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**MOUNTAIN WEST CYCLING MAGAZINE**

# **cycling utah**

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## SPEAKING OF SPOKES

## Cycling, Aging, and St. Patrick's Day

By David Ward

St. Patrick's Day. It is a beautiful holiday, not given nearly the attention

or credit it deserves. Wear the green or risk a pinch. Listen to some blarney. Keep an eye out for leprechauns. Watch a young Sean Connery in Walt Disney's "Darby O'Gill and the Little

People." What could be more fun than that?

Not much, except maybe having a birthday on St. Patrick's Day and adding a birthday celebration to all of the

above. Such is my good fortune. My mother always made a big deal of it, and taught me to do the same. So my family and I have had great fun with that over the years.

Well, St. Patty's Day is not really the topic of this month's column, but my birthday is. Or at least, the fact that I just had a birthday and turned 62. And that brings me to my real topic: Getting older. And frankly, that really is not fun.

This is on my mind these days as I contemplate a potential, or rather likely, hip replacement surgery fairly soon, and as I contend with a nagging back issue. It all started innocently enough. About five years ago, I had just attended a spin class and decided to jump on a treadmill for awhile. I hadn't done that for quite some time. After a few minutes, I started noticing a small pain in my groin, but I pushed on for another 10-15 minutes.

The next day, my groin and hip were extremely sore. Having a good friend who doubles as an orthopedic surgeon, I paid him a visit. He informed me my hips were wearing out and would likely need hip replacement surgery. Ideally, he said, they would like to get me 10-15 years down the road. At that time, he figured it would be the right hip. (As it turns out, it has only been 5 years, and it is my left hip causing me grief, though I can feel the beginning of similar symptoms in my right hip.)

At any rate, at that time the groin and hip pain eventually went away, but I started noticing other things, primarily that I was steadily losing range of motion in my hips. I first noticed it when I could not straddle a snowmobile comfortably. (Now, I don't even try.)

The second issue began the fall of 2010. I began to feel what seemed like a small muscle strain in my lower left back. I had had muscle strains before, and figured it would soon clear up. It did not. Finally, nearly a year later, I visited my family doctor, another friend. He took an x-ray and, when he pulled it up on the computer, immediately exclaimed, "Oh, no!" Just what you like to hear from your doctor.

Clear as day was a definite curve to the right side of the lumbar section of my spine. While that was disconcerting, I pointed out that was not where my pain was. He pointed out that back issues often manifest pain elsewhere. Still, it felt like a muscle strain that would not go away. So, to shorten the story, visits were made to a chiropractor, back doctor and two physical therapists. Bottom line: I have rather severe degeneration of the lumbar area of my spine, particularly L3 and L4, and that is likely causing most of that pain. And that is the pain that is most aggravating.

The reason this is on my mind these days is that, in the last six months, these symptoms have markedly worsened, and my life activities have taken a real hit. In particular, the two major sport activities I love and enjoy, biking and skiing. So long as I can bike and ski, I can deal with the rest. I think.

Anyway, this winter, I found I cannot ski, or at least not as I always have and as I most enjoy. My hip hurts whenever it is jarred (which, of course, occurs often while skiing), and I simply cannot maneuver my left hip to ski as I love to ski. And groomers get boring after a couple of hours. Thankfully, the impact on snowboarding is much less. So, I can still snowboard and have a good day. But of the two, I am



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**Pick up a copy of cycling utah at your favorite bike shop!**

**Cover:** The field is strung out in the road race of the Tour del Sol on March 24th in St. George. See the story on page 16.

Photo: Shawn Kirton.

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# cycling utah's 2013 Bicycle Club Guide

**FAST?  
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DIRT?  
ROAD?  
RACING?  
TOURING?  
JOIN A CLUB  
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Editor's Note: If you would like your club listed (it's free), please email [clubs@cyclingutah.com](mailto:clubs@cyclingutah.com) for details.

#### 4Life/Mad Dog Cycles Race Team!

Sponsors: 4Life Research, Mad Dog Cycles, Trek, Maxxis, Powerbar, Tifosi, Stans No Tubes, Crank Bros., Camelbak, Doug Smith Subaru, Dumonde Tech, X-Tech Computer Services, Dairy Council of Utah, SignCity  
Contact: Keith Payne, [keith@maddogcycles.com](mailto:keith@maddogcycles.com), 801-368-5321  
Website: [maddograceteam.com](http://maddograceteam.com)  
Type of Cycling: MTB, Cyclocross and Road  
Base Location: Orem, UT  
Club Statement: We are a Utah-based team with every level of rider in multiple disciplines. This is our 13th season as a team, we have riders competing in MTB and Road events in Utah and the Western Region. Our club is not only full of fast, competitive riders, but also has a large number of cyclists that just like to ride for fitness and recreation. While we are organized to race,

we also work hard to give back to our community. We organize two trail building days each year with the USFS. All levels of riders are welcome to come join the team.

#### Animal Liberation Racing!

Sponsors: Raw Revolution, Tofurky, Vega, Goodwin Chiropractic Plan 7 Coaching, [animalliberationracing.com](http://animalliberationracing.com)  
Contact: Cris Pereira, [animalliberationracing@gmail.com](mailto:animalliberationracing@gmail.com), 801-898-8875  
Website: [animalliberationracing.com](http://animalliberationracing.com)  
Type of Cycling: Any and all forms of cycling enthusiasts and racers welcome.  
Base Location: Salt Lake City, UT  
Club Statement: We are a grassroots group focussed on debunking the myth that you can't be a strong athlete on a vegan diet and to bringing awareness to animal rights and other environmental causes. We want to be a voice of defense for animals suffering not only for consumption, but for vivisection, the clothing trade, "entertainment" industries, and anywhere else senseless brutality occurs. Vegetarians and Vegans Welcomed!

#### Bicycle Center!

Sponsors: Specialized, Garner D. Jensen Insurance, All Star Lanes, Bonneville Brewing, Nate Wade Subaru  
Contact: Chad Vansolkema, [chad@bicyclecenter.com](mailto:chad@bicyclecenter.com), 801-484-5275  
Website: [bicyclecenter.com](http://bicyclecenter.com)  
Type of Cycling: Road racing, Cyclocross, group rides, mountain recreational  
Base Location: Salt Lake City, UT  
Club Statement: The Bicycle Center club/team is focused on all riders and experiences. Our goal is to make riding more accessible, fun, and help develop rider skills.

#### Bike Peddler MTB Tribel

Sponsors: Bike Peddler  
Contact: Josh McCarrel, [pbshprides@gmail.com](mailto:pbshprides@gmail.com), 385-208-6400  
Website: [bikepeddlerutah.com](http://bikepeddlerutah.com)  
Type of Cycling: Mountain Biking  
Base Location: American Fork, UT  
Club Statement: Join us for shop rides Wednesday nights and most Saturdays. Group trips, BBQs, Races, and Cyclocross in the fall. Pace depends on who shows up.

#### Bohemian Brewery Cycling Team!

Sponsors: Bohemian Brewery, Saturday Cycles, Enve Composites, Canfield Brothers Bicycles, Rack and Road  
Contact: Vaughn Martinez, [bohemianracing-team@gmail.com](mailto:bohemianracing-team@gmail.com), 801-941-5621  
Website: [bohemianracing-team.com](http://bohemianracing-team.com)  
Type of Cycling: [bohemianracing-team.com](http://bohemianracing-team.com)  
Base Location: Wasatch Front, UT  
Club Statement: The Bohemian Brewery Cycling Team is looking to grow in 2013. If you enjoy riding bikes, be it for commuting, touring, downhill, XC, cyclocross or road, we encourage you to participate with our diverse group. From headbangers to newbies, riders of all skill levels are welcome to join us and fly the Bohemian Brewery Lion. Team meetings are held the first Tuesday of each month at 6 PM at Bohemian Brewery.

#### Bonneville Cycling Club!

Sponsors: [bccutah.org](http://bccutah.org)  
Contact: Mary Margaret Williams, [president@bccutah.org](mailto:president@bccutah.org), 801-641-4120  
Website: [bccutah.org](http://bccutah.org)  
Type of Cycling: We offer road rides with a pace rating system ranging from easy relaxed pace to race pace.  
Base Location: Salt Lake City, UT  
Club Statement: We are Utah's largest and oldest cycling club; A 501c3 Utah non-profit with all volunteer staff. An umbrella club for all cyclists in Utah with active members from Logan to Las Vegas. We have rides all year long and every day through the season. Bonneville accommodates all levels and skills including beginner, recreational, touring, mountain, racing and Ultra-marathon riders with over 600 rides per season. We host 2 event rides annually, both running for more than 27 years: Little Red Riding hood, held in June, and ULCER, held in August, as well as ride series that include the Superseries century challenge, the Metric mid-distance series and the relaxed pace Social series. BCC donates thousands of dollars annually to charitable organizations using the funds raised at our events and provide Gold Level Sponsorship and Ride Marshals for the Harmons Bike MS ride and other events. BCC supports Bike Utah as an active member organization. If you ride a bike in Utah, you should be a BCC member.

#### Bountiful Mazda/Bountiful Bicycle Center Cycling Club!

Sponsors: Bountiful Mazda, Bountiful Bicycle Center  
Contact: Micheal MacDonald, [info@bmbbc.com](mailto:info@bmbbc.com), 801-397-0277  
Website: [bmbbc.com](http://bmbbc.com)  
Type of Cycling: Group Road Rides, Road touring, MTB, Recreational, Road and MTB Racing  
Base Location: South Davis County, UT  
Club Statement: Growing from a "house-of-pain, you'll-never-drop-me" core of head-to-head road cyclists in the mid-90's, BMBBC Cycling Club has grown into a diverse group of both social and racing enthusiasts of road and mountain biking. With >125 members we provide regular weekly rides for cyclists of all abilities as well as several off-season training opportunities. The Club participates in many events including races to raise money and awareness for local causes and charities. Our primary focus is to provide opportunities for members to ride in a club environment while enjoying the camaraderie of like-minded individuals. Stop by Bountiful Bicycle Center to get to know one of our sponsors and talk to the staff about our Club and cycling in the Davis County area.

#### Bpdstudios/0 Down Racing/Fezzari

Sponsors: [bpdstudios.com](http://bpdstudios.com), [0down.net](http://0down.net), [fezzari.com](http://fezzari.com)  
Contact: Brian Smith, [racing@bpdstudios.com](mailto:racing@bpdstudios.com), 801-359-3798  
Website: [facebook.com/pages/Bpdstudio-0-down-Fezzari-racing](http://facebook.com/pages/Bpdstudio-0-down-Fezzari-racing)  
Type of Cycling: [bpdstudios.com](http://bpdstudios.com)  
Base Location: Salt Lake City, UT  
Club Statement: We are a active race group focused on improving our cycling skills. We wish to play an active role in Racing and Triathlons and Road touring. Every one is welcome to join and meet new people and just have fun. We are a new team and looking for riders that want to move up the ranks on a race team.

#### Cache Valley Veloists Bicycle Touring Club!

Sponsors:

Contact: Bob Jardine, [info@cvveloists.org](mailto:info@cvveloists.org), 435-757-2889

Website: [cvveloists.org](http://cvveloists.org)  
Type of Cycling: Road Touring and Recreational Mountain Biking  
Base Location: Logan, UT  
Club Statement: The Cache Valley Veloists Bicycle Touring Club is committed to fun, moderately paced recreational bicycle touring. The tours are member-led, and designed to meet a wide range of bicycling interests and ability levels. Every fall, their Cache Valley Century event raises funds to help support Common Ground Outdoor Adventures as well as other bicycle advocacy groups throughout the Cache Valley area.

#### Canyon Bicycles Racing Team!

Sponsors: Canyon Bicycles, Shimano, Specialized, First Endurance, Vittoria, CEP Compression Wear, Giordana, DZ Nuts  
Contact: Mike Pratt, [mike@canyonbicycles.us](mailto:mike@canyonbicycles.us), 801-576-8844  
Website: [canyonbicyclesracing.com](http://canyonbicyclesracing.com)  
Type of Cycling: Road Racing, Cyclocross, Mountain Bike Racing, Triathlon  
Base Location: Draper, UT  
Club Statement: The Canyon Bicycles Racing Team is a club/racing team that focuses on developing riders to race at their full potential. We have open club rides on non-racing Saturdays and Sundays and recreational rides on Thursday evenings. Our team members race road, mountain bike, triathlon, and cyclocross disciplines in a range of categories. We are a tight-knit group of friends who enjoy racing and training together. We have elite road and tri teams, regular road and mtb teams, and a junior mtb team.

#### Cicada Racing Inc.!

Sponsors: Nutriex and Neutron Interactive  
Contact: Trent Watkins, [cicadacycling@gmail.com](mailto:cicadacycling@gmail.com), 801-651-7564  
Website: [cicadacycling.blogspot.com](http://cicadacycling.blogspot.com)  
Type of Cycling: Road racing, mtb racing, cyclocross

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## SCIENCE OF CYCLING

## University of Utah's Neuromuscular Lab Studies Cycling

By Katie Harrington

The University of Utah's Neuromuscular Function Lab is a gadget-enthusiast's dream. Contraptions of all sorts sit in the large room – motors, crank wheels, fly wheels, and machines that seem to combine them all.

But what is more alluring than the contraptions themselves are the scientists who created them.

Dr. Jim Martin and Dr. Steve Elmer – both exercise physiologists – have spent their careers seeking to understand neuromuscular function within the context of repetitive – or

cyclical – contractions.

“Cycling turns out to be a really good model to experiment because you can control things well or measure the things you can't control,” said Martin, who directs the lab.

The lab performs a multitude of studies every year, most of which utilize cycling as the main experimentation model.

The lab has produced manuscripts on aging, growth and development, fatigue, cycling crank length, cycling aerodynamics, and modeling of performance – just to name a few.

“We run the gamut from maximal sprinting by well-trained cyclists to interval training by metabolic syn-

drome patients to facilitating physical activity during the workplace hours,” Martin said.

The lab is unique in that they study oxygen consumption and neuromuscular function inclusively, which helps to fuse biomechanics and physiology within the lab's various studies.

### Cycling Biomechanics

Ernie Rimer – one of Martin's doctoral students – is currently conducting a study on the biomechanics of cycling. Rimer is primarily investigating how different body positions change the biomechanics of certain



joints during pedaling.

“If you were to deliver 300 watts of power to the pedals, that power is

ultimately generated by the muscles that span the hip, the knee, and the ankle,” Martin said. “We are able to determine how much power is being generated from each of those joints by measuring which muscles are active.”

The lab uses electromyography to measure the location of that power – a technology that senses electrical activity when a particular muscle is activated.

Rimer and Martin have also started another cycling biomechanics study that explores the connection between a person's handlebar position and how that position affects their pedal stroke.

“When you lean on the handlebars, it turns out it affects your pedaling. When you stay light on the handlebars, that affects your pedaling in a different way,” Martin said. “We are working through exactly how that manifests itself in terms of cycling biomechanics.”

The results of the study could have important implications on current cycling technique, bike fitting protocol, and ulnar nerve entrapment, Martin said.

### Unique Equipment

The lab creates all of their own cycling equipment in order to design experiments and control variables optimally.

One such piece of equipment is called an eccentric cycle ergometer – a bicycle whose pedals are driven by a motor as a way to test the cyclist's lengthening contractions.

The main goal in using this machine is to resist the pedals as efficiently as possible given that the power of the motor is much greater

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photo: Christopher See

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Above: A cyclist being tested on the eccentric cycle ergometer. Left: The lab conducts an armcycling study. Photos courtesy: Steve Elmer/Neuromuscular Lab.

than the cyclist's leg power.

Martin said the movement measured on this machine is analogous to weight lifting: a person does not get sore as they lift the weight, but rather when a person sets the weight down – known as the eccentric, or lengthening, contraction.

"We have used this machine both as a training model and as a damage model," Martin said. "You can do this very cautiously and get a tremendous training response. Or you can do it very recklessly and get incredibly sore."

At the end of a 7-week train-

ing period using this machine, lab participants increased their power dramatically, Martin said.

Martin has also become increasingly interested in facilitating physical activity in sedentary workplaces. The lab recently created a desk whose design incorporates pedals beneath the workspace and more efficiently supports a person's elbows and posture.

The desks are being utilized in certain office environments for research purposes, which will give the lab insight as to whether the desks are increasing physical activity

within sedentary environments.

**Hands On**

Steve Elmer – who got his Ph.D. under Martin – has begun taking the last fifteen years of research regarding leg neuromuscular function and applying it to the arms.

"When we think of muscular function, we think of muscles in the legs during locomotive tasks like walking, cycling, running, jumping, and so on," Elmer said. "But locomotive tasks can also involve muscles in the upper body. If you're an Olympic kayaker, a person with spinal cord injuries, or an elderly person, you are relying a lot on the arm muscles."

Elmer uses a hand-cranking cycling ergometer during his studies – a contraption similar to the leg

**Grants Offered to Junior Cyclists**

Junior participation in cycling is often underrepresented, but most would agree that juniors are the future of the sport. Utah has a proud rich history of junior success stories, Dave Zabriskie, Jeff Louder, and Burke Swindlehurst to mention a few. All of these amazing riders started young and found support systems then gave them the opportunity to succeed.

Cycling is an expensive sport to become involved in. Fortunately there are organizations that help get juniors started in the sport, but even then, expenses add up and often inhibit progression by limiting opportunities for racing and training. The ability to provide monies to juniors to apply to racing, equipment, camps, and training should enable a path of progression and success.

ConsultNet, an information technology and engineering consulting company, is partnering with Young Endurance Athletes (YEA) of Utah to offer cycling grant opportunities. The cycling grants will be awarded up to eight junior athletes up to \$500 dollars each. Each junior cyclist can apply for up to two \$500 awards. Juniors need apply by Sunday April 21st in either electronic or hard copy. Grant winners will be chosen by the quality of their application and need of financial assistance. The grant will then be able to be used for the 2013 season. YEA and ConsultNet are excited to start a tradition for seasons to come.

To apply, please contact Nate Thomas at (801) 957-3835 or [Exphys.Consulting@gmail.com](mailto:Exphys.Consulting@gmail.com).

version used to study biomechanics. Both are stationary bikes used strictly to quantify work and power. What is unique to Elmer's machine, though, is that it has the ability to go forward for traditional cycling techniques and backward for pedal resistance.

Elmer's studies thus far have shown that when performing comparable exercise tasks, a person's arm muscles are much weaker than their leg muscles.

"You can't do nearly the same resistance or power outputs with the arms, especially as it relates to fatigue," Elmer said.

The arm muscular function studies test healthy groups currently, but the goal is to eventually work with COPD patients – to strengthen upper body muscles for respiratory

improvement – and spinal cord injury patients, Elmer said.

A wide range of people use the studies produced by the Neuromuscular Function Lab – from researchers to clinicians to academics to athletes and teams interested in cycling and muscle efficiency.

If you would like to participate in one of the Neuromuscular Function Lab studies, please visit [www.facebook.com/neuromuscularfunctionlab](http://www.facebook.com/neuromuscularfunctionlab) or contact Jim Martin at [jim.martin@utah.edu](mailto:jim.martin@utah.edu). For more on the lab, visit : <http://health.utah.edu/ess/clinics/nmfl.html> For a list of some of Dr. Martin's publications, see: [www.ncbi.nlm.nih.gov/pubmed/?term=james+c.+martin+utah](http://www.ncbi.nlm.nih.gov/pubmed/?term=james+c.+martin+utah)

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## COMMUTER COLUMN

**Giles Larsen: Sustainability is a Way of Life**

Top: Giles Larsen walks the walk with sustainability. Photo: Ashley Patterson

By Ashley Patterson

Giles Larsen embodies sustainability in all aspects of his life. He

lives in a small home, is an avid vegetable and fruit grower, does not own a car and recently installed solar panels on his home. Sustainability is not a buzzword for him, but rather a

way of life and it's worth emulating.

Larsen is the Parks for Produce Coordinator for Wasatch Community Gardens where he works with local community members to develop community gardens on county owned park lands. His gardens range from Magna and West Valley to South Salt Lake and he generally rides everywhere. Occasionally he'll take TRAX when he needs to quickly travel north or south in the valley but when he's going east or west, his experience is it is faster to go on two wheels than on transit.

Larsen's daily commute to the office is about two miles round trip but he has gone as far as 20 miles one way for work. He makes an effort to arrange his day to accommodate bike commuting but he's also quick to explain that things are not as far as they would seem. "Mentally I'll think a location is really far away until I ride my bike there and then realize that it's not that bad, especially when there's a nice route options like the Jordan River Parkway or even all the new bike lanes around town."

While Larsen doesn't own a car, he does have a solar tricycle, which he sometimes uses, mostly for the fun of it. "I really don't need another vehicle. I have a bike trailer and with that I've hauled 18' lumber, solar panel racking, plants for my garden and all of the produce I used to sell." (Larsen was a small urban farmer with a CSA for a few years and did the weekly produce delivery via bicycle each week).

Larsen's main motivation for bike commuting each day is that it is fun and secondarily, he believes in non-harming personal behavior. "Cars have all kinds of social and environmental harms from isolating our communities to climate change."

He believes that bike commuting isn't more popular because "there is a hostile cultural attitude toward bikes on the road. It's changing but still pervasive." His advice for getting into your groove and commuting to work or school is to find a nice quiet route and ride defensively. "Don't assume people can see you and wave to everyone you can. Motorists are good people, too and a smile and wave can work wonders."

Next time you see a cyclist with a feather sticking out of his helmet, carrying what seems to be a huge load for a bicycle, that's Giles so make sure you smile and wave right back at him.

If you have a suggestion for a commuter profile, have a commuter question, or other comments, please send it to [lou@cyclingutah.com](mailto:lou@cyclingutah.com).

**What would the world be like if everyone rode a bike?**

## COMMUTING

**Bikes are Vehicle of Choice for Violin Making School**

Top: Adam and Jenelle Steele outside the VMSA, preparing to bike home at the end of the day.

Below: Adam Goltry focuses on detailed scraping at a VMSA work bench. Photos: Jennifer Leahy, [leahyphotography.com](http://leahyphotography.com).

By Jennifer Leahy

The Violin Making School of America, one of only three such schools in the United States, sits at the corner of 200 South and 300 East in downtown Salt Lake City. Since 1972, students from all over the world have come to the school in to spend three years training and studying for careers as luthiers. In addition to its skilled instructors and award-winning alumni, the violin school is also known for its bicycles: with 28 students and no free parking, it's home to a healthy community of student bike commuters, as evidenced by the collection regularly locked up out front.

The violin school is supportive of its students who choose to bike. VMSA director, Charles Woolf, says that in years past, students used to bring their bikes inside each day and store them upstairs, which encroached on workspace. To remedy this, the school requested a rack through Salt Lake City's free bike rack installation program. Upon the arrival of the first inverted-U rack, the school rapidly realized that one was not going to be enough, and requested two more. Lori Carter, the school's administrator, speaks positively of the city's bike rack program, saying, "It was great - we didn't have to pay anything, we didn't have to follow up or deal with any issues, and they (the city) were pretty accurate with their wait time."

Speaking with three students at the VMSA, Jenelle Steele, Paul Spencer, and Adam Goltry, it's clear that in addition to avoiding the hassle of finding parking spots, there are some other benefits to commuting by bike. The three state that it's a great way to arrive at school warmed up and energized, and on long days spent working in the shop, biking is sometimes the only exercise opportunity they get. Students even transport their work to and from the school by bike: on the day I visited, Jenelle was preparing to ride home with a cello-scroll-in-progress tucked into a wire pannier, and all three recalled the time a fellow student managed to bike in to school with an upright bass strapped to his back.

Despite the school's large violin-themed mural and sign, it seems as though the regular presence of bicycles out front has confused some people over the years. According to VMSA students, a man once walked in off the street, asking to talk to someone about bikes. Turns out he'd mistaken the filled racks out front for bike shop inventory, and was interested in making a purchase.

For more information about Salt Lake City's free bike rack program, go to [http://apps.slcgov.com/general/absoluteftp/trans\\_BikeRack.htm](http://apps.slcgov.com/general/absoluteftp/trans_BikeRack.htm).

Jennifer Leahy is a photographer living in Salt Lake City. You can find her work at [leahyphotography.com](http://leahyphotography.com).

