called the hardest mountain race on Earth. He had a breakout season in 2017, racking up major victories, including a win at the USA Cycling Marathon Mountain Bike National Championships, where his dad was also racing.

In addition to his bike racing, McElveen has also raised funds for the World Bicycle Relief, worked with development programs that train young cyclists, and he has plans to launch his own non-profit organization that gives back to cycling. A passionate van builder who lives out a customized van when he's on the road, McElveen says he loves bike racing nearly any distance, but it's the long, endurance races where he feels most at home. "I've come up with the majority of my most successful ideas during really long or hard rides," McElveen says. "It strips everything else away and tells you what you're made of."

MOUNTAIN BIKE RACING

Tinker and Felder Win 2019 Tinker Classic

By Cimarron Chacon

There was a loud bang and bright colors lit up the dark skies over the Spicer Ranch this past 4-20. The crowd of racers, riders, and family cheered as the opening ceremony - a 15-minute fireworks show - kicked



The riders set off from the start in the 2019 Tinker Classic. Photo by David Spicer

off the 3rd Annual Tinker Classic Off-Road Cycling festival. The festival includes a tough 70-mile off-road race, a 40 mile gravel grinder, all in a 3-day festival atmosphere with vendors, demo bikes, and homemade ranch food and beer.

The Classic 100 K (70 mile) race consists of 2 loops that transition in the town of Beatty. The lead pack of 5 came in within seconds of each other after lap one, led by John Nobil (Bear Valley Bikes) and Josh Onarhiem (IBB Cyclery), with Tinker (Cannondale) and Samuel Brehm (BVB), and Stewart Gonzales (BVB) coming in a minute behind together to rounding out the lead pack. But Tinker is known for holding back in a long race and making his move at the end. This was exactly what he did, passing Samuel Brehm just before Feed 5, and giving himself a minute and a half lead by the finish. This was the second year that Samuel has chased Tinkers wheel only to miss the win. Stuart finished 3rd, with John and Josh taking the final 2 podium spots. The only female to race this year was Amanda Felder, also Team Bear Valley Bikes, had a respectable showing, taking 11th over-all.

It is expected that 2020 will be the year that Samuel will finally take the top spot at the Classic 100K as Tinker no longer plan to race in his namesake event. Instead he will share his time with all by shaking hands and dishing out high-5's at the finish-line after leading the Gravel Grinder out. So make your plans to join the Tinker Classic 2020 in Beatty, Nevada on April 18th.

For more information, visit tinkerclassic.com

See full results in the results section of this issue.

Reach Cyclists in 8 Western States! UT, ID, CO, NV, MT, WY, AZ, CA Advertise in Cycling West!

Email:
<u>dave@cyclingutah.com</u>
Web:
<u>www.cyclingutah.com/advertising</u>-info/

GEAR PICKS

The Santa Cruz Stigmata is an Amazing Bike to Ride on Road or Gravel



The Santa Cruz Stigmata is perfect for road and gravel. Photo by Steven L. Sheffield

By Steven Sheffield

I'm an old-school roadie. That means that I tend to favor lugged steel frames, Campagnolo components, and tubular wheels and tires, so it has to take something special to get me to make a change.

My primary ride for many years has been a 2003 Richard Sachs signature road bike, initially built up with 10-speed Campagnolo Record group and handbuilt Campagnolo tubular wheels. After a brief period with SRAM Red, it is currently built with an 11-speed Campagnolo Chorus group.

Then I tried something new.

The Santa Cruz Stigmata was my first carbon bike, my first disc brake bike, my first bike with tubeless wheels, and my first Shimano-equipped (I got mine built with an Ultegra 6800 2x group) bike since 1994. My frame sports one of the 2017 colorways. The only difference between 2017 and 2018/19 frames is the paint; materials and construction are otherwise exactly the same.

Impressions? Oh my freaking heck (that's a Utah-ism for those who don't know), the Stigmata is an amazing bike to ride, both on road and on gravel, especially once the Utah snow melts, and the unpaved roads go back to their usual hard-

pack state rather than rutting out muddy slop pits.

Yup; this bike is a potential quiver killer for me. If I had to limit myself to just ONE bike, well ... umm ... the Campy-equipped Richard Sachs would win out (I am never getting rid of that bike); but if I got to keep TWO bikes, the Stigmata would be the second one.

I even really like the Shimano Ultegra 6800 components, which is hard for me to admit as a Campy guy. Shifting is spot-on, and Ultegra's qualities as one of Shimano's workhorse groups are hard to beat. Anecdotally, I'd say that Ultegra has 99% of the performance of Shimano's top-tier Dura Ace group, but at about 60% of the price. For a bike designed to be ridden in rough conditions, Ultegra is arguably the better (and certainly more durable) option

I was initially worried about the disc brakes being grabby compared to all my rim brakes, but so far, I feel like I still have good modulation when feathering the brakes to control my speed going into a curve, but have all the stopping power I need when I need to grab the brakes. I am a firm believer in disc brakes on a "road" bike now.

With the stock wheels and 700x40 Maxxis Rambler tires setup tubeless, the Stigmata came in at 18.7 lbs. with Time ATAC 4 pedals. The Rambler is Maxxis's first attempt at a gravel-specific tire. While it is not as popular amongst the gravel set as the offerings from other tire makers, it definitely has a great tread pattern for most riding conditions other than mud.

While the frame and fork will easily fit the 700x40 Ramblers, the one downside that I have found is that tire clearance

is not quite as generous as other gravel bikes, and thus the Stigmata does not fit 650b/27.5" wheels with suitably wider tires, and skinnier 650b/27.5" tires can affect the handling of the bike.

This means that on extremely rough or washboard roads, you're going to feel it afterwards. For me, riding those conditions are rare enough that it's not a dealbreaker, and the positive ride qualities of the Stigmata in all other conditions are a dealmaker.

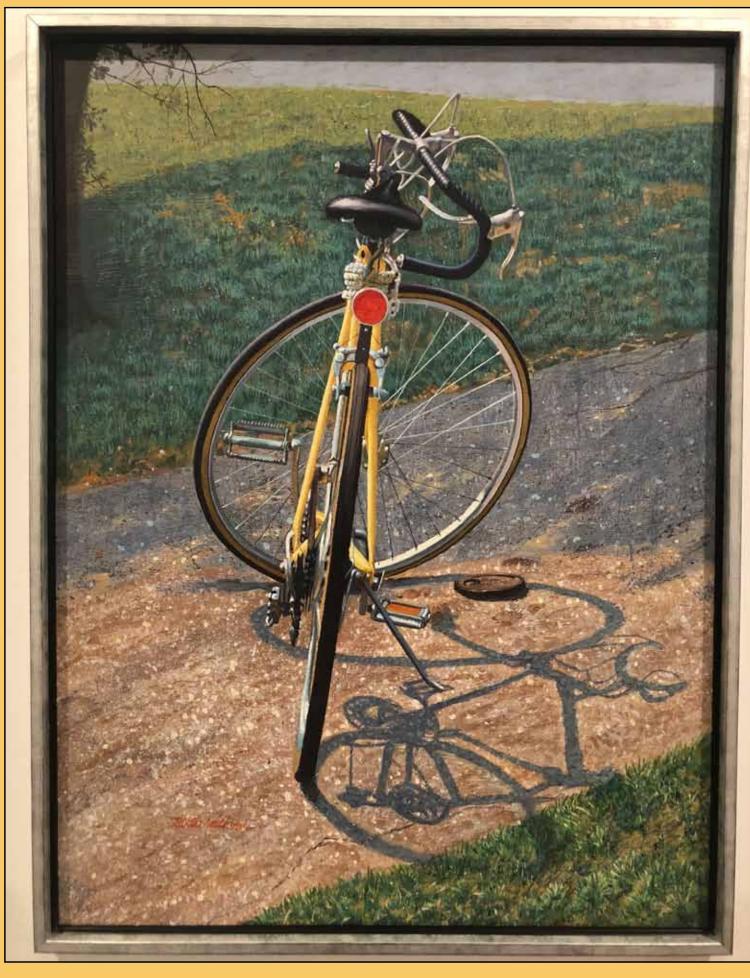
With a separately purchased set of dedicated road wheels (Reynolds 46 Aero DB) mounted with Vittoria Open Corsa G+ (clincher) tires, a road cassette, and the same Time ATAC pedals, the bike weighs in at just about 18 lbs., and performs just as well on pavement as any of my dedicated road bikes. It might not quite handle like a crit bike, but that's never been what I'm looking for. I like a bike that climbs well, descends well, and is comfortable for a long day in the saddle.

From long road rides to cyclocross races to gravel grinders, the Stigmata pretty much does it all, and very well.

The stock Santa Cruz Stigmata, with Shimano Ultegra 2x mechanical components retails for \$4599.00. The frame & fork retail for \$2299.00. Reynolds 46 Aero DB wheels retail for \$2099.00.

BICYCLE ART

The Bicycle Art of Albert Michini



By Al Michini, Jr.

Michini

Title: Untitled

Subject: Al Michini's 10 Speed Bicycle

Medium: Oil on Canvas

Date: 1973

Brief biography: Albert Michini's style of art was realism and his

works always reflected proper pro- son of Italian immigrants. At the portion, detail, and light patterns. He was a painter, sculptor, photographer, and became a platoon leader travsketcher, and etcher. One of Al's passions was anything with wheels. He incorporated bicycles, motorcycles, airplanes and cars in many of his works. Riding his bicycle around town, down by the water, was a daily habit in the summer in Connecticut. He even commuted to work on his motorcycle with paint boards strapped to the back.

He was born in 1925 in Philadelphia, Pennsylvania and spent most of his life in the area. Al was the oldest of 5 children and the age of 18, Al enlisted in the army eling through Europe as the allies reclaimed German occupied territories in World War II. After the war, he returned to Philadelphia and enrolled in the Hussian School of Art where he obtained a bachelors degree in fine arts. Upon graduation he became a teacher at the Hussian school and also worked as a freelance illustrator.

In the mid 1960s Al moved his family to Connecticut to teach at the Famous Artists School which was an art correspondence school founded by Norman Rockwell and Albert

Dorne. During this time he continued his freelance work which included some notable things such as the 1972 Boy Scout manual, Golden Book Encyclopedias, and back covers for The Saturday Evening Post, Creepy and Vampirella magazines. He also wrote a book called "The Artist and The Camera".

In 1976, Al moved his family back to Pennsylvania to work as a sculptor of commemorative coins for The Franklin Mint. At that time he also joined the Air Force Art Program. Through the program he was able to witness the rollout of many new planes and produce paintings of these planes. His artwork still hangs in the Pentagon.

Albert Michini passed away in 1994 but his legacy lives on in the still vibrant works of art that hang on the walls and rest on the bookshelves of his children, grandchildren and countless Americans.

Editor's Note: We featured another of Al Michini Sr.'s paintings in our April 2019 issue, online at CyclingUtah.com, cyclingutah. com/issues/2019/april-2019/cyclingwest-and-cycling-utahs-spring-april-2019-issue-is-now-available/

NUTRITION

Summer Time is Smoothie Time!

By Breanne Nalder, MS, RDN, PLAN7 Endurance Coachina **Dietitian**

It's been a long and wet winter and spring. Yes I'm stating the obvious, but let's look on the bright side... summer is here and it's likely to be hot hot HOT! Sometimes that calls for the mid-ride stop at 7-11 for a slurpee (aka sugar rush or brain freeze), and often we crave that postride smoothie. There's nothing as refreshing as a chilled beverage on a hot day (including the adult kind), but the focus of this article is the SMOOTHIE. Let's talk about all the ways we can use the blender to meet nutrition needs as well as quench that thirst!

You can blend a smoothie as a meal replacement to take on-the-go or to work. It's a great way to con-

veniently pack nutrients into a cup without a lot of prep. After training is another great time to utilize a smoothie for immediate recovery, as we all know it can be hard to eat right after a ride, and you need to replenish hydration losses, so a smoothie is great way to meet all those needs.

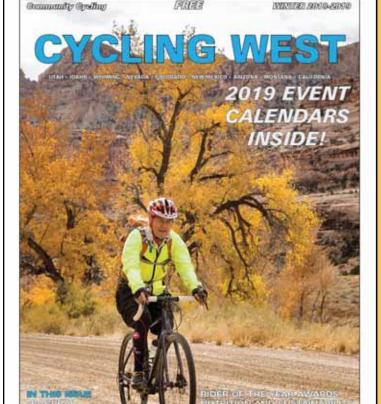
Proper recovery should replace the energy and nutrients that were utilized during exercise to repair, rebuild and prepare for the next training bout and/or competition. During endurance exercise, glycogen stores (muscle and liver) are rapidly depleted. Thus, glycogen replenishment is a critical component of recovery nutrition, particularly when there is less than 24 hours between training bouts and/or competitions (e.g., twoa-day workouts, triathlon training, or stage racing). Athletes need approximately 1-1.2 grams carbohydrate per kg of body weight post exercise to

2000000 2000 2000

maximize the rate of glycogen resynthesis. Although not a primary fuel, a small amount of protein must also be replaced post exercise to minimize loss of lean tissue and support tissue repair. There is also some evidence to suggest that protein consumed post exercise may expedite glycogen resynthesis. Athlete's consume 0.4 grams of protein per kilogram of body weight at approximately the same rate and on the same schedule as that for carbohydrate.

Whether you're blending up a sweet treat for a meal replacement or as recovery from riding, be sure to mix things up in the proper ratios for your body. It's easy to go crazy with all the ingredients, and the calories add up quickly. This can be great for recovery, just be mindful of how much fruit, protein, etc. you need (If you're not sure, give me a call and I'll help you determine the numbers). I put together some recipes that you can use for a variety of smoothies. I hope you enjoy them, enhance them, have fun with the yum!

*Note that milk alternatives (almond, rice, soy, hemp, etc.) are typically fortified with similar nutrients to milk, so would be fine alternatives to get the right proportions of macro and micro nutrients. So, no matter your preferences for food or drink, the most important thing to remember after every ride or race is to get your recovery nutrition in within 30 minutes of finishing, so your body can immediately absorb those nutrients and start to replenish its losses, rebuild damaged tissues, hydrate and prepare for the next ride. Keeping quality gas in your tank can only help your engine run its best and achieve your optimal performance capabilities on and off the bike.



SUBSCRIBE TO

CYCLING WEST!

\$25/YEAR

read . Meantain . Culty Care . Transite . Section . Salvanta . Research

cyclingutah.com/subscription-info/

Smoothie Recipes!

Yummy Power Shake

Ingredients:

- 1 cup non-fat chocolate milk or soy milk

 - 1 TBS peanut or almond butter
 - 1 TBS ground flax seeds
 - Ice

Nutrition Facts:

Kcals: 310 Carb; 45g; Fat: 13g; Protein: 9g

Green Machine

Ingredients:

- · cup non-fat milk or soy milk
- •2 pitted dates
- •1 cup chopped kale leaves
- •1 cup spinach leaves
- •1/2 cup fresh or frozen berries

Nutrition Facts:

Kcals: 330; Carb 78g; Fat: 1g; Protein: 11g

Berry Bliss

Ingredients:

•1/2 cup non-fat, greek, or soy





Smoothies are a great food choice for cycling. Photo by Breanne Nalder

one, save/freeze the

other, or share the love!

- •1 cup fresh or frozen berries
- •Ice

Nutrition Facts:

Kcals: 30; Carb: 53g; Fat: 0g; Protein: 25g

Raspberry-Avocado Shake

Ingredients:

- •1 avocado, peeled and pitted
- •3/4 cup orange juice
- •3/4 cup raspberry juice
- •1/2 cup frozen raspberries Nutrition Facts:

Kcals: 526; Carb: 67g; Fat: 30; Protein: 5.7g

*** this can be 2 servings, so drink

a Master's degree in Nutrition with an emphasis in Sports Dietetics at the University of Utah. She is a Registered Dietitian, the nutrition coach at PLAN7 Endurance Coaching, and races on the road and gravel on the professional level. For personal nutrition coaching, you can reach Breanne at 801-550-0434 or breanne@plan7coaching.com.

Breanne Nalder, MS, RDN has

26

CALENDAR OF EVENTS

Utah BMX

RAD Canyon BMX — South Jordan, UT, Indoor and outdoor BMX racing. Location: 5200 W, 9800 South, Practice Tuesday 6:30-8:30, Race Thusday, 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, radeanyonbmx@radeanyonbmx.com, radeanyonbmx.com, radeanyonbmx.com, radeanyonbmx.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@klikphoto.net, Irbmx.com, radcanyon-bmx.com/Rad Canyon Legacy Outdoor

June 21-23, 2019 — USA BMX Great Salt Lake Nationals, USA BMX National Series, South Jordan, UT, Location: 5200 W, 9800 South, Dallas Edwards, 801-803-1900, radcanyonbmx@radcanyonbmx.com, radcanyonbmx. com, facebook.com/radcanyonbmx.

Advocacy

Bike Utah — UT, Utah's Statewide Advocacy Group., Phil Sarnoff, 385-831-1515, <u>psarnoff@bikeutah.org</u>, 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., Salt Lake City Transportation, 801-535-6630, bikeslc@slcgov.com. bikeslc.

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 commit-

tee. 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, rad@weberpathways.org, weberpathways.org

Moseknuckler Alliance — St. George, UT, We accept all types and styles of riders; most importantly 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 Birikerhoff, 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, bonnevilleshorelinetrali@gmail.com, bonnevilleshorelinetrali.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 1-80 via Parley's Creek Corridor and the Sugar House Rail Spur to connect the Bonneville Shoreline Trail with the Provo/

Jordan River Parkway., Juan Arce-Larreta, 801-694-8925, <u>parleystrail@gmail.com</u>, <u>par-</u> <u>leystrail.org</u>

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, a.skabelund@gmail.com, bikeprovo.org

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

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

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, <u>cynthia@ida</u> howalkbike.org, idahowalkbike.org

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

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

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

calendar@cyclingutah.com with date, name of event, website, phone number and contact person and

other appropiate informa-

Let us know about any corrections to existing listings!

Lonsdale, 406-449-2787, bznbybike@gmail.

Salt Lake Valley Trails Society — Salt Lake City, UT, Salt Lake Valley's natural surface bicycle trails non-profit, Kevin Dwyer, kevin@ saltlakevalleytrailssociety.org, saltlakevalleytrailssociety.org,

Teton Valley Trails and Pathways (TVTAP)

Jackson, WY, Promotes trails and pathways
in the Wydaho area of Wyoming and Idaho.,
Dan Verbeten, 208-201-1622, dan@tvtap.org,
tvtap.org, tetonbikefest.org

trap.org, tetonbiketest.org

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

Events, Swaps,Lectures

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

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

Cole Sport Weekly Road Ride — Park City, UT, Weekly Road Ride Mondays June 4-Aug. 27. Ride leaves Cole Sport, 1615 Park Ave. at 6 pm. Park at lower PCMR lot., Scott Dudevoir, 435-649-4806, scottdudevoir@colesport.com, colesport.com, mountainfrails.org

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

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

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

May 1, 2019 — 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, a. skabelund@gmail.com. bikeprovoorg, facebook.com/events/272554273280249/

May 1-31, 2019 — Reno 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, bike-washoe.org

May 1-31, 2019 — Provo Bike Month, Utah Bike Month, Provo, UT, Tons of great rides, events, and festivals throughout May, organized by Bike Provo and the Provo Bicycle Collective, Aaron Skabelund, 385-207-6879, a.skabelund@gmail.com, bikeprovo.org

May 1-31, 2019 — St. George Bike Month, Utah Bike Month, St. George, UT, Various events throughout St. George to celebrate Bike Month, bikedixie.org

May 3, 2019 — 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 3, 2019 — Bike to Art Stroll, Utah Bike Month, Provo, UT, Ride your bike to Downtown Provo's monthly Art Stroll to check out fantastic local artwork and shop at our fun and unique downtown businesses. 6-9 pm., Aaron Skabelund, 385-207-6879, a.skabelund@gmail.com. bikeprovo.org

com, bikeprovo.org

May 4-5, 2019 — 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 4th
8am-5pm and Sunday May 5th 11am-3pm.
Buy or sell gear.Need a a bike? Need to
get some of that old equipment out of your
garage? This is the perfect opportunity, and
proceeds raised at this event help to fund
the Young Riders organization based out
of Park City, UT. To sell your gear you can
drop off your bike and fill out the information at Jan's Mountain Outfitters (1600 Park
Avenue, Park City) or White Pine Touring
(1790 Bonanza Drive, Park City) during store
hours from April 20th to May 1st, or at The
Yard on May 2, 3-7pm, May 3, 3-8 pm., Julie
Minchan, 435-640-8442, julie.minahan@gmail.
com, youngriders.com

May 4, 2019 — 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 Partineship., Truckee Meadows Bicycle Alliance, 775-323-4488, info@bikewashoe.org, bikewashoe.org

May 4, 2019 — Cycle de Mayo, tentative date, 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, pizes, and morel, Marik Benigni, 801-393-2304, wp@weberpathways.org, Micheal Staten, 801-589-2686, mstaten@ensignutah.com, riverdalectly.com/departments/recreation/Flyers/Cycle%20De%20Mayo%20Even%202018.pdf, facebook.com/Riverdale-City-Utah-181710475200673/

May 4, 2019 — Boise Bike Swap, Boise, ID, 431 E Parkcenter Blvd, 9-6 pm, Eddie Strayer, 205-310-5828, eddie@idahomtb.org,

May 4, 2019 — Brunch on Bikes, Utah Bike Month, Provo, UT, Join a representative from Mad Dog Cycles for a cruise around town, stopping at many great restaurants along the way. Meet at Pioneer Park for departure. Anticipated stops include Provo Bakery, Ivie Juice Bar, Bianca's La Petite, Peace on Earth Cafe, Fillings and Emulsions, and Hruska's Kolaches, Randy Gibb, 801-222-9577, randy@maddogcycles.com, Aaron Skabelund, 385-207-6879, a.skabelund@gmail.com, bikepro-vo.org

May 8, 2019 — 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

May 9, 2019 — Bicycle Pit Stops - Bike to Work, 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@cycom, bikeslc.com, facebook.com/bikeslc

May 11-12, 2019 — Cole Sport Bike Swap, Park City, UT, 9-5 Sat., 9-3 Sun. \$20 fee if bike sells. Proceeds go to Mountain Trails Foundation Drop bikes off at Cole Sport, 1615 Park Ave on 5/10. Pick up is by 3 pm on 5/12, Scott Dudevoir, 435-649-4806, scottdudevoir@cole

May 11, 2019 — 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 9 am (pre-event helmet checks at 9),

and is an official commit-

2019 Cycle Events



June 22, 2019

Road bike ride through the Manti-LaSal Mtns, Huntington Canyon and the desert plateau of Carbon County.



July 13, 2019

9 stage gravel bike team relay of 186 miles in the San Rafael Swell and climbing to Skyline drive in the Manti-LaSal Mtns at over 10,000'.



Aug. 17, 2019

3rd annual, 63 mile gravel ride through the plateau's of Carbon county with over 5,000' of elevation change. In conjunction with Helper Arts & Film Festival.



Sept. 14, 2019

Road bike ride up and back 9 mile canyon in Carbon County. Start will have a full escort to honor our country's uniformed personnel.

Details and registration @ castle**country**cycling**.com**



BikeFitr

Professional Bike Fit Services
Pre-purchase, Initial Set-up.