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**MOUNTAIN BIKE RACING**

**Grant and Sornson Win 2013 True Grit 100**



Above: True Grit 100 winner Alex Grant (Sho-Air/Cannondale) leads third place Josh Tostado (Santa Cruz/Maxxis/Shimano) on the Zen section. Right: Second place Cary Smith (Team CF). Photos: Shelby Meinkey. Right lower: Kenny Jones (Cutthroat Racing) finished the 100 miler in the singlespeed category. He is shown here on the Barrel Rolls section. Photo: Bryce Pratt. See more photos: [Crawlingspider.com](http://Crawlingspider.com)

miles uses similar trail to the Red Rock Rampage and Cactus Hugger Intermountain Cup races, but adds the Zen trail for good measure. Many people call Zen the hardest 5 miles of trail you will ever ride. It is a twisty trail of rock and canyons, with blind short drops, and steep rocky climbs. After leaving the Feed Zone at the Zen parking area, racers head to the "backside" and ride the Bearclaw Poppy trails and Stucki Spring trail until connecting with the trails in the Santa Clara River Reserve. Here the climbing and technical skills come into play again, only after racers are 32 miles into the race. Many races struggle with the 2 laps on the Barrels Rolls trail, before heading down Cove Wash and the sprint for the finish. This year's race was particularly challenging as the temperature topped 80 degrees.

The 100-mile race saw 53 racers star, compared to 14 in 2011. Right out of the gate there was fierce competition between local Utah Racer, Alex Grant, Colorado's Josh Tostado, and Cary Smith, the 2012 winner. They rode neck and neck for the first 25 miles, but by the Barrel Rolls section, Alex had found his opportunity to pull ahead and never looked back. He took the win, his second at True Grit (Alex took first in 2010 in the 50 mile race). In a post-race interview he stated he had to win the NUE Season open because it was his home turf and was an important goal for the day - "Can't have any out-of-staters taking the title." Alex finished in 6:41:37, setting a new course record.

The Women's 100 Category was the only category of the day that had 100% of the riders finish. The women were tough; overcoming dehydration and mechanical issues to complete a hundred miles on such a demanding course. Pennsylvania's Cheryl Sornson took the win in this category. Cheryl was the overall NUE Series winner for 2012, and her victory at True Grit, racing it virtually sight-unseen, is a testament to her talent as a racer. Cheryl finished with a comfortable 30-minute gap over the next racer.

The 50 Mile race also saw fierce competition, with Rotem Ishay (Durango, Colorado) taking a strong lead right out of the gate. Rotem said he decided to race True Grit only days earlier rather than race the AZ 40 and barely squeaked in before the



final registration cut-off. A group of three racers had the clear front spots until a mis-direction from a well-meaning volunteer caused them to skip the second required lap of the Barrels Rolls and finish with only 44 miles. This could have been a serious blow to the race, but as the first racers to complete 50 miles rolled in, all the racers got together and presented a solution that was a win-win for everyone, with the front runners receiving the cash purse and the 50

mile finishers taking the title and additional prizes, essentially sharing the podium.

Jen Hanks, from Salt Lake City, took the victory in the women's 50-miler category. This is particularly inspiring as Jen is a breast cancer survivor, and had to dig deep to beat out second place Erin Swenson by just 55 seconds.

See results on page 8.

(St. George, Utah) - Two great races occurred on March 16, 2013 during the 3rd annual True Grit Epic. The 100-mile race, in its first year as part of the National Ultra Endurance Series (NUE), and the 50 mile race both drew a larger crowd this year and many pro names. The True Grit Epic is a grueling course, especially for an early season race. The course includes almost 10,000 ft of climbing. These are not the typical extended climbs of mountain races, but short burst climbs with chunky rock that requires excellent bike handling and power. The race featured a new starting line this year, allowing the entire race to be held on dirt. The first 25



3/2/2013 The Desert Rampage, St. George, UT

4/6/2013 The Cactus Hugger, St. George, UT

4/27/2013 Cyclesmith 19th Annual Showdown at 5-Mile Pass, Eagle Mountain, UT

5/11/2013 Racers Cycle Service's Call to Sundance, Sundance Resort, UT

5/27/2013 Stan Crane Memorial XC Race, Draper, UT

6/1/2013 Location To Be Announced, UT

6/29/2013 Sherwood Hills, Logan, UT

7/6/2013 The Rage at Snowbird - UT State Championship, Snowbird, UT

7/27/2013 The Solitude Cup, Solitude Resort, UT

8/3/2013 The Bash at Snowbasin, Snowbasin, UT

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## RACE RESULTS


**Mountain  
Bike  
Racing**
**The Desert Rampage, St. George, UT,  
Intermountain Cup, ICS #1, March 2, 2013  
Clydesdale**

1. Mike Oblad; Dialogue; 1:08:08
2. Greg Johnson; 4 Life Mad Dog Cycles; 1:09:28
3. Karl Shuman; Revolution/ Peak Fasteners; 1:13:57
4. Shane Christensen; Zion Cycles; 1:19:25
5. Jared Purdy; 1:20:09

**Sport Women 35+**

1. Molly Behum; Bountiful Bicycle p/b Threshold; 1:02:28
2. Jan Holding; Bountiful Bicycle p/b Threshold; 1:10:52

3. Bonnie Seheck; Revolution; 1:22:01
4. Debbie Drain; Simply Agave; 1:25:07
5. Priya Ellwood; Revolution/Peak Fastener; 1:40:26

**Sport Women 19-34**

1. Lindie Demilly; Bikers Edge/Azonic; 1:28:54
2. Jen Droke; Canyon Bicycles; 1:33:52

**Ex Women**

1. Debbie Mortensen; Diamond Peak Utah Orthopedics; 1:05:25
2. Lori Harward; Ski Utah; 1:05:57
3. Kelly Crawford; Bountiful Bicycle p/b Threshold; 1:06:05

4. Nicole Tittensor; Revolution/Blain Nielson Trucki; 1:07:24
5. Haley Batten; White Pine Racing; 1:08:14

**Jr Women 12-15**

1. Lauren Bingham; DNA Cycling; 41:29
2. Jenna Johnston; 41:57
3. Meryn Passey; Timpanogos Cyclery; 51:57
4. Hattie Ransom; [Utahmountainbiking.com](#); 53:53
5. Megan McMillan; 59:32

**Women 40+**

1. Lynnelle Carson; Bountiful Bicycle p/b Threshold; 41:23
2. Coy Barrett; Bountiful Bicycle p/b Threshold; 41:29
3. Angela Johnson; Bountiful Bicycle p/b Threshold; 43:09
4. Dorothy Gibson; 4Life/ Mad Dog Cycles; 44:31
5. Alisa Thompson-Seeberger; Lifeline; 45:05

**Beg Women**

1. Rachel Hutchings; [Utahmountainbiking.com](#); 42:17
2. Nicole Lopez; LTR Sports; 44:55
3. Cathleen McCulla; 49:34
4. Kristie Beardall; 50:07
5. Chelsea Hogge; 1:03:46

**Pro Women**

1. Jen Hanks; Epic Brewing/ [MTB Race News](#); 1:29:04
2. Joey Lythgoe; KUHL/Rocky Mountain; 1:30:55
3. Meghan Sheridan; [Utahmountainbiking.com](#); 1:33:27
4. Erin Swenson; 3B Yoga; 1:39:35

**Men 60+**

1. Joel Quink; [Utahmountainbiking.com](#); 1:08:36
2. Bruce Argyle; [Utahmountainbiking.com](#); 1:12:36
3. Gene Poncelet; [Utahmountainbiking.com](#); 1:37:19

**Men 50+**

1. Chris Bingham; DNA Cycling; 55:34
2. Jordan Swenson; ColeSport; 55:38
3. Dave Smith; Red Rock; 56:57
4. Gene Smith; [Utahmountainbiking.com](#); 57:31
5. Jody Bailey; 4Life/ Mad Dog Cycles; 58:14

**Beg Men**

1. Jesse Richardson; 33:57.7
2. Bruce Ritter; [UtahBMX.com](#); 36:03.2
3. John Moss; Team Las Vegas Cyclery; 36:14.8
4. Jason Fowles; 37:17.1
5. Chad Jenkins; [Utahmountainbiking.com](#); 37:39.7

**Men Sport 19-29**

1. Evan Clouse; Cole Sport; 1:01:59
2. Devan Wiggins; Bike Fix; 1:03:12
3. David Neumann; Independent; 1:03:25
4. Nye Yackle; Yackle Brothers Racing; 1:03:54
5. Luke Hanks; Bountiful Bicycle p/b Threshold; 1:04:15

**Men Sport 30-39**

1. Scott Bergen; 57:47
2. Richard Harris; 4Life/Mad Dog Cycles; 1:04:48
3. Dan LaRiviere; 1:05:15
4. Christian Walton; Bountiful Bicycles p/b Threshold; 1:06:18
5. Scott Miles; 1:06:50

**Men Sport 40-49**

1. Jon Argyle; Bountiful Bicycles p/b Threshold; 1:00:42
2. Justin Edwards; Oracle Cycling; 1:01:02
3. Jim Wedge; Revolution; 1:02:26
4. Mark Pasternak; Revolution; 1:02:40
5. Bart Preston; 1:02:48

**Ex Men 19-29**

1. Jake Yackle; Yackle Brothers Racing; 1:29:22
2. Bryson Deppe; Bountiful Bicycles p/b Threshold; 1:30:42

3. Eduardo Leon; Contender; 1:41:13

**Ex Men 30-39**

1. Brian Tolbert; KUHL/Rocky Mountain; 1:25:13
2. Ryan Blaney; KUHL/Rocky Mountain; 1:25:18
3. Stewart Goodwin; KUHL; 1:27:46
4. Josh Carter; Team TOSH Cycling; 1:29:22
5. Brian Dobias; 1:31:21

**Ex Men 40+**

1. Craig Kidd; Barries Ski & Sports; 1:21:54
2. Jonas Croft; Revolution Peak; 1:21:55
3. Dennis Barrett; Bountiful Bicycle p/b Threshold; 1:22:47
4. Mike Hileman; Carefast p/b Les Rois; 1:23:14
5. Richard Abbott; Revolution; 1:25:32

**Youth 10-12**

1. Payton Andersen; Canyon Bicycles; 18:23:00
2. Plate 804; 18:24:00
3. Britton Dexter; Timp; 19:46:00
4. Laken Ence; Red Rock; 22:13:00
5. Austin Topham; Contender; 24:23

**Jr Men 12-15**

1. Jordan Andersen; Canyon Bicycles; 27:42
2. John Andersen; Canyon Bicycles; 28:48
3. Cameron Dougherty; Canyon Bicycles; 28:52
4. Aidan Clark; LTR Sports; 29:29
5. JonJon Drain; Jans White Pine; 30:07

**Jr Men 16-18**

1. Hunter Tolbert; KUHL/Rocky Mountain; 29:40
2. Trey Lopez; LTR Sports; 32:15
3. Brock Jeske; 33:22
4. Eric Pipkin; LTR Sports; 33:36
5. Trace Williams; 4Life/ Mad Dog Cycles; 38:00

**Single Speed**

1. Alex Smith; 3B Yoga; 53:18
2. Kenny Jones; Cut Throat Racing; 55:41
3. Bill Lennart; Team Las Vegas Cycle; 58:01
4. Ray Warner; Revolution; 59:28
5. Brad Newby; Red Rock; 59:36

**Pro Men**

1. Chris Holley; KUHL/Rocky Mountain; 1:43:17.1
2. Cary Smith; Team CF; 1:43:17.4
3. Brent Pontius; Rooster Bikers Edge; 1:44:41.4
4. Jon Russell; KUHL/Rocky Mountain; 1:48:17.9
5. Scott Allen; Canyon Bicycles; 1:49:45.0

**True GRIT Epic Bike Race, National Ultra  
Endurance Mountain Bike Series, St. George,  
UT, March 16, 2013**
**True Grit 23 mile Challenge Course  
Open Male**

1. Carson Chynoweth; 4Life/ Maddog; 2:17:41
2. Kendall Sullivan; Team Red Rock; 2:19:48
3. Jordan Pope; Slim and Knobby's; 2:31:19
4. Eudoro Guizar; Romans 10-9; 2:31:54
5. Adam Little; UMB; 2:31:57
6. Troy Houston; 2:42:40
7. Nathan Flick; 2:54:28
8. Garrett Hays; 2:57:11
9. Michael Parmer; 3:00:24
10. Stephen Sealy; 3:06:58
11. Taylor Eley; 3:18:03
12. Alex Tiberi; 3:50:58
13. Kreed Frentheway; 3:59:16

**Open Female**

1. Kelly Crawford; Bountiful Bicycle; 2:28:32
2. Betsy Spiegel; Contender Bicycles; 2:31:23
3. Catherine Kalwies; Bleach Upper Lip; 2:32:19
4. Kelsey Withrow/ K4 Racing/ DNA Cycling p/b Plan 7; 2:39:20
5. Amy Wood; 2:39:51
6. Leslie Knowlton-Fredette; 3:10:38

**Clydesdale**

1. Rick Watts; sunset trans; 3:45:02

**True Grit 50 mile Course  
Open Male**

1. Rotem Ishay; Jamis Bikes; 3:23:34
2. Bryson Perry; DNA Cycling; 4:07:23
3. Nish Fisher; Roosters/ Biker's Edge; 3:26:35
4. Drew Free; Revolution; 4:08:28
5. Reed Wycoff; Contender Bicycles; 3:27:51
6. Cameron Chambers; Carmichael Training System; 4:18:47
7. Todd Shaffer; ProCycling; 4:19:52
8. Geoffrey Montague; Noble Cycling; 4:25:16
9. Corey Larrabee; Kuhl; 4:25:20
10. Aaron Campbell; Bountiful Bicycle p/b Threshold Sports; 4:25:22
11. Hacer Jeger; Bike Fix; 4:28:48
12. Brian Tolbert; 4:30:16
13. Joshua McDowell; Colovita SW Cycling; 4:31:31

**Open Female**

1. Jen Jank; MTB Race News/Epic Brewing; 04:47:34

2. Erin Swenson; 3B YOGA; 04:48:29
3. Joey Lythgoe; KUHL/ Rocky Mountain; 04:58:40
4. Kathy Sherwin; Sherwin; 05:18:04
5. Jennifer Barbour; GS Boulder; 05:32:05
6. Tina Martinez; Jackson Hole Fire/EMS; 05:35:04
7. Molly Blander; 05:38:44
8. Debbie Mortensen; Diamond Peak; 05:47:29
9. Melanie Smith; Revolution/ Peak Fastener; 06:58:54
10. Heather Batchelor; 07:10:18

**Citizen 14 - 35 Male**

1. Eric Ault; Wild Child Racing; 04:18:59 12:09
2. Ryan Blaney; KUHL/Rocky Mountain; 04:35:26
3. Von Edwards; Von Cutthroat Racing; 04:41:35
4. Paul Hosmanek; 04:46:23
5. Taylor Felt; Bountiful Bicycle Racing p/b Threshold Sports; 04:47:10
6. Stewart Goodwin; 04:51:51
7. Connor Barrett; Bountiful Bicycle Racing p/b Threshold Sports; 04:57:34
8. Jeff Jarvis; Health Catalyst; 05:13:30
9. Craig Carlson; Rose Printing; 05:36:43
10. Preston Edwards; 05:38:49

**35+ Male**

1. Dennis Barrett; Bountiful Bicycle Racing p/b Threshold Sports; 04:16:43
2. Mark McCann; Las Vegas Cyclery/Land Rover; 04:23:04
3. Kervin Quinones; ROTOR Bike Components; 04:27:13
4. Jason Sparks; [UtahMountainBiking.com](#); 04:28:51
5. Mast Staker; 04:29:17
6. Brian Jeppson; Brian Cedar Cycle; 04:30:38
7. Mark Messer; Utah Mountain Biking.com; 04:33:10
8. Jeff Thornton; Jeff Fishers Cyclery; 04:34:33
9. Paul Nash; Team Jackson Hole; 04:37:32
10. Theron Jeppson; Cedar Cycle; 04:38:10

**Masters 50+ Male**

1. Kevin Moffitt; 4 Life / Mad Dog Cycles; 04:32:27
2. Zan Treasure; Bountiful Bicycle p/b Threshold Sports; 04:34:24
3. Mark Hershberger; Hoback Sports; 04:42:44
4. Dave Smith; Team Red Rock; 04:50:53
5. Craig Terry; Red Rock Bicycle; 05:00:53
6. Steve Mower; EUCLID /MOWER MASAGE; 05:03:40
7. Dwight Hibdon; Mad Dog Cycles; 05:09:54
8. Chad Carson; 05:10:00
9. David Kelsey; Red Burro Racing Eye Gear Sport Optics; 05:26:19
10. Mel Stewart; 05:44:04

**Singlespeed Male**

1. Alex Smith; 3b Yoga; 04:26:27
2. Mike Hileman; CAREFAST P/B LE ROIS EYE GEAR SPORT OPTICS; 04:26:44
3. Charlie Hayes; trek colorado race team recofit; 04:34:29
4. Josh Mortensen; Diamond Peak; 04:42:32
5. Steve White; Skullcandy Athletic Republic; 05:11:51
6. Danny Christensen; Red Rock Bicycle; 05:14:34
7. Adam Cornely; 05:27:33

**Sport Female**

1. Angela Mart; [WebCycling.com](#); 05:56:19
2. Lucy Jordan; Revolution Peak Fasteners; 05:58:46
3. Marva Morse; 06:09:25
4. Heather Gilbert; Cutthroat Racing; 06:12:54
5. Gayle Olpin; 06:41:28
6. Jessica Bowles-Martinez; SoCal Endurance Ladies PMBC; 07:39:55

**Collegiate**

1. Changler Harr; Dixie State Cycling Club BikeFix; 04:52:23
2. Brendan Money; University of Utah SaltCycle/Intelltechs; 05:07:25
3. Kody Myers; Utah State University Chick-Fil-A; 05:13:26
4. Dan Harper; Utah Valley University; 05:18:29
5. Cameron Avery; SUU Helium Components; 05:28:37
6. Joey Johnson; UVU Cycling / 3B Yoga COTBR; 05:45:17
7. Taylor La; Utah Valley University; 06:18:13
8. Joan Meiners; Utah State University Harristone/Sun Valley Mortgage; 06:48:35

**True Grit 100 mile Course  
Open Male**

1. Alex Grant; Sho-Air/Cannondale; 06:41:37
2. Cary Smith; Team CF; 06:54:40

3. Cheryll Somson; Team CF; 08:36:04
2. Alice Drobná; WebCycling CycleSoles, Hydro Flask; 09:05:03
3. Brenda Simril; Motor mile racing; 09:20:15
4. Susan Lynch; Union Velo Union Cycles; 09:24:47
5. Julie Urub; Taiga Company; 10:16:54
6. Denise Coppock; Titledown Flyers; 10:55:51

**Singlespeed**

1. Gerry Pflug; Team CF / Pro Bikes; 07:30:35
2. AJ Linnell; Fitzgerald's Bicycles Pivot Cycles; 07:32:22
3. Shannon Boffeli; 08:00:52
4. Darrell Roundy; 08:28:29
5. Jaron Whitehead; Cutthroat Racing; 08:30:01
6. Pat Doyle; Deadgoad Racing; 08:40:34
7. Kenny Jones; 1x1; 08:53:59
8. Loren Gard; Cascade Couriers/Bend Velo; 09:48:16
9. Jason Sherman; 3B Yoga Racer's Cycle Service; 10:57:15

**Masters 50+**

1. David Jolin; Stark Velo; 08:40:08
2. Jody Bailey; 4Life / Mad Dog; 08:41:24
3. Charles Buki; Team CF; 09:02:08
4. Brian Hobbs; Bills cycle racing; 09:05:52
5. Monte Hewett; 09:39:13
6. John Lauck; Bountiful Bicycle p/b Threshold Sports; 09:54:04
7. Gary Gardiner; Bountiful Bike P/B Threshold Sports; 09:56:26

**Road  
Racing**

1. Breane Nalder; DNA Cycling p/b Plan 7; 31:01.1
2. Devon Gorry; NOW and Novartis for MS; 31:12.4
3. Megan Hill; DNA Cycling p/b Plan 7; 32:07.6
4. Keri Gibson; K4 Racing, DNA Cycling p/b Plan 7; 32:09.1
5. Kemille Garvin; DNA Cycling p/b Plan 7; 32:49.6

**Cat 3/4 Female**

1. Lisa Job; Vegas Women's Racing/Every Kid; 32:25.8
2. Katherine Ragle; Bountiful Mazda Cycling Team; 32:36.0
3. Ashley Elias; Vegas Women's Racing/Every Kid; 33:03.1
4. Melinda MacFarlane; Harristone/Sun Valley Mortgage; 33:59.7
5. Charity Nelson; DarkHorse313; 35:03.5

**Junior Female**

1. Katie Clouse; ColeSport; 21:24.8
1. Coleen Knutson; Colovita/Outback Steakhouse; 32:05.5
2. Cris Kiser; Bountiful Mazda Cycling Team; 34:05.5
3. Kelly Hunsaker; Bountiful Mazda Cycling Team; 35:22.2
4. Margaret Douglass; Bountiful Mazda Cycling Team; 35:39.8
5. Elizabeth Price; Vegas Women's Racing; 37:36.8

**Cat 3/4 Male**

1. Michael Trussell; Harristone/Sun Valley Mortgage; 27:47.6
2. Noah Grassi; Carefast; 27:53.0
3. Nathan Steele; SaltCycle- Intelltechs; 28:21.3
4. Chad Mickelson; SHFL-PENTA; 28:21.9
5. Terry Steeves; Carefast p/b Les Rois Cycling; 28:25.4

**Cat 5 Male**

1. James Lavelle; 29:20.3
2. Jason Sjo; Over the Edge Hurricane; 29:29.3
3. Julian Perez; Mandalay Bay/ McGhies Tam; 30:03.5
4. John Gill; Intermountain Live Well; 30:18.6
5. Aaron Papa; Mandalay Bay/ McGhies; 30:19.3

**Masters 55-99 Male**

1. Vic Miera; Microseal Racing Team; 27:37.3
2. Charles Palmer; FFKR Velosport Racing; 27:44.7
3. Bill Pinckard; 28:28.2
4. Scott Kiser; Bountiful Mazda Cycling Team; 28:32.7
5. Zan Treasure; Bountiful Mazda Cycling Team; 28:33.8

**Masters Cat 1/2/3 35-99 Male**

1. Louie Amelburu; Microseal Racing Team; 26:20.6
2. Mark Schaefer; Microseal Racing Team; 27:35.9
3. Ira Sorensen; Infinite Cycles; 27:44.7
4. Scott Allen; Canyon Bicycles; 27:53.3
5. Simon Parsons; Infinite Cycles; 28:24.6

**Masters Cat 4/5 35-99 Male**

1. Colt Albrecht; Team Red Rock; 28:04.6
2. Steve Schoonover; Plan 7/ Brightface; 29:16.0
3. Bo Pitkin; COTBR; 29:35.0
4. Trey O'Neal; Contender Bicycles; 29:50.6
5. James Adinara; Team Dialogue-Porcupine; 30:14.1

**Pro/1/2/3 Male**

1. Cody Haroldsen; Ski Utah- Marketstar Cycling; 25:37.7
2. William Buick; Natural grocers cycling team; 26:35.3
3. Renan Maia; Fort Lewis College; 26:57.3
4. Erik Slack; Canyon Bicycles- Shimano; 27:00.0
5. Darren Goff; Intermountain Livewell p/b BBC; 27:01.1

**Criterion  
Cat 1/2/3 Female**

1. Devon Gorry; NOW and Novartis for

- MS; 37:48
2. Keri Gibson; K4 Racing, DNA Cycling p/b Plan 7; 37:48
3. Catherine Kim; DNA Cycling p/b Plan 7; 37:48
4. Lori Harward; Ski Utah; 37:48
5. Alison Frye; Ski Utah Marketstar; 37:48

**Cat 3/4 Female**

1. Julie Call; Vegas Women's Racing/Every Kid; 28:49
2. Ashley Elias; Vegas Women's Racing/ Every Kid; 29:16
3. Melinda MacFarlane; Harristone/Sun Valley Mortgage; 29:16
4. Lisa Job; Vegas Women's Racing/ Every Kid; 29:16
5. Jennifer Grube; Colovita/Outback; 29:19

**Junior Female**

1. Katie Clouse; Cole Sport; 31:57
1. Coleen Knutson; Colovita/Outback Steakhouse; 28:44
2. Margaret Douglass; Bountiful Mazda Cycling Team; 28:44
3. Elizabeth Price; Vegas Women's Racing; 29:39
4. Cris Kiser; Bountiful Mazda Cycling Team; 30:05
5. Charo Aquino; Vegas Women's Racing; 30:19

**Cat 3/4 Male**

1. Terry Steeves; Carefast p/b Les Rois Cycling; 42:00
2. Brian Madsen; FFKR Architects Racing; 42:00
3. Brad Neagos; Natural Grocers; 42:02
4. Nolan Finlayson; 42:02
5. Don McClure; BPD Studio/ 0 Down Racing; 42:02