Pre-purchase, Initial Set-up, Problem-solving

Unique & Boutique Bicycles
Tri, Road, Gravel
Production & Custom Models

Fit Accessories & Components
Saddles, Cockpits, Shoes, Insoles

801.930.0855 | bikefitr.com

- Butterfield Park, Kami Greenhagen, 801-913-3251, kgreenhagen@gmail.com, herriman. org/wp-content/uploads/2019/04/Pedal-Palooza_Landscape.png
- May 11, 2019 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 12-18, 2019 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 usl facebook. com/BoiseBikeWeek, Lisa Brady, 208-761-8507, tvca@bikefreasurevalley.org. boisebikeweek.
- May 12, 2019 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 12, 2019 Cyclofemme Ride, Bike Month, Boise, ID, Low key women's ride, the CycloFemme ride is a global social ride that takes place on Mothers Day to celebrate the women in our lives. No matter age, gender or riding ability, all are welcome to ride along on this easy ride on the Boise Greeneth. We will meet at BBP around 10:30 am and start the ride at 11 am. The destination will be the Idaho Botanical Gardens. Then at 12 pm, we will gather at the gardens for lunch and hear from four local women who are in the cycling world. Admission will be free to the Botanical Gardens as they are also celebrating National Public Gardens Day, Lisa Brady, 208-761-8507, tvca@biketreasurevalley.org, biketreasurevalley.org, facebook.com/events/311286072847477/
- May 13-17, 2019 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/bicyclingevents-swaps-and-festivals/
- May 13-17, 2019 Bike to Work and School Week, Utah Bike Month, Logan, UT, Cycle-Delial Celebrate Bike to Work Week! Ride by for fuel at our post work feedzones, pedal through a mixed terrain alleycat, or experience a casual bike n dine with friends., Gary Saxton, 435-752-2161, 435-374-8076, logan-downtown@gmail.com, Dayton Crites, 435-755-1646, dayton.crites@cachecounty.org, facebook.com/events/1810208126303487, trails acebook.com/events/1810208126303487,
- May 13-17, 2019 Utah Bike to Work Week, Utah Bike Month, All, UT, State employees across Utah are being encouraged to use their bikes to get to work this week. This could include using their bikes in conjunction with public transportation as a means of reducing single-occupancy vehicle trips. This effort is a way to raise awareness about active transportation options available to commuters, Heidi Goedhart, 801-783-8426, hgoedhart@utah.aov.udot.utah.aov
- May 15, 2019 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, Lucy@provo.edu, rideofsilence.org, facebook.com/vents/\$50056535000205/851 159871022538/
- May 15, 2019 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 15, 2019 Ride of Silence, Bike Month, Las Vegas, NV, 15th Annual Las Vegas Ride of Silence, Wednesday May 16th. Meet at the Regional Transportation Commission of Southern Nevada, 600 South Grand Central Parkway, parkling loft. Registration from 6:15 to 6:50 PM. Ride begins at 7:00 PM sharp. This is a 9 mile 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. The ride is silent to honor fallen cyclists, Jim Little, 702-360-4751, LVRODEOMAN1@aol. com ride
- May 15, 2019 Ride of Silence, Bike Month, Boise, ID, Ride to honor dead and injured cyclists. Location IBA, Lisa Brady, 208-761-8507, tyca@biketreasurevalley.org, ideofslence.org, biketreasurevalley.org
- May 15, 2019 Ride of Silence, Bike Month, Sedona, AZ, Ride to honor dead and injured cyclists, Don Mathieu, , rideofsilence.org
- May 16, 2019 Satt Lake City Mayor's Bike to Work Day, Utah Bike Month, Satt Lake City, tu A mellow ride with Satt Lake City Mayor Jackle Biskupski under police escort. Breakfast, music, and more at 7:00 am, Bike ride begins at 8am at Northwest Rec Center 1255 W. Clark Ave (300 N), and ends at the Satt Lake City and County Building, Satt Lake City Transportation, 801-535-6630, bikesic@slcgov.com, Amy Nilsson, 801-535-6170, amy.nilsson@slcgov.com, slcgov.com/biketoworkday, slcityevents.com
- May 16, 2019 Commuter Convoy and Ride for Reading, Bike Month, Reno Bike Week, Reno NV, Volunteer riders will ride to Diedrichsen Elementary to meet with the students and pass out books, Truckee Meadows Bicycle Alliance, 775-233-4488, info@bikewashoe.org
- May 17, 2019 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 17th, 7:30-9:30am, Meet at Park City High School, Breakfast before work, school and play. Bike support station available. Petriendly, & 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: Park City Heights, 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, basin-recreation.org
- May 17, 2019 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, neemail@ cyclingutah.com, bikeleague.org
- May 17, 2019 St. George Bike to Work Day, Utah Bike Month, St. George, UT, Bike to work in St. George various stops throughout the cityl, Judith Rognil, 435-537-4304, judith@
- May 18, 2019 Bike Day with the Mayor of Springville City, Utah Bike Month, Springville City, UT, 9:30 gather, 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/bike-with-mayor/
- May 18, 2019 Ogden Bike Swap, Utah Bike Month, Ogden, UT, Ogden Bicycle Collective is hosting a Bike Swap12 pm - 7 pm, 936 28th St., Danielle Stiff, 801-997-0336, danielle@bicyclecollective.org, bicyclecollective. org/ogden-news/item/570-ogden-bike-swap, facebook.com/events/2280356492212046/
- May 18, 2019 Bikes and Trikes Children's Bike Festival. Utah Bike Month, Provo, UT, Grab your family, friends, and neighbors and pedal on over Location TBA 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
- May 19-24, 2019 Flagstaff Bike to Work and School Week, Bike Month, Flagstaff, AZ, Bike to work, record your commute, win prizest, Anthony Quintile, 928-526-7704, info@flagstaff-biking.org, Kyle Hornbeck, kyle.hornbeck@gmail.com, flagstaffbiking.org
- May 23, 2019 Bicycle Pit Stops: Bikes, Bites, and Beverages, Utah Bike Month, Salt Lake City, UT, 4p.m.-6p.m. evening pit stops throughout Salt Lake City on popular bicycle routes. Food trucks, music, and more. See facebook the week before for locations, Salt Lake City Transportation, 301-535-6630, bikeslc@slcqov.com, slc.gov/transportation/2019/04/22/bike-month-2019/, facebook.
- May 25, 2019 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
- May 30, 2019 Bicycle Pit Stops: SLC Bike to School Day, Utah Bike Month, Salt Lake City, UT, Salt Lake City, School District children and parents are encouraged to practice bike safety and ride to school, Salt Lake City Transportation, 801-535-6630, bikesic@sicgov.com, sic.gov/transportation/2019/04/22/bike-month-2019/, facebook.com/slcmoves
- June 1, 2019 National Trails Day, Park City, UT, Location & Project TBA, Charlie Sturgis, 435-649-6839, charlie@mountaintrails.org, mountaintrails.org
- June 1, 2019 National Trails Day, Salt Lake City, UT, Volunteer on Trail Projects., Kristen Kenley, (801) 501-0850, kkenley@rei.com, rei. com/saltlakecity
- June 1, 2019 National Trails Day, Weber County, UT, Weber Pathways Trail Day. Come out an build trails! Check website for details., Rod Kramer, 801-393-2304, <u>outreach@weberpathways.org</u>, weberpathways.org
- June 1-2, 2019 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; patiring 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@clippedinevents.com.
- June 1, 2019 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 Reservoli Trailhead, Jo Darton, Idarton@gmail.com, facebook.com/groups/804827286204846/
- June 3-7, 2019 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 volunters will be available at each stop to offer safe route guidance and answer questions regarding bicycle traffic laws. Alex Lussier, lussiera@hotmail.com, Megan Lawson, 406-570-7475, megannclawson@gmail.com, Gallatin Valley Bicycle Club , gybcbike@gmail.com, gallatinvalleybicycleclub.org, gallatinvalleybicycleclub.or
- June 8, 2019 Bike Prom, Utah Bike Month, Salt Lake City, UT, Bike Prom, the Bicycle Collective's annual fancy bike party. Tracy Aviary, Wear your prom outfits. Pre-prom ride: 6:00pm starting at TBA, Sean Murphy, 801-328-2453, info@bicyclecollective.org, bicyclecollective.org, bikeprom.com
- June 15, 2019 SUG Cat Alleycat Bike Racel, Utah Bike Month, Salt Lake City, UT, This exciting alleycat event features a scavenger hunt bike race that takes you all over Salt Lake City. Bike with the coolest cats you in town, make new friends and win awesome prizes from our local sponsors! 7th Annual SUG Cat Alleycat Bike Racel, Angela Brown, 801-487-9221, angela@slugmag.com, John Platt, 801-487-9221, johnplatt@slugmag.com, Anne Olsen, anne@slugmag.com, slugmag.com
- September 9-13, 2019 University of Utah Bike Week, Salt Lake City, UT, A week of education and encouragement for bloyclists at the University of Utah, Ginger Cannon, 801-581-7505, ginger.cannon@utah.edu, sustainability. utah.edu/ubikeweek
- September 22, 2019 World Car Free Day, UT, Ride your bike and leave the car at home!, None, noemail@cyclingutah.com, worldcar-free pet

Mountain Bike

Tours and Festivals

- May 3-5, 2019 US Bank Fruita Fat Tire Festival, Fruita, CO, 24th Annual festival kicking off the Mth bike season in CO, world renowned trails, expo, Bike Demo @ 18 Rd and Downtown Product Expo, and live music, Mike Heaston, 970-858-7220, emarnh@emacolorado.com, George Gafseos, 970-858-7220, fruita@otesports.com, fruitafttirefestival.com
- May 3-5, 2019 MECCA Spring MTB Festival, Green River, UT, 33rd Annual, Held at the John Wesley Powell Museum in Green River, Utah. Registration begins Friday at 1:00 p.m. followed by a warm up ride, refreshments, games and a prize drawing. Saturday is full of all-day guided rides, ranging from begin-

- ner to advanced followed by a yummy dinner, games and more FUN. Finish up on Sunday with a guided (or on your own) scenic ride. Family friendly., Kim Player, 435-653-2440, meccabike01@gmail.com, biketheswell.org
- May 4, 2019 WomenMTB Kick-Off Party and Group Rides, Women MTB Wasatch Club, Draper, 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, Corner Canyon, Danita Ritter, 801-403-7241, info@womenmtb.grg.womenmtb.com
- May 9, 2019 WomenMTB Mother's Day Trail Clean Up., Women MTB Wasatch Club, Salf Lake City, UT, Join WomenMTB for a dig day / trail clean up from 6-8 pm. Bring your family and bikes. We will ride after cleaning up the bike park. 9 Line Trail Dig and Maintenance, Danita Ritter, 801-403-7241, info@womenmtb.grg. womenmtb.grg. womenmtb.grg.
- May 11, 2019 VIDA MTB Series: Valmont Bike Park, VIDA MTB Series Flagship Clinics, Boulder, CO, Women's mountain bike skills clinic, Rachel Gottfried, 949-677-6809, info@ vidamtb.com, vidamtb.com
- May 11, 2019 WomenMTB Skills Clinic, Women MTB Wasatch Club, Park City, UT, Choose from 4 different clinics- Beginner skills, Jumps, Ride W/ a Coach, Kids Clinic ages 7-12, Traliside Park, Danita Ritter, 801-403-7241, info@womenmtb.org, womenmtb.com
- May 16-19, 2019 Tour de Bloom, Loma, C.O., Benefits Colorado Plateau Mountain Bike Trail Association. 4 day fully supported tour of the Kokopelli Trail from Loma, C.O to Moab, UT., Tisha McCombs, 970-244-8877, coordinato@copmoba.org, Whit Smith, 303-475-2255, whitsmith1@mac.com, copmoba.org
- May 18, 2019 Amazing Earthfest, Fredonia, AZ, 13th Annual Joy Jordan Woodhill Trail Ride and trail cleanup (BLM): 10 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. Ride the Chocolate Cliffs, Rich Csenge, 435-644-3735, Tichcsenge@gmail.com, amazinge-arthfest.org
- May 18, 2019 Three Peaks Revival ICup Festival, Cedar City, UT, Mountain Bike Festival and Race, Joey Dye, 435-674-3185, joey@redrockbicycle.com, Margaret Gibson, 435-229-6251, margaret@redrockbicycle.com,
- May 25-26, 2019 NUMB Fest, Vernal, UT, Two fun days of demo bikes (minimal waiting), group rides and camaraderie. There will be organized trail rides each day based on ability level with awesome prizes and giveaways provided by the event sponsors. All events are in & around the Uintah Basin, starting at McCoy Flats Saturday the 25th. There is no charge or entry fee., Troy Lupcho, (435) 781-2595, troyboy@altitudecycle.com, Bike Numb.contact@bikenumb.org, bikenumb.org, altitudecycle.com
- May 31-June 2, 2019 Eagle Outside Festival, Eagle, CO, Massive free bike and product demo with access to 100+ miles of trails. Haymaker Hotlap MTB Race, Clinics, Beer Mile, Chromoly Chef Frankenbike Building and Morel, Mike McCormack, 970-485-5847, mikemac@eagleoutsidefestival.com, Jeremy Gross, 970-328-9625, jeremy.gross@lownofeagle.org.eagleoutsidefestival.com
- May 31-June 2, 2019 Eagle Outside Festival, Eagle, CO, Mountain Bike Festival, Mike McCormack, 970-485-5847, mikemac@eagleoutsidefestival.com, eagleoutsidefestival.
- June 1, 2019 VIDA MTB Series: Beti Bike Bash, VIDA MTB Series, Lakewood , CO, Women's mountain bike skills clinic, Rachel Gottfried, 949-677-6809, info@vidamtb.com, vidamtb.com
- June 1, 2019 Weiser River Trail Ride, Council, ID, 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, octobertrek@gmail.com, kotaho.com/annual-bike-ride, weiserrivertrail.
- June 1, 2019 MUT Trails Fest, Montrose, CO, Montrose-Uncompangre Trails association, Colorado Plateau Mountain Bike Trail Association. Trail festival, trail building, rides, fun, beer, Tisha McCombs, 970-244-8877, coordinator@copmoba.org, copmoba.org/frailfest
- June 8, 2019 Rat Race, Ridgway, CO, Benefits Colorado Plateau Mountain Bike Trail Association. 26 miles of singletrack, Tisha McCombs, 970-244-8877, coordinato@copmoba.org, copmoba.org/ratrace
- June 15, 2019 Beaver Dam 49er Gravel Grinder, Beaver Dam State Park, NV, Ride the Rim and see the park from a different perspective. Pedal down an old chaining road that runs along the Park's itm and winds you through Pinyon and juniper trees. Through the small fown 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 mille options., Dawn Andone, 775-728-8101, cathedralgorge vo@lcturbonet.com, beaverdamgravelgrinder.com

- June 15-16, 2019 Knobby Tire Bike Tour of Idaho City, Boise, ID, Some asphalt, mostly dirt roads and some single track. Bam on Saturday leave Boise for Idaho City. 90 miles over 2 days 5,000 feet of climbing each day. 21st Annual, Harley Parson, 208-861-2182, 208-789-2327, admin@cycleidaho.com, knobbytterbliketour com cycleidaho.com
- June 16-September 12, 2019 Crested Butte Singletrack MTB Tour, Crested Butte, CO, Tours 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@lizardheadcy.clingguides.com, ilzardheadcyclingguides.com
- June 21-23, 2019 Black Hills Mountain Festival, Rapid City, SD, Celebration of outdoor recreation in the Black Hills of South Dakota including mountain bike rides, races and clinics, Kristy Lintz, 605-394-4168, 605-484-1724, specialevents@rcgov.org, Black Hills MTB Festival, blackhillsmountainfest@gmail.com, bhlattirefestfval.com, rcparksandrec.org
- June 21-23, 2019 Outerbike, Sun Valley, ID, An opportunity to ride next year's bikes and gear on world class trails. Participants get demos, shuttles, lunch & free beer plus a greaf Saturady night partly! Held at the base of Bald Mountain at the River Run base area., Mark Sevenorft, 800-845-2453, 435-259-8732, outerbike@westernspirit.com, outerbike.com
- June 23-August 23, 2019 Colorado Trail MTB
 Tour, Monroe, CO, Eight different 6-day tour
 dates from June to August. You'll explore
 unspoiled landscapes, rush through cool
 mountain air, drink in 360 degree mountain
 views and pedal past carpeted fields of wildflowers (which can be handle-bar high). High
 altitude campsites offer a canopy of bright
 stars and deep sleep at night. Your experienced guide takes care of all the route finding, planning and logistics., John Humphries,
 970-728-5891, info@lizardheadcyclingguides.
 com, lizardheadcyclingguides.com
- June 24-30, 2019 Crested Butte Bike Week, Crested Butte, CO, The World's Oldest Mountain Bike Festival celebrates 39 years with an Amateur Film Festival, Chainless 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!, Kat Cooke, 970-349-6438, events@cbchamber.com, cbbikeweek.com
- June 29, 2019 Orem Cyclefest, Orem, UI, 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. Promoted by Bilke Orem, Jason Christiansen, 801-885-6884, jason@utahmtb.org, facebook.com/events/2236211013334316/
- June 29, 2019 WomenMTB Skills Clinic, Women MTB Wasatch Club, Snowbird, UT, Choose from 3 different clinics- Beginner skills, Technical Climbing & Cornering, Endure Prep, part of Snowbird A+G Festival, Danita Ritter, 801-403-7241, info@womenmtb.org, womenmtb.com
- June 29, 2019 Bike the Beav Unrace, Garden City, UT, Held at Beaver Mountain, Come support Cache County trails maintenance and party with us an a grass roots unrace. Instead of being tested on how fast you can go, you'll be challenged to several feats of strength which will be a simple tasks that are abit silly, a bit fun, and far more memorable than crossing the finish line 3 seconds faster or slower than someone else did., Dayton Crites, 435-755-1646, dayton.crites@cachecounty.org.facebook.com/events/18 1020812630348/, trails.cachecounty.org/news/?id=48
- July 7-August 16, 2019 Glacier National Park Bike Tour, Whitefish, MT, 7/7-12; 7/14-19; 7/21-7/26; 7/28-8/2; 8/4-9; 8/11-16. 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, lizardheadcyclingguides.com
- July 13, 2019 Wildflower Trailfest, Snowbasin, UT, A non-competitive, women only mountain bike race. All ages and levels welcome. Come join us for a day of fun on Powder Mountain!, Nick Bowsher, 801-610-9422, info@wildfloweroutdoor.com, wildfloweroutdoor.com
- August 3, 2019 South Boundary Big Ride, Angel Fire, NM, The South Boundary BigRide 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 feetl, Seth Bush, 505-554-0059, ElCapitan@ZiaRides.com, zlarides.com
- August 10-11, 2019 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 rid-



Riding the Goose is not a Euphemism.



www.mooseknuckleralliance.org



ers. Skill instruction ranges from basic front wheel lifts and switchback turns to technical climbs, descents, drops, jumps and more., Cynthia Chung, 604-484-6238 (Canada), register@dirsteries.com, Emily Neuman, 604-484-6238, info@dirseries.com. Elli Petersilie, elli@ dirseries.com, dirseries.com

August 16-18, 2019 — 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 17-18, 2019 — 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 22-25, 2019 — 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, 307-332-27926, jurassicclassicfest@gmail.com, jurassicclassicfest.com, landercycling.org

August 24, 2019 — 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, rbnmontana@
amail.com, york38special.org

gmail.com, york38special.org

August 30-September 2, 2019 — Wydaho Rendezvous Teton Mountain Bike Festival, Teton Valley, WrylD, 10th annual hosted at Grand Targhee Resort. Come enjoy endless miles of epic singletrack, lift-served downhill, ditf jump and freeride. Wydaho Rendezvous Bike Festival supports Teton Valley Trails and Pathways tvdp.org. Includes 2019 demos, group rides, skills clinics, shenanigans, kids activities, music and libations, TVTAP , 208-201-1622, info@tetonbikefest.org, Devin Dwyer, 208-201-1622, devin@tetonbikefest.org, grandtarghee.com

September 7-8, 2019 — VIDA MTB Series: Purgatory, VIDA MTB Series Flagship Clinics, Purgatory, CO, Women's mountain bike skills clinic, Rachel Gottfried, 949-677-6809, info@ vidamtb.com, vidamtb.com

September 7, 2019 — Shred Charity MTB Ride, Draper, UT, Held at Corner Canyon, With the great trail network of Corner Canyon open to us courtesy of Draper City it's sure to be a blast! 100% of the proceeds go to Wheels 4 Life. Prizes donated for top finishers in various categories including fastest segments, longest distance, most vertical and more!, Sam Buckmiller, sam.buckmiller@gmail.com, facebook.com/iddeshredut

September 13-15, 2019 — Northstar Freeride Festival, Truckee, CA, Held at Northstar Resort. Join us for the Northstar Free-Ride Festival September 13-15, 2019 as The Village comes alive with over 90 bike, accessory and apparel vendors. Talk to the experts, demo the bikes, test the accessories, try on apparel and get insider tips. There will also be races, clinics, kid's activities, live music, pub crawls, wine walks and retail discounts all weekend long! Jack Morrissey, 949-226-5729, jack.morrissey@Emetaldexpo.com, interbike.com/events/northstar-free-ride-Festival/

September 20-22, 2019 — Salida Bike Fest, Salida, CO, A 4 day festival celebrating blcycles of all kinds! Various groups in Salida have teamed up to create and promote unique and fun bike events throughout the week. Free group rides, bike-related travelogue, the chainless race, a kick-off party at Soulcraft Brewing with live music, a bike parade, the Banana Belt Mountain Bike Race sponsored by Absolute Bikes, the 20th Annual Monarch Crest Crank and much more!, Monica Gutierrez, 719-539-6738, director@alliancechaffee.org, Lanette Hartmann, salidaraces@gmail.com, salidabikefest.com

September 21-22, 2019 — Trek Dirt Series Mountain Bike Camp, Angel Fire, NM. Co-ed Mountain Bike Camp for beginner to advanced levels, focusing on skill development and trail riding, for cross country and downhill riders. Skill instruction ranges from basic front wheel lifts and switchback turns to technical climbs, descents, drops, jumps and more. Cynthia Chung, 604-484-6238 (Canada), tegister@dirtseries.com, Elli Petersille, elli@dirtseries.com, dirtseries.com

September 21, 2019 — Banana Belt Mountain Bike Race, Salida, CO, This classic race leads racers south out of town up a 3,000ft climb to the Rainbow trail, across the front of Methodist Mountain and back down to town, Monica Gutierrez, 719-539-6738, director@alli-

September 22, 2019 — Monarch Crest Crank, Sailida, CO, A mountain bike event along one of the top mountain bike trails in the nation. The Crest Crank will be the final day of Salida Bike Fest, which includes several events for cyclists of all abilities and their families. End Bike Fest weekend with us for this bucket list ride followed by an after party at Riverside Park open for Crest Crank cyclists and the public. Your entry fee will include the ride, a guide, breakfast snacks, a shuttle to and from downtown Salida, and an after party in Riverside Park, featuring live music, free lunch, libations, a goodie bag, silent auction, and more. Entry fee and individual fundraising efforts will raise money for The Alliance, a nonprofil organization with a mission to empower individuals beyond domestic and

sexual violence., Monica Gutierrez, 719-539-6738, director@alliancechaffee.org, monar-

September 27-29, 2019 — Albuquerque MTB Festival, Albuquerque, NM, 12 hour race, 2 hour race, and weekend long mtb festival, Seth Bush, 505-554-0059, ElCapitan@ZiaRides.com, zlatides.com

September 28, 2019 — VIDA MTB Series: Golden Giddyup, VIDA MTB Series , Golden, CO, Women's mountain bike skills clinic, Rachel Gottfried, 949-677-6809, info@vidamtb.com, vidamtb.com

September 28-29, 2019 — Trek Dirt Series Mountain Bike Camp, Sedona, AZ, Women's Mountain Bike Camp for beginner to advanced levels, focusing on skill development and trail ridling, for cross country and downhill riders. Skill instruction ranges from bosic front wheel lifts and switchback turns to technical climbs, descents, drops, jumps and more., Cynthia Chung, 604-484-6238 (Canada), tegister@dirtseries.com, Elli Petersilie, elli@dirtseries.com, dirtseries.com

October 4-6, 2019 — 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@west-ernspirit.com, outerbike.com

October 5-6, 2019 — 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., Cynthia Chung, 604-484-6238 (Canada), register@dirtseries.com, Elli Petersille, elli@dirtseries.com, dirtseries.com

October 5-6, 2019 — 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, octoberfrek@gmail.com, weiserrivertrail.org/octoberfrek.html, kotaho.com/october-trekingmation/

October 19, 2019 — VIDA MTB Series: Valmont Bike Park, VIDA MTB Series Flagship Clinics, Boulder, CO, Women's mountain bike skills clinic, Rachel Gottfried, 949-677-6809, info@ vidamtb.com, vidamtb.com

October 24-27, 2019 — Moab Ho-Down Mountain Bike Festival & Film Fest, Moab, UT, 14th Annual - Mountain bike festival with dual stage endure 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 Bentley, 435-259-4688, info@chilebikes.com, moabhodown.com, chilebikes.com

November 8-10, 2019 — Roam Bike Fest, Sedona, AZ, Roam Bike Fest is a three day gathering (aka parthy) of female riders, influencers, and play makers all here for one purpose: to have a ridiculously fun weekend exploring, learning, and shredding trail in a world-class riding destination. No pandering, no skills clinics, just plain unsucky fun., Ash Bocast, 530-521-8913, hello@thisisroam.com, reapplict forts combined their company.

Utah Weekly MTB

Race Series

April 24-August 7, 2019 — 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 1 hr race time, Sports 50mins, Beginners 30-40mins. Tyson Apostol, 435-200-3239 (Wasatch), 801-223-4849 (Sundance), races@euclidoutdoors.com, John Woodruff, 801-223-4849, johnw@sundance-utah.com, Josey Apostol, 435-200-3239 (Wasatch), 801-223-4849 (Sundance). races@weeklyraceseries.com, weeklyraceseries.com

April 30-August 27, 2019 — Mid-Week Mountain Bike Race Series, Wasatch Front, Wasatch Back, Solt Lake Valley, UT, Juesday nights, starting April 30! 2019's season features 8 XC races, 4 Mini Enduro races, and 1 Women's Mini Enduro. Fun, competitive mountain bike racing for all ages and abilities. Each XC race features a free kids' race!, Phil Sarnoff, 385-831-1515, psarnoff@bikeutah.org, Jackle Baker, 385-831-1515, infl@midweekmtb.com,

Regional Weekly

MTB Race Series

April 9-30, 2019 — Gallatin Valley Spring Series, Bozeman, MT, Weekly series that includes road races, with gravel and dirt possible, Alex Lussier, lussiera@hotmail.com, Phil Rotherman, phil@oribconst.com, Molile McKlernan, mollie.mcklernan@gmail.com, Patrick Wessel, pafrickwessel@yahoo.com, gallatinvalleybicycleclub.org

May 1-29, 2019 — Idaho Velopark Short Track, Boise, ID, 3 race series, 5-1, 5-15, 5-29, Kevin Spiegel, Idahobikeracing@gmail. com, Idahobikeracing.org, facebook.com/ events/322179688655755/

May 14-August 20, 2019 — Gallatin Valley Summer 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@rothconst.com, Mollie McKlernan, mol lie.mcklernan@gmail.com, patrickwessel@yahoo.com, cycleclub.org

June 5-26, 2019 — Missoula 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 18-July 23, 2019 — Laramie Mountain Bike Series, Laramie, 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. Medicine Bow National Forest, Niesey Heckart, 307-761-1741, niesey@laramieracing.com, laramieracing.com, laramierbikenet ara

Utah Mountain

Bike and Gravel

Racing

May 3-5, 2019 — Soldier Hollow Pro XCT, Mountain Bike Technical Development Series, UCI Juniors race, Pro XCT series, Midway, UT, On USA Cycling's Pro Cross Country Tour, takes place at Solder 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, gravel fondo, short track, XC, biathlon, stage race, MJ Turner, 801-664-6351, mj@summitbikeclub.org, shoobikefest.com, summitbikeclub.org/svents/soldler-hollow-

May 4, 2019 — Pony Express Gravel Grinder Series, Delta, UT, Minimally-supported 62 or 125-mile (100/200km) gravel ride along the Pony Express Trail. 99% on gravel roads. This is a timed brevet co-sponsored by the national organization, Randonnneus USA, held NW of Delta, Utah, Richard Stum, 435-462-2266, richard@opagar.com, saltllakerandos.org

May 18, 2019 — Three Peaks Classic ICup, Intermountain Cup, Cedar City, UT, Mountain Bike Race XC race #3 in the series, approximately 7.5 mile lap utilizing a compeletely different course than the Desert Rampage or Cactus Hugger. Joey Dye, 435-674-3185, joey@redrockbicycle.com, Margaret Gibson, 435-229-6251, margaret@redrockbicycle.com, ridesouthernutah.com, intermountaincup.com

May 25, 2019 — Wasatch 360 6 Hour Race, Utah Offtoad Series, Utah Cup, Heber, UT, 6 hr MTB race with Solo, Duo, Trio, and Juniors' categories. Starts in Heber City, off Coyote Lane, using trails above the UVU Wasatch Campus. Proceeds support Summit Bike Club nonprofit and junior cyclists. MJ Turner, 801-664-6351, mi@summitbikeclub.org, summitbikeclub.org

June 1-2, 2019 — 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 8, 2019 — Wasatch 50, Intermountain Cup, Heber, UT, Endurance XC, 25-50 miles. 1700' per lap., Margaret Gibson, 435-229-4251, margaret@redrockblcycle.com, Darren Goff, 801-895-8244, into@intermountaincup.com, intermountaincup.com

June 8, 2019 — Volcano Fire Road 120k Gravel Grinder, Veyo, UT, Fun and challenging ravel 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 15, 2019 — Powder Mountain, ICup, Intermountain Cup, Powder Mountain, UT, XC race, Distance: 63-30 miles, Elevation Gain: 500-1,800'/lap (depending on category), Margaret Gibson, 435-229-6251, margaret@redrockbicycle.com, Darren Goff, 801-895-8244, info@intermountaincup.com, intermountaincup.com,

June 29-30, 2019 — Canyonball Downhill and Super D, Go-Ride Gravity Series, Nordic Valley, U1, Held at Nordic Valley, Super D on Saturday, Downhill on Sunday. Ron Lindley, 801-375-3231, info@utahdh.org, go-ride.com, utahdh org.

July 6, 2019 — 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, Margaret Gibson, A35-229-6251, margaret@redrockblocycle.com, Darren Goff, 801-896-8244, info@intermountaincup.com intermountaincup.com

July 13, 2019 — 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. John us for the original mixed-surface gravel and road classic!, Burke Swindlehurst, roadirt@msn.com_tusharcusher.com

July 13, 2019 — 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 ridgeline. 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 Jesperson, 435-637-2453, mark@castlecountrycycling.com, Ed



Help us provide access to healthcare, education and economic opportunities in underdeveloped regions of the world.

Learn how you can get involved: www.worldbicyclerelief.org

THE POWER OF BICYCLES

Malmgren, 435-637-2453, ed@castlecountry-cycling.com, castlecountrycycling.com, carbonrec.com

July 20, 2019 — El Doce at Pow Mow, Powder Mountain - Eden, UT, 12/6 Hour Mountain Bike Race at Powder Mountain, Utah. Solo, Duo and 3-4 Person Teams. 12 Mile lap, 1200' vertical per lap, 12 hous. Limited to 400 iders., Jenny Scothern, 801-399-1773, jenny@goalfoundation.com, Clairesse Miljour, 801-399-1773, claire@goalfoundation.com, eldoceut.com

August 2-3, 2019 — 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 2019, Dustin Randall, 435590-2741, info@roamutah.com, roamutah.
com/abajoenduro

August 10, 2019 — North Fork Punisher ICup, Intermountain Cup, Liberty, UT, XC race, Distance: 7-28 miles, Elevation Gain: 1,300°/lap, Margaret Elisson, 435-229-6251, margaret@redrockbloycle.com, Darren Goff, 801-896-8244, info@intermountaincup.com, intermountaincup.com

August 17-18, 2019 — 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-fide.com, utahdh.org

August 17, 2019 — Cedar City Fire Road 100 Gravel Grinder, Cedar City, UT, 100K or 60K options - with over 80% dirtl Chip timed. Prizes for top finishers., Deborah Bowling, 818-889-2453, embassy@planetultra.com, gravelgrinder.com

grinder.com

August 17, 2019 — 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 Jesperson, 435-637-2453, mark@castlecountrycycling.com, Ed Malmgren, 435-637-2453, ed@castlecountrycycling.com, castlecountrycycling.com, castlecountrycycling.com.

August 17, 2019 — Eagle Point Mini Enduro, Beaver, UT, 3 stage enduro mtb race total of about 7 miles with 692' ascent and 1037' decent. Course opens at 8:00 am for pre ride and first racer on course at 10:00 am, Lane Tucker, 435-438-3319, 435-438-3700, info@SkiEaglePoint.com, eaglepointresort.com/blog/archive/201807/eagle-point-minienduro-2018

August 17-October 19, 2019 — Utah High School Cycling League, Utah High School Cycling League Race Series, Various Locations, UT, Utah High School Cycling League is an interscholastic mountain bike race series that offers racers from 7th grade to 12th grade. We offer 4 races for each of our three Regions and one State Champs event. 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

August 31, 2019 — Park City Point 2 Point, Park City, UT, A true point 2 point race! Thanks to the plethora of trails in this area, the race is never on the same trail twice. Over 90% of the race is single-track. 75 miles & 12,000ft of climbing., Jay Burke, 801-330-3214, snow-chicken.jb@gmail.com, theocpp.com

September 15, 2019 — 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 28, 2019 — Antelope Island 50K MTB Race, Antelope Island, UT, 5th 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. Start time 9:00 AM, Packet pickup 7:30 AM., Wynn Hall, 801-941-4255, wynnhall@gmail.com, Matt Hall, 801-648-459, mattie enduraevents.com, enduraevents.com

October 14-15, 2019 — Huntsman World Senior Games Mountain Bikling, 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, hwsg@seniorgames.net.seniorgames.net

November 2-3, 2019 — 25 Hours of Frog Hollow, Frog Hollow Endurance Series, Hurricane, UT, Held Sat 10 am to Sun 10 am with the bonusdouble midnight lap due to the fallback time change. 13 mile long course in the UT desert combines sweet single track, with some technical sections, and great climbs. 11th Annual, Cimarron Chacon, 970-759-3048, info@groraces.com, 25hoursinfroghollow.com

Regional Mountain

Bike and Gravel

Racing

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

and Beyond

May 3-4, 2019 — US Bank 18 Hours of Fruita, Fruita, CO, 15th Annual event at Highline Lake State Park, an oasis in the desert with the famous midnight start. Limited to 100 teams and 30 solos, Mike Heaston, 970-858-7220, emgmh@emgcolorado.com, George Gatseos, 970-858-7220, fruita@otesports.com, 18hrsoffruita.com

May 4, 2019 — Avimor Coyate 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, alex01phipps@gmail.com, knobbytireseries.com, brokenspokecy-clina.com

May 4, 2019 — 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, AZGravel Rides@gmail.com, azgravelrides.com, chinogrinder.azgravelrides.com, chinogrinder.azgravelrides.com

May 4, 2019 — 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, tanoricardo@yahoo.com, rockymourlingendurges com

May 4, 2019 — The Encierro Velo Gravel Grinder, Colorado Gravel Grinder Championships, Monument, CO, Gravel grinder with 100 km and 50 km options Start/finish location is moved to Spring Valley Cernetery and adding Class 1 Ebike for 50K with later start time (no age or gender classes). Working head and tail light and helmet are required. Maps will be adequate for 50 km but GPS is preferred for 100 km option., Phil Schweizer, 877-743-3566, phil@koobi.com, coloradogravel-grinderchampionship.com/encierro-velo/the-race

May 4, 2019 — Alien Run MTB Race, New Mexico Off Road Series, Aztec, NM, Jan Bear, 505-670-4665, janbea@gmail.com, nmors.org

May 4-5, 2019 — Salida Mountain Funduro Rocky Mountain Enduro Series, Salida, CO, Enduro race for all!, Keith Darner, 719-221-1251, keith@chocolatebunnyproductions. com.chocolatebunnyproductions.com

May 5, 2019 — 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 dit roads - a true gravel grinder! 41, 64, 101 mile options, Andy Bohlmann, 719-428-5807, 719-651-1677, info@ tourofcolorado.com, tourofcolorado.com

May 11, 2019 — USA Cycling Marathon MTB National Championships, Canyon, TX, Chuck Hodge, 719-434-4200, <u>chodge@usacycling.</u> org, usacycling.org

May 11, 2019 — Desert Rats Classic, Fruita, CO, 100K or 50k on the world farmous 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 farmous Kokopelli Trail winds its way through sagebrush, ledgy slickrock, winding double track, sandy washes, fast jeep trais and crosses the state line toward Moab, Reid Delman, 303-249-1112, reid delman@geminiadventures.com, Kyla Claudelli, 303-249-1112, kyla@geminiadventures.com, geminiadventures.com

May 11, 2019 — Flagstaff Frenzy, Flagstaff, AZ. The 2019 MBAA finals, Anthony Quintile, 928-779-5969, flagstaff@absolutebikes.net, MBAA 480-442-4229, racing@mbaa.net, Denise Barron, 928-530-0868, mbaa.net, absolutebikes.net

May 11, 2019 — Quartz Crusher, Grants, NM, 11, 15, and 28 mile loops, follows historic logging and mining roads of Cibola National Forest. While our race course is primarily two track with a little bit of single-track peppered in, it will eventually transfer over to the Quartz Hill trail network., Chris Baca, sirhcacab@gmail.com, cibolatrails.org

May 11, 2019 — Colorado Junior Cup, Bailey, CO, Dave Muscianisi, 303-817-6523, dave@ rattlerseries.com,

May 12, 2019 — Fangdango, Bailey, CO, 5 mile circuit, XC race, Dave Muscianisi, 303-817-6523, dave@rattlerseries.com,

May 17-19, 2019 — Grand Junction Off-Road, Epic Rides Off-Road Series, Grand Junction, CO, Participants will climb their way out of downtown Grand Junction onto the Uncompangre Plateau (the world's largest mesa), while connecting some of the area's favorite technically challenging singletrack, double track, gravel roads and the occa-



sional paved segment in the world famous Lunch Loops trail system and beyond., Dave Castro, 520-623-1584, info@epicrides.com, Dave Castro, dcastro@epicrides.com,

- May 18-19, 2019 12 and 24 Hours of Disco, Disco/Flathead 12-24 hour series, Salmon, ID, 11 lish mile laps, single-track with 1700'ish 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 18 and 24 hour ends on May 19, Max Lohmeyer, 208-357-9109, 208-756-7613, max@ridesalmon.com, idesalmon.com
- May 18, 2019 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-frack, sponsor expo village with product sampling, Kidz Zone with jumpy house, and free Warriors Kidz race, Thane Wright, 970-401-1422, tanoricardo@yahoo.com, roc-
- May 18, 2019 The Pony Xpress Gravel 160, Colorado Gravel Grinder Championships, Trinidad, CO, 160 km and 80 km options. Held on gravel roads northwest of Trinidad, CO. Working head and tall light and helmet are required. Maps will be adequate for 70 km but GPS is preferred for 160 km option, 6th Annual, ride through the picturesque Spanish Peaks. This event will also include an electric bicycle class with a start time 30 minutes after the event begins., Phil Schweizer, 877-743-3566, phil@koobl.com, coloradagravelgrinderchampionship.com/pony-xpress/fthe-race
- May 18, 2019 Rattlesnake Rally Gravel Grinder, Wyoming Gravel Grinder Series, Casper, WY, 120, 60 37, 16 mile options, 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, wyominggraval.com.
- May 18, 2019 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, sgilleynut@gmail.com, Bolse Velo Women, BolseVeloWomen@gmail.com, bolsevelowomen.com, facebook.com/bolsevelowomen
- May 19, 2019 Buffalo Creek Enduro, tentative, 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 stagest, David Scully, 970-846-5012, david@revolutionenduro.com, revolutionenduro.com,
- May 19, 2019 High Altitude Classic MTB Race, New Mexico Off Road Series, Cloudcroft, NM, Jan Bear, 505-670-4665, janbea@gmail.com, nmors.org
- May 22-July 12, 2019 Rattler Series, Morrison, CO, Bear Creek Lake Park, May 22, June 12, July 10, XC series, Dave Muscianisi, 303-817-6523, dave@rattlerseries.com,
- May 24-26, 2019 Iron Horse Bicycle Classic, Durango, CO, 47th Annual, Road Race and Tour from Durango to Silverton. Both are on Saturday 25th and are a 50 mile ride from Durango to Silverton. Take off with the train, traveling over two 10,000ft mountain passes enroute to the historical mining town of Silverton. Sunday 26th we have a Kids Race and Kids Village, Mountain Bike Race, Gravel Grinder, Cruiser Citi. BMX event and vendors., Gaige Sippy, 970-259-4621, directori@ironhorsebicycleclassic.com, ironhorseblcycleclassic.com
- May 25-26, 2019 Big Mountain Enduro, Big Mountain Enduro Series, Santa Fe, NM. A twoday backcountry race entailing upwards of 6'000 feet of long rocky descents, Brandon Ontiveros, brandon@bigmountainenduro.com, bigmountainenduro.com
- May 25-26, 2019 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, 2019 Helena Enduro, Montana Enduro Series, Helena, MT, Montana Enduro Series , contact@montanaenduro.com, Chistine Wike, christine@montanabicycleguild.org, montanaenduro.com, montanabicycleguild.org
- May 29, 2019 Mullet Cycling Classic, Missoula, MT, 2 rider relay race, mullets encouraged, Ben Horan, 312-502-5997, bfhoran@gmall.com, mtbmissoula.org
- June 1-2, 2019 Grand Enduro, Grand Junction, CO, 3rd Annual, Race the top 3 trails of the Lunch Loops (Ribbon, Gunny, and Free Lunch) with amazing views in the background. This is the only race on the Ribbon...

TRANSCRIPT

BULLETIN

Rublishing

Event Organizers!

- come see what it's like to ride up to 50mph on a big slab of rock! 22-35 minutes of racing over 6.2 miles of trail. 2.5-4 hours of total ride time covering ~22 miles, John Klish, 970-744-4450, madness@madracingcolorado.com, moducaless@madracingcolorado.com,
- June 1, 2019 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@eliphantrockride.com
- June 1, 2019 Lost and Found Gravel Grinder Lost Sierra Tiple Crown, Lake Davis, CA 100, 60, 30 mile gravel rides, Live acoustic music, excellent food and beverages, Greg Williams, willie@sierratralis.org, lostandfound bikeride.com
- June 1, 2019 The Dead Swede Gravel Grinder,
 Wyoming Gravel Grinder Series, Sheridan, WY,
 40 or 100 miles, Adam Leiferman, 307-4626038, leiferman, adam@gmail.com, Sheridan
 Bicycle Company, 307-763-4481, wyominggrayel.com, thedeadswede.com
- June 1, 2019 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 Cotl 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 of USACycling.com ALL of the proceeds will go fo saving Wild Mustangs. Come out and ride the untamed. Brooke Jeffs, 208-528-0664, ridetheangryhorse@yahoo.com, cobibikes.
- June 1, 2019 Salida720, Salida, CO, 12 hour race. 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@chocolatebunnyproductions.com, chocolatebunnyproductions.com
- June 1, 2019 New Eagle Outside Festival Enduro, Eagle, CO, Mike McCormack, 970 485-5847, mikemac@eagleoutsidefestival com, eagleoutsidefestival.com
- June 2, 2019 Yeti Beti Bike Bash p/b Stan's No Tubes, Beti Bike Bash, Lakewood, CO, Women's only mountain bike race and festival including: Little Bellas Girls Camp and VIDA MTB Series Clinic. All ages and abilities welcome. Amy Thomas, 720-878-7363, betibikebash@gmail.com, Sarah Rowley, 503-805-0043, sarah@mountaingrownmarketina.com, betibikebash.com
- June 6-9, 2019 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 ditroad sections. The course features over 850ff 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. Homesteader 6 hour on Saturday, Ben Horan, 312-502-5997, bffnoran@amail.com. writall.org. usacvelina.org
- June 8, 2019 Fears, Tears and Beers Enduro, Ely, NV, Enduro mountain bike event. Timed sections mostly downfill, 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, krobeq@mwpower.net, elynevada.net/events/fearstearsbeers.html
- June 8, 2019 Knobby 9 to 5, Knobby Tire Series, McCall, ID, High speed rolling doubletrack. Tight, technical sagebrush single-track, water crossings, quick steep drops, nasty little granny gear climbs. Single speeders' dream., Alex Phipps, 208-841-4120, alexol phipps@ amail.com, knobbytireseries.com
- June 8, 2019 Gowdy Grinder, Cheyenne, WY, Cross country mountain bike race that takes place on the trails of Curl 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 Curl Gowdy, Jodee Pring, 307-631-2980, WyoXMTB@gmail.com, wyohsmtbikeracing.com/fund/raising-via-our-local-race-the-gowdy-grinder
- June 8-9, 2019 24 Hours in the Enchanted Forest, N24, Albuquerque, NM, 24 Hours in the Enchanted Forest provides everything that you want from a 24 Hour Race. We have an amazing course with epic single-track windling through meadows, pines and aspens. Seriously, the Zuni Mountains outside of Gallup, NM are a great place to ride. We have an awesome venue in the ponderosa pines with plenty of space to hang out with friends and family and hang your hormmock. And, Zia Rides creates a great party atmosphere with vendors, movies, food, kids activities, and fun for everyone., Seth Bush, 505-554-0059, ElCapitan@ZiaRides.com, ziarides.com

Give your race, ride or tour a professional look with our

magnetics and signs.

COMPLETE DESIGN AND FABRICATION SERVICES

Proud printer of Cycling Utah Since 1993

58 North Main . Tooele, Utah

435-882-0050

www.tbpublishing.com

- June 8, 2019 Race the Rails, Ely, NV, Race the train in Elyl 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 blike riders of all ages. Meg Rhoades, 775-289-3720, Meg.thoades@elynevada.com, elynevada.com
- June 8-10, 2019 Rocky Mountain Race Series
 Pajarifo, Los Alamos, NM, XC, DH, STXC,
 Slalom, Keith Darner, 719-221-1251, keith@
 chocolatebunnyproductions.com, chocolatebunnyproductions.com,
- June 8, 2019 Homesteader 6 Hour, Missoula, MT, solo, duo, quad, Ben Horan, 312-502-5997, bfhoran@gmail.com, mtbmissoula.org
- June 8, 2019 Peninsula Jam, RME, Frisco, CO, 7 mile rolling singletrack course on the Peninsula overlooking Lake Dillon, at the Frisco Adventure Park., Thane Wright, 970-401-1422, tanoricardo@yahoo.com, rockymountainendurance.com
- June 8, 2019 Truckee Dirt Fondo, Truckee, CA, 3 course options, 42, 94, 108 km, Bike Monkey, info@bikemonkey.net, truckeedirtfondo.com
- June 9, 2019 Granby Ranch Enduro, Revolution Enduro Series, Granby Ranch, CO, This event is a one day race a short drive from the Denver area. This blike park is small but mighty, offering fun technical trails. Race day will offer a mix back country and lift access racing. David Scully, 970-846-5012, david@evolutionenduro.com, revolutionenduro.com,
- June 9, 2019 Powderhorn Enduro, Revolution Enduro Series, Powderhorn, CO, one day, lift service race, David Scully, 970-846-5012, david@revolutionenduro.com, duro.com
- June 9, 2019 Wellington Cross Border Gravel Grinder, Tour of Colorado Series, Wellington, CO, The second gravel grinder in the Series, the Wellington Cross-Border is an epic challenge through Northern Colorado and Wyoming with nearly 4400 ft of climbing and miles of dirt roads a true gravel grinder, Andy Bohlmann, 719-428-5807, 719-651-1677, info@lourofcolorado.com, tourofcolorado.com
- June 14-16, 2019 NW Cup Downhill Series
 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 spilt practice
 by category. Pro/JuniorX seeding Saturday
 evening. Sunday racing all categories, PRO
 GRT too, Scott Tucker, 360-797-4288, scott@
 nwcup.com, nwcup.com
- June 14-16, 2019 Carson City Off-Road, Epic Rides Off-Road Seties, 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 Nevadas, and the historic Washoe Valley while being immersed in 3-days of mountain bike culture accented by free live music., Dave Castro, 520-623-1584, info@epicrides.com, Dave Castro, dcastro@epicrides.com, epicrides.com
- June 15, 2019 Sun Valley XC Race, Sun Valley, ID, Details TBA, MJ Turner, 801-664-6351, mi@summitbikeclub.org, summitbikeclub.org
- June 21-23, 2019 Black Hills Mountain Festival MTB Races, Rapid City, SD, 12 hour night race starting at 8:00 pm Saturday and ends at 8 am Sunday. The course consists of an approximate 8 mile loop with 1800 feet of elevation gain and consisting mostly single track trail. Plus, youth XC race., Kristy Lintz, 605-394-4168, 605-484-1724, specialevents@ragov.org, Black Hills MTB Festival, blackhillsmountainfest@gmail.com, bhfattirefestival.com, reparksandrec.org
- June 22, 2019 Lake Tahoe Mountain Bike Race, Tahoe City, CA, Race in the cross country race, 4 hour or 8 hour race as a solo or on a team of 2, 3 or 4 (teams of 3 and 4 apply to the 8hr race only). The course is approximately 12.6 miles. Fast lap times are around 50 minutes. Cross country race is two laps. Todd Jackson, 530-546-1019, todd@bigblueadventure.com, Kiley McInroy, kiley@bigblueadventure.com, bigblueadventure.com, com
- June 22, 2019 Jackass Gravel Grinder, Boise, ID, 54 and 14 miles, fully supported, gravel ride, supports the Juvenille Diabetes Research Foundation, Tina Leioncavallo, 208-489-1535, tieoncavallo@BroncoMotors.com, ico
- June 22, 2019 Morganzo 55 Gravel Grinder, Belgrade, MT, Gravel grinder, 55 miles, unsupported, Start time: 8am, Location: corner of Dry Creek Rd & Theisen Rd just north of Belgrade, MT, Map: https://catlopo.com/m/MOCO, GPX file: https://catlopo.com/m/file/d/08_2K151Y_821MW9F53p1dlo1b1A/view?usp=sharing, Shell Thomas, thomassheli@gmail.com, Kirk Ahlberg, info@morganzo55.com, montanacycling.net, morganzo55.com



- June 24-30, 2019 Crested Butte Bike Week, Crested Butte, CO, The World's Oldest Mountain Bike Festival celebrates 39 years with an Amateur Film Festival, Chainless 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! Kat Cooke, 970-349-6436, events@cbchamber.com, cbblkeweek.com
- June 26, 2019 Cache Creek MTB Race, Jackson, WY, May be held on June 27, Starts and ends at Mike Yokel Jr Park. Cross country with a free enduro segment. Food, drink, a raffle, and awards afterwards., Forest Dramis, jacksonholecycling@gmail.com, jhcycling.ord
- June 27-30, 2019 Leadville Training Camp, Leadville Race Series, Leadville, CO, Ride with past champions and experience every inch of the LT 100 MTB course in Leadville. A question and answer session will offer insight into proper training, diet and race strategy. Camp riders will get tons of camp swag, great food and amazing, unforgettable experience. Paul Anderson, 719-219-9364, panderson/off tip leadvilleggrees person.
- June 28-30, 2019 Grand Gear Grind, Granby CO, Mountain bike stage race, Stage 1 and Stage 2 will be at Granby Ranch where former mountain bike nationals races have been held. Stage 3 will be in the Rendezvous area on the east side of Winter Park, Dave Muscianisi, 303-817-6523, dave@attlerseries
- June 29, 2019 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.adamagmail.com, David Bauer, 307-660-1570, dbauer/35@gmail.com, wyominggravel.com, energyaddicts.net
- June 29, 2019 Bogus Basin Marathon and Cross Country, Knobby Tire Series, Bogus Basin, ID, Cross country and marathon mtb race, Alex Phipps, 208-841-4120, alex-01phipps@gmail.com, knobbytireseries.com
- July 7, 2019 Silver Rush 50, Leadville Race Series, Leadville, CO, Al 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, leadvilleraceseries.com
- July 13, 2019 Tahoe Trail 100, Leadville Race Series, Northstar, CA, Ride 50k or 100k or 100k or 10cky summits, breathtaking pine forests and beautiful Lake Tahoe views. 100k riders can qualify for the Leadville Trail 100 MTB, Josh Colley, 719-219-9357, youphoriacontact@gmail.com, Todd Jackson, 530-546-1019, todd@bligblueadvenfure.com, tahoetralimtb.com, vouphoriagraductions.com
- July 13, 2019 Enduro Pescado Whitefish Enduro, Montana Enduro Series, Whitefish, MT, Montana Enduro Series , contact@montanaenduro.com, Christine Wike, christine@ montanabicycleguild.org, montanaenduro.
- July 13, 2019 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 8-68 Marathon, the B-32 XC, or enter a two or three-person relay team, Colorado State Marathon Championship, Thane Wright, 970-401-1422, tanoricardo@yahoo.com, rockymountainendurance.com
- July 13, 2019 Philipsburg 46, Western Montana Trail Series, Philipsburg, MT, Cross country race, Ben Horan, 312-502-5997, <u>bfhoran@gmail.com</u>, <u>mtbmissoula.org</u>
- July 13, 2019 Brundage Mountain Cross Country, Knobby Tire Series, McCall, ID, Cross country and endurance mtb race on Sunday, Alex Phipps, 208-841-4120, alex01phipps@ gmail.com, knobbytireseries.com
- July 13, 2019 Big Mountain Enduro, Big Mountain Enduro Series, Winter Park, CO 3-4 stages enduro, Brandon Onliveros, brandon@bigmountainenduro.com, bigmountainenduro.com

- July 14, 2019 Victor Gravel Grinder, Tour of Colorado Series, Victor, CO, The Victor Gold Rush is an epic gravel challenge in the heart of the Rockies with nearly 9000 ft of climbing and incredible views. Start and finish in down fown Victorl 93.3 miles, Andy Bohlmann, 719-428-5807, 719-651-1677, info@tourofcolorado.com. tourofcolorado.com.
- July 19-21, 2019 Rocky Mountain Race Series, Angel Fire, NM, XC, DH, STXC, Slalom, Keith Darner, 719-221-1251, keith@chocolatebunyproductions.com, chocolatebunnyproductions.com
- July 20-21, 2019 Steamboat Springs Enduro, Revolution Enduro Series, Steamboat Springs, CO, Saturday racing will start with a shuttle ride to access new never raced trails for 3-4 Stages in the back country. Sunday August 19, will be three Stages with lift and pedal transfers at the Steamboat Bike Park and Forest Service trail system, David Scully, 970-846-5012, david@revolutionenduro.com, revolutionenduro.com
- July 23-28, 2019 USA Cycling Mountain Bike National Championships, Winter Park, CO, Chuck Hodge, 719-434-4200, chodge@ usacycling.org, usacycling.org
- July 26-28, 2019 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, leadvillescenedicts.
- July 27, 2019 Laramie Range Epic, Laramie, WY, The Laramie Range Epic (Formerly the Laramie Enduro) will have two course options, 30/601s miles. 80% singletrack from smooth and flowy to steep and technical. Choose the One & Done to do one lap, or, the Laramie Range 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, fresh food! Limited on-course camping and room specials, Dewey Gallegos, 307-742-5533, racedirector@laramieenduro.org, laramieenduro.org
- July 27, 2019 Butte 100 Races, Butte, MT, Continental Divide Trail, Single Track, Big Sky Country, 100 and 50 mile options, and a Sorini 25 mile option. 13th Annual, Stephanie Sorini, 406-490-7632, stephaniesorini@butte100.com, butte100.com
- July 27, 2019 Whit Henry Memorial Galena Grinder, Knobby Tire Series, Galena Lodge ID, XC/Marathon, 22.5 mile loop with 50% single track, start/finish at 7,000 feet with total gain of 3200 in one loop, open category (for racers who chose not to purchase a license) held for the marathon, which is 22.5 mile loops, Alex Phipps, 208-841-4120, alex 01 phipps@gmail.com, knobbyfireseries.com
- July 27, 2019 Lone Peak's Revenge Big Sky Enduro, Montana Enduro Series, Big Sky, MT, Montana Enduro Series, contact@montanaenduro.com, Christine Wike, christine@ montanableycleguild.org, montanaenduro. com, montanableycleguild.org
- July 27, 2019 Big Mountain Enduro, Big Mountain Enduro Series, Telluride, CO, 3-4 stages enduro, stages will be broken up across the box canyon, mixing bike park and backcountry terrain. Competitors will experience a wide range of trails in Telluride, from 1,000 feet of hard hitting downtill in the Mountain Village Bike Park, to arduous climbs and technical turns on the historic mining paths., Brandon Ontiveros, brandon@bigmountainenduro.com, bigmountainenduro.com
- July 28-30, 2019 Rocky Mountain Race Series Powderhom, Mesa, CO, Keith Darner, 719-221-1251, keith@chocolatebunnyproductions.com, chocolatebunnyproductions.com
- July 28, 2019 Oak Flats MTB Race, New Mexico Off Road Series, Albequerque, NM, fast and flowy course, Jan Bear, 505-670-4665, janbea@gmail.com, Par, 505-730-2615, parmenides.orplinel@gmail.com, nmors.org.oakflatsmtb.com
- August 1-4, 2019 Downieville Classic, Lost Sierra Triple Crown, Downieville, CA, All mountain, cross country, and downhill races, Live music, premium beer, food vendors and anall-weekend mainstreet industry expo top off