**Cat 5 Male**

1. Ryan Duckworth; SUTC; 30:36
2. Alec Eror; 30:36
3. Nathan Walkinshaw; Plan 7/Brightface; 30:36
4. Kendall Young; Fort Lewis College; 30:36
5. Aaron Papa; Mandalay Bay/McGhies; 30:36

**Masters 55-99 Male**

-

# BICYCLE SHOP DIRECTORY

## Southern Utah

### Brian Head/Cedar City

#### **Brian Head Resort Mountain Bike Park**

329 S. Hwy 143 (in the Giant Steps Lodge)  
P.O. Box 190008  
Brian Head, UT 84719  
(866) 930-1010 ext. 212  
[brianhead.com](http://brianhead.com)

### **Cedar Cycle**

38 E. 200 S.  
Cedar City, UT 84720  
(435) 586-5210  
[cedarcycle.com](http://cedarcycle.com)

### Ephraim

#### **Pipe Dream Adventure Sports**

327 S. Main  
Ephraim, UT 84627  
(435) 283-4644  
[pipedreamadventuresports.com](http://pipedreamadventuresports.com)

### Hurricane

#### **Over the Edge Sports**

76 E. 100 S.  
Hurricane, UT 84737  
(435) 635-5455  
[otesports.com](http://otesports.com)

### Moab

#### **Chile Pepper**

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

### **Poison Spider Bicycles**

497 North Main  
Moab, UT 84532  
(435) 259-BIKE  
(800) 635-1792  
[poisonspiderbicycles.com](http://poisonspiderbicycles.com)

### **Rim Cyclery**

94 W. 100 North  
Moab, UT 84532  
(435) 259-5333  
(888) 304-8219  
[rimcyclery.com](http://rimcyclery.com)

### Price

#### **BicycleWerks**

82 N. 100 W.  
Price, UT 84501  
(435) 637-7676  
[facebook.com/bicyclewerks](http://facebook.com/bicyclewerks)

### St. George

#### **Bicycles Unlimited**

90 S. 100 E.  
St. George, UT 84770  
(435) 673-4492  
(888) 673-4492  
[bicyclesunlimited.com](http://bicyclesunlimited.com)

### **Bike Fix**

1664 S. Dixie Drive, suite K-107  
St. George, UT 84770  
(435) 627-0510  
[bikefixutah.com](http://bikefixutah.com)

### **High Knees Cycling**

2051 E. Red Hills Pkwy Unit 1  
St. George, UT 84770  
(435) 216-7080  
[hkycling.com](http://hkycling.com)

### **Red Rock Bicycle Co.**

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

### Springdale

#### **Zion Cycles**

868 Zion Park Blvd.  
P.O. Box 624  
Springdale, UT 84767  
(435) 772-0400  
[zioncycles.com](http://zioncycles.com)

## Northern Utah

### Logan

#### **Joyride Bikes**

51 S. Main St.  
Logan, UT 84321  
(435) 753-7175  
[joyridebikes.com](http://joyridebikes.com)

### **Sunrise Cyclery**

138 North 100 East  
Logan, UT 84321  
(435) 753-3294  
[sunrisecyclery.net](http://sunrisecyclery.net)

### **Wimmer's Ultimate Bicycles**

745 N. Main St.  
Logan, UT 84321  
(435) 752-2326  
[wimmersbikeshop.com](http://wimmersbikeshop.com)

### Park City/Heber

#### **Cole Sport**

1615 Park Avenue  
Park City, UT 84060  
(435) 649-4806  
[colesport.com](http://colesport.com)

### **Dharma Wheels Cyclery**

6300 Sagewood Drive, Suite F  
Park City, UT 84098  
(435) 615-6819  
[dharma wheelscyclery.com](http://dharma wheelscyclery.com)

### **Jans Mountain Outfitters**

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

### **Mountain Velo**

6300 North Sagewood Drive, Unit F  
Park City, UT 84098  
(435) 575-8356  
[mountainvelo.com](http://mountainvelo.com)

### **Slim and Knobby's Bike Shop**

520 N. Main Street, #D  
Heber City, UT 84032  
(435) 654-2282  
[slimandknobbys.com](http://slimandknobbys.com)

### **Stein Eriksen Sport**

At The Stein Eriksen Lodge 7700 Stein Way  
(mid-mountain/Silver Lake)  
Deer Valley, UT 84060  
(435) 658-0680  
[steineriksen.com](http://steineriksen.com)

### **White Pine Touring**

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

### Vernal

#### **Altitude Cycle**

580 E. Main Street  
Vernal, UT 84078  
(435) 781-2595  
[altitudecycle.com](http://altitudecycle.com)

## Wasatch Front WEBER COUNTY

### Eden/Huntsville/Mountain Green

#### **Diamond Peak Mountain Sports**

2429 N. Highway 158  
Eden, UT 84310  
(801) 745-0101  
[diamondpeak.biz](http://diamondpeak.biz)

### **Needles Peak Ski and Bike**

4883 W. Old Highway Road  
Mountain Green, UT 84050  
(801) 876-3863  
[needlespeak.com](http://needlespeak.com)

### Ogden

#### **Bingham Cyclery**

1895 S. Washington Blvd.  
Ogden, UT 84401  
(801) 399-4981  
[binghamcyclery.com](http://binghamcyclery.com)

### **Skyline Cycle**

834 Washington Blvd.  
Ogden, UT 84401  
(801) 394-7700  
[skylinecyclery.com](http://skylinecyclery.com)

### **The Bike Shoppe**

4390 W. Washington Blvd.  
Ogden, UT 84403  
(801) 476-1600  
[thebikeshoppe.com](http://thebikeshoppe.com)

## DAVIS COUNTY

### **Biker's Edge**

232 N. Main Street  
Kaysville, UT 84037  
(801) 544-5300  
[bebikes.com](http://bebikes.com)

### **Bingham Cyclery**

2317 North Main Street  
Sunset, UT 84015  
(801) 825-8632  
[binghamcyclery.com](http://binghamcyclery.com)

### **Bountiful Bicycle Center**

2482 S. Hwy 89  
Bountiful, UT 84010  
(801) 295-6711  
[bountifulbicycle.com](http://bountifulbicycle.com)

### **Masherz**

1187 S. Redwood Road  
Woods Cross, UT 84087  
(801) 683-7556  
[masherz.com](http://masherz.com)

### **Top Gear**

145 S. Main Street  
Bountiful, UT 84010  
(801) 292-0453  
[topgearbicycleshop.com](http://topgearbicycleshop.com)

## SALT LAKE COUNTY

### Central Valley

#### **Cottonwood Cyclery**

2594 Bengal Blvd  
Cottonwood Heights, UT 84121  
(801) 942-1015  
[cottonwoodcyclery.com](http://cottonwoodcyclery.com)

### **Millcreek Bicycles**

3969 Wasatch Blvd.  
(Olympus Hills Mall)  
Salt Lake City, UT 84124  
(801) 278-1500  
[millcreekbicycles.com](http://millcreekbicycles.com)

### Salt Lake City

#### **Beehive Bicycles**

1510 South 1500 East  
Salt Lake City, UT 84105  
(801) 839-5233  
[beehivebicycles.com](http://beehivebicycles.com)

### **Bicycle Center**

2200 S. 700 E.  
Salt Lake City, UT 84106  
(801) 484-5275  
[bicyclecenter.com](http://bicyclecenter.com)

### **Bicycle Transit Center (BTC)**

600 West 250 South  
Salt Lake City, UT 84101  
(801) 359-0814  
[bicycletransitcenter.com](http://bicycletransitcenter.com)

### **Bikewagon**

680 West 200 North  
North Salt Lake, UT 84054  
(801) 383-3470  
[bikewagon.com](http://bikewagon.com)

### **Bingham Cyclery**

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

### **Blue Monkey Bicycles**

4902 South State Street  
Murray, UT 84107  
(801) 608-5138  
[BlueMonkeyBicycles.com](http://BlueMonkeyBicycles.com)

### **Contender Bicycles**

875 East 900 South  
Salt Lake City, UT 84105  
(801) 364-0344  
[contenderbicycles.com](http://contenderbicycles.com)

### **Cyclesmith**

250 S. 1300 E.  
Salt Lake City, UT 84102  
(801) 582-9870  
[cyclesmithslc.com](http://cyclesmithslc.com)

### **Fishers Cyclery**

2175 South 900 East  
Salt Lake City, UT 84106  
(801) 466-3971  
[fisherscyclery.com](http://fisherscyclery.com)

### **Go-Ride.com Mountain Bikes**

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

### **Guthrie Bicycle**

803 East 2100 South  
Salt Lake City, UT 84106  
(801) 484-0404  
[guthriebike.com](http://guthriebike.com)

### **Hyland Cyclery**

3040 S. Highland Drive  
Salt Lake City, UT 84106  
(801) 467-0914  
[hylandcyclery.com](http://hylandcyclery.com)

### **Jerks Bike Shop (Missionary Depot)**

4967 S. State St.  
Murray, UT 84107  
(801) 261-0736  
[jerksbikeshop.com](http://jerksbikeshop.com)

### **Performance Bicycle**

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

### **REI (Recreational Equipment Inc.)**

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

### **Salt Lake City Bicycle Company**

177 E. 200 S.  
Salt Lake City, UT 84111  
(801) 746-8366  
[slcbike.com](http://slcbike.com)

### **Saturday Cycles**

605 N. 300 W.  
Salt Lake City, UT 84103  
(801) 935-4605  
[saturdaycycles.com](http://saturdaycycles.com)

### **SLC Bicycle Collective**

2312 S. West Temple  
Salt Lake City, UT 84115  
(801) 328-BIKE  
[slcbikecollective.org](http://slcbikecollective.org)

### **Sports Den**

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

### **The Bike Guy**

1555 So. 900 E.  
Salt Lake City, UT 84105  
(385) 218-1649  
[bikeguyslc.com](http://bikeguyslc.com)

### **Wasatch Touring**

702 East 100 South  
Salt Lake City, UT 84102  
(801) 359-9361  
[wasatchtouring.com](http://wasatchtouring.com)

### **Wild Rose Sports**

702 3rd Avenue  
Salt Lake City, UT 84103  
(801) 533-8671  
[wildrosesports.com](http://wildrosesports.com)

### South and West Valley

#### **Bingham Cyclery**

1300 E. 10510 S.  
(106th S.)  
Sandy, UT 84094  
(801) 571-4480  
[binghamcyclery.com](http://binghamcyclery.com)

### **Canyon Bicycles**

762 E. 12300 South  
Draper, UT 84020  
(801) 576-8844  
[canyonbicycles.us](http://canyonbicycles.us)

### **Canyon Bicycles**

11516 S District Drive  
S. Jordan, UT 84095  
(801) 790-9999  
[canyonbicycles.us](http://canyonbicycles.us)

### **Infinite Cycles**

3818 W. 13400 S. #600  
Riverton, UT 84065  
(801) 523-8268  
[infinitecycles.com](http://infinitecycles.com)

### **Lake Town Bicycles**

1520 W. 9000 S.  
West Jordan, UT 84088  
(801) 432-2995  
[laketownbicycles.com](http://laketownbicycles.com)

### **REI (Recreational Equipment Inc.)**

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

### **Revolution Bicycles**

8801 S. 700 E.  
Sandy, UT 84070  
(801) 233-1400  
[revolutionutah.com](http://revolutionutah.com)

### **Salt Cycles**

2073 E. 9400 S.  
Sandy, UT 84093  
(801) 943-8502  
[saltcycles.com](http://saltcycles.com)

### **Taylor's Bike Shop**

2600 W. 12600 S.  
Riverton, UT 84065  
(801) 253-1881  
[taylorsbikeshop.com](http://taylorsbikeshop.com)

### **Taylor's Bike Shop**

3269 W. 5400 S.  
Taylorsville, UT 84118  
(801) 969-4995  
[taylorsbikeshop.com](http://taylorsbikeshop.com)

## UTAH COUNTY

### American Fork/Lehi/Pleasant Grove

#### **Bike Peddler**

24 East Main  
American Fork, UT 84003  
(801)-756-5014  
[bikepeddlerutah.com](http://bikepeddlerutah.com)

### **Infinite Cycles**

1678 East SR-92  
Highland/Lehi, UT 84043  
(801) 766-5167  
[infinitecycles.com](http://infinitecycles.com)

### **Timpanogos Cyclery**

665 West State St.  
Pleasant Grove, UT 84062  
(801)-796-7500  
[timpanogoscyclery.com](http://timpanogoscyclery.com)

### **Trail This**

120 S 1350 E  
Lehi, UT 84043  
(801) 768-8447  
[trailthis.com](http://trailthis.com)

### **Trek Bicycle Store of American Fork**

Meadows Shopping Center  
356 N 750 W, #D-11  
American Fork, UT 84003  
(801) 763-1222  
[trekAF.com](http://trekAF.com)

### Payson

#### **Utah Trikes**

40 S. Main  
Payson, UT 84651  
(801) 804-5810  
[utahtrikes.com](http://utahtrikes.com)

### **Wild Child Cycles**

36 W. Utah Ave  
Payson, UT 84651  
(801) 465-8881  
[wildchildcyclesutah.com](http://wildchildcyclesutah.com)

### Provo/Orem/Springville

#### **Bingham Cyclery**

187 West Center Street  
Provo, UT 84601  
(801) 374-9890

## ADVOCACY

# Open Streets Salt Lake City – [Ci.SLC.lovioa](http://Ci.SLC.lovioa) will Open Streets to Cyclists on May 4, 2013

By Katie Harrington

The Open Streets Project – an initiative that temporarily closes city streets to automobile traffic in order to promote walking and bicycling – is coming to Salt Lake City on May 4 as part of the city's Year of the Bike efforts.

Open Streets originated in Bogotá, Colombia as the Ciclovía – meaning bicycle pathways – more than 30 years ago. The Ciclovía continues to transform more than 70 miles of city streets into car-free pathways that promote bicycling, walking, skating, jogging, yoga, and acrobats for more than 2 million citizens who utilize the event every Sunday.

Bogotá's festivities have inspired similar events to take place all over the world – from Brussels to Baltimore – in order to promote alternative forms of transportation, physical activity, and a sense of community.

### Salt Lake City's Plans

Bike Utah and Salt Lake City's Transportation Division are hosting the Salt Lake City Open Streets event with help from community volunteers.

The event, named Open Streets Salt Lake City – [Ci.SLC.lovioa](http://Ci.SLC.lovioa), will feature various programs, activities, and informational booths along a 1.5

mile route, said Colin Quinn-Hurst, the city's sustainable transportation specialist who is helping to coordinate the event.

From 10 AM to 2:30 PM, automobile traffic will be closed along 300 South/Broadway between 600 West and 200 East, and on 200 East between 300 South and 400 South, Quinn-Hurst said.

The route will connect to two other events that will be going on downtown that day – the LiveGreen Festival and the Tour de Brewtah – and will promote local businesses that reside on those streets.

The LiveGreen Festival will take place at Library Square and will feature sustainable food and products, services and ideas, and music and entertainment.

The Tour de Brewtah is a cycling tour of the city's breweries. The event will feature three different bicycle routes that each start and end at the Gallivan Center, but visit different breweries along the way.

"Opening our streets will be good for health, good for business, and community-building as well," Quinn-Hurst said.

### The Open Streets Project

The Open Streets Project in North America began in 2010 as a collaboration between the Alliance for Biking & Walking and the Street Plans Collaborative.

The project has seen success with more than 80 documented initiatives thus far, each of which has helped promote environmental, social, economic, and public health awareness, according to the project's website.

A 2011 survey following an Open Streets event in St. Louis noted that 100 percent of the people in attendance thought the event strengthened their community, 94 percent felt that the event improved their feelings about the city, and 99 percent said the event welcomed everyone.

A recent study conducted by scientists at Georgia State University found that the combination of Ciclovía events and the existence of bike lanes in Bogotá, Colombia increased physical activity, community trust, and social participation.

"The Ciclovía and [bike lane] programs have the potential to equitably promote physical activity and provide a mobility alternative in complex urban settings such as Bogotá," the study said.

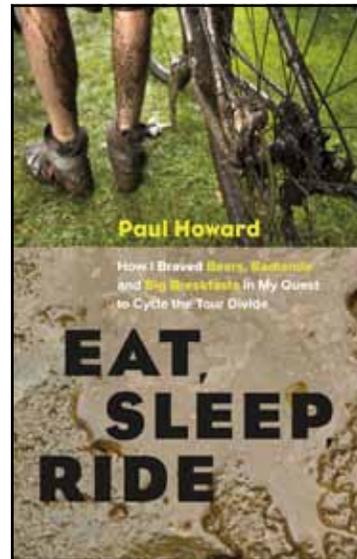
Open Streets events also promote local businesses. In St. Louis, 73 percent of people spent money at a restaurant or store along the route and 68 percent of people became aware of a businesses that they had not been aware of before the event.

Quinn-Hurst said the city's hope for Open Streets in Salt Lake City is to get as many people walking and biking on the street as possible, which will promote active lifestyles, supporting local, and being part of a community.

For more information about Open Streets in Salt Lake City or generally, visit [www.bikeslc.com](http://www.bikeslc.com) and [openstreetsproject.org](http://openstreetsproject.org). For more on the LiveGreen Festival, visit [livegreenreenslc.com](http://livegreenreenslc.com). For more on the Tour de Brewtah, visit [tourdebrewtah.org](http://tourdebrewtah.org).

## BOOK REVIEW

# Book Review: Epic, Epicurean Ride: A British Bloke Bikes and Breakfasts Across the Great Divide



By Aaron Phillips

Epic. It's a word that gets bandied about a lot these days: "dude, that sushi was epic" or "dude, that Strava segment is epic." But what, really, is epic?

In his 2011 book *Eat, Sleep, Ride*, Paul Howard recounts a journey that surely qualifies as epic: the nearly 2,800 mile Tour Divide, a race from Banff, Alberta to Antelope Wells, New Mexico across North America's rugged spine, the Continental Divide. The book, aptly subtitled *How I Braved Bears, Badlands and Big Breakfasts in My Quest to Cycle the Tour Divide*, offers a cyclist's eye view of 27 days spent pedaling—and sometimes pushing—from Canada to Mexico, climbing the equivalent of seven Mount Everests in the process. In this case, the eye is attached to a keenly observant and wryly witty Brit, making for breezy reading, in contrast to the constant challenges the writer and his fellow racers face.

Two things are particularly prominent in Howard's narrative of cycle-

bound triumph and tribulation: the food and the camaraderie. First, food: did you know those salted nut rolls offer one of the best calorie-to-ounce ratios for those looking to gobble up maximum sugary energy? Did you know there is a town in New Mexico called Pie Town that offers an apple pie with chili pepper and piñon nuts? And did you know the British ask for their to-go food as "takeaway" and mean fries when they ask for "chips" with a burger, both of which can cause considerable translation difficulty for rural diner employees?

But beyond its focus the pleasures of stuffing down tens of thousands of greasy calories to feed the raging furnace of a body pushed to its limits, the book resonates with a deep, if slightly detached, appreciation of the people with whom Howard undertakes this odyssey. After pedaling solo through miles upon miles of dense forest in Montana, which Howard begins to see as a "green prison," he eventually finds the succor of companionship among the rolling cast of characters racing the 2009 version of Tour Divide. This loose-knit band of racers continues on, with some changes in membership due to the inevitable injuries and race abandons, all the way to the race's southern terminus.

While Howard's "stranger in a strange land of Wal-Mart and obese people" shtick gets a bit tired toward the end, this is a genuinely readable account on the whole. The author paints a vivid, memorable and inspirational picture of this truly epic undertaking, lacing the narrative with humor and keen observation to keep us rolling at a solid pace.

*Eat, Sleep, Ride: How I Braved Bears, Badlands, and Big Breakfasts in My Quest to Cycle the Tour Divide* by Paul Howard Greystone Books, 2011.



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**American's Century Ride**  
LAKE TAHOE, NV

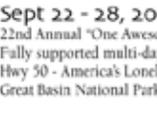
**Sunday - June 2, 2013**  
Stateline, South Shore Lake Tahoe, NV - 22nd Annual.  
A great Century Ride around beautiful Lake Tahoe in conjunction with the Leukemia & Lymphoma Society's Team in Training program. 3000 participants.



**Sunday - June 23, 2013**  
Genoa, NV - 6th Annual Tour of the beautiful Carson Valley.  
44-Mile, 20-Mile Bike and Hike & Family Fun Ride. New this year is a 60-Mile Course! Live music, BBQ & Ice Cream Social.



**Sunday - Sept 8, 2013**  
Lake Tahoe, NV - 11th Annual. Another opportunity to enjoy the end of summer and ride around Tahoe's 72-mile shoreline. 2000 participants.

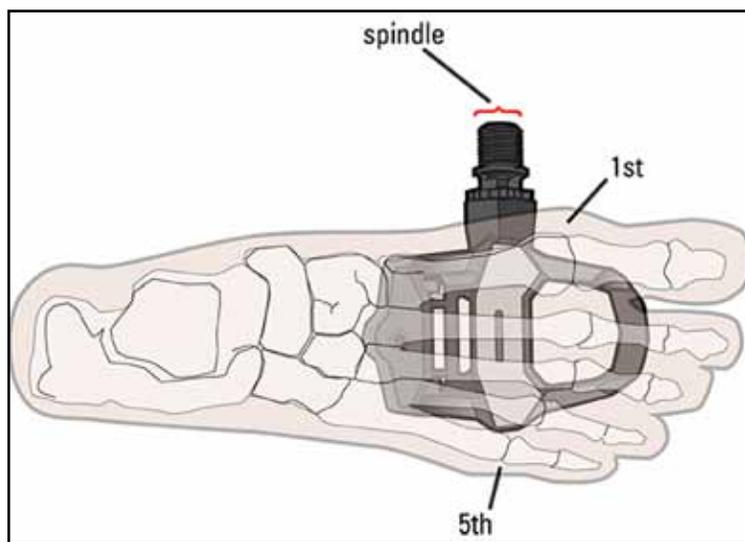


**Sept 22 - 28, 2013**  
22nd Annual "One Awesome Tour Bike Ride Across Nevada."  
Fully supported multi-day tour across the Silver State on US Hwy 50 - America's Loneliest Road, from Lake Tahoe to the Great Basin National Park. Limited to 50 riders.

For More Info call 1-800-565-2704  
or go to [bikethestwest.com](http://bikethestwest.com)

## TECH

## The Foot-Pedal Connection



By Tim Bochnowski

The foot / pedal connection is one of the most valuable aspects of any bike fit because our experience shows us that a lot of a rider's pain and discomfort can originate in the feet. Proper pedal setup can help eliminate foot and knee pain as well as help you increase your power on the bike. Today's pedal systems have greatly improved and shoes have gotten stiffer. Clipless pedals are easy to enter and exit and offer a variety of adjustments. Adjusting pedals and cleats is extremely important. Here's how...

First, adjust fore/aft cleat position. Generally, the ball of your foot should be directly over the pedal axle. While some cyclists find positioning the center of their cleat behind the ball of their foot (the bump on the inside of your foot behind the big toe) comfortable, others like to place the center of the pedal spindle even closer to the bump (behind the pinky toe) on the outside of the foot. If you feel strain in your calf, have toe numbness or burning pain in the ball of the foot, try moving your cleat slightly rearward on your shoe. If you feel sore under the arch, try moving your cleat slightly forward. Also, making sure you are not over tightening your shoe straps and your

toes are not jammed into the end of your shoes will aid in comfort.

Second, check side-to-side cleat position, also clinically called medial/lateral cleat placement. Medial means toward the inside and lateral means toward the outside. One of the best ways to determine side-to-side cleat position is to look at knee over toe alignment. Generally, the foot should be below the knee when pedaling. If the knee is over the outside of the foot, move the foot outward by pushing the cleat inward on the shoe. If the knee goes inward toward the bicycle frame when you pedal, then the foot may need to be moved inward (cleat moved toward the outside of the shoe) to be more under the knee. Not all cleats or shoes allow for side-to-side adjustment. Some pedal systems offer different length spindles, or you can increase stance width (also sometimes referenced as Q-factor) by adding spacer washers to the pedal axles.