- Williams, <u>willie@sierratrails.org</u>, <u>downieville-</u>classic.com
- August 2-4, 2019 NW Cup Downhill Series
 Northwest Cup Downhill Series, Kellogg, ID
 Downhill race. Held at Silver Mountain Bike
 Park. Friday will be open practice. Saturday
 will be split practice by category. Pro/JuniorX
 seeding Saturday evening. Sunday racing all
 categories, Scott Tucker, 360-797-4288, scott@
 nwcup.com. nwcup.com
- August 3, 2019 Pierre's Hole MTB Race, National Ultra Endurance Series, Alta, WY, 11th 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@grandlarghee.com, grandtarghee.com/pierres-hole-50-100-mountain-bike-race*
- August 3-4, 2019 Pomerelle Pounder DH, Go-Ride Gravity Series, Albion, ID, Two USAC sanctioned downhill races in two days, Ron Lindley, 801-375-3231, info@utahdh.org, Darren Lightfield, 208-608-6444, wildrockiesmail@yahoo.com, acride.com, utahdh.org
- August 3, 2019 South Boundary Big Ride Angel Fire, NM, 40 mile singletrack race and ride, Seth Bush, 505-554-0059, ElCapitan@ ZiaRides.com, ziarides.com
- August 3, 2019 Joe Cosley Pancake Ride Gravel Grinder, Whitefish, MT, The Uff da 184 rolls out to about 184 miles with 18k of climbing and descending. The route is a loop, with an aid station at about mile 40, 100, 150, and a convenience store at mile 60. The route rolls over mixed surfaces. 90% dift and 10% chipseal/pavement. Roads are a combination of Forest Service, Montana Dept. of Resources, BLM and County. Dit troads are improved and suitable for 2 wheel drive vehicles. Paved roads are, well paved. All roads are open to general vehicle traffic, Route: https://ridewitingps.com/routes/29517384, Brad Lamson, joe@pancakeride.com, pancakeride.com,
- August 3, 2019 Eagle Enduro, Revolution Enduro Series, Eagle, CO, Stop 4 at Eagle CO is the series Finale for the 2019 Revolution Enduro. This new venue for the series will be a big one day back country race ventruing up into the high country with both technical and high speed courses! We're excited to serve up new trails to the Colorado enduro racing scene. Look for course maps to be released in July., David Scully, 970-846-5012, david@revolutionenduro.com, revolutionenduro.com
- August 3-4, 2019 Big Mountain Enduro. Big Mountain Enduro Series, Big Sky, MT, 3-4 stages enduro, Big Sky Resort has more than 50 miles of hiking and biking trails, with more than 40 miles dedicated to mountain biking. Brandon Ontiveros, brandon@bigmountainenduro.com, bigmountainenduro.com
- August 4, 2019 Race Montana Triathlon, Great Falls, MT, Electric City Water Park, Olympic and Sprint distances, youth short and long courses, Ron Ray, Info@racemt.com, racemt.com/event/race-montana-triathlon, racemtfil.com
- August 10, 2019 Leadville Trail 100, Leadville Race Series, Leadville, CO, Leadville Irail 100 is one of the most notorious and challenging bike races in the world. 100 mile out-and-back., Paul Anderson, 719-219-9364, pander son4@lifetimefitness.com, leadvilleraceseries.com
- August 10, 2019 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 Country 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.dom, honeystinger.com/steamboatstinger.com, honeystinger.com/steamboatstinger.com
- August 10, 2019 Tamarack Twister, Knobby Tire Series, Donnelly, ID, Cross country and enduro race on Sunday at a beautiful venue. Cross County race, Fast and flowy, Alex Phipps, 208-841-4120, alex01phipps@gmail.com, knobbytireseries.com
- August 16-17, 2019 Ruby Mountain Relay, Wells, NV, 184 mile relay gravel grinder, Robert Johnson, 775-340-5943, 801-718-0557, rubymountainrelay@gmail.com, rubymountainrelay.com
- August 17-18, 2019 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. Brandon Ontiveros, brandon@ bigmountainenduro.com, bigmountainen duro.com
- August 17-18, 2019 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. Race features both bicycle and hand cycle courses. Held in Herron Park., Tia Celentano, 406-261-1769, info@24hoursofflathead.org, 24hoursofflathead.org, 124hoursofflathead.org, 124hoursoff
- August 18, 2019 Palisades Gravel Fondo, Jackson , WY, Held at Palisades Reservoir, 25

- miles from Jackson, 60 and 100 mile options, Palisades Reservoir is in a scenic valley with forested hillsides rising from the water to the towering snowcapped mountains which form the background and has about 70 miles of shoreline. Forest Dramis, jacksonholecycling@gmail.com, jhcycling.org
- August 18, 2019 SBT GRYL Gravel Grinder, Steamboat Springs, CO, 6:30 am on Yampa Street. Three distances: 37/100/141 miles with 2000/6000/9000 feet of climbing, respectively. Mixed surface with the majority on hard packed gravel roads, Amy Charity, 970-215-4045. Info@sbtarvl.com.
- August 23-25, 2019 NW Cup Downhill Series, Northwest Cup Downhill Series, Whitefish, MT, Downhill race. Held at Whitefish Bike Park. Friday will be open practice. Saturday will be split practice by category. Pro/Juniors seeding Saturday evening. Sunday racing all categories, Scott Tucker, 360-797-4288, scott@pwcup.com.pwcup.com.presup.com.
- August 24-25, 2019 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 Tetons., Andy Williams, 800-TARGHEE ext. 1309, awilliams@grandtarghee.com, Montana Enduro Series, contact@montanaenduro.com, Christine@montanaenduro.com, Christine@montanaenduro.com, christine@montanaenduro.com, complementaer.
- August 24, 2019 Big Sky Biggie, Big Sky, MT, 30 and 50 Mille 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, Natolie Osborne, 907-223-0858, natalie@wonderbuild.com, bigskybiggie.com
- August 24, 2019 Lake City Alpine 50, Lake City, CO, This lung-busting race will take you by the iconic Lake San Cristobal before climbing through the alpine tundra to the two of the highest passes in Colorado: Cinnamon Pass (12,640 feet) and Engineer Pass (12,800) feet. The race will feature over 7,500 feet of climbing through some of the most incredible sections of the San Juan Mountains. This is a USA Cycling sanctioned event. benefit the Town of Lake City and the Lake Fork Valley Conservancy. Michael Fleishman, mike@lakecityalpine50.com lakecityalpine50.com
- August 24, 2019 Salt River Challenge, Alpine, WY, A one-day challenging race course in Wyoming's incredible backcountry., Taunya Lofgran, 801-671-9798, saltrivermtb@gmail.com, saltrivermtb.com
- Com, Salitivetrino.com

 August 25, 2019 Bartle of the Gravel, Savery,
 WY, South of Rawlings, 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 BBA, band and brews on the grounds
 of the Museum. 95 miles, Kimberly Coats,
 307-383-7778, 530-744-8773, teamrwandacyclina@amail.com, battleofthegravel.com
- cling@gmail.com, battleofthegravel.com

 August 29-September 1, 2019 Rebecca's
 Private Idaho Gravel Grinder and Festival,
 Ketchum, ID, Lifestyle, mountain bike and
 outdoor festival staged in beautifui Sun Valley,
 Idaho over Labor Day Weekend. The cornerstone of the two-day event is a 100-mile
 Gravel Grinder (or 50-mile option) mountain bike race & ride in the scenic Pioneer
 Mountains of Central Idaho, with renown
 mountain bike champion and endurance
 athlete Rebecca Rusch. The weekend activities are centered around giving back to
 Rebecca's favorite local, national and global
 cycling charities, Join the "Queen of Pain" on
 this beautiful route that ends in a great downhome party with food, festivities, music, and
 libations., Colleen Quindlen, 254-541-961,
 colleen@rebeccarusch.com, rebeccasprivafieldaho.com
- September 1, 2019 Royal 50 Mountain Bike Race, Canon City, CO, The Royal 50 takes place on a challenging singlefrack course overlooking the famed Royal Gorge. Multiple distances options, including 20 or 50 miles. Elevation gains of over 1,000 or 2,000 feet (depending on course), Ashlee Sack, 719-248-6376, coordinator@joinFAR.org, royal50.com, joinfar.org
- September 1, 2019 Signal Peak Challenge MTB Race, New Mexico Off Road Series, Silver City, NM, 12, 25, and 31 mille races, Jan Bear, 505-670-4665, janbea@gmail.com, Martyn Pearson, 575-654-3966, martynpearson56@gmail.com, signalpeakchallenge.com, nmors.
- September 7, 2019 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, leadvilleraceseries.com
- September 7, 2019 Wyo 131 Gravel Grinder, Wyoming Gravel Grinder Series, Lander, WY, Wyoming Gravel Grinder Series, Lander, WY, Wyoming's premier gravel race! A 131 mile race that starts and finishes in beautiful, Lander Wyoming. Race through sagebrust desert to alpine forests, along the historic Oregon Trail, and Atlantic City mining district, Tony Ferlisl, landercycling@gmail.com, Mike Dicken, 307-333-2926, lurassicclassicfest@gmail.com, Scott Van Orman, 307-349-4987, wyo131.gravel@gmail.com, wyo131.com
- September 14, 2019 Fire on the Rim Mountain Bike Race, Pine, AZ, 15, 30, and 45 mile mtb races near Payson, AZ, Janet Brandt, info@ fireantherim com fireantherim com fireantherim com
- September 14-15, 2019 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 morn ingl, Niesey Heckart, 307-761-1741, niesey@laramieracing.com, twomoon24.com, laramieracing.com
- September 15, 2019 Junior Enduro, Revolution Enduro Series, Crested Butte, CO, For ages 10-17, David Scully, 970-846-5012, david@revolutionenduro.com, revolutionenduro.com
- September 15, 2019 Sunrise Ski Resort Enduro Sunrise Ski Resort, AZ, MBAA, 480-442-4229 racing@mbaa.net, mbaa.net
- September 15, 2019 High Desert Screamer MTB Race. New Mexico Off Road Series, Gallup, NM, Takes place on the High Desert Trail System, a series of loops on the pristine mesas overlooking Gallup. The course is primarily single-track, hard packed clay interspersed with slick rock, small climbs and technical sections. Jan Bear, 505-670-4665, jan-bea@gmail.com, Andy Stravers, 505-862-2442, SaushBlossma(Lossic@amail.com
- September 21-22, 2019 Rendezvous Enduro, Montana Enduro Series, Teton Village, WY, Montana Enduro Series , contact@montanaenduro.com, Christine Wike, christine@montanabicycleguild.org, montanaenduro.com, montanabicycleguild.org
- September 22, 2019 Horny Toad Hustle MTB Race, New Mexico Off Road Series, Las Cruces, NM, Jan Bear, 505-670-4665, janbea@ gmail.com, Dave Halliburton, 575-312-5991, gotdirfnm@gmail.com, hornytoadhustle.com,
- September 28, 2019 Grinduro. Lost Sierra Triple Crown, Quincy, CA, 62 miles of pavement, gravel, and singletrack with a TON of climbing and twisty descents. Most of the ride is casual, there are four timed sections that are designed to cater to specific strengths. Grinduro racers and spectators are treated tothree days of camping, live music (including a late-night DJ), beer, awesome food, and campfires, Greg Williams, willie@sierratrails.org, grinduro.com
- September 28-30, 2019 12 Hour of Albuquerque Race and MTB Festival, Albuquerque, NM, The weekend will be full of activities with the anchor event being the 12 Hours of Albuquerque from 7am to 7pm on Saturday. The course for the 12 Hours of Albuquerque is 11+ miles of fast, fun, occasionally technical, but mostly flowy singletrack in the beautiful pine forests above Albuquerque, Seth Bush, 505-554-0059, Elcapitan@ZiaRides.com, ziarides.com
- September 28-29, 2019 Flagstaff Enduro Flagstaff, AZ, MBAA , 480-442-4229, racing@ mbaa.net, mbaa.net
- October 4-6, 2019 Monarch Crest Enduro Rocky Mountain Enduro Series, Salida, CO 5 stage epic backcountry enduro in the San Isabel and Gunnison National Forests. Keith Darner, 719-221-1251, keith@chocolate bunnyproductions.com, chocolatebunnypro ductions.com
- October 5, 2019 Tour of the White Mountains, Pinetop-Lakeside, AZ, Arizona's longest standing mountain bike event. At 7,000 feet, The Tour is a grassroots event with laid back vibes among a gathering of bike-minded individuals., Dave Castro, 520-623-1584, Info@epicirides.com, Dave Castro, dcastro@epicirides.com, epicrides.com, epicrides.com.
- epicrides.com, epicrides.com

 October 5, 2019 Road Apple Rally MTB Race,
 New Mexico Off Road Series, Farmington, NM,
 The Road Apple Rally began in 1981 as a
 competition between horses and bicycles. It
 has since become a bicycle only race and
 stands as the longest running annual mountain bike race in the United States. Bring the
 family for a day of fun and try the children's
 riding obstacle course. This celebrated mountain bike race features five divisions: Beginner,
 Pro, Expert, Sport, Single Speed. The Beginner
 course is a 15 mille loop, all others ride the full
 30 mile Road Apple Rally course. Both courses
 feature the whoops, where you spend more
 time in the air then on the ground! Course
 terrain also includes short climbs, flats, sandy
 arroyos and sharp corners. , Jan Bear, 505670-4665, janbea@gmail.com, Leslie Mueller,
 505-599-1184, "mueller@fmtn.org, fmtn.
 org/277/Road-Apple-Rally, nmors.org
- October 5-6, 2019 Giorieta Cyclocross, Glorieta, NM, New Mexico-El Paso Regional XC Championship, Glorieta Camps, Jan Bear, 505-670-4665, janbea@gmail.com, core-crew.com
- October 5, 2019 6 Hours of Disco, Anaconda, MT, Held at Discovery Ski Area, A lap format race lasting 6 hours plus one lap. It will stat and end in front of Discovery Ski Lodge. Finishers with the most laps wins, Finishers with the same number of laps will then go by time (or first over the start finish line)., Brian Cyr, 406-563-5538 ext. 15, info@anacondatralisociety.

- com, anacondatrailsociety.com, anacondatrailsociety.com/6-hours-of-disco/
- October 13, 2019 Prescott Enduro, Prescott, AZ, MBAA, 480-442-4229, racing@mbaa.net, mbaa.net
- October 18-20, 2019 USA Cycling Collegiate Mountain Bike National Championships, Durango, CO, Collegiate National Championships and Montana High School Championships and Montana High School Championships, Chuck Hodge, 719-434-4200, chodge@usacycling.org, Chad Sperry, chad@agorge.net, Ben Horan, 312-502-5997, pthorangamali.com, usacycling.org
- October 26, 2019 Prescott 6er, Prescott, AZ, 6 hour and 12 hour mountain bike race on a 9 mile loop with solo, duo, junior, masters and singlespeed categories, Breanna Bissell, 480-734-0558, info@mangledmomentum.com, prescott6er.com
- October 26, 2019 Mount Lemmon Gravel Grinder, Oracle, AZ, 3rd Annual, 40, 50, 60 mile options on the back gravel roads of Mt. Lemmon with elevation gains ranging from 3,000 to 8,000ff. Begins at 7 a.m. at the YMCA Triangle Y Ranch just north of Tucson on the "backside" of the Santa Catalina Mountains. John McCarrell, 615-636-4828, john@mtlemmongravelgrinder.com, mtlemmongravel
- October 27, 2019 Kingman Enduro, Kingman, AZ, MBAA, 480-442-4229, racing@mbaa.net, mbaa.net
- November 2, 2019 Showdown at Usery Pass, Phoenix, AZ, 8 hour cross country race on an 11 mile loop, solo, duo, quad, and relay options, free kids races, Two Wheel Jones , events@twowheeljones.com, mesabikerace.
- November 8-10, 2019 Bootleg Canyon Gravity and Demo Fest, DVO Suspension, Alchemy Bikes, Trucker Co, Boulder City, NV, Please join us at our 6th annual Bootleg Canyon Gravity Fest. Expect more shuttles, more group rides, more demos, product demos, huck and bunny hop confests, dally happy hour and free camping!, Downhill Mike, 518-524-9805, info@downhillmike.com, downhillmike.com,
- November 16, 2019 12 Hours of Fury, Fountain Hills, AZ, 12 Hours of Fury will test your body, mind and mountain biking skills. The race will begin and end at the Four Peaks Staging Area in McDowell Mountain Regional Park. The 15 mile loop is smooth, fast and fun. The most loops in 12 hours wins it!, Jeremy Graham, 623-330-0913, jeremy@4peaksracing.com, 4peaksracing.com/events/12-hours-of-fury-2017
- December 7, 2019 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 fitiendly 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, zlarides.com/event-register/dawn-dusk-arizona
- eventi-register/dawn-dusk-drizona

 January 4, 2020 6 Hours in the Papago powered by SRAM, Tempe, AZ, 6 hours in the Papago powered by SRAM, Tempe, AZ, 6 hours in the Papago will test you like never before. Get ready for a highly entertaining course to kick off your racing season. Ride solo, with a friend or on a team to tackle this looped course in Tempe's inframous Papago Park to rack up as many laps as possible. Jeff Frost, 928-380-0633, canisbleu@gmail.com, 12hoursinthepapago.com

Utah Weekly

Road Race Series

- Utah Criterium Series Locations TBD, Utah Crit Series, West Valley City, UT, Saturdays at 11 am in March Tuesdays at 6pm, April through September, A and B at 6, C and D at 7 pm, Locations TBD, Marek Shon, 801-209-2479, utcritseries@gmail.com, utahcritseries.com
- Salt Air Time Trial Series Utah Crit Series, Salt Lake City, UT, Every other Thursday April -September, 1-80 Frontage Road West of the International Center, Marek Shon, 801-209-2479, utcritseries@gmail.com, utahcritseries. com
- DLD (DMV) Criterium Utah Crit Series, West Valley City, UT, Weekly Training Crit at the Driver's Training Center, 4700S. 2780W., A flite 6 pm, B flite between 6:45 and 7:05, Call for information regarding C flite. Wednesdays April April August, Marek Shon, 801-209-247y, utcritseries@gmail.com, utahcritseries.com
- Emigration Canyon Hillclimb Series Utah Crit Series, Salt Lake City, UT, Starts north of Zoo 7.4 miles to top of Emigration. First rider off at 6:30. Every other Thursday April through August,

- Marek Shon, 801-209-2479, <u>utcritseries@gmail.</u>
- Logan Race Club Thursday Night Time Trial Series Logan, UT, Thursdays. IT series consisting of 18 races on five difference courses, with weekly and end-of-series prizes. Check the website for the location of the weekly course., Stephen Clyde, 435-750-8785, swc@mdsc.com, Ben Kofeod, benhkof@hotmaii.com, Travis Dunn, travis.dunn@usu.edu, loganraceclub.org

Utah Road Racing

- May 4, 2019 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 4, 2019 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, 800-635-1792, 970-275-1633, info@granfondomoab.com, granfondomoab.com
- May 11, 2019 Marek's Road Race, UCA Series TBA, UT, Marek Shon, 801-209-2479, utcrit series@gmail.com, race2wheels.com
- May 17, 2019 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@extramilleracing.com, extramilleracing.com, racebearlake.
- May 25, 2019 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, Jared Eborn, 801-599-9268, lared@extramileracing.com, extramileracing.com
- June 7-8, 2019 Farm Bureau Omnium, UCA Series, Daybreak, UT, Criterium, Road Race and Time Trial. USAC license required-oneday licenses available. Proceeds from the race go to benefit Bikes for Kids Utah. Circuit Race on Friday at Utah Motorsport park Saturday morning TT in SLC, Saturday night Crit at the UMP, Marek Shon, 801-209-2479, utcritseries@gmail.com, race2wheels.com, bikesforklasufah.com
- June 7-8, 2019 Kokopelli Maab to St. George Relay, Moab, UT, Moab to St. George Relay, Road race with 4 rider teams and three legs per rider, covering 528 miles. Multiple start times at Swanny Park in Moab finishing at Unity Park in Ivins., Clay Christensen, 801-234-0399, info@enduranceutah.com, visionrelay.com
- June 14-August 24, 2019 AISU Criterium Series, UCA Series, Murray, UT, Criterium race series, American International School of Utah , 4900 Galleria Drive, Murray, UT 84123, June 14, July 6, July 19, August 9, August 24, Jared Eborn, 801-599-9268, jared@extramileracing.com, extramileracing.com
- June 15, 2019 Utah State Time Trial Championship, UCA Series, Location TBD, UT, Dan Aamodt, 385-228-3454, dan@balancedartmultisport.com, balancedartmultisport. com/utah-state-time-trial-championship/
- June 20-22, 2019 Utah Summer Games, Utah Summer Garnes Cycling, Cedar City, UT, Hill Climb (4 miles with average grade of 7%, Time Tiral (10 miles out and back course), Criterium (.95 mile closed course, counter clockwise), Road Race (20, 40 and 60 mile course) with overall Omnium, Casey McClellan, 435-865-8421, 435-865-8422, mcclellan@suu.edu, Steve Ahlgreen, 435-865-8427, 435-865-8423, ahlgreen@suu.edu, utahsummergarnes.org
- June 22, 2019 Porcupine Hill Climb, UCA Series, Salt Lake City, UT, 18th Annual, Start: Porcupine Pub & Grille finishing at the Brighton Ski Resort, Big Cottonwood Canyon. Citizen's and licensed rider categories. State Championship Hill Climb for licensed categories. 14.7 miles, 3800' of climbing!, Jared Eborn, 801-599-9268, jared@extramileracing.com, extramileracing.com, bikereg.com/porcupine

Your soundtrack to living in Utah! Add KRCL to your company's marketing mix with a customized underwriting schedule.

Details at KRCL.org

90.9. **krcl**



Did you know?