Third, forefoot tilt and angle is very important and often overlooked. Foot "hot spots", inward knee dives and leg length issues could be addressed by insoles, wedging and shimming. BIKEFIT® Cleat Wedges® inventor Paul Swift states that over 90% of the population's feet tilt inward or outward. If interested in having your forefoot or leg length checked, contact a bicycle fit-

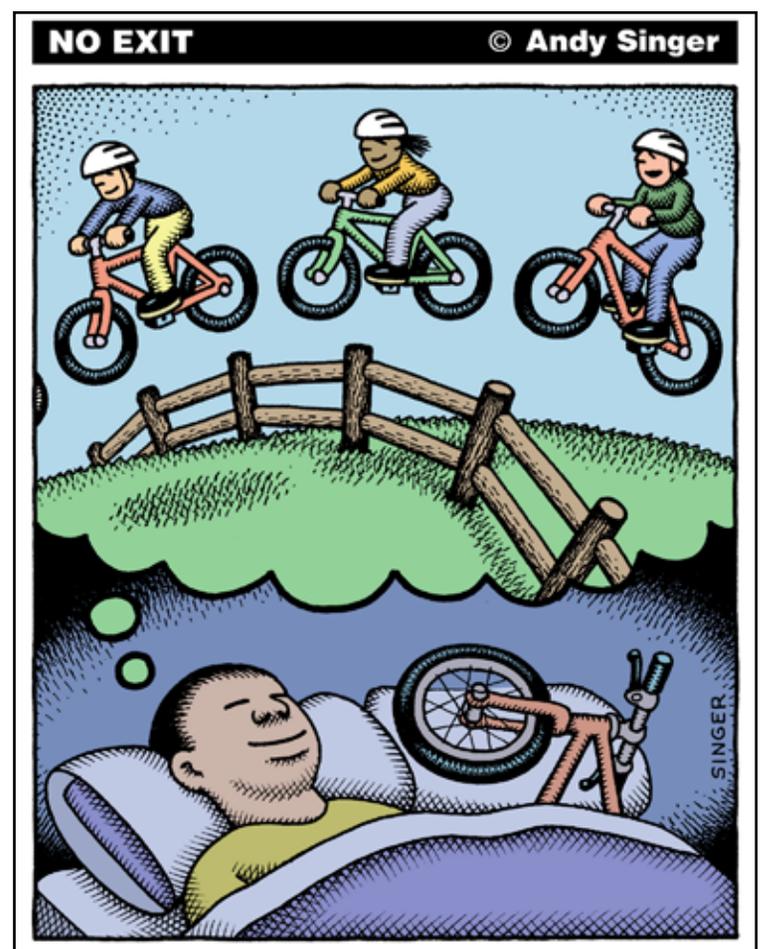
ting professional trained in wedging.

Finally, cleat rotation needs to be addressed. In general, the direction your feet point off the bike will be the same as when you are on the bike. When you walk, do your feet point outward or inward? If you jumped into the air, after landing, are your feet pointing straight ahead? The goal is to get your feet to automatically be in the center of the cleat's rotational arc. Most cleats allow between 3-9 degrees of rotational float. Adjust the cleat so you're centered and not constantly pressing up against the return spring or cleat release. Make sure when adjusting your cleats that your anklebones don't hit the crank or your heels hit the chain stays of the bicycle.

A proper fit on your bicycle will result in increased comfort, more power, and better handling. Try the tips given above at home. To fine-tune your foot/pedal position, and your overall fit on your bike, schedule an appointment with a well-trained and experienced fitter. Comfort breeds performance. Keep working at improving your position on your bike.

Tim Bochnowski is a bicycle fitter and owner of Mountain Velo LLC ([mountainvelo.com](http://mountainvelo.com)), a cycling performance center located in Park City, UT. Tim started fitting bicycles in 1985 and has been trained by BIKEFIT, Slowtwitch, Retul and several other fitting techniques and tools.

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### Bike Share - Continued from page 17

started as community projects where donated bicycles, often in poor condition, were all painted the same color and released into an urban center of a city. A "find a bike, ride a bike" mentality. These programs rarely if ever were successful. Bikes were stolen, vandalized or thrown into a river.

Bikes that weren't destroyed were not maintained and people didn't know where they were, which makes it hard to plan a commute.

When Salt Lake City Mayor Becker began seeing Bike Share systems utilizing GPS and automated locking systems in Europe and more recently in the U.S. in 2010 in cities like Denver (<http://denver.bicycle.com/>), he asked the Salt Lake City Transportation Division to look into it. I was the lead researcher on this project. An RFP was written, but the City didn't have any funding available at the time. And certainly not enough to come up with the \$800,000 it would take to get a skeleton system of 10 or so Bike Share stations up and running. So the Director for the Salt Lake City Transportation Division, Tim Harpst, asked Jason Mathis, Executive Director for the Downtown Alliance, if they would be interested in taking the lead.

The Downtown Alliance has a great track record of serving as an incubator for a variety of initiatives and are still in charge of many projects that benefit our community, including the Downtown Farmer's Market at Pioneer Park, The SLC Live Green Festival, First Night, Eve, Dine-O-Round, The Holiday Arts and Craft Market and most recently the Jingle Bus: <http://www.downtownslc.org/events/jingle-bus>.

Jason saw the potential that Bike Share could have on making Downtown an even better place to live, work and play. But it wasn't until he used Washington DC's Capital Bike Share that he became a passionate advocate.

In June of 2011, the Downtown Alliance received \$25,000 and me from Salt Lake City to see if we could make a Bike Share program

happen.

Now remember, we needed at least \$800,000 to get a starter system in place. Over 60% of that money would go towards the capital purchase of bicycles, stations, solar panels, docks, freight, installation and assembly. The other costs would go towards operations. Things like maintenance on the bikes, grant writing, community outreach, fundraising, marketing, legal, administrative costs and "rebalancing" the bikes. Rebalancing is moving the bikes around the network of stations so that there are always a given amount of bicycles and open docks available. It wouldn't be good if you arrive at a station and it's either completely empty or completely full.

The \$25,000 was used to research different models such as profit vs. non-profit, public/private partnerships and a variety of fee-structures. It was difficult to find lots of data because there were only a few cities in the U.S. at this time that had operational Bike Share programs, while others were completing their first year of operations.

We eventually decided that a non-profit model that was a public/private partnership was the best option and began fundraising with the help of the Salt Lake Chamber of Commerce. In February of 2012, we were lucky enough to find a fantastic title sponsor in SelectHealth and so far we've raised enough money to purchase 10 stations and 100 bicycles. The more sponsors and grants we find, the more stations and bikes we buy.

Green Bike was created to be Utah's Bike Share brand. Salt Lake City will be the guinea pig but the long-term goal is to have Bike Share stations across the region, connected by light rail, and to have a universal access pass that is compatible with UTA's "tap it" pass. The next Utah municipalities to connect to SLC Bike Share with their own satellite bike share systems will most likely be Ogden and Provo.

For more information, visit [greenbikeslc.com](http://greenbikeslc.com).

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## ADVOCACY

# 2013 to be the Year of the Bike in Salt Lake City and County

By Katie Harrington

Salt Lake City's Transportation Division has coined 2013 the "Year of the Bike" – a movement that includes partnership with Salt Lake County, UTA, UDOT, University of Utah, and other organizations throughout Utah – in order to increase bicycle riding and safe practices throughout the state.

The Year of the Bike will feature new proposed bike infrastructure plans, community outreach, and

between 600 West and 200 East and feature a LiveGreen Festival and the Tour de Brewtah event – a cycling tour of the city's breweries.

Other Year of the Bike efforts include Salt Lake County's creation of the County Connectivity Project, which will more efficiently connect bicycle lanes between counties and to major destinations.

Bike Utah is hosting a Bicycling Summit at the University of Utah later this year and the city is working with Salt Lake's cycling community on a new Bicycling and Pedestrian

the quality of bicycling and commuting throughout Utah over the next several years.

The city's bicycling website – [bikeslc.com](http://bikeslc.com) – highlights all of the Year of the Bike plans – including bicycle infrastructure updates, cycling related events, and how to get involved in the city's growing bicycle culture.

Perhaps the main goal for the Year of the Bike is to promote education and awareness about cycling safety.

"We're very aware of doing everything we can to create a safe coexistence of the different modes of transportation," Raymond said. "We have people on bikes, people in cars, pedestrians, and public transit. One of our big goals is not only to grow participation and awareness, but certainly promote education about safe operations."

Local retailers and non-profits are also doing their part to promote bike culture and the city's Year of the Bike efforts.

The Bicycle Collective offers free bicycling valet services for cyclists who ride to many of the Year of the Bike events, such as the Downtown Farmer's Market and the Twilight Concert Series.

FRESH – a clothing boutique in the 9th and 9th neighborhood – has been a bike-friendly retailer since it opened in 2009 and continues to incorporate cycling into their business.

Ian Wade, the boutique's owner, said FRESH offers a ten percent discount to customers who travel to the store on their bikes.

"We are trying to make people aware that commuting by bicycle is a feasible option," Wade said. "You can get around day by day on a bike. We want to reward people who do that."

According to [BicycleBenefits.org](http://BicycleBenefits.org), FRESH is one of 85 bicycle-friendly businesses in Salt Lake City that offer incentives for cyclists.

Raymond said local retailers and private sector partnerships will continue to enhance bike culture in Salt Lake City.

"We want to bring more people into the mix and get more people involved – and ultimately get more people on bikes," he said.

"The world seems different when you're on a bike," Braceras added. "People will wave at you. You wave at other cyclists. It brings us all together in a way that doesn't happen when we're in our vehicles."

For more information about Year of the Bike, visit [www.bikeslc.com](http://www.bikeslc.com).



Above: UDOT second in command Carlos Braceras speaks at the Year of the Bike press conference on March 12, 2013. UDOT plans to increase bike facilities on UDOT roads, and to work more closely with local communities. Photo: Dave Ittis

a wide variety of cycling related events.

"Cyclists are out all year round," City Council Member Stan Penfold said. "I am amazed and impressed with people who are out cycling in the snow, people who have made that commitment. That's what Year of the Bike is about: facilitating opportunities to really get out as a community and participate in cycling."

One of the city's inspirations to make 2013 the Year of the Bike was due to the fact that there were already numerous bicycle related events scheduled, said Art Raymond, the Director of Communications at Mayor Ralph Becker's office.

One such event is Salt Lake City's Bike Share program, which is scheduled to debut on April 8th at 10:30 A.M. The program will launch with 13 Bike Share kiosks throughout the city and will feature bikes that are user-friendly and convenient, Raymond said.

"It's about making non-automobile transit options more available," Raymond said. "The whole purpose is for people to be able to do these short, hot trips on bicycles. You can grab a bike at any kiosk and you can return it at any kiosk. It's another way for us to do good work on behalf of the public."

Another event called Open Streets is scheduled to take place on May 4th. An Open Streets event temporarily allows city streets to be used exclusively for bicycling, jogging, walking, and other non-automobile means of transportation.

"These events encourage new people to try walking and bicycling in a comfortable and fun environment," the city's Department of Transportation website said.

Salt Lake City's Open Streets will take place on 300 South/Broadway,

Master Plan, which is scheduled for completion later this year.

UTA will install more efficient bicycle racks on every new bus that is purchased, according to UTA General Manager Mike Allegra. The new bicycle racks will hold three bicycles in order to accommodate growing cyclist ridership, as opposed to the racks that are in place now, which only hold two.

UTA will also be installing bicycle hooks on existing and new TRAX trains this spring, which will help facilitate the growing number of cyclists who use public transportation on a daily basis, Allegra said.

"On good days, we're carrying close to 1500 people on bicycles," Allegra said. "Active transportation is the focus of where we need to be in the future."

The Utah Department of Transportation will incorporate bicycle detection technology into traffic signals on Salt Lake City's streets, said Deputy Director Carlos Braceras said.

"Sometimes we're always thinking about the next opportunities without really appreciating how amazing it is here in Utah," Braceras said. "This is one of the best places in the world to cycle and I am excited about the opportunities in the future."

UDOT will also make useful bike infrastructure improvements during road preservation projects, Braceras said.

"We're going to work with the community to understand what their cycling plans are in that area," Braceras said. "We will try to implement bike lanes if they make sense."

This new commitment marks a sea change in UDOT toward the inclusion of convenient bike infrastructure in its road plans to date – a measure that could greatly enhance

## LEGISLATION

# Six Bicycle Bills Pass the Utah Legislature in the 2013 Session

By Dan Fazzini Jr.

The "Year of the Bike" was alive and well on Utah's Capitol Hill this year. By the time you read this, these will all likely be signed by the Governor and will be effective on July 1, 2013. There were six bicycle related bills up for consideration which passed.

HB294 and HB297 give motorists more options to pass cyclists safely when there is only one lane for traffic. They allow a motorist to pass a cyclist by crossing the yellow stripe in a no-passing zone or using the two-way-turn lane, when it is safe of course. For details, visit: [le.utah.gov/~2013/bills/static/HB0294.html](http://le.utah.gov/~2013/bills/static/HB0294.html) and [le.utah.gov/~2013/bills/static/HB0297.html](http://le.utah.gov/~2013/bills/static/HB0297.html).

HB299 clarifies the definition of the bicycle and allows lights to be mounted to the rider rather than the bicycle. The definition clarification refers to bikes, trikes and quads with 14" or greater, (so Big Wheels don't qualify as a "bicycle") which must be less than 75 lbs. and have cranks permanently affixed. Thus it would not apply to the larger battery operated "bikes" which look like and are the size of a 50cc scooter. The change for the lighting and reflectors still carry the 500-foot visibility requirement, but now they can also "just" be mounted to the rider such as a helmet light. Cyclists are required to have a front lamp, rear lamp or reflectors, and side lamps or reflectors from a half an hour after sunset to half an hour before sunrise, or during other low light conditions. For details, visit [le.utah.gov/~2013/bills/static/HB0299.html](http://le.utah.gov/~2013/bills/static/HB0299.html).

HB316 allows those driving both motorcycles and bicycles to proceed through a red light which they determine does not detect their presence after waiting at least 90 seconds provided it can be done safely. It also clarifies when roadway authorities may reasonably prohibit bicycles from using the roadway and that they must provide an alternative route. A caveat: this is only an "affirmative defense" which means you can still be ticketed, but can have the charge dismissed after arguing your case in front of the judge, and we must review next legislative session. For details, visit [le.utah.gov/~2013/bills/static/HB0316.html](http://le.utah.gov/~2013/bills/static/HB0316.html).

HB324 clarifies that a bicycle may pass on the right by being off the roadway such as in the shoulder (but still not using a right turn lane), but it still must be done in a safe manner (so clear the intersection and driveways if passing stopped cars to your left). For details, visit [le.utah.gov/~2013/bills/static/HB0324.html](http://le.utah.gov/~2013/bills/static/HB0324.html).

SB104, the Vulnerable Road User Law, enhances penalties for motorists who act recklessly or harass vulnerable road users such as motorcyclists, bicyclists, pedestrians, roadside workers and emergency personnel who are outside their vehicle. It also removed the "or other safe distance" from the three foot law. For details, visit [le.utah.gov/~2013/bills/static/SB0104.html](http://le.utah.gov/~2013/bills/static/SB0104.html).

Other bills of interest which did not make it out of committee:

SB121 would have required that busses be given the right-of-way once they have put their signal and want to pull out from a stop. This is in contrary to the basic traffic principal of the duty of the driver of the vehicle changing lanes to concede the right-of-way to vehicles already in the lane. It would have required vehicles in the lane to essentially slam on the breaks to allow the bus to enter which is a problem in a car trusting that the one behind you will stop with all the distractions today, but could be deadly to someone on a bicycle, motorcycle or smaller car. For details, visit [le.utah.gov/~2013/bills/static/SB0121.html](http://le.utah.gov/~2013/bills/static/SB0121.html).

SB201 would have added back into the eminent domain law the ability to use eminent domain for bike trails. The law was changed a few years ago to specifically prohibit the use of eminent domain for bike, pedestrian, and equestrian trails. The changes are needed to restore this little used, but important power for municipalities. More work needs to be done to address the various interested parties and stakeholders' concerns and this bill will likely return next year. For details, visit [le.utah.gov/~2013/bills/static/SB0201.html](http://le.utah.gov/~2013/bills/static/SB0201.html).

Overall, bicycle issues fared well in 2013. Some of the issues left on the table may be discussed over the summer or during the interim hearings in the fall including, clarifying the definition and use of a bike lane, the utility of the current bicycle registration system and bicycle specific funding mechanisms. Be sure to thank your local representatives for their support (or lack thereof) with an email or phone call or political support. The full text of the bills and your representatives may be found at: [le.utah.gov](http://le.utah.gov). You can also call Governor Herbert's office at 801-538-1000 or email [gherbert@utah.gov](mailto:gherbert@utah.gov) to ask him to sign all of these bills.

Dan Fazzini Jr. is a Bicycle League Bicycle Safety Instructor has been actively involved in bicycle advocacy for the past 10 years, currently sits on the Taylorsville Planning Commission and the Utah Recreational Trails Advisory Council and is a past chair of the Salt Lake County BAC and former board member of Bike Utah.

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**Speaking of Spokes**  
**Continued from page 2**

a much better skier, and it is by far my first love.

As for biking, that season is just coming on so that remains to be seen. However, I have been out a few times and have some initial indications. First, I have a hard time getting on a bike because I cannot stretch my hips far enough apart. Go ahead. Tie a rope around your thighs so that you can only spread them about six inches, and then try to get on your bike. It ain't easy, either from a rolling start (the dang seat gets in the way), or standing still (you can tilt the bike only so far before you cannot step far enough over it). I have taken to looking for curbs, steps, a rock, anything to gain some elevation to help me get my leg over the bike.

Once on, the old (pun intended) legs still work just fine, except for a bit of groin pain. Interestingly and thankfully, my lower left back is not much of a problem while riding. Still, I am hopeful, so long as I able to climb on the bike.

But aside from those particular activities, the hip and, particularly, the back are generally creating some real angst. Standing up means taking a little extra time to loosen the lower back and hip before walking, and then concentrating on walking as normally as possible. Walking long distances means I pay for it later (sore groin, stiff hip, sore and stiff back).

And then there are the other things. You see, my mother blessed me, albeit unwittingly and certainly unwillingly, with a healthy dose of arthritis. So, there is the pain in my left knee, my right index finger, my right shoulder, stiffness generally, degenerating eyesight, the beginnings of a cataract, ventral hernia . . . my gosh, I am a freaking hypochondriac.

Actually, not a hypochondriac. Just a regular guy feeling the aggravations of aging. And having been an active person, these aggravations are frustrating and, to be honest, even depressing. So why am I sharing all this? Indeed, even as I write this, I am still asking myself that question.

But I think it is this: While this feels singular to me, I don't believe it is. There are a whole lot of baby-boomers out there, and probably a good portion of them are having similar experiences, or other aging issues, to a greater or lesser degree. After all, we all age, and eventually things begin to take us down. Ironically, it is a part of being alive.

I take some comfort in knowing I am not alone in this, though I wish it on no one. And maybe there are those of you who will also find comfort and strength in reading this, and knowing others experience the pain, frustration and anxiety of getting old. Maybe this helps us face the steady tromp of time and its effects with a little more confidence and courage.

But back to the present. So after all the doctor visits, two MRIs, several x-rays, back and hip injections and probing questions for the doctors, here is the consensus: Get the hip replaced. It will feel and work much better, and it may help the back. There may be more to deal with there, but if so, the hip surgery may help buy some time.

Of course, if those issues resolve, it will only pave the way for me to focus on the other issues delineated above which, for the time being, have faded in the background. So, who knows? Maybe these particular pains are blessings in disguise.

Anyway, despite all this, life is great. It really is. I can be thankful these issues have come about at age 62, not 42 or even 22. And I certainly acknowledge there are great numbers of others who deal with far more serious issues, and have done so throughout their lives. I truly am blessed. I have a special spouse, children who are good people and great friends, grandchildren who never cease to amaze and, more importantly, entertain, good friends and community, a comfortable lifestyle and a good bike. Actually, several of them.

So, as long as I can continue to mount one of them and turn the pedals over, I will be on the road, counting my blessings, and enjoying this beautiful world and exhilarating sport. Join me.



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## UTAH BIKE INDUSTRY

**Waltworks Bicycles Relocates Custom Bike Business to Salt Lake City**

Above: One of the many fine frames from Waltworks.  
Right Walt Wehner and one of his custom built cargo bikes.  
Photos: Jennifer Leahy, [leahyphotography.com](http://leahyphotography.com)

By Jennifer Leahy

Walt Wehner, of Waltworks Bicycles, has been in the business of building custom bike frames for the past ten years. This summer, he and his family relocated to Salt Lake City from Boulder, CO. He and his wife, Sarah, are both avid bike commuters, and Walt uses a custom-built cargo bike for most basic errands. I caught up with Walt (who also happens to be a neighbor of mine), and asked him a few cycling-related questions:

What kind(s) of biking do you do these days? What type of commuting do you do, and when?

I ride my mountain bike on most days when the weather is nice, so probably something like 10 hours a week. I also pretty much get around town exclusively by bike. I only really drive to haul heavy stuff (i.e. tanks of welding gas or a whole

bunch of bike frames) or to go up to Park City to ride.

Observations since moving from Boulder to Salt Lake City?

Salt Lake City is not as bike friendly as Boulder, but that's mostly an accident of topography - Boulder has three or four creek drainages that run through town and flood periodically, so you can't build anything near them, which is perfect for bike paths. So in Boulder, it's relatively easy to get almost anywhere in town without ever being on a surface street. Salt Lake City was laid out, as we all know, on a grid, so those natural opportunities for bike paths were mostly lost. All in all, though, I find it to be pretty pleasant for bike commuting, at least in the university/downtown area.

Thoughts/advice for other commuters?

Have a bell, have a light, and

don't be afraid to take the lane and make the cars wait for you if you think that's the safest way to go.

How did you get into cycling in the first place? First memory or experience biking? What do you like about cycling? What keeps you doing it?

There is a long, semi-funny story about my first "real" cycling experience. Suffice to say it involved a girl, my ego being crushed, and losing a lot of skin but having to act as if I'd had fun in order to salvage my pride. The second ride went better, and the rest is history. That was about 1999. I enjoy pretty much everything about riding bikes: exercise, fresh air (sometimes), and freedom to explore the outdoors. I actually sort of feel trapped in a car and I really hate to drive them.

When did you first get into bike building?

I've been in business since 2004, building bikes in one way or another as a hobby since about 1999. The

first custom bike I ever built was for Sarah for her birthday, I started it in 2003 and finished in March 2004.

What kind of bikes do you build? Any construction or design specifics you'd like to share?

I am mostly known for mountain bikes but I do almost everything including road, cyclocross, track, cargo, commuter, tandem, etc. I can build bikes with any method but I generally TIG weld. I build exclusively with steel. I think the thing that makes me a little bit unique among framebuilders is that I'm much more interested in how fit and frame geometry interact to produce the right ride for a customer than most. A lot of people can fit someone to a bike but then they mostly don't think much about how that fit (which is really basically just three points in space - bottom bracket, saddle, and handlebar) needs to interact with the positioning of the wheels and weight distribution to get a bike that actually rides the way it needs to. I do a lot of design consulting for individuals and

other bike companies and the actual construction (i.e. welding and painting and such) of my bikes is pretty utilitarian - I don't do any fancy paint jobs or decorative stuff in general. So the value I provide is mostly in the design side, though of course I also do a great job with the construction and offer a nice lifetime warranty and such as well. I've designed more mountain bikes (especially 29" wheel mountain bikes) than all but a few people on earth.

What are the elements you like most about your job?

The best thing about my job is interacting with customers and figuring out what geometry/parts/setup is going to make them happiest. Plus the flexible hours rule. The worst thing is probably that it's quite lonely a lot of the time and some of the tasks can be very repetitive.

What can a potential customer expect from Waltworks, in terms of ordering, cost, and wait time?

I usually have about a six to nine month wait list and I ask potential customers for a \$200 deposit to hold their place in line. Some customers come visit me in person for fitting/design consultation, others just send in their measurements via the internet. Cost is \$1500 for a custom frame, and from \$3000 up for a complete bike.

You can reach Waltworks Bicycles at [waltworks@gmail.com](mailto:waltworks@gmail.com) or 303-359-9392 or online at [waltworks.com](http://waltworks.com).

Jennifer Leahy is a photographer living in Salt Lake City. You can find her work at [leahyphotography.com](http://leahyphotography.com).



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### 2013 Utah Bike Summit to be Held at the University of Utah on April 26

Bike Utah is hosting the Fifth Annual Utah Bike Summit on Friday, April 26 at the University of Utah Guest House. The 2013 Utah Bike Summit: Keep Utah Rolling! brings together bicycle and trail advocates, representatives from our bike industries, cycling event promoters, city planners, representatives from Utah's tourism industry, local and state government officials with one common goal, to promote biking in Utah. This year's summit focus is Keep Utah Rolling! Utah has been making great progress over the years and the summit will help keep us rolling towards a bright future.

The 2013 keynote speaker is Tim Blumenthal, President of Bikes Belong. Bikes Belong is a national organization whose mission is very simple - to put more people on bicycles more often. Tim Blumenthal recently inspired over 800 advocates from 50 states at the National Bike Summit in Washington, DC.

The program will feature the vision of local leaders and advocates. Salt Lake County Mayor Ben McAdams will welcome attendees and talk about the progress in Salt Lake County. A featured round table discussion will include leaders from Utah Transit Authority, Utah Department of Transportation, Wasatch Front Regional Council, Mountainlands Association of Governments and Utah State Senator Wayne Niederhauser. There will also be breakout sessions on trails and trail development, and a state of the trails discussion hosted by Trails Utah. Finally Senator Todd Weiler, sponsor of the Vulnerable Users of Highways bill that passed the Utah legislature this session, will join attendees to discuss the legislative process and how to get more involved.

Bike Utah is encouraging participants to ride or take alternative transportation to the Summit. UTA once again will be providing free TRAX rides to the summit. Vehicle parking is limited.

The Utah Bike Summit is sponsored by Bonneville Cycling Club, Specialized, SOAR Communications, QBP, UTA, Alta Planning and Design, Primal Wear, GOED, UDOT, Road Respect, Christensen & Hymas Law Firm, Tour of Utah, Wasatch Front Regional Council, Cycling Utah, Harmons, Trails Utah, and Fehr and Peers.

For the full program and registration, visit [www.BikeUtah.org/BikeSummit](http://www.BikeUtah.org/BikeSummit).

-Scott Lyttle

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## ROAD RACING

**Haroldsen and Nalder Take Honors at Tour del Sol**

**Top: Breanne Nalder (DNA Cycling p/b Plan 7 - far left) won two stages and the overall in the women's Pro/1/3 category. Shawn Kirton. Right: Cody Haroldsen (Ski Utah - Marketstar) won the time trial and held on to win the overall. Photos: Todd Ellis. See more at [Ellisphoto.com](http://Ellisphoto.com)**

By Roland Byrd

On Saturday, March 23, riders from Utah, Colorado, and Nevada lined up in the early morning cold to sign in for the first event of the 2013 Tour Del Sol—the Time Trial (TT). The forecast promised a mild day of warmth and sunshine but the sun hadn't worked its magic yet. Wind chilled, the riders shivered in cold and anticipation as they awaited their turn to heat up the 20K course at St. George's Southern Parkway.

In the women's 1-2-3 class, Breanne Nalder (DNA Cycling/Plan 7) set a blistering pace, blasting through the course in 31:01.07—11.37 ahead of 2nd place, Devon Gorry (NOW/Novartis), and a full 1:06.05 ahead of 3rd place, Megan Hill (DNA/Plan7)!

Burning asphalt seemed to trail Cody Haroldsen (Ski Utah/Marketstar) as he smoked the men's 1-2-3 TT in 25:37.68! In 2nd, William Buick (Natural Grocers) trailed 57.58 off the pace at 26:35.26 and 3rd place, Renan Maia (Fort Lewis College) finished 1:19.61 behind Cody at 26:57.29.

One rider (Gary Porter) went down in the 55+ Masters TT and was rushed to the local hospital. Thankfully his injuries were relatively minor and he was released shortly after.

The morning grew steadily warmer as riders finished the TT and moved to the criterium. Crystal skies and a mild breeze greeted them atop the bluff that's home to the old St. George Airport.

Using the old airport for the criterium was a stroke of genius! The 1.2 mile loop is smooth, free of distractions, and catches sunlight all day. One rider even mentioned that both the TT and criterium courses were the best she'd ever raced.

Review the criterium results and you'll quickly realize it was an event for packs. Headwinds forced riders together. A few braved escapes in every heat but like a wolf pack hunting a lone deer, the riders in each class chased down breakaways and ate their lead.

The exception was Spencer Derby (Revolution/Café Rio) in the Masters 35+ A 1-2-3. Spencer started pulling away with 2 laps left. He steadily increased his lead and sprinted across the finish 4.0 seconds before the pack! Would that offset his low rank, 24th in the TT? Not by much, but it inspired the competitor in me.

In women's 1-2-3 criterium (45 minutes); Devon Gorry, Keri Gibson (DNA/Plan 7), and Catherine Kim (DNA/Plan 7) led the charge across the finish with an average speed of 29.589 MPH.

In the men's 1-2-3 criterium (60 minutes); Erick Slack (Canyon Bicycles/Shimano)—who started riding when he was 12—sat straight up in celebration of his win before crossing the finish line. To the uninitiated it seemed he risked losing the crit with such a bold move. But the official film showed he was still a full bike length ahead of Brett Peters (Sonic Boom Racing p/b Lucky Pie) and Hunter Huffman (Canyon Bicycles/Shimano) when his front wheel touched the finish line.

When I asked Erick about this, he

said he judged his lead by the lengthening shadows and knew he was safe.

I also asked Erick how he felt about his crit win. He replied, "Winning today; I wouldn't have been there without my teammates' help..." Then he explained that his teammates helped control the pack and covered each other's mistakes. And added, "The goal today wasn't who won, but that our team won."

Fade to Sunday Morning.

The road race started at 8:00am in the cold shadows of Utah's Gunlock Road. Warmth beckoned around the second bend. The pro men 1-2-3, with 80 miles ahead, lined up first. The whistle blew and they were off!

The pro women 1-2-3 launched at 8:20am and were quickly bathed in sunlight as they rounded the second corner and disappeared from view.

Near tragedy struck in the men's category 5 road race shortly after their 9:00am start. A 15 cycle pileup marred mile 8 of their 40 mile circuit.

According to James Lavelle, the first rider down, a few aggressive riders tried to make an early move. One clipped James' handlebars and another hit his wheel.

That was it.

He went down and the other 14 dominoed after. One rider suffered a broken collar bone and was transported to the hospital. The rest had bumps, bruises, and road rash.

With injuries to his buttocks, legs, and arms, James looked in rough shape. But he kept a good head about the accident and said, "What always bums you out is when it's stuff that didn't have to happen. And this was just silly! There was no need for them to get that aggressive that early in the race..."

Most of the riders in the accident, including James, dropped out of the race. But one or two managed to finish despite their injuries.

At 9:55am a group of three pro men flew past the starting line. The second leg of the road race welcomed them with no competition in sight.

At 10:00am the rest of the pro men swarmed past the start like angry hornets in hot pursuit of the enemy.

But the hornets never caught their foe. In the end Hunter Huffman, finished the pro men's road race at 3:41'33" with a grueling 200m uphill sprint to the finish line. Erick Slack and Chris Putt came in 2 and 3 at 3:42'27" and 3:42'33" respectively.

Like true champions, Breanne Nalder and Devon Gorry battled each other up the 200m incline to the finish. No quarter was asked or given. They ended the women's pro road race in a photo finish at 2:09'00". Breanne barely edged Devon for the win. Lauren Catlin (Ft. Lewis



College) crossed for 3rd at 2:09'23".

Over all The Tour Del Sol 2013 was a roaring success!

The overall men and women's pro 1-2-3 podium standings are as follows:

Men Pro 1-2-3  
HAROLDSEN Cody 202 Ski Utah - Marketstar Cycling 5:06:20 1  
HUFFMAN Hunter 218 Canyon Bicycles- Shimano 5:06:51 2

SLACK Erik 321 Canyon Bicycles- Shimano 5:07:06 3  
Women Pro 1-2-3

NALDER Breanne 275 DNA Cycling p/b Plan7 3:17:39 1  
GORRY Devon 194 NOW and Novartis for MS 3:17:44 2  
HILL Megan 212 DNA Cycling p/b Plan7 3:19:37 3

See results on page 8.

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**Bike Share to Launch in Salt Lake City on April 8, 2013**



By Ben Bolte

Greenbike, Salt Lake City's Bike Share Program will launch on April 8, 2013 at 10:30 a.m. at Gallivan Center (225 South Main St.). Greenbike is a 501(c)3 non-profit organization & public/private partnership between Salt Lake City, The Salt Lake City Downtown Alliance and private sector sponsors like SelectHealth. The following is an explanation of bike share and its history.

**What's a Bike Share Program?**

A Bike Share program is a network of many Bike Share stations, where members can take any bike, from any station, as many times as they like for a small membership fee. A 24-hour Access Pass, 7-day or Annual Membership lets you take unlimited 30min trips at no extra charge!

Every time you dock a bike, you get a fresh 30min. If you keep one bike out longer than 30min you get charged a usage fee. Instead of renting one specific bike (bike rental), your GREENbike Membership gives you access to all the bikes at every downtown Bike Share station.

If you're not riding your GREENbike, don't chain it up somewhere or keep it in your office. Return your GREENbike to any Bike Share station so someone else can take a ride. That's why we call it sharing.

To buy a membership, visit [greenbikeslc.com](http://greenbikeslc.com). Rates are \$5 for 24 hours, \$15 for 7 days, and \$75 per year. Bikes are free for the first 30 minutes, \$2 for the next 30, and \$5 for each additional 30 minutes.

**Bike Share is not Bike Rental**

Bike Rental is paying for a specific bike (road, mountain, etc), for a specific person (guy/girl, big/small), for a specific amount of time (usually 24hours or more). You are responsible for that bike. You need a lock. You load it in your car. You take it in your hotel room.

GREENbikes are designed for one purpose, short trips in the city by people wearing regular clothes and carrying ordinary stuff. They don't take you up the canyon and they don't take you down the mountain. The bikes are one sizes fits all (4' 6" to 6' 4") and the only thing you might have to adjust is the seat.

Bike Share trips are short trips that get you from point A to point B (typically 30 minutes or less). Stations are near other stations and popular destinations for food, drink, and entertainment. "Grab a bike from wherever you are and drop the bike off wherever you end up."

**Bike Share and Convenience**

Bike Share removes the standard deterrents of riding a bike in the city and is focused on convenience. You

don't need to bring a lock because you're not concerned with the bike or its parts being stolen. Your clothes are protected by a full chain guard, dress guard and fenders. A wider seat, upright & step-thru frame makes for a comfortable and reliable ride in an urban environment. My personal favorite part is that you're not responsible for maintenance.

You don't have to ask yourself, did I bring my lock? Pump? Spare tube? Lights? Change of shoes? Bike Share creates a scenario that makes it easy for someone to try riding a bike instead of taking a car. And it will result in a large segment of people experiencing cycling for transportation for the first time.

I believe that the average non-biking motorist will try Bike Share because it's convenient and have a change of heart towards how they feel about cyclists in the road. People are unlikely to change their perspective about something until they become a participant in it.

Think about trying to cross a busy street downtown. When you're driving, the person in the crosswalk is in your way, and many a muffled expletive has been uttered about how that pedestrian acts like he owns the place or needs to hurry up. After all, you're driving. You've got somewhere important to be!

When you're the pedestrian, it's terrifying. Cars are zipping by and all

you're trying to do is cross the street. But you never thought about it until you had the experience.

My hope is that when more people know how it feels to have a car blow past, inches from knocking you over only to arrive at the light seconds before you, that they will realize how scary and frustrating that experience is and not repeat the behavior when they are driving, because life is all about shared experiences.

**Bike Share and Mass Transit**

Another great thing about Bike Share is that it will serve as an enhancement to existing public transit options in Salt Lake City. Wouldn't you be more inclined to take Trax if you could grab a bike from a station located at your stop that allows you to drop off the bike at another station that's at your destination? Bike Share addresses what's known as the first and last mile problem of mass transit. Currently, people often have to walk several blocks to a couple miles to reach their desired destination once

Cycling Utah will be giving away a Bike Share Membership and Helmet. Check

[facebook.com/cyclingutah](http://facebook.com/cyclingutah) OR [cyclingutah.com/category/contests/](http://cyclingutah.com/category/contests/)

they exit the train. Or it's inconvenient for them to get to the train in the first place.

Plus you don't have to bring your bike with you on the train, which can be inconvenient at best or miss your bus entirely because the bike racks on the front of the bus are already full. Each bus can only carry two bikes at any given time (although 3 bikes on busses are on the way).

**Brief History of Bike Share**

Bike Share programs have been around for a long time in many different forms all over the world. Many

Continued on page 11

## SHOP TALK

**Robert Hamlin Bicycles Aims to Keep It Simple**

Above: Robert Hamlin Bicycles aims to keep it simple and to put people on bikes. Photo: Courtesy Robert Hamlin.

Right: Robert Hamlin racing in the Utah Cyclocross Series on November 3, 2012 and sporting his trademark mustache handlebars. Photo: Dave Iltis (mre at [gallery.cyclingutah.com](mailto:gallery.cyclingutah.com))

By Jared Eborn

LOGAN – Tucked away, almost unnoticeable on Logan's Center Street in a nondescript building without flashing neon or bling in the windows is one of Utah's most unique bike shops.

You won't find a \$10,000 triathlon bike or a Pro Tour worthy speedster at Robert Hamlin Bicycles. But if you're looking for a custom build that will have you cruising over gravel roads on bike expeditions, this might be your go-to bike shop.

Who is Robert Hamlin and why does he operate a bike shop without any posted hours of operation? Well, the answer is about as unique and interesting as Hamlin's trademark

mustache handlebars that are easily spotted at the Utah Cyclocross Series races.

Here's a quick Question and Answer look at Robert Hamlin Bicycles.

**What inspired you to open up such a unique bike shop?**

My favorite bicycle shop in college was Recycled Bicycles in Gainesville, Florida. That was the inspiration and the name of my first shop here in Logan. I started in 2005 by buying used bicycles from the DI, making them rideable in my garage, and selling them in the front yard. I moved to a store-front location on West Center Street for a few years, then to my current location at 170

East Center Street. I have changed the name of the shop a few times, but I will always just be Robert Hamlin Bicycles in the future. My goal is to keep it simple. I want to help people obtain simple, inexpensive, utilitarian bicycles that are comfortable and efficient to ride. That balance is not easy to achieve.

**Your shop appears to be a labor of love in many regards, how did your love for handcrafted bikes come to life? Where has it taken you?**

I have been in love with bicycles my entire life! BMX in the early 70s, a Raleigh Rapide 10-speed in 6th grade, road racing in college, mountain bike racing in the 90s, and now Cyclocross is my passion. I helped sell bicycles in several shops during college. I worked for Carl Strong in Bozeman, Montana. Carl is absolutely the best handcrafted frame builder out there. Helping to build steel bicycle frames has shaped my current beliefs and business model.

I do not build bicycle frames, but I try to get customers the next best thing. The first step is to ask the customer how they want to ride a bicycle, or better yet, how they envision themselves riding a bicycle five years in the future. With a vision in mind, I begin with a quality, yet inexpensive, production steel frame from Soma or Pake (both are from Merry Sales in San Francisco, California). I professionally prep the frame by reaming and/or facing the head tube, bottom bracket shell, and seat tube. Then we select wheels, saddle, bars, and gears (or no gears). The customer gets to choose based on their needs. Again, the goal is to balance comfort and efficiency. If they want to sit more upright with sweptback touring bars, fenders, and only five speeds, that's what they get. If they want a modern fast Soma Smoothie 11-speed road bike, they can have that too.

**You're clearly not a big-box type of bike shop and I'm guessing that's by design. What are your goals for your business?**

I often say to customers, "You would never buy a pair of pants with shoes already attached." That's what you get with an off-the-shelf bicycle. That said, I do sell off-the-shelf cyclocross bikes, hard tail 29ers, and singlespeed 29ers from Redline. They are great bicycles, but there are only a few of these bicycles on the floor. Most are closeout purchases so I can sell them at in-season wholesale prices. There are no major brands like Trek, Specialized, or Giant. So yes, I am a small one-man shop by design. I am passionate and opinionated. My goal is not to make it big and get rich. It's to help customers get a steel frame bicycle that suits their needs. My favorite is one that can be used for cyclocross, road, touring, or commuting. I know that one bike can not do everything really well. There are many folks out there who want a carbon road bike, a carbon mountain bike, and a carbon 'cross bike. But most people, even if you race, do not need carbon. For me, my \$259 Pake C'Mute frame set up as a singlespeed does it all.



**What do you do when you're not tinkering with single speed bikes and racing cyclocross?**

I am a wildlife ecologist. My spouse is the national expert on wildlife crossing structures and road ecology. We met in graduate school, and I work for her. I spend quite a bit of time in Montana monitoring crossing structures, taking pictures of white-tailed deer and other species with trail cameras as they move under US 93 in the Bitterroot Valley. I analyze pictures and write reports for the Montana Department of Transportation. The shop is open part-time and the hours are not posted on the door, so call me if you need me.

**You're pretty noticeable on the CX course and it's not just your hair. What's the story behind your mustache-handlebar bikes?**

Oh, thank you for the compliment. It's a long story. The flared drop bar has been around a long time. If you look at pictures from 80 years ago, that is what you see. Long days in the saddle and rough gravel roads were defeated with flared drop bars set way up high. For me, it has to do with broken shift/brake levers, too many gears that make shifting complex, drops that are so deep they are never used, and not feeling secure on the hoods during a cyclocross race. Mostly, all my flared drop bar heroes of the bicycle industry are responsible: Charlie Cunningham (WTB Dirdrop inventor), Brant and Shiggy of On-One (Midge Bar inventors), and Matt Chester. Matt Chester has a wonderful article on the subject written in 2005 at [www.63xc.com/mattc/](http://www.63xc.com/mattc/)

[midge.htm](http://midge.htm). The On-One Midge bar has so many wonderful advantages when riding a cyclocross bike singlespeed or fixed gear, huge leverage, incredible control, and your hands in the drops, close to where they would be on the hoods in a normal set-up. The set-up requires some first hand knowledge, a long steerer tube, a longer reach, and a longer high-rise stem. Call me if you want help. We'll talk.

**What would be your dream bike to build up for yourself, assuming there's always another dream bike to create after you've built up the latest fantasy bike?**

It would be steel. Soma now has a new brazed frame called the Triple Cross made from KVA stainless steel tubesets. It's a heck of lot more than \$259. But these days people spend \$3000 just on tubular carbon wheelsets. So, why not? Fantasy bike, right?

**What's your fantasy bike ride/race? Why?**

For several years now I have talked about Idaho to Arizona, a dirt-road and singletrack bikepacking route across the mountains of Utah. It includes all of Skyline Drive from US-6 to I-70, and a big day across the Grand Staircase from Escalante to Big Water. This June, I may really do it. If that goes well, I may do the Tour Divide in 2015. I will turn 50 that year, so it may be a month-long celebration from Canada to Mexico.

To reach Robert Hamlin Bicycles, visit: [roberthamlin.blogspot.com](http://roberthamlin.blogspot.com)

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**WOMEN'S CYCLING**

**Skirts Made for the Ride**



Top: Paula is wearing Terry women's specific bike clothing. Below: Elizabeth is wearing ZOIC mountain bike women's specific clothing. Photos: Beth Runkle.

By Tara McKee

Women's cycling has seen resurgence over the past two decades and as a result, bicycle companies began making women's specific saddles and

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bicycle frames. The shift was also made from women's bikes only being offered in aluminum frames with low grade components to women's specific road and mountain bikes with full carbon fiber frames and premium component groups. Cycling clothing for women saw similar progress over the past few years with women's clothing growing far beyond the designated half of a clothing rack in the back of the bike shop as more brands began to cater to women. As more women started cycling, they looked for clothing that was functional, yet flattering and feminine. Most didn't want to look like "just one of the guys" and one way to really stand out was to ride wearing a skirt.

About a decade ago, Terry, a women's cycling clothing company, offered their first women's cycling-

specific skorts, a skirt with built-in cycling shorts. Terry's skorts quickly became popular. About that same time, triathlete Nicole de Boom made a sensation when she wore a skirt she'd made herself as she crossed the finish line in an Ironman. She soon started Skirt Sports, which made running skirts and later added cycling skirts, because as she said, "I was tired of wearing high performance products that weren't cute or inspiring," and many women agreed with her.

Skorts were especially popular with women who were new to the sport and felt self-conscious in padded Lycra shorts or for those who just loved the look. Skirts look great on all sizes of women and several brands such as Terry or Canari offer a variety of hard-to-find plus sizes (up to 4XL and 5XL) so all women can get out and ride. Skirted riders aren't just seen on the bike path, they are riding in century rides, and on mountain bike trails. Women are racing in them as well. The Dirt Divas out of North Carolina are one such team that race in cycling skorts. Mountain bike pro Timari Pruis even placed in a 24-Hour endurance ride while wearing skorts. Women wearing skirts are seen in many Cyclocross races as well.

Skorts and cycling skirts are evolving and options vary from high performance wear to cycling skirts and even dresses that appeal to urban cyclists. When shopping for skirts, look for the details. Skorts come with plenty of options such as pockets, reflective visibility touches, UV protecting fabric or fabric that offers enhanced cooling. The thickness and quality of the chamois padding will vary, so make sure it is appropriate for your type of riding. Often the shorts in skorts are fairly short, so make sure the elastic leg grippers fit well and will not ride up.

Skorts: These skirts are a 2 in 1 style. Usually, it's padded cycling shorts with a skirt over the top. Many brands only offer skorts with entry-level chamois, making them more appropriate for short rides, recreational rides or spin class. High performance options in skorts are often found with premium brands. Skorts for the triathlete will offer minimal padding and quick drying fabric. The shorts under the skirt can vary in length, with variety of options from very short to capri-length and full tight length. Brands that offer Skorts: Terry, Skirt Sports, Novara, Louis Garneau, Castelli, ZOIC, Sugoi, Sheila Moon, Canari, and GORE, among others.

Après Ride Skirts: It is one thing to be wearing cycling shorts on a ride surrounded by ten other similarly clad cyclists. It's quite another to be walking through the grocery store carrying a shopping basket to pick up "just a few things for dinner" wearing your padded bike shorts. So having something that you can literally pull out of your back jersey pocket to cover up a bit more is becoming more popular. Such light-weight skirts aren't necessarily meant to be riding skirts, but are the cycling equivalent of a beach wrap. Such skirts may be the wrap style or an elasticized pull-on style that are worn over shorts. Some women like to wear these skirts over skimpy tri shorts during the run portion of a triathlon. Brands: Cycle Skirt, Terry, Skirt Sports, and Sweet Spot Skirts.

Bike Tunics: Tunics are extra long jerseys which neatly cover the hips and butt. It looks great paired with tights, knickers or shorts. Some

tunics have gathered ruching on the side allowing the wearer to adjust its length. Tunics are especially popular with touring cyclists, as well as century riders. Brands that offer Bike Tunics: Terry makes a wide variety of tunics, including one that resembles an extra-long sweatshirt, but some beautifully unique tunics can be found on Etsy as well.

Cycling Dresses: Longer than a tunic, these definitely look like dresses. Castelli and Pearl Izumi offer cycling dresses with a sleek look that appeals to road cyclists. San Francisco-based Sheila Moon creates cycling dresses with unique patterned fabrics and pairs them with lace tipped white bicycle shorts that definitely stand out in a crowd. Seattle-based Telaio can hardly keep up with the orders for its new 365 cycling dress, beautifully made of merino wool with a slight amount of stretch. This sleeveless black dress has an Audrey Hepburn style that appeals to the fashionable urban cyclist.

Women are taking up cycling and deciding to be athletic in their own unique way. Some men may think that women are wearing skirts just to look pretty, but it's so much more than that. Skirts are a fashionable option that entice even more women to the sport and help them feel more comfortable doing something that seems intimidating at first. Looking good while on the bike gives many women the confidence to take on new challenges: riding farther, learning new technical skills, climbing those big hills, and making new friends.

Cycling Utah will be giving away a Sweet Spot Skirt in April. Check [facebook.com/cyclingutah](https://facebook.com/cyclingutah) or [cyclingutah.com/category/contests/](https://cyclingutah.com/category/contests/)

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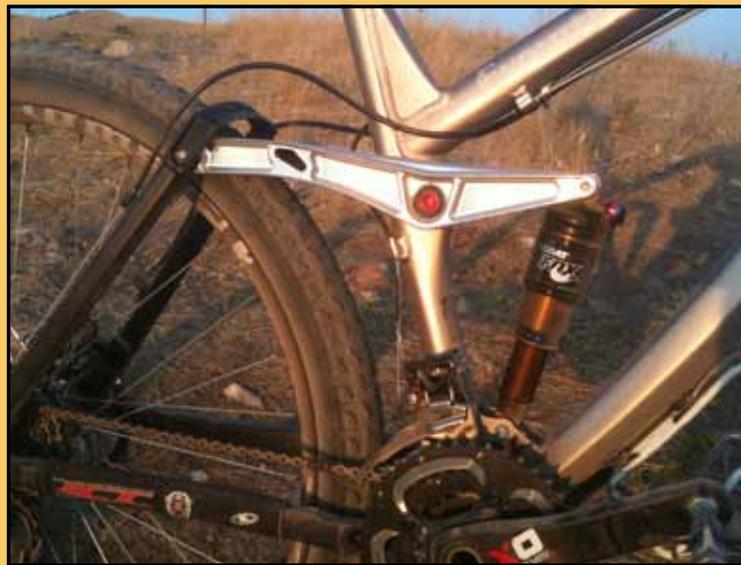
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## GEAR PICKS

**Bike Review: Ellsworth Evolution Full Suspension 29er**

Above: Ellsworth Evolution 29er.  
Right: ICT suspension with trademark rocker arms.