Proceeds from Share The Road license places help fund:

- · Bicycle education in schools
- Better roads & infrastructure
- Bicycle friendly legislation
- · Awesome new trails & paths



www.BIKEUTAH.org/ShareTheRoad

- June 28-29, 2019 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@kenmends.com.scule.com meads.com, sa-lo.com
- uly 13, 2019 Cache Gran Fondo, UCI Gran Fondo World Series, USA AND Gran Fondo National Series, Logan, UT, 8th annual, Beginning in 2019, the Cache Gran Fondo has been chosen as an UCI World Championship Qualifier, and riders of all abilities invited. 38, 50, 70 and 112-mile courses follow a fun, mostly-flat scenic route through Northern and Cache Valley, UT with a challenging hill in each. The finish is a festival on a closed-off city-block in downtown Logan including race prizes, (UCI winners jersey and medal), recreational rider prizes, finisher medals, and unique jerseys at cost. 25% of UCI racers in 16 age categories qualify for UCI World July 13, 2019 - Cache Gran Fondo, UCI Gran in 16 age categories qualify for UCI World Championships., Troy Oldham, 435-764-2979, oldhamtroy@gmail.com,
- July 20, 2019 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.
- July 20, 2019 The Salt Lake Criterium, USA Crits Series, Salt Lake City, UT, Professional and amateur categories, expo and morel Benefits the Utah Food Bank, Eric Gardiner 801-660-9173, <u>ericgardiner@gmail.com</u>, <u>salt-</u> lakecriterium.com
- July 26-27, 2019 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 2-4870, <u>Steven@SaintstoSini</u> Neusmeyer, 801-856-7018, ssinners.com, <u>SaintstoSinners.c</u>
- July 27, 2019 Ophir Road Race, UCA Series, Ophir, UT, 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
- August 3, 2019 Goshen Circuit Race, UCA ugust 3, 2019 — Goshen Circuir Kace, UCA, Series, Goshen, UT, 5.7 mile loop with a couple of punchy rollers and about 375 feet of up and down each lap on paved farm roads in southern Utah County., Jared Eborn, 801-599-9268, |ared@extramileracing.com, extramileracing.com
- August 10, 2019 Utah Tour de Donut, Highland, UT, 12th 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., Glenn Smith, 801-477-5214, info@utahtourdedonut. org, utahtourdedonut.org
- August 10, 2019 Snowbird Hill Climb, Snowbird Jugust 10, 2019 — Snowbird Hill Climb, Snowbird, UT, Join us for the 41st Annual Snowbird Bicycle Hill Climb! Climb 10 miles and 3,500 feet 8 am start on 9400 S. near 20th East, climb to Snowbird's entry II. 10 miles, 3500, vertical. The grueling road bike race up the canyon brings competitors to the base of Snowbird. Breanne Nalder, 801-550-0434, breannenalder@gmail.com, snowbird.com/event/bicycle-hill-climb, bikereg.com/snowbird-bicycle-hill-climb bird-bicycle-hill-climb
- August 12-18, 2019 Larry H. Miller Tour of Utah The Tour of Utah is a UCI 2.H 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 climb-ing. It is broadcast worldwide on Tour Tracker d is free for spectators., Larry H. Miller Tour Utah , 801-325-7000, info@tourofutah.com
- August 17, 2019 Wildflower Hill Climb Mountain Green, UT, Timed 5.5 mile climb during the 65 mile course option in this womenonly cycling event., Nick Bowsher, 801-610 wildfloweroutdoor.com, wildflow-
- August 17, 2019 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 pros start, with the same climbs and high altitude finish. This ride has earned the title altitude tinish. Inis 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 23-26, 2019 Hoodoo 500, Planet Ultra Grand Slam Endurance Series, St. George, UT, 500 mile loop race through Southern Utah. Non-stop or stage race, solo and relay team divisions. 300 mile option as well., Deborah Bowling, 818-889-2453, <u>embassy@planetultra</u>
- August 31, 2019 West Mountain Road Race, UCA Series, Benjamin, UT, 100 Miles of rolling terrain around West Mountain in Utah County, Jared Eborn, 801-599-9268, jared@extramileracing.com, extramileracing.com
- September 7, 2019 LOTOJA Classic Road Race, Logan, UT, 37th Annual, 1 day, 3 states, 200-plus mile road race from Logan, UT to Jackson Hole, WY, Brent Chambers, 801-546-0090, info@lotoia.com, lotoia.com
- October 8-11, 2019 Huntsman World Senior Games Cycling, St. George, UT, Must be 50 years or older. Three events: hill climb Games Cycining, ... 50 years or older. Three events: hill cilitary, downhill, and cross country. Expert, Sport and Beginner Skill Divisions. Kyle Case, 800-562-1268, 435-674-0550, hwsg@seniorgames.net,
- October 12, 2019 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, 801-870-4578, sports@sportsam.com, sports-am.com

CONTACT USA CYCLING ELITE COACH DAVE MANWARD CUSTOM TRAINING, PERFORMANCE BIKE FITTING & TESTING

Regional Weekly

Road Race Series

- May 14-July 16, 2019 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 except June 4 and June 21, Kurt Holzer, 208-890-3118, idahobikerac-Stadium). ng@yahoo.com, Kevin Spiegel, idah lacing@gmail.com, idahobikeracina.or
- May 14-August 20, 2019 Gallatin Valley Summer Series, Bozeman, MT, Weekly road series that includes road races, time trials, criteriums, mountain bike races and more, Alex Lussier, Jussiera@hotmail.com, Phil Rotherman, phil@rothconst.com, Mollie McKiernan, mollie. mcKiernan@gmail.com, Patrick Wessel, patrickwessel@yahoo.com, gallatinvalleybicycleclub.ora
- Club.org

 May 15-August 14, 2019 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 15 at 6:30 pm, 7:00 pm, June 12, July 10 and July 31 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 29 -Crystal Summit, 6:30 pm.7:00 pm; June 26-Scout, July 17-Crystal Summit, August 14-Scout, Categories: End of season awards for men and women's overall winners of these categories: A's , B's , Master's 50+, Masters 60+, Tiathlete, Recreational (Non IT bike, Eddie Merckx style). Single Speed, and Clydesdale (210 lbs+) and Athena (150 lbs+), Peter Joyce, 208-282-3912, joycpet@isu.edu, Tony Chestow, 435-671-2506, hebermisports@yahoo.com, idahocycling.com

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

and Beyond

- May 1-5, 2019 Tour of the Gila, Silver City, NM, 5 stages, UCI men, UCI women, amateur categories, great spring racingl, Jack Brennan, 575-590-2612, brennan5231@comcast.net,
- May 3-5, 2019 Tour de Bloom Stage Race, Wenatchee, WA, A three-day cycling event organized by the Wenatchee Valley Velo Club. The event features a road race on Friday, an out and back 10 Mile TI, 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@mvi.me/, wenatcheevalleyvelo.com/current-event/ wenatcheevalleyvelo.com/current-event/tour-de-bloom/
- May 10-12, 2019 USA Cycling Collegiate Road National Championships, Augusta, GA, Chuck Hodge, 719-434-4200, <a href="mailto:champeoglipg.gradurgeoglipg.gr cling.org, usacycling.org
- May 18, 2019 Ride for the Pass, Aspen, CO, Idy 18, 2019 — Ride for me Pass, Aspen, Coy, Benefits the Independence Pass Foundation. 24th Annual from the Winter Gate, 4 miles east of Aspen, to the Independence Ghost Town approximately 10 miles east up Highway 82 on Independence Pass, gains approximately 2200 feet of elevation, from 8,500ft to 10,700ft., Mark Fuller, 970-963-4959, 970-618-5086, full-con@compast.net. independence ass act st.net, independencepass.org
- May 18-19, 2019 Superior Morgul Omnium, Superior, CO, 8 mile time trial, team time trial, Superior Morgul road race, Lance Panigutti, 303-408-1195, lance@withoutlimits.com, whitelinecycling.com
- May 19, 2019 Bearmouth Road Race, Missoula, MT, Alex Gallego, 406-721-6525, alex@missoulabicycleworks.com, missoulabicycleworks.
- May 24-26, 2019 Iron Horse Bicycle Classic, Durango, CO, 47th Annual, Road Race and Tour from Durango to Silverton. Both are on Saturday 25th and are a 50 mile ride from Durango to Silverton. Take off with the train, traveling over two 10,000th mountain passes enroute to the historical mining town of Silverton. Sunday 26th we have a kids Race and kids Village, Mountain Bike Race, Gravel Grinder, Cruiser Crit, BMX event and vendors., Gaige Sippy, 970-259-4621, director@ionhorsebic.com, ironhorsebi-
- June 1, 2019 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@ escycles.com, georgescycles.com
- with grades from 8-12%, 11 miles on freshly paved roads and closed to traffic, Barry Lee 720-244-8228, 720-409-7048, blee1216@icloud
- June 1, 2019 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'. Breathtaking views. All ages are welcome to come & join in the funl, Cindy Higgins, 208-983-8550, chiggins@syringahospital.org, syringahospita June 1-2, 2019 — Flagstaff Omnium, Flagstaff, AZ, Climb to the Snowbowl Ski Area, 6.34 miles-1850 ft of Climbing - avg 5.6%, Williams-Perkinsville Road Race, Kyle , 928-773-1862, June 2, 2019 — Guanella Pass Hill Climb, Colorado Summit Cycling Series, Georgetown, CO, 8th annual, Begins in historic downtown Georgetown to the summit of Guanella Pass – Elevation 11,670 ft, 3,050 ft. of elevation gain with grades from 8,12%, 11 miles on freshly

- June 9, 2019 Bill McLain Memorial Sandia Crest Road Race, Albequerque, NM, 27 or 57 miles, Randy Corcoran, 505-440-0603, randygmail.com, nmcycling.org
- June 15-16, 2019 Bike the Bluff, Show Low, AZ, 12th Annual, AZ Elite Road Race Championship, USAC Sanctioned Races Citizens Race, 22-81 miles, Criterium, Jeff Frost 928-380-0633, canisbleu@gmail.com, Christy Church, 928-242-3722, christy@bikethebluff
- June 16, 2019 Emmett-Roubaix Road Race, Emmett, ID, Idaho State Road Race Championships., Justin Ward, 208-322-8042, sales@bobs-bicycles.com, idahobikeracing. org, upcyclebolse.com
- June 16, 2019 Parker Main Street Criterium Parker, CO, fast and flowing criterium, Barry Lee, 720-244-8228, 720-409-7048, blee1216@ cloud.com, sanitascycling.com
- June 20-23, 2019 USA Cycling Amateur Road National Championships p/b Papa John's, Hagerstown, MD, Elite, U23 and Junior Road National Championships., Chuck Hodge, 719-434-4200, chodge@usacycling.org, usacycling.org
- June 27-30, 2019 USA Cycling Professional Road, ITT, and Criterium National Championships, Knoxville , TN, Chuck Hodge, chodge@usacycling.org 719-434-4200 usacvelina.ora
- June 28-30, 2019 Baker City Cycling Classic une 28-30, 2019 — Baker City Cycling Classic. Oregon Women's Prestige Series, Baker City, OR, Three days and four stages in beautiful eastern Oregon, with great support and unparalleled scenery. Over 8,000 ft of climbing over the three days in one of the country's most beautiful cycling regions. Pros and amateurs race the same courses and the women's and men's prize purses are matched by sponsor BELLA Main St. Market., Brian Vegter, 541-325-1689, dopbri@icloud.com, bakercity-cycling.org
- June 30, 2019 New Mexico Spokettes Women's Time Trial, Algodones, NM, 10 mile Time Trial, 8:30 am, Includes all levels of racers from the beginner to the pro. Also new this year, all female and co-ed team time trials, Maripat Glover, 505-301-9143, spo-
- July 4-7, 2019 Northwest Tandem Rally, Boise, ID, We have two group rides planned and several social functions. 4 days of tandem rides!, Mike Cooley, 208-343-3782, mcooley@ georgescycles.com, georgescycles.com
- July 6, 2019 Twin Falls Criterium, SWICA, Twin Falls, ID, Idaho State Criterium Championships, Falls, ID, Idaho State Citterium, SWICA, Twin Falls, ID, Idaho State Citterium Championships Rick Greenawald, 208-316-6176, green-awald@cableone.net, idahobikeracing.org, tfoldtowncif.com
- July 7, 2019 Sunshine Pass Hill Climb, Boulder, CO, 3000 feet in 9.8 miles including 3 miles of hard pack dirft, Barry Lee, 720-244-8228, 720-409-7048, blee1216@icloud.com, sanitascycling.com
- July 12, 2019 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, 343-3782, <u>mcooley@georgescycles</u> g<u>eorgescycles.com</u>, <u>chronokristinarm</u>s
- July 13, 2019 ASWB Twilight Criterium, USA Crits, Boise, ID, 33rd Annual, Pro Road Tour, races for all categories, and race under the lights for the pros., Mike Cooley, 208-343-3782. rgescycles.com, boisetwilight-
- July 17-20, 2019 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, southeas:
- July 27, 2019 Targhee Hill Climb, Driggs, ID, Wyoming State Hill Climb Championships. Day 1 Targhee Hill Climb. Day 2 Teton Pass Hill Climb. Compete in one or both. To be scored for the State Champs you must race both days. Winners based on combined times. Time trial starts at 10 am with 30 second infervals.
 Starts at Peaked Sports in Driggs, climbs Ski Hill
 Road and ends half a mile from the Grand
 Targhee Resort. The course covers 12 miles larghee Resort. The course covers 12 times and 2,200 vertical feet. Awards, Raffle and results 1 pm at Peaked Sports. Net proceeds benefit Teton Valley Trails and Pathways., Dick Weinbrandt, 208-354-2354, peaked@silverstar.com, Forest Dramis, jacksonholecycling@gmail.com, peakedsports.com, jhcycling.org
- July 27, 2019 Bob Cook Memorial Mount Evans Hill Climb, Colorado Summit Cycling Series, Idaho Springs, CO, 53rd annual, This is an arduous 27 mile bicycle race and gran fondo that ends on the highest paved road in the United States to the summit of Mount Evans at 14,130°, 6000 feet elevation gain, Jennifer Barbour, 303-503-4616, execcin@teamevergreen.org, Kim Nordquist, 303-249-6168, director@blcyclerace.com, bicyclerace.com, bicyclerace.com, bicyclerace.com, bicyclerace.com, bicyclerace.com
- July 28, 2019 Teton Pass Hill Climb, Wilson, WY, Wyoming State Hill Climb Championships. Day 1 Targhee Hill Climb. Day 2 Teton Pass Hill Climb. Compete in one or both. To be scored for the State Champs you must race both days. Winners based on combined times.9:15 AM road race (4.7 miles, 2284 ft. vertical), 21st Aminodardace 4.7 miles, 2244 in. Verincul), 2134 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@silvestar.com, Forest Dramis, Jacksonholecycling@gmail.com, jhcycling.org
- August 3-4, 2019 Idaho Senior Games, Kuna, ID, 5k and 10K Time Trials both at 9 a.m. date cooresponds 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 5. Cole Road & Hubbard/10 Mile Creek Rd., Mike Thorton, 208-861-8000, idahoseniorgamesinfo@gmail.com, Frank Gilbert, 208-853-1964
- August 4, 2019 Arizona State Time Trial 201k Championships, Picacho, AZ, Arizona State Individual Time trial, 201k. Course out & back, flat, first ride start 6:30 AM, rider go off in 30 seconds intervals. USA Cycling State awards., Joey Luliano, juliano88@gmail.com, tucson-masters.org, azcycling.org
- August 8-11, 2019 USA Cycling Masters Road National Championships, Colorado Spring CO, Chuck Hodge, 719-434-4200, chodge usacvelina.org, usacvelina.org
- August 10, 2019 Lamoille Canyon Hill Climb, Lamoille, NV, 13th annual. Road Race hill climb, 12 miles, 3000th hill climb in Ruby Mountains. Race starts at 9am. Post event picnic and awards in Lamoille Grove, 11:30am, Gayle Hughes, 775-753-7789, 775-934-4532, nvelkovelo@gmail.com, elkovelo.com
- August 10, 2019 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 , glf Mosher, 719-634-7333 Ext 1005, jeff@thesportscorp.org , usacycling.org, PikesPeakCyclingHillClimb.org
- August 17, 2019 Bogus Basin Hill Climb, Boise, ID, 42nd Annual, Mike Cooley, 208-343-3782, mcooley@georgescycles.com
- September 1, 2019 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,
- September 8-14, 2019 World Human Powered Speed Challenge (WHPSC), Battle Mountain, NV, 20th annual hosted by the IHPVA. Current record is 89.59 mph. Classes: Men's, Women's, Juniors in Open, Multi-track, tandem and Arm Power. International cyclists from around the world will gather on SR305, the fastest stretch of road in the world to see who can break the World Record, Al or Alice Krause, 707-443-8261, 707-845-3683, a.krause@sbcglobal.net, ihpva.org, whpsc.org
- September 13-15, 2019 Silver State 508, Reno, NV, 36th Annual, Founded by John Marino in 1983 and recognized as "The Toughest 48 hours in Sport," This 508-mile bicycle race is revered the world over for its epic mountain climbs, stark desert scenery, desolate roads, and its reputation as one of the toughest but most gratifying endurance challenges available, bar none. Solo supported, randonneur, 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@csd.com, Jo Panzera, jo@ccsd.com, the508.com
- September 15, 2019 Mt. Graham Hill Climb, Safford, AZ, 8 am, mass start, Nippy Feldhake III, 520-747-2544 , nippy-mr-smarty-pants@juno. com, azcycling.org
- September 28, 2019 Bear Lake Monster Cross, St. Charles, Ul7ID, A Dirt Fondo along the back roads of the Bear Lake Valley. Starting and finishing at St. Charles, Idaho, the race tours the foothills and backcountry of the Bear Lake Valley with approximately 70 miles of dirt and gravel and just enough pavement to get you where you're going. A cut off exists for those looking for closer to 60 miles.

Cyclocross or Mountain Bikes are your best options. Race it, ride it, love it., Jared Eborn, 801-599-9268, jared@extramileracing.com, receberitate com.

31

- September 28, 2019 Man vs Machine, Williams, AZ, The Grand Canyon Railway, in partnership with Grand Canyon Racing, will fire up its steam engine 4960 a 310-ton behemoth built in 1923 to take on hundreds of intrepid bicyclists on a 53-mile course that will climb 2,023 feet starting at the South Rim of the Grand Canyon to iconic Williams, AZ, finishing on historic route 66., PJ Borman, 602-296-8313, info@grandcanyonracing.com, grandcanyonracing.com,
- October 5-6, 2019 Nevada Senior Games Las Vegas, NV, Cycling competition for age groups: 50-94. 5 and 10k time trials, 20 and 40k road races, Tim Jones, 702-994-6205, <u>titiones@</u>

Utah Road Touring and

Gran Fondos

- May 4, 2019 Springville to Nephi 100, BCC lay 4, 2019 — Springville to Nephi 100, BCC SuperSeries, Springville, UT, Start Springville Cracker Barrel Frontage Road to Nephi and back thru orchards, flat to rolling. Self Supported with shorter 30, 60, and 75 mile options. Store stops enroute. Self supported. Free event., BCC , roadcaptain@bccutah. org, bccutah.org
- May 4, 2019 Tour de Brewtah, Utah Bike Month, Salt Lake City, UT, A tour of the city highlighting Salt Lake's great bicycle infra-structure, engaged community, and craft beers., Becky Van Horsen, 801-484-4128, tour-debrewtah@gmail.com, tourdebrewtah.com
- May 4, 2019 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 Dayl, Matt Storms, 801-448-6061, staff@forth-ewigacing.com/frontsuper-century.com.
- May 4, 2019 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, 800-635-1792, 970-275-1633, info@granfondomoab.com, granfondomoab.com



- May 11, 2019 Northern Utah Series, Salt Lake Randonneurs Brevet Series, Brigham City, US Self-supported one-way ride from either Provo or Centerville (depending on the wind that day), taking the Frontrunner to start or to the finish. A brevet is a timed ultra distance event., Richard Sturn, 435-462-2266, richard@eogear. com, saltlakerandos.org
- May 11, 2019 Golden Spoke, Utah Bike Month, Wasatch Front, UT, This second annual cycling event features 100 miles of interconnected trail systems across the Wasatch Region from Provo to Ogden, Utah. This year's theme also highlights the theme of the Spike 150 celebration of the completion of transcontinental railroad. Rides of various lengths with 100 mile, 75 mile, 50 mile, 25 mile, 10 mile and 1.5 mile segments will feature connections with local communities around various historic and contemporary railroad themes. Some stretches of trail in Utah, Davis and Weber County, will also include rails to trails cycling paths. The ides are geared for fun and community engagement rather than competition, and are planned to accommodate riders of all ages and abilities., Heidi Goedhart, 801-783-8426, hgoedhart@utah.gov, goldenspokeutah.org
- May 11, 2019 Tailwind Part Deux, BCC SuperSeries, Salt Lake City, UT, Start: Lehi Front Runner Station. Ride to Ogden Frontrunner and take the train back. Free event, self-supported., BCC , roadcaptain@bccutah.org, Tom Coffey, 801-737-3241, lech2zurs@msn.com, bccutah.org
- May 12, 2019 Amazing Earthfest Road Ride to Grand Canyon, Kanab, UT, Sylvan 50-mile Road Ride to Grand Canyon National Park thru the North Kalbab National Forest. Meet at 78 South 100 East, Kanab, 7:00 AM., Rich Csenge, 435-644-3735, richcsenge@gmail.com, amazingearthfest.org
- May 12, 2019 Cyclofemme Ride, Utah Bike Month, Provo, UT, Women's only ride. Join us for the 6th 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, 6-7 pm, Heather Skabelund, 971-404-1557, bikeprovo@gmail.com, Jennifer Messenger, jennbobenn 17@yahoo.com,
- May 18, 2019 USEA Ride for Education, Kaysville, UT, A comfortable metric century ride through scenic countryside through Weber and Davis County. Enjoy a mixture of plains and hills throughout Northern Utah. Fully supported, lunch provided with all paid registration. Proceeds go to support Utah public education students via a scholarship fund., Jeremiah Sniffin, 801-269-9320, 385-347-2717, isniffin@useaul.org, useaulah.org, usearide-foreducation.weebly.com
- May 18, 2019 Ride for the Angels, Copperton, UT, 10th Annual. Start: 8:30am; 8655 West 10390 South Copperton Park; Routes: 25, 550.00 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 tool, Dennis Carrigan, 801-201-5164, dennis@angelshands.org, angelshands.org
- May 25, 2019 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 Sturn, 435-462-2266, richard@eogear.com, saltlakerandos.org
- June 1, 2019 Little Red Riding Hood, Lewiston, UT, Women only century ride, 27, 36, 50, 70 and 100 mille distances in Cache Valley, fundraiser for Women's Cancer Research at the Huntman Cancer Institute. Reg. will be available early January. This event sells out quickly, Penny Perkins, penperk@centurylink.net, Curt Griffin, Irrh@bbtc.net, bccutah.org/Irrh
- June 1, 2019 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 1, 2019 Gran Fondo Salt Lake, Salt Lake City, UT, A timed bicycle tour of the Salt Lake Valley. Fully supported aid stations, profes

- sional 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@extramileracing.com, GranFondoSalttake.com
- June 8-9, 2019 Utah Bicycle Touring Society's Overnight Bike Tour, Solf Lake City, UT, 13th annual overnighter. This event is for new and experienced bicycle travelers. We will bicycle in a self-sufficient manner to Rock Cliff Recreation Area to camp overnight, and then return Sunday, Lou Mellini, 801-487-6318, Ivmelini@comcast.net, Cheryl Soshnik, 435-649-9008, csoshnik@yahoo.com,
- June 8, 2019 Double Loop Series, Salt Lake Randonneurs Brevet Series, Nephi, UT, Choose from 200 km (125 mile) or 400 km (250 mile) distances that travel into south through Koosharem, Junction and Richfield. A brevet is a timed ultra distance, self-supported event, Richard Sturn, 435-462-2266, richard@ eogegr.com.salthaergados.pag
- June 15, 2019 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 Sproul, 801-584-5882, psproul@huntsmanfoundation.org, huntsmann140.com
- June 22-23, 2019 Bike MS: Harmons Best Dam Bike Ride, Bike MS, Logan, UT, Join thousands of cyclists from around the region and celebrate 33 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 enterfainment based out of Cache Valley Fairgrounds (400 5 500 W) in Logan, Melissa Matthews, 801-424-0112, Melissa, Mathews@nrmss.org, Geoff Linville, 801-424-0112, geoff.linville@nrmss.org, bikemsutch.org
- June 22, 2019 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 Jesperson, 435-637-2453, mark@castlecountrycycling.com, Ed Malmgren, 435-637-2453, ed@castlecountrycycling.com.
- June 28-29, 2019 Raspberry Ramble Series, Sait Lake Randonneurs Brevet Series, Logan, UT, Self-supported 188, 250 or 375-mile ride in Cache Valley and southern Idaho. This is a timed brevet co-sponsored by the national organization, Randonnneurs USA., Richard Stum, 435-462-2266, richard@eogear.com, sattlakerandos.org
- July 12, 2019 Antelope by Moonlight Bike Ride, Antelope Island, UT, Zéth 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, 801-451-3282, 801-451-3282, eaka@co.davis.ut.us, daviscountyutah.gov, antelopebymoonlight.com
- pebymoonign.com

 July 13, 2019 Cache Gran Fondo, UCI Gran Fondo World Series, USA AND Gran Fondo National Series, Logan, UT, 8th annual, Beginning in 2019, the Cache Gran Fondo has been chosen as an UCI World Championship Qualifier, and riders of all abilities invited. 38, 50, 70 and 112-mile courses follow a fun, mostly-flat scenic route through Northern and Cache Valley, UT with a challenging hill in each. The finish is a festival on a closed-off city-block in downtown Logan including race prizes, (UCI winners jersey and medal), recreational rider prizes, finisher medals, and unique jerseys at cost. 25% of UCI racers in 16 age categories qualify for UCI World Championships., Troy Oldham, 435-764-2979, oldhamtroy@gmail.com, , cachegraniondo.com
- July 20, 2019 Pedal Away Parkinson's, Kaysville, UT, The 13th Annual 10 mile family fun ride begins at 8 am at Gailey Park in Kaysville. All proceeds benefit the Utah Chapter of the American Parkinson Disease Association., Rebecca Starks, 801-585-2354,

- mwparkinson@utah.edu, pedalawayparkinsons.com
- July 20, 2019 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 Utan, Joep Dye, 435-674-3185, joey@redrockblcycle.com, Margaret Gibson, 435-229-6251, margaret@redrockblcycle.com, ridesouthernufah.com
- July 20, 2019 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, 2019 South Sevier Ram Ride, Monroe, UT, 15 miles, 38 miles, and a metric Century. Start time is 7:00 a.m. Start & Finish location is Monroe Fire Station, Heather Newby, 435-201-0138, Heather Newbook com/ssymmide.
- July 26-27, 2019 Saints to Sinners Bike Relay, Salt Lake City, UT, Fundraiser relay road race from Salt Lake to Las Vegas. Over 500 miles with elevations from 1500 to 10500 feet. Race in teams through the night, fundraiser event for ALS/Lou Gehrig's Disease. Steven Tew, 801-822-4870, Steven@SaintstoSinners.com, Chad Neusmeyer, 801-856-7018, chad@saintstosinners.com, SaintstoSinners.com,
- July 28, 2019 Fiesta Days 50 Blue Haven Half Century, Spanish Fork, UT, Provides support for fallen police officers famillies. 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@bluehaven.foundation , raceentry.com/race-reviews/fiesta-days-50blue-haven-half-
- August 3, 2019 CF Cycle For Life, Coalville/ Morgan, UT, Fully supported, beautiful 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, Inadley@cff.org, 91th Balli, 801-532-2335, pballi@cff.org, fightcf.cff.org
- August 10, 2019 Ride for the Kids, Syracuse, UT, 100% of monies raised go to the MAKE-A-WISH UTAH FOUNDATION. Ride to Antelope Island. Ride options: 25/50/100 miles, depending on skill level of the rider. Ride times available at www.rcwilley.com/ride Ride begins at Syracuse RC Willey, 1693 W. 2700 S. Syracuse, UT. Breakfast, lunch and drinks will be provided. Tons of prizes given away in raffle, Devin Kingsbury, 801-663-3267, devin.kingsbury@rcwilley.com, Brent Jones, 801-774-2801, 801-645-0247, brent.jones@rcwilley.com, rcwilley.com/pRide-for-the-Kids-2019
- August 10, 2019 Metro Salt Lake Brevet Series, Salt Lake Randonneurs Brevet Series, 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 Sturn, 435-462-2266, richard@eogear.com, saltllákerandos.org.
- August 17, 2019 The Ultimate Challenge Presented by University of Utah Health Care, Sait 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 pros 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 17, 2019 Wildflower Pedalfest, Morgan, UT, A non-competitive, women only road bike race. All ages and levels welcome. The 65 mile course option has a timed hill climb with prizes, Nick Bowsher, 801-610-9422, info@wildfloweroutdoor.com, wildfloweroutdoor.com
- August 17, 2019 To the Moon and Back Century Ride, Tobiona, UT, Come and enjoy the High Ulntas. There are four ride options: 150 miles, Century, 75, 50, and 25 miles. All 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 trafficing and sexual exploitation., Karen Redden, 435-828-0467, roxyredden@gmail.com, tothemoonandbackevents.com
- August 23-25, 2019 Haute Route Utah, Cedar City, UT, Three-day social/competitive event (2 road stages, 1 hill-climb) featuring timed-segment racing, pro-level mechanical and nutritional support, post-stage massages, rider briefings and great food., Gretchen Brett, 719-287-8489, contact.northamerica@hauter-