By Dave Iltis

This bike has made me a better mountain biker. Or made mountain biking better. Either way, the fun I've been having in the dirt has gone way up. Last summer, I was lucky enough to get an Ellsworth Evolution full suspension 29er.

I outfitted the bike with SRAM XO 3x10 throughout. Cockpit parts are a Loaded stem, Thompson seatpost, Cobb SHC 170 saddle, Easton EC70 27" wide carbon bars, and Lizard Skins logo grips. Shocks are the Fox Talas 29 120 mm travel in the front and Fox Float RP23 120 mm in the rear. Ellsworth handbuilt wheels and VeeRubber 2.4" Mission front tire and Speed-R rear tire round out the kit. I chose a nickel frame with a red 'bling' kit (seat collar, suspension pivots, bolts, etc.). The classic colors won't ever go out of style. Ellsworth has a large number of colors to choose from.

The Evolution is made from tig welded aerospace 6061 aluminum SST tubes. The tubes are internally tapered and externally shaped to give the bike precise suspension alignment under all conditions. The bike is handmade from start to finish. Additionally the rocker arms are CNCed machined thus reducing weight and retains strength, stiffness, and good looks.

Ellsworth's ICT (Instant Center Tracking) suspension is a four bar Horst link model that works to track the torque on the chain evenly thus eliminating the need for lockout. With the design, braking and suspension can function independently. By keeping the suspension always active, better control, efficiency, and traction result, along with a less fatigued rider. This explains why I feel good at the end of a ride and not beaten up by the terrain. The simplicity of the suspension system allows for a light bike. Mine weighs in at 28 pounds. Which is really light for a large frame, full suspension, 29er.

Ellsworth has been around since 1992, and all bikes are designed by Tony Ellsworth. The bikes are handbuilt in Ramona, California where the company strives to be environmentally friendly. They are also friendly in general, welcoming me to 'the family' of Ellsworth owners when I met the crew at Interbike.

Locally, Steve Goodman of Ellsworth dealer Hyland Cyclery

built the bike for me. He did an excellent job. The bike has been working great so far attesting. Other local dealers include Salt Cycles, Mountain Velo, Moab Cyclery, Veloniq, and Cedar Cycles.

The bike I'm riding is a large. I'm 6'2", and the bike fits well. The Evolution comes in a range of sizes from small to extra-large (in case you are an aspiring basketball star looking for a great riding bike).

The bike is the best mountain bike I've ever ridden. Full disclosure, I suck at technical riding. It's never been my strong point. So, the biggest and most welcome surprise for me was how well it climbs and how easy it is to pick my way through rocks, turns, and obstacles when climbing. I've found the handling to be nimble and precise. Previous bikes I've had have wandered, leading me to plow into rocks on steep climbs. Or, I end up with my weight too far forward or to the side and end up losing traction with the rear wheel and walking to the next plateau in the trail. Not with this bike. I've consistently made it over obstacles and turns that would hang me up on other bikes.

Why is this? I've thought about this quite a bit, and think it's a combination of several things. The 29er wheel size just rolls over rocks and bumps that a 26er gets hung up on (even with suspension). Combine the wheels with 2.4" tires, and 5 inches of travel in the front shock, and the bike rolls comfortably over everything.

Even with the larger wheels, the bike handles extremely well. This seems to be a combination of several factors. First, the design of mountain bikes has changed somewhat since my last bike. New designs tend to have longer top tubes, but shorter stems than bikes of a few years ago. The head tube angle is 72 degrees, leading to the nimble steering. Additionally, the wider bars (see article in the September 2012 issue of Cycling Utah), allow for better control. Finally, Ellsworth works to keep the center of gravity low for a 29er, resulting in clean handling at speed. All of these lead to a bike that rides fantastically well.

Speaking of the wheels, the bike came with a set of handbuilt Ellsworth wheels. They have so far been great – lightweight and bomber. The only issue I have with the wheels is that the spoke nipple size is not

common, and it took a bit of time to find a properly sized spoke wrench (size 13). The rims have a 25 mm width. This results in a stiffer rim. It also results in a wider profile for the tire which gives a better contact patch and thus more traction.

There are a couple of minor items that I would like to see updated in future versions of the frame. The first is probably the most difficult. The bike has only 1 water bottle

cage, mounted on the lower side of the downtube. This is an outcome several factors combined that result in a smaller front triangle that leaves no room for a cage in the triangle - 5" of travel, 29" wheel size, the need to prevent the wheel from hitting the frame when the shock is bottomed out, counterbalanced with the need for good standover height. But still, I would rather have a cage located in a spot where I can reach it more

easily and the bottle stays clean. I'll be riding more with a hydration pack this year as an alternative. The second is that the seatclamp works better when turned 180 degrees from the way it is designed. Lastly, the chainstays need a little bit more room for the very large tires that I'm running. According to Ellsworth the chainstays have undergone a redesign for 2013 and will accommodate a 2.5 tire, up from 2.35. It may be possible on an older frame to swap out the chainstay for the redesign, so may look in to that. Another upgrade available in 2013 is carbon fiber shock stays. These save 100 grams in weight and have a 270% increase lateral stiffness according to Ellsworth.

I have been quite happy with the component set as well. The Fox shocks, front and rear, are smooth and absorb big hits as well as small. The VeeRubber tires have worked great so far. The company has a history of making tires for other companies, but decided a few years ago to distribute under their own label as well. The rubber is quite sticky, and the casings supple. Cornering is smooth, probably a result of the

Continued on page 27





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## TRIATHLON

**Ali Black Balances Family, PTA, and a New Career as a Pro Triathlete**

Above: Ali Black on the bike during the Kona Ironman.  
Photo: Mike Memales.

By Jared Eborn

Ali Black isn't your average PTA President.

Sure, she organizes fundraisers, honors teachers and coordinates volunteers for students at Indian Hills Elementary School in Salt Lake City.

But Ali Black, a 37-year-old mother of four, is trying something new – she's a professional triathlete and her first race as a pro was at Ironman Oceanside on March 30.

"I don't know many athletes that start a pro career at 37. It's pretty unconventional," Black said. "Throughout the 2011 season, I had people really start to ask me if I'd considered it. To be honest, I hadn't! When someone would mention turning pro, I seriously thought to myself, 'they're just being nice,' or 'they must not know that I have a husband

and four kids, and what I really do.' But the idea grew on me... What if? Am I good enough? Could I pull it off with my already crazy and full life? The more I thought about it, the more I thrived.

"I continued training and racing, staying focused on my goals, with the idea in the back of my mind. As the season went on, I was continuing to improve at each race," Black said. "My confidence and belief in myself was growing as I won every race I entered. In my prep for Ironman 70.3 World Championships and Ironman World Championships in Kona, I decided if I could podium at both, I'd consider it. I was fortunate enough to podium at both races. It was time to make a decision.

"With the support and encouragement of my husband, kids, coach and many others, I came to the conclusion that it was now or never."

And so Utah's newest professional triathlete may also be Utah's oldest professional triathlete. But Ali Black couldn't be happier with her decision.

Backed by sponsors such as Canyon Bicycles, Wasatch Running, GU, Saucony, BodyWise Fitness, Dr. Greg Freebairn and her husband, Romney Black, DDS, Black is diving into her new career with enthusiasm.

"I've never been one to let a great opportunity pass me by. And if someone tells me I can't do something, I'll prove them wrong. I don't ever want to wonder what if, or what could've been. I want to show my kids, and all young people that anything is possible if you put your mind to it. I want to show them that hard work pays off. I want to show them the power of the mind. I want to teach them discipline. I want to provide a healthy lifestyle for my family. I started to look for good reasons not to give it a go, and I couldn't find them.

Many would tell me I've passed my prime. I disagree," Black said. "My prime is still ahead of me. I want to show women and mothers out there how strong and capable we are. How many people have this opportunity? I had to grab it."

Black isn't exactly a veteran triathlete, in case you're wondering. A competitive gymnast and diver as a youngster, Black was not a cyclist at all and says her swimming was pretty much restricted to splashing in the pool with her kids. Running was her sport and done "for weight management, and nothing more."

As she found herself competing in races as a way to stay motivated, she got faster, met other competitive athletes and transitioned her way from a recreational runner to a competitive triathlete where she wasted no time in establishing herself as a dominant age-grouper who frequently posted the best times on the course.

"In the fall of 2008, while on a long training run, I met Cherell Jordin, and we instantly hit it off. We had so much in common, and were both intrigued by each other's successes and the methods we had chosen to get there. It was really more me that was intrigued than her," Black said. "She had a method

to her madness, and I was just cruising along, still running the same way, the same pace, all the time. She was a wealth of knowledge for me to tap in to, and the rest is pretty much history. We trained together quite a bit after that, and in 2009 she convinced me to sign up for several races, which included Boise 70.3. I LOVED the challenge of three sports, even though I'd never swam a day in my life, and could count the miles I'd ridden on a bike when I met her. It was just more fun, and my body felt better diversifying. The rest is history."

As one might guess, it's not easy finding time to train as an elite triathlete even as a single person. Throw in a husband, four children and a volunteer job as a PTA president and Black is often left wondering how she's going to get it all done. That's where she gets creative with her training and places a heavy emphasis on quality over quantity when it comes to hours in the gym, in the pool or on the road.

"It can be exhausting, but 'where there's a will, there's a way!'" Obviously I couldn't do it without the support of my hubby, and it requires a lot of planning and compromise. I don't always get the "ideal" or most fun training session, but I will always get high quality and I won't miss," Black said. "I have to settle for a lot of early morning trainer sessions, even if I know it's going to be 70 degrees and sunny outside. I've done a lot of soccer carpools where I stay and do my run from the field while the kids are practicing. It's the best use of time. I don't always get out to train with friends; it doesn't always fit my schedule. I will when I can, but my kids come first.

A few years ago, when I realized how much more time triathlon took than just running, I made a commitment to myself that if what I did took from my kids' opportunities, then I can't do it," Black said. "I still live by that promise to myself. I will run myself ragged at times just to be at all of their games and activities, and still get my training in. And I wouldn't have it any other way."

As is the case with many professional triathletes, qualifying for the Ironman World Championship race in Kona, Hawaii is the objective when each season begins. After racing at Oceanside, Black said she's tailored her calendar around the Ironman calendar where she will try to earn enough points and place highly enough as a pro – against the best in the world and not just the best in her age group – to earn a coveted spot on the Kona start list.

"This first year my main goal is to build confidence as a pro," Black said. "I want to have some solid races and learn what I can from them. It's no secret that the swim is my weak spot. I'd like to get to where I can come out of the water in a competitive position. I've spent a good amount of time the past few months working on swim technique.

"My other goal is to race in Kona as a Pro! The qualification is a point system, so yes, this does change my approach to which races I choose," Black said. "There are races with higher point values and prize purses, so it definitely requires strategy and helps determine what races I'll do."

Black's children – Sami (12), Abi (11), Spencer (8), and Ashley (6) –

are her biggest fans.

"My husband is amazing. I couldn't do it without him, in every way. I try so hard to get a large portion of my training in 'when no one misses me,' as I like to say. That means when they're sleeping or at school. But it's impossible to get it all in during those times. This is when it becomes a family effort, and he's always there for me," Black said. "My kids love the idea that I've turned pro. They support me in every way possible, almost. They drew the line this past weekend when I tried to set my trainer up on the sidelines of my daughter's soccer game during her tournament in Vegas. I thought it was the perfect opportunity to kill two birds with one stone, but they didn't agree."

So the soccer-mom-tri-chick routine has to be altered a little bit at times. Still, she races, wins and impresses. Her fellow triathletes sometimes have to be convinced that she's not only 37 years old, but has four children.

"First, they look me up and down and say, 'You have four kids?!' Then I chuckle and shake my head, 'Yep.' Most of them are blown away and can't comprehend it," Black said. "Often when people realize what my life really is, they say something like, 'I was amazed by what you've done before, but now I'm blown away.'"

Black's commitment to fitness has shown up in her other role as PTA president where she works hard to help the students at Indian Hills Elementary stay active.

"During my time as PTA President, I brought the Girls on the Run Program to our school. A little over a year ago, I was asked by a good friend and fellow athlete to be his daughter's running buddy at the GOTR 5k in Sugarhouse Park. I was thrilled to do it, and thus was introduced to the Girls on the Run Program," Black said. "It is a brilliant non-profit program for 3rd-8th grade girls, and the curriculum is designed to combine training for a 5k run with lessons that inspire them to recognize and honor their individual strengths and talents, and to celebrate their inner selves. I loved everything it stood for and knew I wanted to be involved in the program."

Going pro means Black won't be lining up with competitors her age any more. More often than not, she'll be the oldest professional woman in the water when her races start. Being a pro also means she's got to be more careful about the races she competes in. With Kona in mind, her race schedule is almost as carefully planned as her training.

"I will be racing the Salt Lake Half Marathon on April 20, Ironman 70.3 St. George on May 4, Ironman 70.3 Raleigh on June 2, and Ironman Coeur d'Alene on June 23. I will race to that point, and then we will take a look at how things are going and what the body is telling me before we determine the rest of my season," Black said. "Being pro changes my schedule in that I will race a lot more. I added Raleigh to my calendar just to get another race in before Coeur d'Alene. So, yes, my calendar will be much more full because I turned pro. I have not yet dropped a race, but I did have to change my status at Oceanside from Age Grouper to Pro once I became licensed.

"That was a great email to send."

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## NUTRITION

**The Heat is On: Calorie Needs of Cyclists**

By **Breanne Nalder, M.S.** and **Katherine A. Beals, PhD, RD, FACSM, CSSD**

To be competitive in an endurance sports such as cycling, athletes must maintain physically demanding exercise schedules. Many of us will spend several hours a day, often 7 days a week, in the saddle. Such extensive training and racing schedules demand high energy and nutrient intakes. These energy needs are measured in the units we know, and maybe even dread: the calorie. Too many calories and our climbing will suffer; not enough calories and our performance as a whole will suffer. It is a balancing act (calories in vs. calories out) that can be difficult at times, but not impossible.

**What is a Calorie?**

A calorie is technically a measure of heat; more specifically the amount of heat needed to raise the temperature of 1 gram of water 1 °C (now usually defined as 4.1868 joules). Intuitively you probably were aware of this definition. We often use the term, “burn calories” to describe energy or caloric expenditure. And we all notice that with exercise we get warmer (we are generating heat). And, of course, those of you that spent time training indoors this winter probably noticed the significant temperature change that occurred in the room from the start to the end of your ride, especially if that ride was with several other people such as in a spin class. When you have several bodies all “burning calories” you can generate a lot of heat!

**Calories In and Calories Out**

The most common question we get in the nutrition world is probably “how many calories do I need in a day?” Such a simple question; but, unfortunately there is no simple answer. This is because calorie needs are highly individual and can range anywhere from 1200-8000 calories per day, depending on age, gender, body size, body composition, genetics and, of course, exercise type, duration and intensity. There is the argument that men burn more calories than women. That may be the case, but it is likely because men are bigger and have more lean muscle mass compared to women; and, therefore, it takes more energy to move their body through space (e.g., cycling). So, one of the key factors determining energy needs is body size and, thus, energy requirements are most accurately expressed rela-

tive to body weight, or more accurately, lean body mass.

**Calories In Less Than Calories Out = Poor Performance and Compromised Health**

In the quest to improve performance, cyclists often place an emphasis on improving the power-to-weight ratio (power: weight), which is measured by the amount of power (watts) one is able to generate per pound or kilogram of body weight. A higher power: weight ratio is important to a cyclist, as a light yet strong physique is more efficient at propelling the bike and body up steep mountain grades and for maintaining power in an aerodynamic position in time trial events, as it takes less energy to sustain less body mass during long rides or races. Because of the potential benefits of improving power, cyclists continually strive for the most muscle mass on the lightest body frames. Therefore, they attempt to lose fat mass while maintaining fat free mass (FFM) without losing power on the bike. Some of the more common strategies used include restricting energy intake (sometimes severely), limiting carbohydrate intake and training in a fasted state.

These weight loss strategies, while potentially effective in improving the power to: weight ratio over the short-term, can have significant negative consequences on nutritional status, athletic performance and overall health over the long-term. Training in a fasted state can compromise the athlete’s ability to exercise at intensities necessary to induce important training effects and may curtail training sessions due to glycogen depletion and subsequent fatigue. Similarly, failure to consume carbohydrates during exercise will result in more rapid glycogen depletion and earlier onset of fatigue. Also with endurance training, as glycogen stores are depleted less glucose is available for the brain, which negatively affects cognition and reaction time. The body may break down protein for gluconeogenesis at that point, which could result in an unintended reduction in muscle mass and subsequent loss of power. As some cyclists will restrict calories in liquids, they may avoid drinking sports drinks or other fluids, which can result in dehydration, electrolyte imbalances and glucose depletion. Finally, inadequate refueling (especially CHO replenishment) post-exercise can impair glycogen synthesis and reduce the effectiveness of recovery, particularly when there is less than 24 hours before the next training

session. This can put the body into a catabolic cascade that cannot only impair subsequent performance, but increase the risk of injury.

Inadequate calorie intake is also often associated with inadequate nutrient intake, especially if such a practice is routine over time. Besides CHO, protein, and fat, athletes consuming energy insufficient diets often have inadequate intakes of essential vitamins and minerals including calcium, iron, A, C, D, E, and B vitamins, all of which are essential for optimal performance.

**The Concept of Energy Availability**

Cyclists who actively restrict energy intake may be putting themselves at risk for what has recently been described as “low energy availability”. The term energy availability has been defined as the amount of energy available for the metabolic processes of the body after energy is used for exercise, normalized for lean body mass (because lean body mass is the most metabolically active tissue).

An individual who fails to consume sufficient calories to meet the cost of calories expended in exercise would have low energy availability. Researchers examining this phenomenon have determined that an energy availability less than 30 calories per kilogram of lean body mass is considered low, while an energy availability of greater than 45 calories per kilogram of lean body mass is considered optimal. Between 30 and 45 calories per kilogram of lean body mass is still somewhat of a “grey area” that may or may not be considered “marginal” energy availability (further research is really needed in this area).

What the research is clear on is that long periods of low energy availability can impair both the health and physical performance of an athlete, although the effects appear to be surprisingly variable. Health consequences of low energy availability may involve the cardiovascular, reproductive, endocrine, gastrointestinal, renal, and central nervous systems. In addition, low energy availability can impair cognitive function and decrease the body’s ability to build bone, maintain muscle mass, repair damaged tissue, and recover from injury.

**Getting the Calories you Need**

The most accurate way to determine the calories you expend in a day and thus, the calories you need to consume to achieve calo-

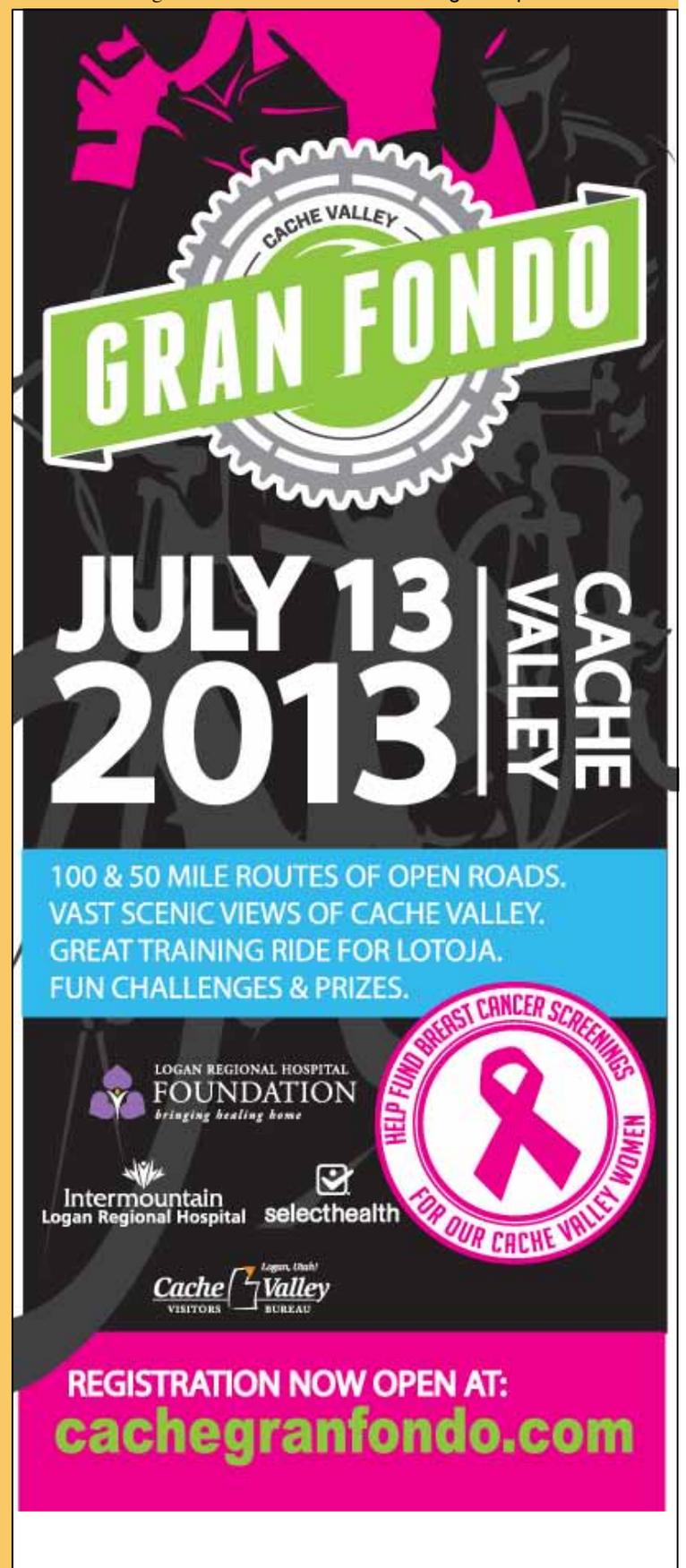
rie balance, is to have your energy expenditure measured in a laboratory (using a whole-room calorimeter). Unfortunately, most of us don’t have the time, money or fortitude to do that (the whole-room calorimeter is a very small room, so claustrophobics beware!). Thus, we are left with more indirect measures. There are a number of energy expenditure equations that you can use to estimate your calorie expenditure and, thus, your calorie needs (e.g., Harris-Benedict, Mifflin-St Jeor, Owen et al.). However, these can often overestimate calorie expenditure in endurance athletes. If you are really interested in finding out your specific calorie requirements and/or altering your body weight to improve your power/weight ratio, your best bet is to consult with a licensed sports dietitian who can develop a specific nutritional plan for you. The academy of nutrition and dietetics maintains a search engine on their website

to help you locate a licensed sports RD in your area. [www.eatright.org/programs/rdfinder/](http://www.eatright.org/programs/rdfinder/)

Practicing adequate energy intake before, during and after exercise can only help you achieve the results you want this cycling season!

Breanne Nalder, MS recently completed her master’s degree in nutrition with an emphasis in sports dietetics at the University of Utah and is a competitive CAT 2 cyclist. For personal nutrition coaching, you can reach Breanne at 801-550-0434 or [brennenalder@gmail.com](mailto:brennenalder@gmail.com).

Katherine Beals, PhD, RD, FACSM, CSSD is an associate professor (clinical) in the Division of Nutrition at the University of Utah. She is a registered dietitian, a certified specialist in sports dietetics and a fellow of the American College of Sports Medicine.



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## CALENDAR OF EVENTS

## Calendar Guidelines:

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

Submit your event to:

[calendar@cyclingutah.com](mailto:calendar@cyclingutah.com)

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

Let us know about any corrections to existing listings!

## Utah BMX

**RAD Canyon BMX** — Farmington, UT, Indoor BMX racing going on at the Legacy Events center 151 South 1100 West, Farmington, UT., Ron Melton, 801-699-9575, [radcanyonbmx@radcanyonbmx.com](mailto:radcanyonbmx@radcanyonbmx.com), [radcanyonbmx.com](http://radcanyonbmx.com)

**Deseret Peak BMX** — Tooele, UT, 1200 foot long track, ABA sanctioned, open to public for practice daily, fee is \$2 per rider. Sign ups 5:30 to 7:00 on race day. Races: May 8, 22, June 12, 26, July 10 - Race for Life, 17 - State Qualifier, August 14, 28, September 18, 25., Darrin Cook, 435-843-4049, [deseretpeakbmx@msn.com](mailto:deseretpeakbmx@msn.com), [deseretpeakcomplex.com](http://deseretpeakcomplex.com)

**May 18, 2013 — USA Cycling Elite BMX National Championships**, Chula Vista, CA, Micah Rice, 719-434-4200, [mrice@usacycling.org](mailto:mrice@usacycling.org), [usacycling.org](http://usacycling.org)

**June 1, 2013 — USA Cycling Amateur BMX National Championships**, Nashville, TN, Micah Rice, 719-434-4200, [mrice@usacycling.org](mailto:mrice@usacycling.org), [usacycling.org](http://usacycling.org)

## Utah Advocacy

**Bike Utah** — UT, Utah's Statewide Advocacy Group., Scott Lyttle, 435-901-4191, [slyttle@bikeutah.org](mailto:slyttle@bikeutah.org), [bikeutah.org](http://bikeutah.org)

**Salt Lake City Mayor's Bicycle Advisory Committee (MBAC)** — Salt Lake City, UT, Meetings are on the hiatus. Send an email to join the listserv., Dave Iltis, 801-328-2066, [dave@cyclingutah.com](mailto:dave@cyclingutah.com), Julian Tippetts, 801-535-7704, [Julian.Tippetts@slc.gov](mailto:Julian.Tippetts@slc.gov), [bikeslc.com](http://bikeslc.com)

**Salt Lake County Bicycle Advisory Committee** — Salt Lake City, UT, Bicycle Facilities Planning Meetings are third Wednesday each month from 4-6 p.m., with the exception of the month when the Quarterly County Advisory Committee is meeting on the third Wednesday from 6-8 p.m. (see website for meeting details). Meetings are held in Suite N-3001 of the Salt Lake County Government Center, 2001 S. State St., Salt Lake City, UT. 801-468-3351, Megan Hillyard, 801-468-3351, [MHillyard@slco.org](mailto:MHillyard@slco.org), [bicycle.slco.org](http://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 significant-

ly contribute to our community's economic vitality and quality of life., Mark Bedel, 801-393-2304, [wp@weberpathways.org](mailto:wp@weberpathways.org), Rod Kramer, 801-393-2304, [rod@weberpathways.org](mailto:rod@weberpathways.org), [weberpathways.org](http://weberpathways.org)

**Davis Bicycle Advisory and Advocacy Committee** — Farmington, UT, Not Currently meeting. Organizers needed., [davisbike.org](http://davisbike.org)

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

**Park City Alternative Transportation Committee** — Park City, UT, Normally meets the second Wed. of the month, location TBD, Michael Watson, [redtail@sina.com](mailto:redtail@sina.com), [mountaintrails.org](http://mountaintrails.org)

**Mountain Trails Foundation** — Park City, UT, Park City's Trails Group, Charlie Sturgis, 435-649-6839, [charlie@mountaintrails.org](mailto:charlie@mountaintrails.org), [mountaintrails.org](http://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, [bonnevilleshoreline@trails.org](mailto:bonnevilleshoreline@trails.org), [bonnevilleshoreline-trail.org](http://bonnevilleshoreline-trail.org)

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

**Holladay Bicycle Advisory Committee** — Holladay, UT, The Holladay Bicycle Advisory Committee (HBAC) works to make Holladay bicycle friendly. The HBAC meets on the first Tuesday of every month from 6:00 p.m. to 6:45 p.m. in the Hy Nielson Room of the city building at 4580 S. 2300 E., Greg Hoole, 801-272-7556, [greg@hooleking.com](mailto:greg@hooleking.com), [tinyurl.com/holladaybac](http://tinyurl.com/holladaybac)

**Provo Bike Committee** — Provo, UT, Come join us every first Thursday of the month at 5:30 pm in the Conference Room in the Provo City Building on 351 W. Center Street. We promote bike safety, culture, and better relations between bikes and cars., Zac Whitmore, 801-356-1378, [zwhitmore@gmail.com](mailto:zwhitmore@gmail.com), [bikeprovo.org](http://bikeprovo.org)

## Events, Swaps, Lectures

**Salt Lake Critical Mass** — Salt Lake City, UT, Last Friday of every month, 5:30 pm, meet at the Gallivan Center, 200 S. between State and Main in SLC., None, [noemail@cyclingutah.com](mailto:noemail@cyclingutah.com), [slccriticalmass.org](http://slccriticalmass.org)

**July Bike Maintenance Clinics** — Cottonwood Heights, UT, Join us for

our free weekly maintenance clinics Tuesday evenings this July. Come learn two of the most basic and important, bicycle maintenance skills in an informative, comfortable and hands-on setting. TUESDAYS at 6:30pm, July 5: Flat repair, July 12: Drivetrain Cleaning, July 19: Flat repair, July 26: Drivetrain Cleaning. Clinics are limited to 20 participants each so please call or email to reserve your spot., Chris Skolnick, 801-942-1015, [info@cottonwoodcycling.com](mailto:info@cottonwoodcycling.com), [cottonwoodcycling.com](http://cottonwoodcycling.com)

**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, [heatpolo-company@gmail.com](mailto:heatpolo-company@gmail.com), [facebook.com/groups/189631497724953/](http://facebook.com/groups/189631497724953/)

**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, [dude@colesport.com](mailto:dude@colesport.com), [colesport.com](http://colesport.com), [mountaintrails.org](http://mountaintrails.org)

**April 9, 2013 — Bike Maintenance Basics**, Salt Lake City, UT, Fellow female cyclists will teach you how to fix simple issues including: tire pressure, how to change a flat tire, fix a broken chain and how to make minor derailer and brake adjustments. Leave your bike at home, but come prepared to ask questions. 7 pm at REI in Salt Lake City., Celeste Eppler, 801-486-2100, [ceppler@rei.com](mailto:ceppler@rei.com), [rei.com/saltlakecity](http://rei.com/saltlakecity)

**April 19, 2013 — Bike Maintenance Basics**, Salt Lake City, UT, Learn how to lube a chain, fix a flat tire in record time, and make other minor adjustments to your bike. No experience necessary! Leave your bike at home. 7pm at REI in SLC, Celeste Eppler, 801-486-2100, [ceppler@rei.com](mailto:ceppler@rei.com), [rei.com](http://rei.com)

**April 20, 2013 — MOG Sales & COPMOBA Bike Swap**, Grand Junction, CO, 10th annual outdoor gear sale and bike swap in downtown. Over 45 booths. Live music., Jen Taylor, 970-250-9682, [Jen.Taylor@mountainkhakis.com](mailto:Jen.Taylor@mountainkhakis.com), [copmoba.org](http://copmoba.org), [mogoutdoorfest.com](http://mogoutdoorfest.com)

**April 25, 2013 — Traveling By Bike: How to do it; Where to go**, Salt Lake City, UT, Join Lou Mellini who has been bike touring over 30 years, to learn how to get started or get tips to take it to the next level @ REI (3300 South and 3300 East)., Lou Mellini, [lou@cyclingutah.com](mailto:lou@cyclingutah.com), [rei.com](http://rei.com)

**April 26, 2013 — Utah Bike Summit - Keep Utah Rolling!**, Utah Bike Month, Salt Lake City, UT, The Fifth Annual Utah Bike Summit brings together bicycle and trail advocates, representatives from our bike industries, cycling event promoters, city planners, representatives from Utah's tourism industry, local and state government officials with one common goal, to promote biking in Utah., Scott Lyttle, 435-901-4191, [slyttle@bikeutah.org](mailto:slyttle@bikeutah.org), Tara McKee, 801-870-8504, [taramckee1@msn.com](mailto:taramckee1@msn.com), [utahbikesummit.com](http://utahbikesummit.com), [bikeutah.org](http://bikeutah.org)

**May 4, 2013 — GOTS, Bike and Outdoor Toy Swap**, Salt Lake City, UT, Held at Wild Rose, 702 3rd Ave, Check in on Friday, Swap on Saturday., Tim Metos, 801-533-8671, [vtshopdog@earthlink.net](mailto:vtshopdog@earthlink.net), [wildrosesports.com](http://wildrosesports.com)

**May 4, 2013 — Downtown Alliance's Live Green Festival**, Utah Bike Month, Salt Lake City, UT, Sustainable Living Festival, 10 am to 6 pm at Library Plaza, 210 E. 400 South, Downtown Salt Lake City. 100+ exhibitors, live auction, solar-powered beer garden, live music organic food, kids' eco-activities, film presentation, eco-fashion show and more., Mike Johnson, 801-994-1844, [LiveGreen@ReDirectGuide.com](http://LiveGreen@ReDirectGuide.com), [downtownslc.org](http://downtownslc.org), [livegreenslc.com](http://livegreenslc.com)

**May 4, 2013 — OpenStreets Salt Lake City**, Salt Lake City, UT, Designed to engage new people in bicycling and physical activity. The event will temporarily open a route of city streets exclusively to walking, biking, and other forms of active transportation. Includes activities such as exercise classes, dance classes, music, food, games and other attractions along the iconic downtown corridor of 300 South/Broadway between the City & County Building and the Rio Grande Depot. Coincides with the LiveGreen Festival, happening at the east end of the route., Colin Quinn-Hurst, 801-535-6630, [bikeslc@slc.gov](mailto:bikeslc@slc.gov), [slc.gov](http://slc.gov), [bikeslc.com](http://bikeslc.com)

**May 8, 2013 — 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., Curtis Clayton, 801-287-2062, [cclayton@rideuta.com](mailto:cclayton@rideuta.com), [utahbike-month.com](http://utahbike-month.com)

**May 11-12, 2013 — 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 11th 8am-5pm and Sunday May 12th 11am-3pm. Buy or sell gear., Julie Minahan, 435-640-8642, [julie.minahan@gmail.com](mailto:julie.minahan@gmail.com), [youngriders.com](http://youngriders.com)

**May 11, 2013 — 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, adult/kid mountain bike event. 10 am (pre-event helmet checks at 9), Butterfield Park, Kami Greenhagen, 801-913-3251, [kgreenhagen@gmail.com](mailto:kgreenhagen@gmail.com), [pp.infinitecycles.com](http://pp.infinitecycles.com)

**May 11, 2013 — Cyclefest**, tentative, Salt Lake City, UT, Utah High School Cycling League benefit dinner & silent auction featuring guest host Ned Overend. University of Utah Douglas Ballroom. Cocktail hour begins at 5:30, dinner and program at 6:30pm., Lori Harward, 801-502-8516, 801-661-7988, [lori@utahmtb.org](mailto:lori@utahmtb.org), [utahmtb.org](http://utahmtb.org)

**May 12-19, 2013 — Utah Bike Week**, Utah Bike Month, Salt Lake City, UT, Week-long festival with bike races, Bike Bonanza, Cycle Salt Lake Century Ride, Bike to Work Day, and more., Jon Smith, 801-596-8430, [cslcentury@mac.com](mailto:cslcentury@mac.com), [utahbikemonth.com](http://utahbikemonth.com), [cyclingutah.com](http://cyclingutah.com), [event-calendars/bicycling-events-swaps-and-festivals/](http://event-calendars/bicycling-events-swaps-and-festivals/)

**May 13, 2013 — UTA Bike to Work Day in Orem City**, Utah Bike Month, Orem, UT, 7:30-9:00 a.m. at City Center Park (North Pavilion) at 100 North 300 East in Orem, Utah. Free pancake breakfast (starting at 7:30 a.m.), Free bike swag, Free bike tune-ups, Free bicycle helmets for the first 50 participants, fun ride with Mayor Evans (begins 8:15 a.m. sharp), Stacey Adamson, 801-227-8958, [sadamson@rideuta.com](mailto:sadamson@rideuta.com), [utarideshare.com](http://utarideshare.com)

**May 13-19, 2013 — Boise Bike Week**, Boise, ID, A celebration of cycling in all of its forms and number of wheels. The event week has been set - coinciding with National Bike to Work Day on Friday the 17th. This year, we will have a few of the old favorites planned (including the awesome Pedal Power Parade on Saturday the 18th), but want to energize the week with some new and fun rides., Promoter, [tvca@bike-treasurevalley.org](mailto:tvca@bike-treasurevalley.org), [boisebikeweek.org](http://boisebikeweek.org)

**May 14, 2013 — Salt Lake County and City Mayor's Bike to Work Day**, tentative date, Utah Bike Month, Salt Lake City, UT, A mellow ride with Mayor Ben McAdams / Mayor Ralph Becker and other city mayors under police escort from Liberty Park to the County Complex and then to the City & County Building in downtown Salt Lake

City, Liberty Park (700 E 900 S, northeast corner) to the Salt Lake County Government Center (2100 S State St) then continuing to the City & County Building (451 S State St), 7:30 am., Colin Quinn-Hurst, 801-535-6134, [Colin.Quinn-Hurst@slc.gov](mailto:Colin.Quinn-Hurst@slc.gov), [bicycle.slco.org](http://bicycle.slco.org), [slc.gov/biketoworkday](http://slc.gov/biketoworkday)

**May 14, 2013 — UTA Bike to Work Day in Provo City**, Utah Bike Month, Provo, UT, 7:30-9:00 a.m. at the Historic County Courthouse (west lawn) off of University Avenue/Center Street in Provo, Utah. Free food and bike swag. Free bike tune-ups, Free bicycle helmets for the first 50 participants, fun ride with Mayor Curtis (begins 8 a.m. sharp), Stacey Adamson, 801-227-8958, [sadamson@rideuta.com](mailto:sadamson@rideuta.com), [utarideshare.com](http://utarideshare.com)

**May 15, 2013 — Ride of Silence**, Utah Bike Month, Salt Lake City, UT, Cyclists will take to the roads, escorted in a silent procession to honor cyclists who have been killed or injured while cycling on public roadways, 7 pm, Gallivan Center. Bike ride at 10 to 12 mph, mostly flat or minimum grade, about 11 miles., Laila Bremner, 801-654-0323, [gasele2002@yahoo.com](mailto:gasele2002@yahoo.com), [rideofsilence.org](http://rideofsilence.org), [utahbikemonth.com](http://utahbikemonth.com)

**May 15, 2013 — Cycle Salt Lake Century Ride Packet Stuffing**, Utah Bike Month, Salt Lake City, UT, We will be stuffing the rider packets at the Gallivan Center Stage at 5:00 p.m. FREE Pizza from Papa John's after stuffing., Jon Smith, 801-596-8430, [cslcentury@mac.com](mailto:cslcentury@mac.com), [cyclesaltlakecentury.com](http://cyclesaltlakecentury.com)

**May 15, 2013 — Ride of Silence**, Utah Bike Month, Provo, UT, 7 pm, Cyclists will take to the roads, escorted in a silent procession to honor cyclists who have been killed or injured while cycling on public roadways. 150 S. University Ave., Blu Robinson, 801-319-7218, 801-426-8800, [bluryan@gmail.com](mailto:bluryan@gmail.com), [rideofsilence.org](http://rideofsilence.org), [utahbikemonth.com](http://utahbikemonth.com)

**May 17, 2013 — UTA Bike Bonanza**, Utah Bike Month, Salt Lake City, UT, Free to public 2012 Bike Bonanza, 4pm-8pm at the Gallivan Center SLC. Entertainment, prizes, booths, and more. Bring family, bring friends!, Jon Maynard, 801-287-2062, [JMaynard@rideuta.com](mailto:JMaynard@rideuta.com), [utarideshare.com](http://utarideshare.com)

**May 17, 2013 — Bike Art Gallery Roll**, Utah Bike Month, Salt Lake City, UT, Salt Lake City, Utah Bicycle Culture theme, Opening at Salt Lake City Bicycle Company, 6-9pm in conjunction with SLC Gallery Stroll, 177 E. 200 S., Gallery Roll to other downtown galleries., Brent Hulme, 801-746-8366, [brent@slcbike.com](mailto:brent@slcbike.com), [galleryroll.com](http://galleryroll.com), [utahbikemonth.com](http://utahbikemonth.com)

**May 17, 2013 — 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., Curtis Clayton, 801-287-2062, [cclayton@rideuta.com](mailto:cclayton@rideuta.com), [utahbike-month.com](http://utahbike-month.com)

**May 18-19, 2013 — Cole Sport Bike Swap**, Park City, UT, 9-5 Sat., 9-3 Sun. \$10 fee if bike sells. Proceeds go to Mountain Trails Foundation. Drop bikes off at Cole Sport, 1615 Park Ave. on 5/17. Pick up is by 3 pm on 5/19, Scott Dudevoir, 435-649-4806, [dude@colesport.com](mailto:dude@colesport.com), [mountaintrails.org](http://mountaintrails.org), [colesport.com](http://colesport.com)

**May 18, 2013 — Cycle Salt Lake Century Ride**, Utah Bike Month, Salt Lake City, UT, Utah State Fair Park, 155 N 1000 W. Salt Lake to Antelope Island and back, 37, 67, or 100 mile options. Utah State Fair Park, 155 N. 1000 W., SLC. 7:30 AM Mass start time. Registration opens at 6:00 AM., Jon Smith, 801-596-8430, [cslcentury@mac.com](mailto:cslcentury@mac.com), [cyclesaltlakecentury.com](http://cyclesaltlakecentury.com)

**May 18, 2013 — Ride of Silence**, Flagstaff, AZ, International day to honor dead and injured cyclists. Pedal with ghost bikes through downtown Flagstaff, about 3 miles, then sign a letter to local authorities requesting better bicycle infrastructure, Joe Shannon, 928-523-1740, [joseph.shannon@nau.edu](mailto:joseph.shannon@nau.edu), [Flagstaffcycling.Squarespace.com](http://Flagstaffcycling.Squarespace.com), [rideofsilence.org](http://rideofsilence.org)

**June 10, 2013 — Share the Road Ride**, Park City, UT, A 17 mile road ride to spread awareness in sharing the road



Wild Rose  
702 Third Avenue  
801 533-8671  
[wildrosesports.com](http://wildrosesports.com)

# G.O.T.S.

## OUTDOOR EQUIPMENT SWAP

Bike Gear • Camping Gear • Clothing  
Watersport & Climbing Equipment

Registration:	Fri. May 3	3:00 PM to 6:30 PM
	Sat. May 4	8:00 AM to 10:00 AM
Swap:	Sat. May 4	9:00 AM to 5:00 PM
Pickup:	Sat. May 4	4:00 PM to 6:00 PM

**PLAN 7** TRAIN  
ENDURANCE COACHING BIKE FIT  
performance training for every athlete TEST

CONTACT USA CYCLING ELITE COACH DAVE HARWARD  
[dave@plan7coaching.com](mailto:dave@plan7coaching.com) | [plan7coaching.com](http://plan7coaching.com) | 801.661.7988



between cyclists and motorists. Ride leaves Cole Sport, 1615 Park Ave. at 6 pm. Park at lower PCMR lot., Scott Dudevoir, 435-649-4806, [dude@cole-sport.com](mailto:dude@cole-sport.com), [colesport.com](http://colesport.com), [mountaintrails.org](http://mountaintrails.org)

**June 28-29, 2013 — Velo Weekend.** Salt Lake City, UT, A whole weekend of urban cycling events beginning with Critical Mass and a Tall Bike Joust on Friday and continuing into Saturday with an Alleycat, Freestyle Trick Comp., Sprints and a Raffle. Lots of fun and prizes., Nathan Larsen, 801-916-0884, [contact@velocitybags.com](mailto:contact@velocitybags.com), [veloweek-endslc.com](http://veloweek-endslc.com)

**June 28-30, 2013 — KPCW Cycling Festival.** Park City, UT, Fat tire, skinny tire & training wheels...festival celebrating cycling. Road and trail rides, educational clinics, equipment demos, live music, food, beverages and fun for the whole family. Held at The Yard, 8:00 AM - 8:00 PM, Cindy Bywater, 435-649-9004, [cbwater@kpcw.org](mailto:cbwater@kpcw.org), [kpcw.org](http://kpcw.org)

**July 27, 2013 — DealerCamp 2013 Consumer Expo.** Park City, UT, Consumer day at DealerCamp 2013, 9am-6pm. Booths from lots of national bike companies. Free admission., Chad Battistone, [chad@lifeboatevents.com](mailto:chad@lifeboatevents.com), [bikedealercamp.com](http://bikedealercamp.com)

**August 17, 2013 — Tour de Fat.** Boise, ID, Rolling Revival of Sustainable Folly!, Various Western Locations., 888-622-4044, [nbb@newbelgium.com](mailto:nbb@newbelgium.com), [newbelgium.com/tour-de-fat](http://newbelgium.com/tour-de-fat)

**September 21, 2013 — Edible Wasatch - Bites & Bikes.** tentative, Salt Lake City, UT, The ride kicks off at Pioneer Park where participants will receive a "clue card" and begin the hunt throughout downtown Salt Lake in search of local food gems., Rachel Hodson, 801-742-1592, [rache@ediblewasatch.com](mailto:rache@ediblewasatch.com), [ediblewasatch.com](http://ediblewasatch.com)

**September 22, 2013 — World Car Free Day.** UT, Ride your bike and leave the car at home!, None, [noemail@cycling-utah.com](mailto:noemail@cycling-utah.com), [worldcarfree.net](http://worldcarfree.net)

## Mountain Bike

### Tours and Festivals

**April 5-7, 2013 — BetterRide MTB Camp.** Fruita, CO, BetterRide's team of professional coaches is dedicated to teaching riders of all levels the skills to ride in balance, in control & have more fun on their bikes!, Gene Hamilton, 970-335-8226, [Info@BetterRide.net](mailto:Info@BetterRide.net), [better-ride.net](http://better-ride.net)

**April 25-28, 2013 — New Belgium Brewing Company Fruita Fat Tire Festival.** Fruita, CO, 18th Annual festival which is the kickoff to Mtn bike season in CO, World renowned trails, expo, Clunker Crit, Prizes, and live music in downtown Fruita., Mike Heaston Over the Edge Sports, 970-858-7220, 303-635-2815, [emgmh@emgcolorado.com](mailto:emgmh@emgcolorado.com), [emgcolorado.com](http://emgcolorado.com), [fruitamountainbike.com](http://fruitamountainbike.com)

**April 26-28, 2013 — BetterRide MTB Camp.** Moab, UT, BetterRide's team of professional coaches is dedicated to teaching riders of all levels the skills to ride in balance, in control & have more fun on their bikes!, Gene Hamilton, 970-335-8226, [Info@BetterRide.net](mailto:Info@BetterRide.net), [better-ride.net](http://better-ride.net)

**May 3-5, 2013 — P.A.S.S. Bookcliffs Trailfest.** Price, UT, Trail Rides (New Trails Debuted), Free Camping (Bring your acoustic instruments for the Campfire-Jam), Food, Live Music, Chaos & Mayhem, Friday afternoon warm-up ride will be pretty mellow with a party atmosphere, Saturday & Sunday we ride for REAL - Rides range from short & mellow to ridiculous., Fuzzy Nance, 435-637-2453, [fuzzythebikeguy@msn.com](mailto:fuzzythebikeguy@msn.com), [PASstrails.com](http://PASstrails.com)

**May 3-5, 2013 — Alison Dunlap Adventure Camps Novice/Intermediate MTB Skills Camp.** Moab, UT, 3 day novice/intermediate skills camp with World Champ Alison Dunlap in Moab, Utah. 3 full days of rides with lunch and transportation included, Alison Dunlap, 719-439-9041, [alisondunlap@comcast.net](mailto:alisondunlap@comcast.net), [alisondunlap.com](http://alisondunlap.com)

**May 17-19, 2013 — MECCA Spring MTB Festival.** Green River, UT, Registration begins Friday at 1pm followed by a "warm up ride." Evening meal is provided as is a prize drawing. Saturday begins with breakfast and then all-day, guided rides, ranging from beginner to advanced. Finish up on Sunday morning with a provided breakfast and a guided (or on-your-own) scenic ride. Family-friendly., Kim Player, 435-653-2440, [meccabikeclub@etv.net](mailto:meccabikeclub@etv.net), [biketh-eswell.org](http://biketh-eswell.org)

**May 17-19, 2013 — BetterRide MTB Camp.** Moab, UT, BetterRide's team of professional coaches is dedicated to teaching riders of all levels the skills to ride in balance, in control & have more fun on their bikes!, Gene Hamilton, 970-335-8226, [Info@BetterRide.net](mailto:Info@BetterRide.net), [better-ride.net](http://better-ride.net)

**May 18, 2013 — Amazing Earthfest.** Fredonia, AZ, 7th Annual - Joy Jordan Woodhill Trail Ride (BLM): 10, 20 mile non-technical loops on hard-packed natural surface with expansive views of the Kaibab Plateau and Grand Staircase. Fredonia Welcome Center, US 89-A, Fredonia, AZ, 8 am Arizona time., Rich Csege, 435-644-3735, [jw@awi.net](mailto:jw@awi.net), [amazingearthfest.com](http://amazingearthfest.com)