- oute.org, Micah Rice, micah.rice@ocgroup.com, hauteroute.org
- August 24, 2019 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 LoToJal, Bob Jardine, 435-713-0288, 435-757-2889, info@CacheValleyCentury.com, Sammie Macfarlane, 435-713-0288, Sammle@cgadventures.org, CJ Sherlock, 435-713-0288, 435-757-2889, info@cachevalleycentury.com, CacheValleyCentury.com
- August 24, 2019 Summit Challenge, Park City, UT, Riders of all ages and abilities will hit the pavement for a 100, 80, 50 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 100 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. Tommy Youngblod, 435-649-3991, whitneyt@discovernac.org, Whitney Thompson, 435-649-3991, whitneyt@discovernac.org.
- lenge 100.org, discovernac.org

 August 24, 2019 Sevier Valley Rooster Ride, Richfield, UT, Sevier County in conjunction with Sevier County Irail 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, cmc-williams@sevier.utah.gov, traildaysutah.com/sv-rooster-ride/
- September 8-14, 2019 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, 2019 Wonder Woman Ride, Payson, UT, Join us for the 10th 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, wonderwomanide@gmail.com, Carolina Herrin, herrin.carolina@gmail.com, wonderwomanride.com
- September 14, 2019 9.90:<u>Road Pedal</u>, Scofield, UT, Mark Jesperson, 435-637-2453, <u>mark@acattlecountrycycling.com</u>, Ed Malmgren, 435-637-2453, ed@castlecountrycycling.com_cattlecountrycycling.co
- September 20-21, 2019 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 borderl, Nelson Palmer, 435-760-6901, 801-479-5460 , npalmer@comcast.net, Tom Jensen, 801-475-7488, Tom,jensen@scouting.org, trappertralis.org/bike
- September 20-21, 2019 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@enduranceutah.com. salthosain comp.
- Into@enduranceutah.com, saltfosaint.com

 September 21-22, 2019 Moab Century Tour, Moab, UT, The Moab Century Tour sends riders across Moab's unique topography of mountain passes, canyons, and the mighty Colorado River. From gaining elevation into the La Sal Mountains (including "The Big Nasty!"), to carving down red rock canyons, and finishing along the Colorado River, this event has landscape worth training for! Live music, beverages, great food await you at the post-ride party. Join us in September when temperatures cool down, the fall foliage comes alive, and cyclists from across the country unite in red rock country to experience awe-inspiring landscapes. An annual fundraiser to benefit cancer survivorship programs, your registration includes a donation to Moab Healthcare Foundation. Groups use the event to inspire fundraising for large and small foundations. Ask how your beneficiary can participate, Beth Logan, 435-260-8889, 435-260-2334, into@skinnytlireevents.com, skin-
- September 21, 2019 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 mille route options, Goldilocks has a route that is 'just right' for everyone!, Randy Gibb, 801-222-9577, randy@goldilocksride.com, goldilocksride.com/gsl
- September 21, 2019 Wheels of Justice, Ain't No Mountain High Enough, Sandy, UT, The ride will ascend each of Salt Lake City's five riding canyons, for a total of 116.3 miles and 14,272 feet one of the most challenging one-day bike rides in Utah! Raises money to prevent childhood trauma and abuse, Greg Hoole,

WARD & KING

38 Years of

Expert Legal Representation

Accidental Injury Claims (Bicycle Accident Specialists)

· On the Job Injury and Workers Compensation Claims

Divorce and Family Law
 Ward & King Are Pleased to Announce the Association of

Elliot K. Morris

A Leading Utah Attorney and Expert on

Workers Compensation Claims and Litigation

801-268-9868

4543 South 700 East, Suite 200, Salt Lake City UT 84107

- 801-272-7556, gregh@teamwheelsofjustice.org, aintnomountainhighenough.org
- October 19, 2019 SoJo Marathon Bike Tour, tentative date, 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 Oquirth Mountains before winding through Herriman and South Jordan, Janell Payne, 801-253-5203, ext 1411, jpayne@sjc.utah.gov, SoJoMarathon.com
- October 26, 2019 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@spingeeks.com, ridesouthernutah.com

Regional Road Touring

and Gran Fondos

ID, WY, MT, NV, AZ,

NM, CO, MT, OR, WA,

and Beyond

- May 4, 2019 Ride 2 Recovery Honor Ride Sacramento, Honor Ride, Sacramento, CA, Ride parts of the Amgen Tour of California routes at Honor Ride Sacramento, starting from Capital Mall. Ride offers fully-supported routess and a festival-like atmosphere following your ride., Jack Shepard, 818-888-7091 Ext. 106, info@projecthero.org, ride2recovery.com
- May 5-October 24, 2019 Redrock Canyons Utah Bike Tour, Grand Junction, CO, Featured in NY Times. 10 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, Izardheadcyclingguides.com.
- May 5, 2019 Rose Hill Rally, Grand Junction, CO, 23rd Annual, 100k or 50k bike tour. Informal bike tour, Ed Lipton, 970-242-5940, ed.lipton@sclhs.net, facebook.com/Rose-Hill-Rally-112842448798687/
- May 11-12, 2019 STOKR (Scenic Tour of the Kootenal River), Libby, MT, Libby, Troy, Yaak 2 day ride, sells out every year Low-traffic ride that benefits Habitat for Humanity. Great support! Incredible food! Saturday ride 45 or 98 miles. Sunday's ride is 38 miles., Greg and Susie Rice, stokmama@gmail.com, libbymt.com/events/stokt.htm
- May 18, 2019 Cycle for Independence, Boise, ID, Fundraiser for the Treasure Valley Chapter of the National Federation of the Blind, 10,25, and metric century (62.5 miles), individual and team rides, 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, aaschneider@hotmail.com, cycleforindependence.org
- May 18, 2019 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 18, 2019 Heartbreak Century and Double Century, King of the Mountains Century Challenge, Frazier Park, CA, 100 or 200 mile ride on the roads less traveled in the Los Padres National Forest, Deborah Bowling 818-889-2453, embassy@planetultra.com.planetultra.com.planetultra.com.
- May 19, 2019 Santa Fe Century and Gran Fondo, Santa Fe, NM, 34th Annual. Beautiful scenery, outstanding food stops and very reasonable registration fees. Century, Half-Century, 20 mile and ditri tides are offered as well as two timed events: Gran Fondo (100 mile timed ride), Medio Fondo (50 mile timed ride). Enjoy massages, great food and local craft beers following the rides, Mickey Fong, 505-600-1840, 505-946-7595, ride@santafecentury.com, santafecentury.com
- May 24-26, 2019 Iron Horse Bicycle Classic, Durango, CO, 47th Annual, Road Race and Tour from Durango to Silverton. Both are on Saturday 25th and are a 50 mile ride from Durango to Silverton. Take off with the train, fravelling over two 10,000th mountain passes enroute to the historical mining town of Silverton. Sunday 26th we have a Kids Race and Kids Village, Mountain Bike Race, Gravel Grinder, Cruiser Crit, BMX event and vendors., Galge Sippy, 970-259-4621, director@ionhorsebicycleclassic.com
- May 25, 2019 Tour of Marsh Creek Valley, Pocatello, ID, Fully supported ride with snack and drinks at Inkorn, McCammon and the Downey turns. Options of 26, 60, or 100 miles between Pocatello and Malad Pass. 21st Annual, Mike Collaer, 208-681-0919, 208-533-5445, dadcollaer(@hotmail.com, pebblecreekraceteam.com
- June 1, 2019 Buena Vista Bicycle Festival, Buena Vista, CO, Scenic and easy to chalenging routes 35, 50, 62 and 100 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, info@bvbf.org, Aaron Rosenthal, 719-594-5655, info@bvbf.org, Chris Quoyeser, 719-398-9257, chris@emakerssoc.com, bvbf.org
- June 1, 2019 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 back50-mile option: Bancroft and back50-mile option: Bancroft and Chesterfield and back, Danielle Bagley, 208-339-2043, barriessevents@gmail.com, barriessports.com
- June 1, 2019 Eastern Sierra Double Century, California Triple Crown and Planet Ultra Grand Slam Endurance Series, Bishop, CA, 200 mille ride including Mammoth and June Lakes, Deborah Bowling, 818-889-2453, embassy@ planetultra.com, planetultra.com
- June 2, 2019 America's Most Beautiful Bike Ride - Lake Tahoe, Stateline, NV, 28th annual, in conjunction with the Leukemia &



Enjoy scenic views of Lake Tahoe with ride options for everyone.

28th Annual America's Most Beautiful Bike Ride Sunday, June 2, 2019 Lake Tahoe, NV

> 17th Annual Tour De Tahoe Sunday, September 8, 2019 Lake Tahoe, NV

Cycle across America's Loneliest Road - US Hwy 50

28th Annual O.A.T.B.R.A.N. September 22-28, 2019

TO REGISTER VISIT BIKETHEWEST.COM

- 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, tgft@bikethewest.com, bikeandskitahoe.com
- June 2, 2019 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 postride picnic and cycling expo., Scott Olimsted, 303-282-9015, info@elephantrockride.com, Amanda Knutson, 515-681-6036, amanda@elippedinevents.com elephatrockride.com
- June 8, 2019 Fremont Area Road Tour (FART), Lander, WY, 13 to 100 mile options, includes breakfast, bbq, t-shirt and bottle, in conjunction with Lander Brew Fest, Nyssa , fart@ landercycling.org, Tony Ferlisi, landercycling@ gmail.com, Amanda Dyer, 307-332-3394, landercenter@cwc.edu, landercycling.org
- June 8, 2019 Ride for Hope, Kuna, ID, 4th 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.
- June 8, 2019 Tour of Two Forests , Santa Clarita, CA, 200 mile ride, Deborah Bowling, 818-889-2453, embassy@planetultra.com, planetultra.com
- June 9-15, 2019 Ride the Rockies, Breckenridge, CO, Ride the loop to explore Colorado's Rocky Mountains by bicycle. The 2019 four will be a brand new route showcasing the state's unmatched scenery and breathtaking mountain views. Proceeds benefit Colorado nonprofits through The Denver Post Community Foundation., Deirdre Moynihan, 303-954-6704, dmoynihan@denveroost.com, ridetherockies.com
- June 10-July 4, 2019 Great Alaska Highway Ride, Dawson Creek, BC, AK, Ride the full length of the notorious Al-Can Highway from Dawson Creek BC to Delta Junction Alaska. A fully supported camping and cycling adventure, with a few motel nights., Tom Sheehan, 352-353-8712, tours@pedalerspubandgrille.com, pedalers.lracvi/alaska-bicycle-lours-great-alaska-highway-bike-four.htm
- June 15, 2019 Spinderella, Pocatello, ID, 8th 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 15, 2019 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. K & Q of the Mountain or non-competitive for jersey and \$100.0, 4 age groups 100, 75, or 50, 6 AM, Florissant, CO, Deborah Maresca, 719-689-3435, redhorse680552003@yahoo.com, mountaintopcyclingclub.com
- June 22, 2019 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 Imholf, 406-549-5987, info@ratpod.org, ratpod.org, campdream.org
- June 22-29, 2019 Oregon Bicycle Ride, Condon, OR, Time Flies: A one-week road four, fully supported, with legendary BRNW food and amenities. 405 miles, 29,000 feet of elevation gain, Jim Moore, 503-281-1526, 503-504-2656, info@bicycleridesnw.org, bicycleridesnw.org
- June 22, 2019 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 22, 2019 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 Lincoin Memorial at the I-80 Rest Area. 3,000ft of elevation gain. Courses ranging from 10-100 miles, starl at Lions Park, road course only, Karl Kivisto, 307-637-6404, kkivisto@cheyennecity.org, cheyennecity.org, cheyennecity.org
- June 22-28, 2019 Mavic Haute Route Rockies, Haute Route, Boulder, CO, The seven timed and ranked stages will take riders on an allnew route at the 2018 Mavic Haute Route Rockies, covering approximately 500 miles through high allitude 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, Micah Rice,

- micah.rice@ocgroup.com, hauteroute.org/ events/overview/mavic-rockies-2018
- June 23, 2019 GFNY Santa Fe, Gran Fondo New York, Santa Fe, NM, The roads of GFNY Santa Fe will take riders through the spectacular and diverse terrain of the southwest. Both routes start in downtown Santa Fe. 81 and 55 mile courses, Michael McCalla, mikelikehikebike@hotmail.com, gfnysantafe.com
- likehikebike@hotmail.com, gfnysantafe.com

 June 29, 2019 La Mosca Bicicleta, Grants,
 NM, Road + Dirt = Fun!! The 67 mile distance
 includes two dirt sectors, 17.5 mile dirt sector that is rolling and 22.5 miles with lots of
 climbing. 46 mile ride has one dirt sector, 22.5
 miles, along with most of the climbing. 7:00
 am start for both distances. FOUR aid stations.
 Beautiful scenery. Ride for fun, ride for time;
 all riders welcome! Proceeds from this event
 will go to Duke City Wheelmen. Start/finish
 for both distances is at the Junkyard Brewery,
 1634 Route 66, Grants NM, where there will
 be a post-event BBQ. Jennifer Buntz, 505306-1443, dukecitywheelmen@gmail.com,
 newmexicosportsonline.com/events/details.
 aspx?id=67949, dukecitywheelmen.org
- July 13-20, 2019 Ride Idaho, Boise, 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. Boise to Boise, 355 miles, to Idaho City, Lowman, Parma, Walter's Ferry, and more., Earl Grief, 208-890-4434, egrief@cableone.net, idelelabo.org
- July 13, 2019 The Triple Bypass. Evergreen, CO, The legendary Triple Bypass is 120 miles with 10,000° of climbing and travels over 3 beautiful mountain passes from Evergreen to Avon, CO. 30, 75, 120 mile options, Jennifer Barbour, 303-503-4616, executifaireamevergreen.org, Kim Nordquist, 303-249-6168, kim@triplebypass.org, triplebypass.org
- July 14-19, 2019 Tour de Wyoming, Thermopolis, WY, 23rd Annual. Bike four circling Wyoming's Bighorn Basin with daily distances from 55 to 70 miles, Amber Travky, 307-742-5840 , atravsky@wyoming.com, cyclewyoming.org, fourdewyoming.org
- July 20, 2019 Pepsi Cola Taylor House Benefit Century Ride, Flagstaff, AZ, Benefit ride in the high-alititude 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/taylor
- July 20, 2019 Tour de Steamboat, Steamboat Springs, CO, An annual bicycle event that brings together 1,200 cyclists for a one-day ride through beautiful Northwest Colorado. We host four different road ride routes—26, 46, 66 and 116 miles—something for riders of all ages and abilities and new this year, a 100 mile (TBD) gravel route. We are a non-competitive event, and participants are encouraged to ride at their own pace and enjoy the majestic scenery in our part of the world! We offer superb aid stations, support, and end of the ride barbecue and beer garden with local microbrews. All proceeds from the Tour de Steamboat go directly to our local beneficiary non-profits, Katie Lindquist, 970-846-9206, info@tourdesteamboat.com, Tourdesteamboat.com
- July 21, 2019 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@filertel.com, maytec.org
- July 27, 2019 Fondo on the Palouse, Moscow, ID, Starting at 7:00AM in Moscow, pick from 3 courses (2x, 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, fondopalouse@gmail.com, fondopalouse.org
- August 3, 2019 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, Scott Olmsted, scottyo@clippedinevents.com, Amanda Knutson, 515-681-6036, amanda@clippedinevents.com, coppertriangle.com
- August 3, 2019 Tour de Big Bear, WIN Real Estate Group, Sariol Legal, Sports in Science, Big Bear Leke, CA, 10th Anniversary Edition, Southern California's favorite ridel Features legendary aid stations, beautiful mountain scenery and spectacular summer weather. With 25, 50, 70, 106 and 109 mile courses, there's a route for every cycling enthusiastl, Chris Barnes, 951-970-6720, 909-878-0707, bigbearcycling@gmall.com, tourdebigbear.com, bigbearcycling.com
- August 10, 2019 Le Tour de Koocanusa, Libby, MT, Fully supported 83 or 44 mile bike ride which tours the breathtaking shoreline of Lake Koocanusa. Ride finishes with a Blues Festival Finale. Fundraiser for Search & Rescue. Starts at 8 am., Dejon Raines, 406-291-3635, dejonraines@hotmail.com, Pam Boyke, 406-293-3556, info@letourdekoocanusa.com, letourdekoocanusa.com,

- August 10-11, 2019 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.bracley@nmss.org, Molly Palmer@nmss.org, bikemswyoming.org
- August 10, 2019 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, Danielle Bagley, 208-339-2043, barriesevents@gmail.com, David George, 208-317-2225, dgeorge@wischonfidaho.com.
- August 10, 2019 The Broadmoor Pikes Peak Cycling Hill Climb, Colorado Springs, CO, This is an epic 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 wavestarting at 6:15 am. 4725 feet of elevation gain., The Sports Corp., Jef Mosher, 719-634-7333. Ext. 1005, jeff@thesportscorp.org, PikesPeakCyclingHillClimb.org
- August 17, 2019 HeART of Idaho Century Ride, Idaho Falls, ID, 25, 62, and 100 mile options. Entry fees cover entry, 1-shirts, fully stocked rest stops, and post ride BBQ. Route is flat to rolling, easy to moderate difficulty. Benefit for the Art Museum of Eastern Idaho., Miyai Griggs, 208-524-7777, 208-766-6485, mabe@theartmuseum.org, Century.htm
- August 17, 2019 Venus de Miles, Longmont, CO, Venus de Miles is for all skill levels and features courses to accommodate any active woman whether this is your first athletic event or your hundredth. Choose among a rolling 32-mile course, a 64-mille metric century, and a 100-mile century course. All courses go through beautiful Boulder County, Fundraiser for Greenhouse Scholars, Greenhouse Scholars, 303-459-5473, venus@greenhousescholars.org, venusdemilles.com/
- August 18-24, 2019 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 morel, John Humphries, 970-728-5891, info@lizardheadcyclingguides.com, lizardheadcyclingguides.com, lizardheadcyclingguides.com,
- August 24, 2019 Tour de Fox, Santa Rosa, CA, 4 course options, 70.2-mile, 52.4-mile, 34.5-mile or 10.7-mile ride. Raises funds for Parkinson's research and the Michael J. Fox Foundation, Bike Monkey, info@bikemonkey, net, truckeeditfondo.com
- September 1, 2019 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 freatment. Bikes and Books for Kids will also benefit. Gran Fondo. Jeff Hillis, p2pcycling@gmail.com, westelkbicycleclassic
- Repeated to the control of the contr
- September 8, 2019 Tour de Tahoe Bike Big Blue, Lake Tahoe, NV, 17th Annual ride around Lake Tahoe's 72 mile Shoreline. Fully supported with rest stops, tech support and SAG. 72 miles, 4300 ft vertical gain. (Boat cruise and 35 mile fun ride TBD). Limited to 2000 participants, Curtis Fong, 800-565-2704, 775-771-3246, tgft@bikethewest.com, bikethewest.com
- September 13-14, 2019 Grind de Galena, Pocatello, ID, 100 miles, 2 day group ride, Danielle Bagley, 208-339-2043, barriesevents@ gmail.com, barriessports.com
- September 13-15, 2019 Pedal the Plains, Klowa, CO, PTP will take cyclists through the host communities of Holly, Lamar, Springfield. Celebrates the agricultural roots and frontier heritage of the Eastern Plains of Colorado. Learn about farming and ranching, while experiencing the culture, history and land-scape of Colorado's high plains. The Tour incorporates interactive on-routie experiences by staging rest stops on farms, posting educational points of interest and serving community meals composed of locally sourced food. Also includes the Great Mustang Gravel 100 80% on packed dirt or gravel roads, this route will be fun and challenging for the gravel expert or rookiel Proceeds from Pedal The Plains benefit The Denver Post Community Foundation in support of the Colorado FFA Foundation and Colorado 4-H., Delirdre Moynihan, 303-954-6704, dmoynihan@denverpost.com, idetherockles.com
- September 15, 2019 Edible Pedal 100, Carson City, NV, 10 mile, 32 mile, 50 mile, 74 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 21, 2019 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, scottyo@clippedinevents.com, Amanda Knutson, 515-681-6036, amanda@clippedinevents.com, tourdevineyards.com
- clippedinevents.com, tourdevineyards.com

 September 21, 2019 Mountains to the

 Desert Bike Ride, Telluride, CO, 16th Annual

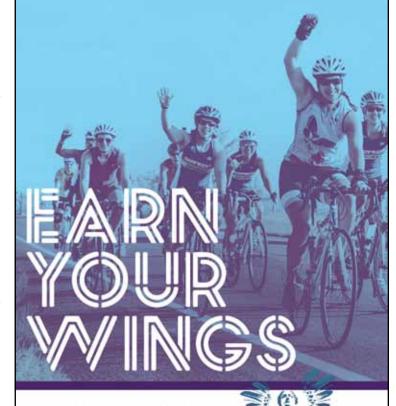
 Mountains to the Desert Bike Ride, From the
 high mountains of Telluride, cyclists descend
 past hillsides of quaking aspens along a route
 that passes through millions of years of geologic record, utilimately finding themselves at
 the base of striated sandstone cliffs reaching
 up to 1,000 feet overhead 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 22-28, 2019 OATBRAN, Lake Tahoe, NV, 28th annual One Awesome Tour Bike Ride Across Nevada! Following the Legendary Pony Express Trail on U.S. Hwy. 50. 5 days of riding, 420 miles from Lake Tahoe to Great Basin National Park. Fully Supported motel style tour... limited to 50 participants., Curtis Fong, 800-565-2704, 775-771-3246, tgft@bikethewest.com_bikethewest.com_bikethewest.com_bikethewest.com_bikethewest.com
- September 22, 2019 Gran Fondo Taos-Mora-Angel Fire, Toos, NM, 8:00 am start. 105, 84, or 46 miles. Five aid stations. Beautiful scenery. Ride for fun, ride for time; all riders welcome! Proceeds from this event will go to the Taos Sports Alliance, whose goal is bringing more sporting opportunities to Taos. Country youth. Start/finish for all three distances is at the Taos Youth and Family Center, 407 Paseo del Canon East, Taos NM, 87571, Registration: newmexicosportsonline.com/Cycling/GRANDFONDO-Taos,-Mora,-Angel-Firel-2018/67872, Jennifer Buntz, 505-306-1443, dukecitywheelmen@gmail.com, taossportsal-liance.com, dukecitywheelmen.org
- September 27-29, 2019 Haute Route San Francisco, San Francisco, CA, In one of the most visited and beautiful cities in the world, the three timed and ranked stages including iconic views of the Golden Gate Bridge, a climb to East Peak in Marin County and an ascent to the landmark Mt. Diablo, where the summit view encompasses 80,000 square miles of California, Gretchen Brett, 719-287-8489, contact.northametica@hauteroute.org, Micah Rice, micah.rice@ocgroup.com, hauteroute.org
- September 28, 2019 Tri-States Gran Fondo.
 Mesquite, NV, 112 miles, 7,500ft of climbing, three States Nevada, Arizona, Utah, all in one spectacular day of cycling. Fully supported / Chip Timed., Deborah Bowling, 818-889-2453, embassy@planetultra.com, tistatesyangfonde com plagetultra.com
- September 28, 2019 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@tourofthe-moon.com, Amanda Knutson, 515-681-6036, amanda@clippedinevents.com, tourofthe-moon.com
- October 5, 2019 Pink Ribbon Tour, Pocatello, ID, A road cycling event centered on building awareness for breast cancer while raising funds for local cancer patients and providing access to early detection mammograms. Distances of 50, 35, 20, and 8.5 miles, Bruce Wayne, 208-851-3299, traskb1@yahoo.com, pinkribbontour.org
- October 5, 2019 Levi's Gran Fondo, Santa Rosa, CA, 8.8 to 117 mile options, Raises money for Kings Ridge Foundation to help at risk youth., Bike Monkey, info@bikemonkey. net, truckeedirtfondo.com
- October 12, 2019 Park to Park Pedal Extreme Nevada 100, Caliente, NV, Road bike ride starting and ending at Kershaw-Ryan State Park. Cyclists visit the towns of Caliente and Pioche, and three other state parks: Cathedral Gorge, Echo Canyon, and Spring Valley. 3 rides available: 100, 60 and 40 mile options. There is a Dutch oven dinner at the endl. Dawn Andone, 775-728-8101, cathedralgorge vc@lcturbonet.com, parktopark-pedal.com/ incolncountynevada.com/exploiring/biking/agrk-to-park-pedal.com/exploiring/biking/agrk-to-park-pedal.com/
- October 19, 2019 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 19, 2019 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
- October 26, 2019 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 mille ride all featuring downhill, flat, and rolling terrain in Red Rock Canyon., Randy Gibb, 801-222-9577, randy@goldilocksride. com, goldilocksride.com/events/glv
- November 9, 2019 Ride 2 Recovery Honor Ride Las Vegas, Honor Ride, Las Vegas, NV, Starts and rides down Las Vegas Boulevard with a full escort down the stript 2 routes will be available with the longer heading out towards Henderson. , Jack Shepard, 818-888-7091 Ext. 106, infc@projecthero.org, r2r.convio.net/site/IR?fr_id=1361&pg=entry
- November 23, 2019 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@planefultra.com, planefultra.com

Multisport Races

- May 4, 2019 Ironman St. George 70.3 North American Pro Championship, St. George, UT, 1.2 mile swim, 56 mile blike, 13.1 mile run. Start: Sand Hollow reservoir. Bike through Snow Canyon State Park, Finish Downtown St. George., Ironman, 303-444-4316, stgeorge70.3@ironman.com, Kevin Lewis, 435-986-6615, Kevin@visitstgeorge.com, ironmanstaeorge.com
- May 11, 2019 Woman of Steel Triathlon & 5K, American Fork, UT, Don't miss this one-of-a-kind sprint pool triathlon at the American Fork Recreation Center in American Fork, Utah. We'll be celebrating the strong women we love with a great race venue, post event food, boutique vendors, raffle prizes and great camaraderie! All women receive a safe and slick event, sweet event shirts and rad finisher medals!, Brogg Sterrett, 702-401-6044, race@fitulah.com, triultah.com
- May 11, 2019 South Davis Splash n Sprint Triathlon, South Davis Racing Series, Bountiful, UT, Sprint starts at 7:45, Swim 350 yds; Bike 12:02 mi; Run 5k, relay: Split the Sprint between 2-3 racers, Novice: Swim 150 yds; Bike 2.4 mi; Run 1.5 mi, Be at the start before 8:45cml.coction: South Davis Recreation Center; 550 N 200 W, John Millier, 801-298-6220, Inhapsouthdavistecreation.com, Cindy Hunt, 801-298-6220, cindy@southdavistecreation.com, southdavistecreation.com, southdavistaces.com
- May 18, 2019 Sand Hollow Triathlon, BBSC Tri Series, Hurricane, UT, The first race of the Twin Tri series at Sand Hollow State Park, with Sprint, Olympic, Du, Aquabike, 10k, and 5k distances. Bike along scenic sand dunes, and run around a gorgeous, reflective lake,, Craig Towler, 318-518-7303, info@bbsctri.com, Michelle Lund, michelle@bbsctri.com, bbsctri.com
- May 25, 2019 Range 2 River Relay, Salt Lake City, UT, The Range 2 River Relay is an active transportation team race to explore the Salt Lake Valley's waterways from pristine headwaters to buried creeks and channelized cannel to meandering river. Competitions will bike, boat, and run from the Wasatch Mountains to the Jordan River, showcasing opportunities to connect communities and ecosystems between the two. Bike: 3.6 miles; starting at City Creek Canyon Trailhead ending at Falipark; Boat: 3.3 miles; starting at Falipark; Boat: 3.3 miles; starting at Falipark; Boat: 3.4 miles; starting at City Creek Canyon Trailhead ending at Falipark; Boat: 3.4 miles; starting at City Creek Canyon Trailhead ending at Tairpark ending at 1800 N Take-Out; Run: 3.4



Colorado's Original Women's Bike Ride that Benefits Greenhouse Scholars to Help Cultivate Extraordinary Leaders to Change Low-Income Families and Communities.

SATURDAY, AUGUST 17 | BOULDER COUNTY, CO 32 MILES | 64 MILES | 100 MILES VENUSDEMILES.COM Part of Talanton Special

PRESENTED 8Z



SARAH KAUFMANN
PERSONALIZED CYCLING COACHING
ALL AGES, ALL DISCIPLINES, ALL LEVELS OF EXPERIENCE
413,522,3180 | sarah@kcyclingcoaching.com

- miles; starting at 1800 N Take-Out ending at Fairpark., Brian Tonetti, 585-703-8582, <u>brian@sevencanyonstrust.org</u>, <u>sevencanyonstrust.org</u>/events/relay
- June 1, 2019 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 1, 2019 Colorado Triathlon, Boulder, CO, Sprint and Olympic distances, at Boulder Reservoir, Lance Panigutti, 303-408-1195, lance@withoutlimits.com, withoutlimits.co
- June 8, 2019 East Canyon Triathlon, TriUtah Points Series, Morgan City, UT, 8th Annual. This race boasts stunning scenery, a fast, technical blike course, and hometown hospitality like no other; with both Sprint and Olympic distance races to choose from. 2-transition point-to-point race, Begins at the beautiful East Canyon Reservoir. The Sprint blike is downhill and fast (please stay safe and in control at all times.) The Olympic blike course has two short but challenging hills followed by a fast descent into Morgan City. Both distances offer a cool, scenic run along the Weber River and local neighborhoods., Brogg Sterrett, 702-401-6044, race@triutah.com, triutal.
- June 8-9, 2019 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. Depending on water level, athletes will begin the race in the water or on the boat ramp. Plus long course, Olympic, Sprint, and Youth Triathlons, and Aquabike, Raena Cassidy, 877-51-8880, info@xterraplanet.com, TiSports Racing, 520-884-8745, info@trisportsracing.com, deuceswildtriathlon.com/events/xterradeuces-wild
- June 8, 2019 Tiny Tri, Park City, UT, Kid friendly Tiny Triathlon for youth ages 7-15, 9:30am. 100 meter pool swim, 3 mile bike and 1 miler run. Ken Fisher, 435-615-5411, ken@parkcity.org, parkcityrecreation.org
- June 14, 2019 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, scott@lunatictriathlon.com, Lunatictriathlon.com
- June 15, 2019 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/altacanyon-sports-center/special-events
- June 15, 2019 XTERRA Lory, XTERRA America Tour, Bellvue, CO, 1/2 mile swim in the clear waters of Horsetooth Reservoir (Effuk 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 trailst, Lance Panigutti, 303-408-1195, lance@withoutlimits.com, withoutlimits.co/#!_xterra-lory
- June 15, 2019 XTERRA Tahoe City, XTERRA America, Tahoe City, CA, Qualifying race for the XTERRA USA Championship. Triathlon and Duathlon and sprint friathlon., Todd Jackson, 530-546-1019, toddebigblueadventure.com, klley McInroy, Kiley@bigblueadventure.com, bigblueadventure.com/event/xterra-lake-tahoe/, xterraplanet.com
- June 22, 2019 The Toughman Utah Half Long Course Triathlon 70.3, RACE TRI, Herriman, UI, Long course tri - 1.2 mile swim, 56 mile bike, and 13.1 mile run. Part of the Toughman Series., Aaron Shamy, 801-358-1411, info@ racetri.com, racetri.com, toughmantri.com
- June 22, 2019 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@symcwy.org, mountainmantriathlon.org
- June 22, 2019 Tribella Triathlon, Aurora, CO, Women's only tri, sprint, super sprint, Cherry Creek Reservoir, Lance Panigutti, 303-408-

- 1195, <u>lance@withoutlimits.com</u>, <u>withoutlimits.</u>
- June 23, 2019 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,
- June 29, 2019 DinoTri, TriUtah Points Series, Vernai, 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 Utahl, Brogg Sterrett, 702-401-6044, race@triutah.com, Greg Murphy, 801-656-5897, vernaldipatifoydhac.com, direction
- June 29, 2019 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.
- June 30, 2019 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 shotes of the lake to finish., 303-444-4316, cda70.3@ironman.com, ironman.com/triothlon/events/americas/ironman-70.3/coeur-dalene.asxw#/axz250env9/P6
- July 6, 2019 Cache Valley Super Sprint
 Triathlon, Logan, UT, Held at the Logan
 Aquatic Center. This race is a great pool
 triathlon with a 500 meter serpentine swim,
 12.4 Mille blike on the Mendon Road which is a
 flat straight paved road out along farm lands,
 3.1 Mille Run on the Logan River Irail under a
 canopy of trees. For those racers who want to
 do it Olympic style they will do it twice in an F1
 format, Joe Coles, 801-335-4940, Joe@onhillevents.com, cysst.com, onhillevents.com
- July 12-13, 2019 San Rafael Classic Triathlon, Huntington, UT, Huntington State Park, Olympic distance tri, Olympic team relay, Sprint Tri, Sprint team relay, spring swim/bike duathlon, sprint bike/run duathlon, youth tri. Friday night activities offer live music during the pasta dinner. Body marking and packet pickup available Friday night. Camping available. Reservations necessary to ensure campsite. Held on a closed course. Special prizes and awards will be issued to the athletes, Wade Allinson, 435-609-3126, allinson/@gmail.com, sanrafaelclassic.com
- July 13, 2019 Echo Triathlon, TriUtah Points Series, Coalville, UT, Warm July temperatures, a scenic ride in Utah's unique Echo Canyon, and a run on the Historic Rail Trail makes for the perfect event for both seasoned athletes and beginners. 600 rider cap., Brogg Sterrett, 702-401-6044, race@thutah.com, triutah.com
- July 13, 2019 West Yellowstone Mountain Bike Biathlon, West Yellowstone, MT. Match class division for experienced biathletes and a Sport class for novices that includes a safety clinic and loaner rifles. All racers must provide their own mountain bike and wear a helmet, Toni, 406-646-7701, info@skirunbikemt.com, skirunbikemt.com, rendezvousskiftalis.com/events
- July 14, 2019 Boulder Peak Triathlon, Boulder, CO, Sprint and Olympic distances, at Boulder Reservoir, Triathlon, Duathlon, Aquabike, Lance Panigutti, 303-408-1195, lance@withoutlimits.com, withoutlimits.co
- July 20, 2019 XTERRA Mountain Championship, XTERRA America Tour, Avon, CO, The last of four regionals in the XTERRA America Tour, featuring sprint and championship distance off-road triathlon options., Raena Cassidy, 877-751-8880, info@xterraplanet.com, xterraplanet.com, xterraplanet.com
- July 20-21, 2019 Donner Lake Triathlon, Truckee, CA, Kids IRI, Sprint TRI, Half TRI, AquaBike, Olympic TRI, Todd Jackson, 530-546-1019, todd@bigblueadventure.com, Kiley McInroy, Kiley@bigblueadventure.com, bigblueadventure.com, donneflaketri.com
- July 21, 2019 Tri Boulder, BBSC Twin Tri Series, Boulder, CO, One of the fastest growing triathlons in Colorado. Challenge yourself a mille high elevation, Sprint, Olympic, and Half distances., Craig Towler, 318-518-7303, info@bbsctri.com, Michelle Lund, michelle@bbsctri.com, bbsctri.com
- July 21, 2019 Valley Girl Triathlon, Liberty Lake, WA, Sprint, Olympic distances, and duathlon, Marla Emde, 509-953-9924, 509-939-0552, marla@emdesports.com, emdesports.com

SAN RAFAEL CLASSIC

TRIATHLON

JULY 12-13, 2019

HUNTINGTON STATE PARK HUNTINGTON, UTAH

CLOSED COURSE COMPETITION

SPRINT, OLYMPIC, DUATHLON, AQUATHON,

JUNIOR, KIDS RACE

WWW.SANRAFAELCLASSIC.COM

- July 27, 2019 Burley Idaho Lions Spudman Triathlon, Burley, ID, The race starts at 7 am with the world's fastest 1.5K swim (currentaided) then a 40K Bike and 10K run., Cade Richman, info@spudman.org, spudman.org
- July 28, 2019 Steamboat Lake Triathlon Steamboat Lake, CO, Sprint Distance Triathlon, Aquabike, & Stand-Up Paddle Board Options at Steamboat Lake, Lance Panigutti, 303-408-1195, lance@withoutilmits.com.
- August 9, 2019 The Lunatic Triathlon, Helper, 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, scott@lunatictriathlon.com, lunatictriathlon.com
- August 10, 2019 Jordanelle Triathlon, TriUtah Points Series, Park City, UT, 21st annual, Enjoy everything from the wildlife and boardwalks on the river bottoms in Rock Cliff Recreation Area at Jordanelle to the local country backdrop of the towns of Francis and Woodland., Brogg Sterrett, 702-401-6044, race@triutah.com, triutah.com
- August 10, 2019 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.
- August 10, 2019 Kids Tri Harder, Idaho Falls, ID, 13 and under kids friathlon, Michael Hayes, 208-521-2243, michael@pb-performance.com, Idahofallsidaho.gov/638/Kids-Triathlon
- August 10, 2019 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, boby@rexburg.org, Jeff Crowther, 208-372-2395, Jeff.crowther@rexburg.org, rexburgraces.com/youth_triathlon/
- August 11, 2019 Steamboat Triathlon, Steamboat Springs, CO, Sprint and Olympic distances, at Lake Catamount, Triathlon, Duathlon, Aquabike, Lance Panigutti, 303-408-1195, lance@withoutlimits.com, withoutlimits.co
- August 17, 2019 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 familles of participants, Cody Ford, 801-558-2503, 801-432-0511, cody@ustrisports.com, Aly Brooks, alybrooks@gmail.com, gatriathamom.com
- August 17, 2019 XTERRA Lake Tahoe, XTERRA America, Incline Village, NV, XTERRA, Sprint, and Duathlon, Course Distance: Full Course: 2X 750 meter swirm 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 Shot and Long course complete the 22 mile bike, approximately 4000 feet of climbing. The trail running course is relatively flat, fast and scenic., Todd Jackson, 530-546-1019, todd@bigblueadventure.com, kiley@bigblueadventure.com, bigblueaddventure.com/event/
- August 17, 2019 Polson Triathlon, Polson, MT, Olympic Distance Triathlon. 1.5 km, two-lap triangular swim in Flathead Lake. 40km blke, loop course through the valley southwest of Polson. 10km run single loop course through scenic Polson., Matt Seeley, 406-871-0216, 406-883-9264, seeleyspeedwagon@gmail.com, polsontriathlon.com
- August 17, 2019 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, stansburydaystri.com
- August 18, 2019 XTERRA Wild Ride Mountain Triathlon (American Tour Points), XTERRA America / Wild Rockies Series, McCall, ID, Ponderosa State Park at Payette Lake, 3/4-mile swirn, 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 (tentative) to follow-2 different lengths, 13 and under., Darren Lightfield, 208-608-6444, wildrocklesemall@yahoo.com, wildrocklestacing.com, xteraplanet.com
- August 18, 2019 Outdoor Divas Triathlon, Longmont, CO, Union Reservoir, Sprint, women only triathlon, Lance Panigutti, 303-408-1195,
- August 24, 2019 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 24, 2019 Race on the Rock, Rock Springs, WY, The 6th Race on the Rock hosts Olympic, Sprint, and a possible long course Triathlon. Specialty and youth divisions at Flaming Gorge Reservoir, Traci Ciepiela, 307-922-1840, tclepiela/23@yahoo.com, raceontherock.weebly.com
- August 25-26, 2019 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, Klley Michroy, Kliev@bigblueadventure.com, bigblueadventure.com
- September 2, 2019 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 miNovices start at: 8:45amLocation: South Davis Recreation Center; 550 N 200 W, John Miller, 801-298-6220, John@southdavisrecreation.com, Cindy Hunt, 801-298-6220, cindy@southdavisrecreation.com, southdavisrecreation.com, southdavisrecreation.com, southdavisrecreation.com, southdavisrecreation.com, southdavisrecreation.com, southdavisrecreation.com, southdavisrecreation.com, southdavisrecreation.com, southdavisrecreation.com
- September 7, 2019 Salem Spring Triathlon, RACE TRI, Salem, UT, Utah Triathlon State Championships, 800 meter swim, 12.5 mille bike, and 3.1 mille run triathlon course, spectator friendly park and race venue, Race shirts and finisher medals., Aaron Shamy, 801-358-1411, info@racetri.com, racetri.com
- September 7, 2019 Brine Man Triathlon, TriUtah Points Series, Syracuse, UT, 4th annual. This event not only boasts a spectator friendly swim, a bike course you've only dreamt of and a fast/ flat run, but this year it's also the home of the first ever Olympic Course Utah State Triathlon Championship. Sprint, Olympic, and Long Courses, Brogg Sterrett, 702-401-6044, race@triutah.com, triutah.com
- September 7-8, 2019 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, madnessed madracingcolorado.com, DesertsEdgeTri.com, madracingcolorado.com

- September 14, 2019 XTERRA USA/Pan American Championship and XTERRA Utah Sprint Race, XTERRA America Tour, Ogden, UT, XTERRA Utah, two distance options: 750m / 19K mountain bike / 5K trail and 1.5k swim/30k mountain bike / 10k trail run; XTERRA USA/Pan America Championship: 1.5k swim / 30k mountain bike / 10k trail run., Raena Cassidy, 877-751-8880, info@xterraplanet.com, xterraplanet.com, xterraplanet.com, xterraplanet.com, xterraplanet.com
- September 14, 2019 Bear Lake Brawl Triathlon, St. Charles, ID, This race is a great course. Bluest water in Utah and Idaho. This is often called the Caribbean of the rockies. In 2019 the course will go around the lake again for the Holf and Full. This course is primarily flat with rolling hills. The East side of the lake road just had a resurfacing in 2018 so it should be the fastest for this race., Joe Coles, 801-335-4940, joe@onhillevents.com, bearlakebrawl.com, onhillevents.com,
- September 14, 2019 Tahoe Big Blue Adventure Race, Truckee, CA, A multi-sport event in which teams and individuals participate and compete in kayaking or stand up paddling, mountain biking, trail running, and navigation. Designed such that participating teams will complete in an 8 hour maximum time format. Teams travel on land and lake to gather as many checkpoints as possible and finish within the 8 hour time limit., Todd Jackson, 530-546-1019, todd@bigblueadventure.com, Kiley McInroy, kiley@bigblueadventure.com, bigblueadventure.com, bigblueadventure.com,
- September 15, 2019 Harvest Moon Triathlon, Boulder, CO, Long course, at Boulder Reservoir, Triathlon, Duathlon, Aquabike, Lance Panigutti, 303-408-1195, lance@withoutlimits.com, withoutlimits.co
- September 21, 2019 Kokopelli Triathlon, BBSC Triathlon Series, Hurricane, UT, This family-friendly event at Sand Hollow Reservoir has some-

- thing 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 22, 2019 Oktoberfest Triathlon Longmont, CO, Union Reservoir, Sprint, Lance Panigutti, 303-408-1195, lance@withoutlimits
- October 5, 2019 Las Vegas Triathlon, BBSC
 Double Down Series, Boulder City, NV, The
 Las Vegas Triathlon is turning 21 this year,
 so we're going to partyl Featuring a Half,
 Olympic, Spirint, 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 12, 2019 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.net
- October 26, 2019 Southern Utah Triathlon, Hurricane, UT, Sprint and Olympic. Held at Quail Creek Reservoir, Temps are ideal for triathlons with water temps in the high 60's to low 70's and air temps in the 70's. This venue is truly beautiful with mesas and buttes all around. Enjoy the red rock landscape of Southern Utah., Joe Coles, 801-335-4940, joe@onhillevents.com, southernutahtriathlon.com, onhillevents.com
- October 26, 2019 Pumpkinman Triathlon, BBSC
 Double Down Series, Boulder City, NV, Pointto-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
- November 2, 2019 Telos Turkey Triathlon & 5K, 13TRI EVENTS, Orem, UT, Splash distance triathlon which includes a 5K Run, 12 Mile Bike, and 350 Meter Swim in that order. Located at the Orem Rec Center, 665 W Center Street, Shaun Christian, 801-769-3576, 801-678-4032, shaun@ 13triathlon.com, Parker Goodwin, 801-769-3576, parker@t3triathlon.com, 13triathlon.com

SUBSCRIBE TO CYCLING WEST!

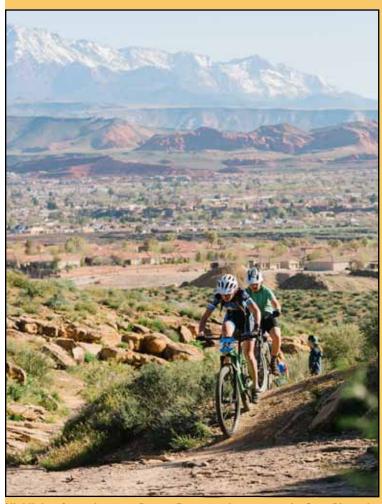


\$25/YEAR

cyclingutah.com/subscription-info/

MOUNTAIN BIKE RACING

Quinn and Shelden Win Desert Rampage ICup



Highlights from the 2019 Desert Rampage Intermountain Cup. Photo by Mckenzie Dve

By Lukas Brinkerhoff

St. George, Utah – "My race was just all around really fun." That is how 17-year-old Natalie Quinn, who won the Elite Women's Category in the Red Rock Rampage, held on March 30, 2019, described her race. Quinn who has been racing NICA for a few years and just jumped up to the Elite category is part of the wave of racers coming out of the NICA program and giving the adults a run for their money.

Nicole Tittensor, who took second in the Elite Women's Category, told how the race played out. "I like to have fast starts and try to take the lead early. I was able to do this, but with a peak over my shoulder, I saw a new face holding my wheel! It was

Natalie. I tried to put some early attacks on her, hoping to break her for the last lap. It backfired on me, and my XC race fitness wasn't quite what I'd expected it to be and I was the one who faded! She raced smart and strong, and it was really impressive to see for someone her age. I'll definitely have her on my radar for the upcoming races!"

Taylor Shelden, who races for Tokyo Joe's, took the top place on the podium followed by Alex Grant in the Elite Men's race. He recaps, "Right from the start the race was hard and I was always on my toes especially trying to keep up on the downhills. The third lap was pretty hard, but I knew I could put in a big attack on the final lap to help secure

Grant fills in some more details,

"Our race was a close one with a lot of back and forth with Colorado based rider Taylor Sheldon. He has a background in pro road racing and it showed on the pedaling sections. He was super strong, and I had my hands full trying to stay with him on the climbs but was able to gain a little rest and time back on the descents. Bryson Perry and Brennan Peterson would join us for sections of the course making it a fluctuating group of 2-4 riders at the front. Last lap Taylor really punched it on the climb and got a gap on me, he had maybe 20 seconds going in to the last downhill. I closed it down to 3 seconds by the line, but it was too little too late. I was stoked to finish 2nd and get in a good hard race in the legs to get ready for the season."

Bryson Perry Took 3rd in their race followed by another 17-year-old, Brennon Peterson.

The Red Rock Rampage is the season opener for the Intermountain Cup Race Series. The Rampage has been on the same course for several vears. Due to construction in the area, the course was changed a couple weeks prior. The route maintained as much of the original as possible giving it about 6.5 miles and 850 feet of elevation gain. The one thing that didn't change was the technical nature of the trails.

Grant said, "The slight changes to the course this year were nice and didn't change the overall character of the course much."

Weather for the Red Rock Rampage was just about as perfect as you can ask for. The sky was blue, the temperature was in the 60s and the wind was nothing more than a light breeze.

The overall vibe of the race and venue was super positive. There are a lot of young riders coming out of the NICA Program and the injection of these racers keeps the energy high. Sidney Nielson, who won the Women's Varsity Category, said "The race atmosphere was great having everyone at the finish line cheering you on to race faster and to be the bet you can be."

The next race in the I-Cup series



Highlights from the 2019 Desert Rampage Intermountain Cup. Photo by

is the Three Peaks Classic in Cedar City on May 18, 2019.

About the Intermountain Cup Mountain Bike Racing Series

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

one endurance race of approximately 50 miles, the series covers some of the most pristine and difficult rides in the state. With categories for kids and youth to the highly competitive elite segments, Intermountain Cup offers a competitive MTB race for every level of rider. For more information, see IntermountainCup.com



NOW AVAILABLE AT THESE PIVOT DEALERS

Brian Head Resort MTB Park

329 S. Hwy 143, P.O. Box 190008, Brian Head, UT 84719 (866) 930-1010 ext. 212 brianhead.com

Go-Ride Mountain Bikes

12288 S. 900 E., Draper, UT 84020 (801) 474-0082 2066 S 2100 E, Salt Lake City, UT 84108 (801) 474-0081 go-ride.com

Noble Cycling 877 N. 700 E., Spanish Fork, UT 84660 (801) 798-6624 noblesports.com

Over the Edge Sports

76 E. 100 S., Hurricane, UT 84737 (435) 635-5455 otesports.com

Poison Spider Bicycles

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

The Bike Shoppe

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

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

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

Storm Cycles

1680 W. Ute Blvd. #D3, Park City, UT 84098 (435) 200-9120 stormcycles.net





Breakfast and Lunch served in a relaxed atmosphere!

Hours: 8am-2:00pm Monday Tuesday-Sunday 7am-2:00pm

1675 EAST 1300 SOUTH, SALT LAKE CITY, UTAH (801) 581-0809 eggsinthecityslc.com

BICYCLE TOURING

A Springtime Bicycle Tour of Western Colorado



West of Craig, Colorado on U.S. 40. A Bicycle Tour of Western Colorado. Photo by John Roberson

By John Roberson

The following is a description of a mid-May bicycle trip that I took through parts of the western third of Colorado. I traveled solo for 10 days, and I was completely self-supported. I rode an old-school mountain bike with 26 inch rims, made by Rivendell Bicycle Works, and it performed beautifully. I started and finished my trip in Vernal, Utah. It was a wonderful trip!

Day 1: From Vernal, Utah to near Maybell, Colorado

The weather was lovely as I rode east from Vernal that first morning. The rains of the previous day had given way to calm, fragrant air and beautiful, partly cloudy skies. I put in the first few miles getting accustomed to my load while also considering my options for the next week or so. I was excited to explore some new byways and revisit a few places I'd passed through on previous trips, to see how things might have changed. I'd camp out under the stars, climb and descend a few passes, and experience a variety of terrain. I was sure it would be lots

The highway miles from Vernal to the Colorado line were easy. I had grand views of distant red rock cliffs, a very nice shoulder to ride on, and a sweet tailwind to help me along. I crossed the Green River at Jensen, Utah and climbed up and out of the river bottoms. I stopped at the Musket Shot Springs historical site east of Jensen, to stretch my

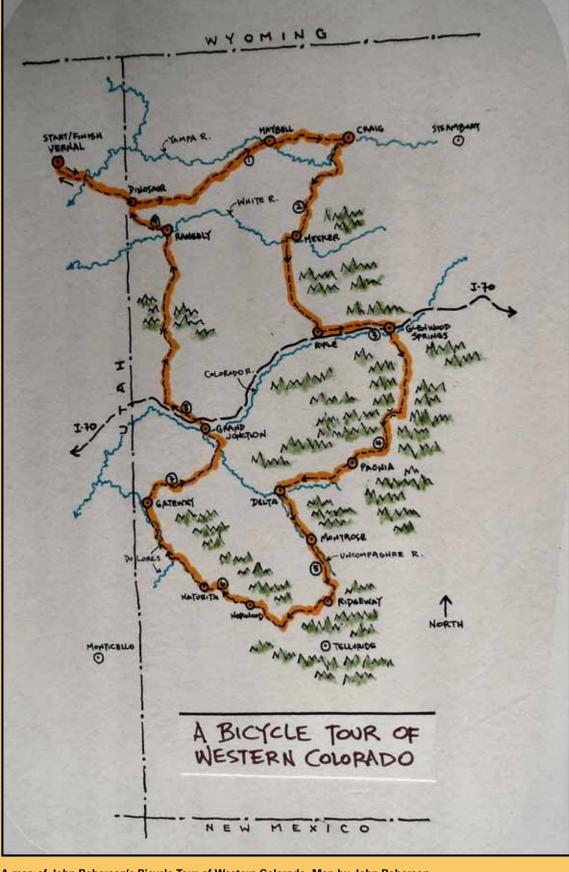
legs and to marvel at the spunk of those two old travelers, Dominguez and Escalante. I paused again at the Colorado state line.

I spent about 45 minutes in Dinosaur, Colorado, taking an very nice break at the Conoco station. I bought some juice and a popsicle, and I sat in the shade for a while before continuing east on U.S. 40. I rode all afternoon, pushed along by a light tailwind and encouraged by the quiet roads, which made it easier for me to relax and enjoy the sights. By late afternoon the sun had given up and gray clouds were filling the skies. Wet weather was still a few hours off, but I'd be sure to pitch a shelter when I stopped to camp.

As the afternoon light started to fade I found a wonderful little campsite in a sagebrush meadow off the side of the roadway. I pitched the shelter, set up my camp and settled comfortably into the first evening of the trip. I got the evening's meal going, had a little toddy, made a few notes and admired my surroundings. Darkness eventually settled in, and with the smell of rain in the breezes, I hunkered down for the night.

Day 2: From near Maybell to near Meeker, Colorado

Clouds still filled the skies when I woke before first light the next morning. It had rained during the night, but I had been dry and comfortable under the shelter, and I slept well. I went through my morning chores and was encouraged by the appearance of a wide band of sunlight at the eastern horizon. It looked like it was going to be a beautiful day.



A map of John Roberson's Bicycle Tour of Western Colorado. Map by John Roberson

I left camp and headed east into morning sunshine. I ran into a fellow bicycle tourist in the small town of

Maybell, Colorado, which sat a few miles east of my campsite. He rolled up as I sipped a second cup of coffee



at the general store. He was riding west from Boston and had spent the night in the wayside park adjacent to the store (a good overnight rest area!). He didn't say much, but he did inform me that Maybell holds the Colorado record for the lowest recorded temperature ... a minus 61!

I left Maybell heading east again along the Yampa River, then climbed out of the river bottom proper and onto a series of benches, toward Craig, Colorado. The riding was nearly effortless. A light tailwind continued to help me along, and the wide shoulder and gentle hills of the benches made it easy to put in the miles. Unfortunately, I had a blowout along the way and had to make repairs before I could carry on. It surprised me. I had thought to change tires before I left home, but decided I could get one more trip out of the old ones. It was a decision I would come to regret more than once



Riding north toward Rangely, Colorado. A Bicycle Tour of Western Colorado. Photo by John Roberson



Roadside camp near Maybell, Colorado. A Bicycle Tour of Western Colorado. Photo by John Roberson during the trip ahead.

I made Craig in the early afternoon. I picked up a couple of new tubes at the ranch store, and was eating a six-inch tuna at the Subway when a fierce little rainstorm came through town. Good timing, I guess. The storm threw down a good amount of water in a short period of time, but the sun came back out bright and strong shortly thereafter.

I left U.S. 40 at Craig and began riding south on Route 13. I followed the Yampa River for a few miles, then broke off to follow a tributary called William's Fork. I left that creek for a smaller one that I followed for the rest of the riding day. The road was peaceful and quite scenic as it followed the creek bed, climbing slowly and gently to the south. Around dusk I found decent campsite on a hillside above the road, at the mouth of a small side canyon, and settled in for another restful night.

Day 3: From near Meeker to near Glenwood Springs, Colorado

I awoke to frost on my gear and temps in the high 20s. It had been a chilly night, but I had slept well. The rising sun took its sweet time getting to my camp, but once it arrived things warmed up nicely. I broke camp, loaded up, and hit the road for

I continued my climb to the south, out of the Yampa River watershed and into the upper drainages of the White River. I crested the "gap" at about 7500' and enjoyed an easy cruise down the other side into the town of Meeker, Colorado.



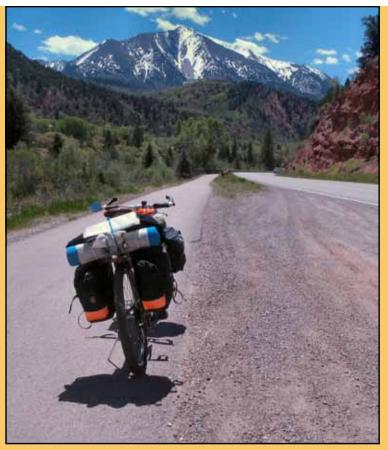
on the north side of the White River. It sat a few miles upriver from the site of the infamous Meeker Massacre where, in 1879, nearly a dozen Indian agency workers were killed by disgruntled Utes. It was a tragic event and had the result of consigning all of the free-roaming Ute tribes in the region to reservations in Utah. A tragedy for everyone, really. I rolled into town mid-morning and bought a couple of excellent pastries in a shop on the town square. I sat in the shade of the square, enjoying my pastries, and wrote a postcard to my old Auntie. I gave my sweetie a call, too.

I left Meeker and the verdant farms and ranch lands along the river and began climbing again to the south, up and over the White River's watershed and into the drainages of the Colorado River. I was still on Route 13, and I spent the next few hours slowly working my way along straight roads that passed through arid badlands and barren ridge tops. To me it was very pretty country. I fixed another flat at one point in the mid-afternoon, then rolled past bluffs and hogbacks to the east and the Roan Cliffs to the southwest.

I took a welcome break when got to the town of Rifle, with both I-70 and the Colorado River flowing in their own unique ways nearby, then meandered another 10 to 15 miles east on two-lane roads that ran parallel to both the freeway and the river. As I rode into the early evening hours the roads began to peter out, and I noticed a narrowing-down of the valley ahead into a canyon through which both the river and the freeway



Become a member of the League of American Bicyclists: bikeleague.org/join



The bike path near Redstone, Colorado. A Bicycle Tour of Western Colorado. Photo by John Roberson were being squeezed. It didn't look

so good. A perky couple jogging along the frontage road warned about dead-ends ahead and the unavoidable need to hit the freeway for a while. So off I went.

I put in a couple of stressful miles heading east on the freeway, then took a river access exit that put me across the river from the freeway. I found a surprisingly decent campsite with lots of flowers and birdsong, on the hillside above the river, and away from the worst of the highway racket. Given my camp's proximity to the freeway, the river and a set of railroad tracks, I wouldn't have expected to sleep as well as I did.

Day 4: From near Glenwood **Springs to Paonia Reservoir**

I left my riverside camp the next morning and took a slight detour to check out a bike path that paralleled the freeway heading upriver. I'd seen it the evening before, but wasn't overly optimistic about it. Sure enough, it dead-ended a half mile up the canyon. However, it did look a bit like a work in progress, so it might be worth a try the next time I pass through. Anything would have been an improvement over the few busy freeway miles I had to endure to get to Glenwood Springs.

I took the exit into Glenwood Springs and was immediately impressed. The modestly sized town at the confluence of the Roaring Fork and Colorado rivers had a great vibe and I quickly felt at home. No one seemed to be in any particular hurry as the work day began, and the town's many trees and blooming flowers made that particular May morning especially nice.

Glenwood Springs began in the of regional commerce, and many attractive, older buildings remain in the town's business district. It grew in importance over the years with mining interests, the railroad, and the development of the thermal springs all drawing settlers to the area. Various famous characters came through, too, including Teddy Roosevelt, who spent a summer there. The town is criss-crossed with bike paths and pedestrian walkways and is a popular destination for folks living in Denver, or so I was told. I

could see why it would be.

I cruised the downtown streets for a while, then connected with an excellent bike path that ran along the eastern edges of the Roaring Fork River. I had been told that the path would keep me off the busy, fourlane highway and take me upstream for more than 15 miles, through Carbondale and beyond. After the hubbub of the freeway it seemed the obvious way to go. So I took advantage of the path and the beautiful weather to pedal the pathway upriver, beyond the busy turnoff to Aspen, past Carbondale and into the canyon formed by the Crystal River, a tributary of the Roaring Fork. In the distance, to the south and east, I began to see the first of many glorious, snow-capped Colorado peaks.

I lost the bicycle pathway at the Crystal River Resort, then spent the next few hours working my way up the river, passing through the charming community of Redstone and really picking up elevation in the process. The roads were quiet and smooth, but the wide shoulders I'd been enjoying the past few days seemed to have petered out there in the canyon. The road became steeper as the afternoon wore on, and I ground my way up and over McClure Pass (8763') late in the afternoon, my first serious pass of the trip. I spent what was left of the day dropping down the other side of the pass and into the drainage of Muddy Creek. I found a high, open campsite off the road and above Paonia Reservoir and settled into yet another comfortable evening routine.

Day 5: From Paonia Reservoir to Colona, Colorado

I woke to temperatures in the upper 20s, but the sun warmed things up quickly, and I was heading down the canyon below the reservoir by 8:00 a.m. I was once again leaving the cooler high country behind me and dropping into the wider and warmer floodplains of the Gunnison and Uncompaghre Rivers, to the west. I stopped for a second, delicious creek-side breakfast at a cafe in the small town of Paonia (named, it seems, for a shortened version of the Latin name for the peony roots first brought to the area by one of the town's original settlers), then carried on.

By mid-morning I was back in the low country again and heading west, through Hotchkiss and on to Delta, Colorado. The day was beautiful, but it had warmed considerably, and the roads had become pretty busy as I passed through Delta around midday. From Delta I picked up route 50 heading south towards Montrose and into the Uncompaghre River Valley. At this point I was back in civilization again and forced to deal with a lot of traffic flowing between Grand Junction to the north and Montrose to the south. I managed to find frontage-type roads here and there that allowed me to leave U.S. 50 occasionally, but they weren't consistent. Although the day's weather was perfect, and the surrounding agricultural lands lush and green, the constant roar of the highway made this stretch of my tour less than ideal. I spent the afternoon working my way up the river valley, arriving in Montrose at the end of the valley's working day. I took a nice break in town to cool my heels and let everyone get home for supper, then carried on riding south.

The evening traffic was noticeably quieter as I left the wider river valley behind and continued my gentle climb upriver on U.S. 550 toward more beautiful, Colorado high country. As the sun settled lower in the west I realized that the country I was riding through was still fairly densely populated. Finding a decent roadside camp would be tough, so I bit the bullet and pulled into the Centennial RV Park, paid 26 bucks to a very nice lady, and set out my camp on a sweet piece of lawn away from a small cluster of big rigs in the more developed portions of the park. It was a wonderful, peaceful campsite and I slept like a log.

Day 6: From Colona to near Naturita, Colorado

I was up early the next morning and back on the road feeling rested and ready for what looked to be another beautiful day. The sky was clear and bright, the meadows were filled with spring flowers, and the southern horizons ahead were filled with the awe-inspiring, snow-capped peaks of the San Juan Mountains .. serious mountains, for sure! I knew I'd be interacting with them during the days ahead, but I wasn't overly concerned. After all, I'd be skirting the very highest regions of the mountains, and I knew that both my lowest gears and plenty of time would eventually get me to the top of any minor pass I encountered along the way.

After about an hour of easy morning pedaling through pinion and juniper country, I passed a large body

Continued on page 38

CLASSIFIED AD: Lizard Head Cycling Guides Ride with the local area experts! GLACIER NATIONAL PARK YELLOWSTONE

The Cascades Utah's National Parks Shenandoah Nova Scotia to Montréal TRANS-UTAH MTB

Register using promo code CYCLINGWEST and receive a free bike rental or \$150 off all 6-14 day tours. Not sure which trip to do yet? No worries! You can still get in on this offer. Place your deposit now, and pick your trip later.

info@lizardheadcyclingguides.com

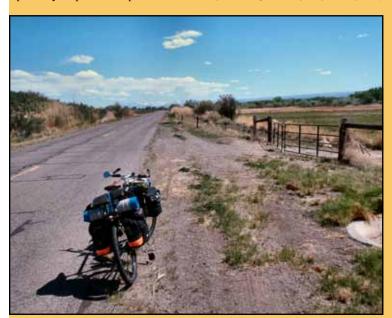
970-728-5891

Colorado Bicycle Tour - continued from page 37

of water called Ridgeway Reservoir, and an adjoining state park of the same name. Just beyond the park I came across an access to a developed bicycle/pedestrian path that led scrambling into the scrub by the side of the road and into my sixth cozy camp of the trip.

Day 7: From Near Naturita to Unaweep Canyon

The sounds of early-morning traffic woke me from another excellent night's sleep. After going through my



The frontage roads near Montrose, Colorado. A Bicycle Tour of Western Colorado. Photo by John Roberson

me along the river for several easy miles, all the way to the lovely town of Ridgeway, Colorado. The town sits with grand views of the surrounding peaks and is referred to as the Gateway to the San Juans. It's a popular stop for travelers heading to Telluride and other points south. I took a nice break in town, then began what looked to be a long haul up the hill to the high pass beyond.

The climb from Ridgeway to Dallas Pass (about 9000') was tough, and it took me a few hours to reach the summit. I stopped frequently to admire the views and, on one occasion, to shoot the breeze with a friendly Colorado trooper. The ride down off the pass on the other side was an easy cruise, and I hit the red rock canyon of the San Miguel River (a tributary of the Dolores River) in the later afternoon. I took a sitdown break at the general store in Placerville, a very small community a mile or so upriver. I chatted with a couple of motorcycle dudes who had trailer-ed their bikes from Denver to cruise the deliciously curvy canyons common to this part of the state. Nice guys, and just two of dozens of bikers who passed me during the next the next day or so.

From Placerville I headed back down river and fairly flew along. At one point the road left the San Miguel riverbed proper and made a short climb up and over into the drainage of two minor creeks that feed back into the San Miguel, further downriver. I had left the busy roads behind me and was, once again, back riding through quiet, ranching and agricultural lands. I rode through the small farming/ranching town or Norwood in the early evening. The town was quiet and had clearly shut down for the day, but I spent a pleasant 15 minutes there, by the side of the road, sharing stories and advice with an amiable fellow named Phil, who operated a surprisingly wellequipped bike shop there on the main street of town.

After another hour of riding through a mix of pasture and juniper scrub land, the sun dropped below the horizon, and I found myself

morning routine I was back on the road and looking forward to another flawless May morning. I paused in the town of Naturita where I had a second breakfast and considered my situation. I had pretty much reached the southern-most point of my trip and would need to head back north in order to complete my trip loop. I knew from an earlier trip that I couldn't count on much in the way of amenities between Naturita and Grand Junction, which I hoped to reach at the end of the following day, so I picked up a few necessities in town and headed back down the road.

The next thirty miles or so were something of a dream. The quiet, two-lane road followed the San Miguel River, and then the Dolores River, through shallow, red rock canyons filled with cottonwoods and flowering shrubs along the river banks. The well-surfaced road twisted and turned constantly, following the bends in the river flow ... a treat for me and for the occasional groups of touring motorcyclists that passed me by.

I eventually came to the tiny community of Gateway, near the Utah border, where I took an extended break at the general store. Gateway is the home to a rather swanky resort that reportedly serves as a base for many outdoor activities, and I caught glimpses of it in the distance as I rode into town.

I left Gateway's shade in the middle of the afternoon, heading north again, and spent the rest of my easy day slowly gaining back some of the elevation I'd lost. The nearly empty road climbed gently along a small creek in a shallow canyon that eventually opened up into a high, wide, green valley. There were meadows and pastures, and modest farms and ranchettes on both sides of the road. As the sun neared the crests of the western hills I realized that I had probably reached the highest and coolest parts of the drainage (a good place for sleeping!), so I searched out and found another roadside camp zone, and settled in for what would be still another restful night's rest.

Day 8: From Unaweep Canyon through Grand Junction to Fruita, ColoradoI began another flawless Colorado morning with an unexpected stop just a mile down the road ... my third flat of the trip. I made my repairs and was up and moving again fairly quickly. After a very few miles, I crossed the Unaweep Divide and began dropping northeast into Unaweep Canyon, beyond. The riding conditions were excellent. I was once again leaving cooler, higher, and greener plateau regions to reenter arid landscapes that characterize much of both the western parts of Colorado and the eastern parts of Utah. As I rode I could see, in the distance, the green ribbon of the Gunnison River in dramatic contrast with the dry zones between and beyond.

I reached U.S. 50 around midday and jumped right into the steady traffic flowing between Delta and Montrose, to the south, and Grand Junction to the north. Grand Junction was a dozen miles further down the road, where the Gunnison River joins the Colorado River (the "junction" in Grand Junction). I was hoping to find a new tire and tube and a hearty meal before continuing north and back into quieter country.

Grand Junction was certainly the biggest city of the trip. With over 140,000 people living there I was sure to find all that I needed, and then some, but I was surprised and delighted to find that on that day the downtown district had been taken over by bicycles! It seems the Grand Junction Off-Road Mountain Bike Event was in full swing, with races and events and music occurring over multiple days, and cyclists had come from all over to enjoy the festivities. The downtown streets had been closed to traffic and were lined with vendors and manufacturer's reps selling anything and everything related to two wheels. I had no trouble finding a replacement tire and tube, and I spent a very leisurely coupleof-hours making my repairs in the shade of a small city park. Some nice young fellows from Denver kept me company as I worked, and we shared stories about our recent two-wheeled adventures.

I loaded back up again, bid adieu to my Denver friends, and headed out into the neighborhoods north of town. I was searching for a route to the northeast, and I eventually ended up near Interstate 70, which passes along the northern edges of Grand Junction. I meandered along the frontage roads near the freeway all the way to the community of Fruita, where I stopped for a hearty meal and a cozy bed. I checked into the very comfortable, Balanced Rock Motel for a much-needed shower and good night's sleep.

Day 9: From Fruita to Rangely, Colorado

The following morning I was up and out and on the road earlier than usual. I was heading north again, aiming for the small town of Rangely, and I knew I had a substantial climb ahead of me. But, the restful sleep I'd had, as well as my early start and another beautiful May day left me feeling optimistic about the road ahead. I left the frontage road and the sounds of the now-distant freeway in Loma, Colorado, and started up Highway 139.

The riding was pleasant that morning as I climbed gently, but steadily,



The bike path near Ridgeway, Colorado. A Bicycle Tour of Western Colorado. Photo by John Roberson

out of the meadows and green fields of the Grand Valley. Mountains and ridges filled the northern horizon in front of me, but they didn't seem so bad, compared to the snow-capped peaks I'd left behind. The wide valley narrowed as I climbed, and by late morning I found myself in a tight canyon following a modest creek. The road had been very quiet all morning and would remain so for most of the day, but it became steeper as climbed toward Douglas Pass, the high point for the day. The high canyon opened near the summit ridge, and I found myself switch-backing slowly through scattered conifer forests and mountain meadows. I reached the pass in the middle of the afternoon and paused to rest and check out the scenery. Far away to the south I could just make out the hazy green of the Grand and Gunnison Valleys and the snowcapped San Juans much further to the south.

I eventually dropped off the pass and onto the greener, north-side slopes of the ridge where I wound my way through lush, flowering meadows and groves of aspen along West Douglas Creek. I took my time as I descended, keeping my downhill speeds low so I could relish the high country sights while I could. The blue skies of the morning had, by this time, given way to dark clouds to the north, and I suspected I might experience rain for the first time since my first night on the road. I dawdled quite a bit, stopping often to let nasty-looking pulses of wet weather pass by in the distance. I stayed dry, but the highway itself was wet along several stretches. The canyon widened, and as I approached the mouth of the drainage I relished the classic, high-desert smells of sage and springtime that are especially fragrant after a rain.

I arrived in Rangely and passed through the peaceful town as the sun

was settling onto a wide open western horizon. I crossed the White River on the east edge of town, climbed up and out of the river bottom, found a very reasonable campsite off in the sage north of the highway, and settled in for my last night on the road.

Day 10: Rangely to Vernal, Utah

The last day of my ride was delightful. It would be a short day, so I dawdled a bit over my breakfast before loading up the bike for the last time and heading back up the road. The morning traffic was light and seemed to be made up of oil and gas field service vehicles heading out for the day's chores. I rolled along easily, enjoying both the wide-open scenery and the fine roadway. I passed through Dinosaur again, took another break at the Conoco station, then crossed the state line back into Utah. After a couple of hours of effortless riding (with still more accommodating tailwinds!) I arrived back in Vernal. After loading up and once again thanking the motel owner for keeping an eye on my truck, I headed west for home, another successful and memorable tour under my belt.

Note

Western Colorado highways are generally excellent, though they do tend to go up and down a lot. The road surfaces are smooth, and wide shoulders are more common than not. Colorado drivers seem to be courteous and bicycle-conscious. I was never very far away from food sources, or water sources. Roadside historical sites were common, as were roadside trash cans. Roadside fences made finding off-road campsites more difficult to find than in my home state of Utah, but there was always some sort of off-theroad, out-of-sight option for me. The people of Colorado were extremely friendly, all of the time, and they made me feel very welcome.



The Dolores River canyon road. A Bicycle Tour of Western Colorado. Photo by John Roberson

ROAD RIDING

Ride the Golden Spoke



A scene from the Golden Spoke Ride at the north end of the Jordan River Trail. Photo by David Collins



A scene from the Golden Spoke ride in the mouth of Ogden Canyon. Photo by David Collins

By David Collins

[Editor's note: This article is a description of a self-paced ride along the Wasatch Front. The Golden Spoke organized ride will be held on May 11, 2019 and is described in the sidebar.]

The longest continuous multiuse urban trail network west of the

Mississippi River

This month marks the 150th anniversary of the first transcontinental railroad. On May 10, 1869, the final spikes were pounded into place near promontory Utah completing the first coast-to-coast railroad. Three of the four ceremonial spikes used that day are currently on display at



A map of the organized Golden Spike ride to be held May 11, 2019.

the Utah Museum of Fine Arts on the campus of the University of Utah.

Looking for a self-organized great century ride to commemorate the occasion? Try the 106 mile paved urban network of trails called The Golden Spoke. It's a safe way to ride through the heart of the Wasatch Front

Route: Begin at the Provo River Parkway at Bridal Veil Falls in Provo Canyon (Hwy 189) to the mouth of Ogden Canyon with a quick 15 mile detour into downtown Salt Lake City and up to the University of Utah.

121 miles

Terrain: A taste of alpine canyons, waterfalls and famous fly-fishing river shorelines, wetlands, but primarily-paved trails through the heart of cities of the Wasatch Front including, Provo, Orem, Lindon, Pleasant Grove, American Fork, Lehi, Bluffdale, Draper, Riverton, South Jordan, West Jordan, West Valley, Salt Lake City, Bountiful, Centerville, Farmington, Kaysville, Layton, Clearfield, Sunset, Roy, West Haven and Ogden. If that seems like a lot of cities, you're right. The ride links several paved trails (including the Provo River Parkway, Murdock Canal Trail, Jordan River Trail, Legacy Trail, Denver & Rio Grande Rail Trail and the Ogden River Parkway).

What to See: A slice of life along the Wasatch Front (home to about 2 million residents); International Peace Gardens; river shorelines-Provo, Jordan and Weber; towering Wasatch Mountains to the east and sparkling lakes to the west-Utah and Great Salt Lake; Great Salt Lake Legacy Nature Preserve; Farmington Bay; WWII US Navy mapping agency-now an industrial park called Freeport; the Salt Lake City headquarters campus of the Church of Jesus Christ of Latter-day Saints (including their iconic temple); The Cathedral of the Madeleine; the 2002 Winter Olympics Opening Ceremony stadium at the University of Utah.

Selfies and Photo Ops: Bridal Veil Falls; gullies around the point-of-the-mountain; 2002 Winter Olympics sidewalk art and Opening Ceremony stadium at University of Utah; Cathedral of the Madeleine; Salt Lake City Temple; Farmington Bay views of Antelope Island, Ogden Canyon waterfall (about a half a mile east at the end of the ride—in the mouth of Ogden Canyon).

Wildlife: Songbirds, birds of prey, migratory birds, waterfowl, muskrats, deer, coons and similar carpetbag size creatures, urban squirrels and chipmunks, game fish, field mice and other little critters.

Best Post Ride Eats: Timbermine Steakhouse in Ogden. The ride ends in the parking lot and convenient enough, some of the best meats in Utah are served inside with all the sides you'd expect from a good steakhouse. Be sure to get the Timber Pie for dessert, it's some kind of ode to the chocolate chip and it comes with tasty cold ice cream on the side, a perfect way to end a long day in the saddle.

Still have Legs, Lungs and Sunlight? Head toward the mouth

Golden Spoke Celebration Ride Set for May 11, 2019

The second annual Golden Spoke organized ride will be held on May 11, 2019 on the Wasatch Front in Utah. The free ride stretches from Utah County to Ogden with multiple starting and ending points.

Ride Details:

May 11 — Golden Spoke, Utah Bike Month, Wasatch Front, UT, This second annual cycling event features 100 miles of interconnected trail systems across the Wasatch Region from Provo to Ogden, Utah. This year's theme also highlights the theme of the Spike 150 celebration of the completion of transcontinental railroad. Rides of various lengths — with 100 mile, 75 mile, 50 mile, 25 mile, 10 mile and 1.5 mile segments - will feature connections with local communities around various historic and contemporary railroad themes. Some

stretches of trail in Utah, Davis and Weber County, will also include rails to trails cycling paths. The rides are geared for fun and community engagement rather than competition, and are planned to accommodate riders of all ages and abilities., Heidi Goedhart, 801-783-8426, hgoedhart@utah.gov, goldenspokeutah.org

Starting Locations:

•Vivian Park

Provo Canyon (100 mile ride) – 7:00 a.m.

•Bullriver Road Trailhead Lehi (75 mile ride) – 9:15 a.m. •Redwood Trailhead Park

South Salt Lake/West Valley City (50 mile ride) – 11:30 a.m.

•Farmington Regional Park Farmington (25 mile ride) – 1:45 p.m.

•6000 South Trailhead Roy (10 mile ride) – 3:00 p.m.

•Twenty First Street

Fishing Pond Ogden (1.5 mile ride) – 3:45 p.m. •High Adventure Park

Ride ends. Enjoy the Heritage Festival 150 Edition!

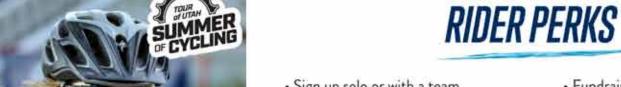
of Emigration Canyon just east of the University of Utah and check out the This is the Place Heritage Park (across the street from Hogle Zoo). It includes several historical displays that shed light on the early years of exploration and settlement including trappers, explorers, pioneers and the Pony Express.

Notes: Pay careful attention to the map and route information since some of the connections along the way may not be obvious or well-marked. Also, be sure to check local news about the insect/bug hatch on the Jordan River. If you ride during a live hatch, you should bring netting for your head, otherwise your bike ride might quickly turn into a buggy ride.

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







- Sign up solo or with a team
- Weekly training rides beginning in
- On-course support including SAG vehicles, feed stations, and water stops
- Personal fundraising webpage
- Fundraising awards and prizes include t-shirts, cycling jerseys, cycling bibs, drawing entries, and more
- Live music, food, drinks, giveaways from sponsors, games, and a kid's zone play area at the Finish Line Festival

The Huntsman 140 is an epic ride through some of Utah's most beautiful valleys in support of cancer research at Huntsman Cancer Institute. This road cycling event is a noncompetitive, single day, fully supported ride, with multiple distance options that make it the ideal ride for both the beginner and seasoned cyclist. Make riding in the Huntsman 140 the highlight of your summer and join our incredible cancer fighting community!

DISTANCES OF 25, 50, 75, 100, AND 140 MILES

WITH 140-MILE RELAY OPTION

THE HUNTSMAN 140 IS PRESENTED BY

qualtrics

SAG SUPPORT PROVIDED BY



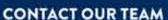


*MasterControl

WWW.HUNISMAN140.COM







events@huntsmanfoundation.org | 801.584.5800



@ HuntsmanHeroes



📑 / HuntsmanHeroes