**May 24-26, 2013 — Black Hills Fat Tire Festival.** Rapid City, SD, Trail rides, races (hill climb, XC, Super-D), Triathlon with white water kayaking, running, and mountain biking. Film festival and socials., Kelly Combs, 605-431-8989, 605-343-9534, [kellycombs@hotmail.com](mailto:kellycombs@hotmail.com), [bhfattirefestival.com](http://bhfattirefestival.com)

**May 24-25, 2013 — BetterRide MTB Camp - Women's.** Fruita, CO, BetterRide's team of professional coaches is dedicated to teaching riders of all levels the skills to ride in balance, in control & have more fun on their bikes!, Gene Hamilton, 970-335-8226, [Info@BetterRide.net](mailto:Info@BetterRide.net), [better-ride.net](http://better-ride.net)

**May 25-26, 2013 — NUMB Fest.** Vernal, UT, 2 fun and action packed days of organized riding and festivities. There will be organized trail rides each day based on ability level with gatherings in the evening involving food, beverage, revelry, and prizes provided by the event sponsors. All events are in & around the Uintah Basin, there is no charge or entry fee., Troy Lupcho, 435-781-2595, [troyboy@altitudecycle.com](mailto:troyboy@altitudecycle.com), [altitudecycle.com](http://altitudecycle.com)

**May 31-June 2, 2013 — Alison Dunlap Adventure Camps Intermediate/**

**Advanced MTB Skills Camp.** Moab, UT, Five-3 day advanced skills camp with World Champ Alison Dunlap in Moab, Utah. 3 full days of rides with lunch and transportation included, Alison Dunlap, 719-439-9041, [alisondunlap@comcast.net](mailto:alisondunlap@comcast.net), [alisondunlap.com](http://alisondunlap.com)

**June 1, 2013 — National Trails Day.** Park City, UT, Meet at 9am, coffee and bagels. Location & Project TBA, Charlie Sturgis, 435-649-6839, [charlie@mountaintrails.org](http://charlie@mountaintrails.org), [mountaintrails.org](http://mountaintrails.org)

**June 1, 2013 — National Trails Day.** Salt Lake City, UT, Volunteer on Trail Projects., Celeste Eppler, 801-486-2100, [ceppler@rei.com](mailto:ceppler@rei.com), [rei.com/saltlakecity](http://rei.com/saltlakecity)

**June 1, 2013 — National Trails Day.** Weber County, UT, Weber Pathways Trail Day. Come out an build trails! Check website for details., Rod Kramer, 801-393-2304, [outreach@weberpathways.org](mailto:outreach@weberpathways.org), [weber-pathways.org](http://weber-pathways.org)

**June 1, 2013 — Buena Vista Bike Fest.** Buena Vista, CO, 15th Annual - produced by Colorado Springs Cycling Club, a recreational ride featuring scenic and challenging routes through some of Colorado's highest mountain peaks. Registration includes rest stops and SAG support, a colorful t-shirt for the first 800 registrants, detailed route maps, Saturday afternoon party. McPhelam Park, 112-134 West Lake Street., Aaron Rosenthal, 719-313-2994, [arj04pedal@hotmail.com](mailto:arj04pedal@hotmail.com), [bvbf.org](http://bvbf.org)

**June 7-August 16, 2013 — Kids' Mountain Bike Summer.** Wood River Cup, Hailey, ID, June 17-22, July 22-26, August 12-16. Kids will learn the following skills: Bike Handling, Pump Track Riding, Trail Course Riding., What to bring: BMX or Mountain Bike, Snacks, Cycling Gloves, Helmet, Sun Glasses, Extra T-Shirt, Hat, sweatshirt, Pants, Rain Jacket, Sun Screen., Billy Olson, 208-788-9184, [billy@powerhouseidaho.com](mailto:billy@powerhouseidaho.com), [powerhouseidaho.com](http://powerhouseidaho.com)

**June 8, 2013 — Wine Wench Winery Cruise.** Palisade, CO, Fruit and Wine Tour for the non racer, 3 routes for road bikes to beach cruisers. Ride through the Orchards and Vineyards of Palisade. Also an MTB race (see mtb race calendar), Rondo Buechele, 970-464-9266, [rapidcreekcycles@aol.com](mailto:rapidcreekcycles@aol.com), [rapidcreekcycles.com](http://rapidcreekcycles.com)

**June 9-September 20, 2013 — Bryce and Zion National Parks (MTB).** St. George, UT, 6-day, 140-mi guided Mtn Biking Tour thru Brian Head, Red Canyon, Navajo Lake Trail, Virgin River Rim and Hiking the Zion Narrows. Tour includes 5-night camping and 1 inn or 5-night all inns, transportation and food. Also available throughout the summer., Barbara Goff, 800-596-2953 x4, 702-596-2953, [Info@escapeadventures.com](mailto:Info@escapeadventures.com), [escapeadventures.com](http://escapeadventures.com)

**June 15-18, 2013 — Stone Temple Mountain Bike Camp.** Cheyenne, WY, Curt Gowdy State Park, IMBA Epic singletrack, Ages 13-18, Boys & Girls, Riding-Skills-Education Sessions, 4 Days-\$125, Richard Vincent, 307-745-4499, [enduro.rv@gmail.com](mailto:enduro.rv@gmail.com), [laramieenduro.org](http://laramieenduro.org)

**June 16, 2013 — Wild Rockies Boise to Idaho City Tour.** Wild Rockies Series, Boise, ID, Starts and finishes at the Old Armory on Reserve Rd. 7 am Boise to Idaho City (camp overnight) and back to Boise. Full support and SAG wagon

## Salt Lake City to Hold Open House on Bike/Ped Master Plan on April 11

Salt Lake City is in the process of updating its Bicycle and Pedestrian Master Plan. This is the first update since 2004 to the plan. As part of the process for public involvement, they will be holding an open house on Thursday, April 11 from 6 – 8 pm at the Salt Lake City Main Library in the Level 4 conference room.

The plan will feature bicycle program recommendations, updates to the city's extensive bike network, and priority pedestrian improvement projects. For more information on the plan, visit [WalkBikeSLC.com](http://WalkBikeSLC.com) or call 801-535-7227.

included for a low price. We are raising trail awareness and providing a low cost trip for all levels., Darren Lightfield, 208-608-6444, [wildrockiesmail@yahoo.com](mailto:wildrockiesmail@yahoo.com), [wildrockiesracing.com](http://wildrockiesracing.com), [swimba.org](http://swimba.org)

**June 23-28, 2013 — Grand Staircase Escalante Intro (MTB).** Panguitch, UT, 6-days. Also available 7/7-12, 8/4-9, 9/1-6., Barbara Goff, 800-596-2953 x4, 702-596-2953, [Info@escapeadventures.com](mailto:Info@escapeadventures.com), [escapeadventures.com](http://escapeadventures.com)

**June 23-28, 2013 — Grand Staircase Escalante Singletrack (MTB).** Panguitch, UT, 6-days. The Grand Staircase Lower Canyons provide exploring, camping, and backcountry mountain biking opportunities so vast and picturesque that the rest 7/14-19, 8/18-23, 9/15-20, Barbara Goff, 800-596-2953 x4, 702-596-2953, [Info@escapeadventures.com](mailto:Info@escapeadventures.com), [escapeadventures.com](http://escapeadventures.com)

**June 28-30, 2013 — KPCW Cycling Festival.** Park City, UT, Showcasing Park City's award winning trail system! Guided rides (Mid Mountain, Round Valley, Prospector & more. Live bands, vendors, expos, food & beverage, fun for the whole family. Held at The Yard, 8:00 AM - 8:00 PM, Cindy Bywater, 435-649-9004, [cbwater@kpcw.org](mailto:cbwater@kpcw.org), [kpcw.org](http://kpcw.org)

**June 29-July 7, 2013 — Ride Sun Valley Mountain Bike Festival.** Sun Valley, ID, Eight days of races and events geared for anyone who can balance on two wheels. Saturday, June 29, Day 1: Sun Valley Super Enduro; Apple's Street Party; Sun Valley Dirt Rally. Sunday, June 30, Day 2: Sun Valley Super Enduro; Sun Valley Dirt Rally. Monday, July 1, Day 3: Sun Valley Bike Demo; Local Stoker Rides. Tuesday, July 2, Day 4: Sun Valley Bike Demo; Local Stoker Rides; 4th Annual Idaho Pump Track State Championships. Wednesday, July 3, Day 5: Local Stoker Rides; Ketchum Criterium. Thursday, July 4, Day 6: Local Stoker Rides; Hailey 4th of July Criterium

Bike Race. Friday, July 5, Day 7: Local Stoker Rides; MASSV Music Festival; Kids Mountain Bike Race. Saturday, July 6, Day 8: MASSV Music Festival; USA Cycling Marathon Mountain Bike National Championships; Sun Valley Bald Juan XC; Sun Valley Beer Festival., Greg Randolph, 800-634-3347, [info@visitsunvalley.com](mailto:info@visitsunvalley.com), Ellen Gillespie, 208-726-2777, [ellen@sunvalleyevents.com](mailto:ellen@sunvalleyevents.com), [ridesunvalley.com](http://ridesunvalley.com), [visitsunvalley.com](http://visitsunvalley.com)

**June 29-30, 2013 — Sun Valley Dirt Rally Bicycle Tour.** Ketchum, ID, The Arthritis Foundation brings a new charity ride to Sun Valley, Idaho, featuring the forests, canyons, summits and open country surrounding Ketchum and Sun Valley. Takes place on paved and hard-packed dirt roads, perfect for cyclo-cross and hard-tail mountain bikes. Experienced cyclists may also opt for a standard road bike with 28+ mm tires. Local bike rentals are available. Ride takes place at roughly 6,000-8,000 feet above sea level. Each day's out-and-back route is roughly 50 miles, uphill on the way out., Tai Lee, 206-547-2707, [lee@arthritis.org](mailto:lee@arthritis.org), [sunvalleydirtrally.kintera.org](http://sunvalleydirtrally.kintera.org)

**July 21-22, 2013 — Trek Dirt Series Mountain Bike Camp.** Winter Park, CO, Learn new skills, increase confidence on the bike, or simply enjoy the sport like never before. World class women's only and co-ed instructional weekend camps for beginner, intermediate, and advanced riders., Lu Furber, 604-484-6238 (Canada), [lu@dirseries.com](mailto:lu@dirseries.com), [dirseries.com](http://dirseries.com)

**July 27-28, 2013 — Trek Dirt Series Mountain Bike Camp.** Park City, UT, Learn new skills, increase confidence on the bike, or simply enjoy the sport like never before. World class women's only and co-ed instructional weekend camps for beginner, intermediate, and advanced riders., Lu Furber, 604-484-6238 (Canada), [lu@dirseries.com](mailto:lu@dirseries.com), [dirseries.com](http://dirseries.com)



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**August 2-4, 2013 — BetterRide MTB Camp.** Park City, UT, BetterRide's team of professional coaches is dedicated to teaching riders of all levels the skills to ride in balance, in control & have more fun on their bikes!, Gene Hamilton, 970-335-8226, [info@BetterRide.net](mailto:info@BetterRide.net), [betterride.net](http://betterride.net)

**August 30-September 1, 2013 — TVTAP WYDHAHO Rendezvous Mountain Bike Festival.** Teton Valley, ID, 4th Annual Wydaho Rendezvous Mountain Bike Festival, Grand Targhee Resort WY and Teton Valley ID. Super D (4300 descent from chairlift), Downhill, Hill-Climb and Cross-Country trail races. For-fun Strava events with prizes. Fat Bike race, including high mark. All races included in Festival registration., Tim Adams, 208-201-1622, [tim@TVTAP.org](mailto:tim@TVTAP.org), TVTAP, 208-201-1622, [BikeFest@TVTAP.org](http://BikeFest@TVTAP.org), [tetonbikefest.org](http://tetonbikefest.org), [tvtap.org](http://tvtap.org)

**September 19-22, 2013 — Alison Dunlap Adventure Camps Intermediate/Advanced MTB Ride Camp.** Moab, UT, 4 day advanced ride camp with World Champ Alison Dunlap in Moab, Utah. All-inclusive: 3 full days of rides, lodging, massage, all meals included., Alison Dunlap, 719-439-9041, [alisondunlap@comcast.net](mailto:alisondunlap@comcast.net), [alisondunlap.com](http://alisondunlap.com)

**September 21-22, 2013 — Trek Dirt Series Mountain Bike Camp.** Fruita, CO, Learn new skills, increase confidence on the bike, or simply enjoy the sport like never before. World class women's only and co-ed instructional weekend camps for beginner, intermediate, and advanced riders., Lu Furber, 604-484-6238 (Canada), [lu@dirseries.com](mailto:lu@dirseries.com), [dirseries.com](http://dirseries.com)

**September 27-29, 2013 — MECCA Fall MTB Festival.** Castle Dale, UT, Registration begins Friday at 1pm followed by a "warm up ride." Evening meal is provided as is a prize drawing. Saturday begins with breakfast and then all-day, guided rides, ranging from beginner to advanced. Finish up on Sunday morning with a provided breakfast and a guided (or on-your-own) scenic ride. Family-friendly., Kim Player, 435-653-2440, [meccabikeclub@etv.net](mailto:meccabikeclub@etv.net), [bikethestwell.org](http://bikethestwell.org)

**October 2-6, 2013 — Outerbike.** Moab, UT, An opportunity to ride your dream bike on world class trails and roads. Participants will receive bike demos for 3 days, swag bag, lunch and beer, and admission to evening parties and films., Sean Hazell, 800-845-2453, [sean@outerbike.com](mailto:sean@outerbike.com), [outerbike.com](http://outerbike.com)

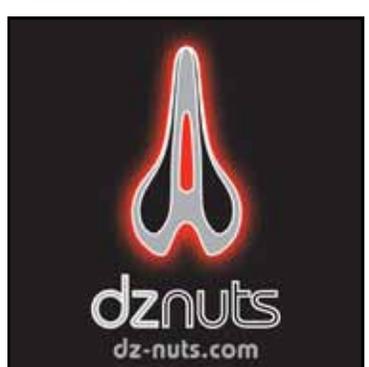
**October 24-27, 2013 — Moab Ho-Down Mountain Bike Festival & Film Fest.** Moab, UT, 8th Annual - Mountain bike festival with dual stage enduro race, group shuttle rides, bike film festival, townie tour, dirt jump comp and an outrageous costume party!, Tracy Reed, 435-259-4688, [info@chilebikes.com](mailto:info@chilebikes.com), [moabhdown.com](http://moabhdown.com)

## Utah Weekly MTB Race Series

**April 30-August 27, 2013 — Mid-Week Mountain Bike Race Series.** Mid-Week MTB Race Series, Park City, Draper, and Solitude, UT, Races are on Tuesday evenings. Registration begins at 5:30, kids race at 6:00 and main event at 6:30. 4/30 to 8/27., Brooke Howard, 385-227-5741, [brooke@midweekmtb.com](mailto:brooke@midweekmtb.com), [midweekmtb.com](http://midweekmtb.com), [facebook.com/midweekmtb](https://www.facebook.com/midweekmtb)

**May 1-August 7, 2013 — Sundance/Soldier Hollow Weekly Race Series.** WWRSS, Soldier Hollow, UT, Wednesday nights, May - Aug. Venue alternates between Soldier Hollow and Sundance, 6:30 pm. Pros/Experts 1hr race time, Sports 45mins, Beginners 30mins. 2013 Dates: • May 1, 15, 29, • June 12, 26, • July 10, 24, • August 7, Tyson, 435-200-3239, 801.223.4849, [aces@euclidoutdoors.com](mailto:aces@euclidoutdoors.com), [weeklyraceseries.com](http://weeklyraceseries.com)

**May 8-August 14, 2013 — Sundance/Soldier Hollow Weekly Race Series.** WWRSS, Sundance, UT, Wednesday nights, May - Aug. Venue alternates between Soldier Hollow and Sundance, 6:30 pm. Pros/Experts 1hr race time, Sports 45mins, Beginners 30mins. 2013 Dates: • May 8, 22, • June 5, 19, • July 3, 17, 31, • August 14, Tyson, 435-200-3239, 801.223.4849, [aces@euclidoutdoors.com](mailto:aces@euclidoutdoors.com), [weeklyraceseries.com](http://weeklyraceseries.com)



## Regional Weekly

### MTB Race Series

**June 18-August 13, 2013 — Laramie Mountain Bike Series.** Laramie, WY, 6/18, 6/25, 7/9, 7/23, 8/6, 8/13. Local mountain bike series, great for riders of any age and ability., Evan O'Toole, [info@laramiemtbseries.com](mailto:info@laramiemtbseries.com), [laramiemtbseries.com](http://laramiemtbseries.com)

## Utah Mountain Bike Racing

**April 6, 2013 — The Cactus Huger.** Intermountain Cup, St. George, UT, ICS #2, all new course in the Green Valley Raceway., Marek Shon, 801-209-2479, [intermountaincup@gmail.com](mailto:intermountaincup@gmail.com), [intermountaincup.com](http://intermountaincup.com), [spingeeks.com](http://spingeeks.com)

**April 13, 2013 — Adventure Xstream Moab.** AXS Series, Moab, UT, Solo racers and teams will kayak, trek, rappel, and mountain bike through the Moab Canyon Country, 50 miles of multisport racing., Will Newcomer, 970-403-5320, [events@gravityplay.com](mailto:events@gravityplay.com), [gravityplay.com](http://gravityplay.com)

**April 20, 2013 — Alpine XCO.** USC Series, Alpine, UT, 3 Mile laps, World Cup format, Mucho OneTrack, sweet DH, challenging climbs, Bob Saffell, 801-588-9020, [info@raceuscs.com](mailto:info@raceuscs.com), Ty Hansen, (801) 233-1400, [ty@revolutionutah.com](mailto:ty@revolutionutah.com), [raceuscs.com](http://raceuscs.com)

**April 27, 2013 — Cyclesmith 19th Annual Showdown at 5-Mile Pass.** Intermountain Cup, Eagle Mountain, UT, ICS #3, 19th Annual, XC Fun XC course, 11-mile loop with rolling hills, First start at 9 am for Under 12, others at 10 am., Marek Shon, 801-209-2479, [intermountaincup@gmail.com](mailto:intermountaincup@gmail.com), [intermountaincup.com](http://intermountaincup.com)

**May 4, 2013 — Mag 7 Enduro.** Enduro Cup, Park City, UT, Stop 1 of a 3 race series across Utah. Fun, flowy enduro racing in the Gemini Bridges area, Ali Goulet, 801-560-6479, [therealalig-show@gmail.com](mailto:therealalig-show@gmail.com), Dan Roper, [droper@mtsports.com](mailto:droper@mtsports.com), [endurocupmtb.com](http://endurocupmtb.com)

**May 11, 2013 — 8th Annual Racers Cycle Service's Call to Sundance.** Intermountain Cup, Sundance Resort, UT, ICS #4, XC, 2 loops: a 7.1-mile toping out at 7100 ft, and the small 0.5-mile lowest part of Archies Loop, First race starts at 8 am for U9, 8:30 am for U12, others 9:30 am., Marek Shon, 801-209-2479, [intermountaincup@gmail.com](mailto:intermountaincup@gmail.com), [intermountaincup.com](http://intermountaincup.com)

**May 25-27, 2013 — Sundance Showdown Super-D Race Series.** UT Gravity Series, Sundance Resort, UT, Super-D Saturday, DH Monday., Ron Lindley, 801-375-3231, [info@utahdh.org](mailto:info@utahdh.org), [go-ride.com](http://go-ride.com), [utahdh.org](http://utahdh.org)

**May 27, 2013 — Stan Crane Memorial XC Race.** Intermountain Cup, Draper, UT, ICS #5, 7th annual. Monday race, Great XC course start/finish at the equestrian center, about 80% single-track on a 9.8-mi loop, Total elevation 1100'/lap, first start at 8:15 am for U12, others at 9 am., Marek Shon, 801-209-2479, [intermountaincup@gmail.com](mailto:intermountaincup@gmail.com), [intermountaincup.com](http://intermountaincup.com)

**June 1, 2013 — Intermountain Cup Race 6.** tentative, Intermountain Cup, TBA, UT, ICS #6, Marek Shon, 801-209-2479, [intermountaincup@gmail.com](mailto:intermountaincup@gmail.com), [intermountaincup.com](http://intermountaincup.com)

**June 8-9, 2013 — Wolf Mountain Mayhem.** UT Gravity Series, Wolf Mountain Resort, UT, Saturday Super D (afternoon start), Sunday Downhill (morning start), Ron Lindley, 801-375-3231, [info@utahdh.org](mailto:info@utahdh.org), [go-ride.com](http://go-ride.com), [utahdh.org](http://utahdh.org)

**June 8, 2013 — Wasatch Back 50.** USC Series, Heber, UT, 2 25 Mile laps, the premier urban 50 miler on Onetrack!!!! 25 mile option for jrs' and adults., Bob Saffell, 801-588-9020, [info@raceuscs.com](mailto:info@raceuscs.com), [raceuscs.com](http://raceuscs.com)

**June 22, 2013 — Dixie 200.** Parowan, UT, Self-supported, 200 miles of trail and remote terrain between Bryce Canyon and Brian Head in southern UT. Virgin River Rim, Thunder Mountain, Grandview and several other trails. Start: 7am, 6/22, intersection of 2nd Left Hand Canyon and hwy 143., Dave Harris, [hairball.dh@gmail.com](mailto:hairball.dh@gmail.com), [2-epic.com/events/dixie200.html](http://2-epic.com/events/dixie200.html)

**June 22, 2013 — Round Valley Cross Country.** USC Series, Park City, UT, 8-9 mile laps, mostly singletrack. Rolling hills, swoopy turns., Bob Saffell, 801-588-9020, [info@raceuscs.com](mailto:info@raceuscs.com), [raceuscs.com](http://raceuscs.com)

**June 28, 2013 — 6th Annual Sundance Single Speed Challenge.** Sundance Resort, UT, As the only TRUE Single Speed Race in Utah the Sundance Challenge proves to be an incredible event. Single Speeders get a unique chance to race head to head in this event. A purest category, Single Speed draws in many who feel a connection to the roots of Mountain Biking., Czar Johnson, 801-223-4121, 801.223.4849, [czarj@sundance-utah.com](mailto:czarj@sundance-utah.com), [\[ceresort.com/explore/sum\\\_biking\\\_races.html\]\(http://ceresort.com/explore/sum\_biking\_races.html\)](http://sundan-</a></p>
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**June 29, 2013 — Sherwood Hills.** Intermountain Cup, Logan, UT, ICS #7, Sherwood Hills Resort, Multiple laps, winding single track through trees, 9 am., Kayleen Ames, 435-757-4310, [amespromoting@comcast.net](mailto:amespromoting@comcast.net), Marek Shon, 801-209-2479, [intermountaincup@gmail.com](mailto:intermountaincup@gmail.com), [intermountaincup.com](http://intermountaincup.com), [amespromoting.com](http://amespromoting.com)

**July 6, 2013 — The Rage at Snowbird - UT State Championship.** Intermountain Cup, Snowbird, UT, ICS #8, Snowbird, Utah State Open XC Championship, Open to all, Event starts at 8000' near the Snowbird Center (Entry 2). Course: 4-mile loop, with 800' of climbing per lap, First race starts at 8:10am for U9, 8:30am next start., Marek Shon, 801-209-2479, [intermountaincup@gmail.com](mailto:intermountaincup@gmail.com), [intermountaincup.com](http://intermountaincup.com)

**July 6, 2013 — Fire Road Cycling.** Cedar City, UT, 25k, 60k, 100k distances, starts at Main StreetPark, 8am, 7000 ft. total elevation gained for 100km; 4000ft total for 60km. Equal prize \$ for overall men & women in the 100km. 25-qualifying slots for the Leadville 100 up for grabs for 100km event., Paul Huddle, 858-518-0042, 760-936-7459, [huddle@multisports.com](mailto:huddle@multisports.com), [fireroadcycling.com](http://fireroadcycling.com)

**July 13, 2013 — The Crusher in the Tushar.** Beaver, UT, A 70 mile "road dirt" race exploring Southern Utah's Tushar Mt. range. 10,500+ ft. of climbing! A perfect 50/50% split between pavement and dirt fire-roads and a traverse of some of Utah's highest and most scenic roads., Burke Swindlehurst, [roaddirt@msn.com](mailto:roaddirt@msn.com), [tusharcruiser.com](http://tusharcruiser.com)

**July 19-20, 2013 — Wasatch Enduro.** Park City, UT, At the Canyons Resort, European style enduro race, \$12,000 Cash and Prizes, 17 miles, 3,200' of technical descents / 1,300' climbing, All Goulet, 801-560-6479, [therealalig-show@gmail.com](mailto:therealalig-show@gmail.com), [bellwasatchenduro.com](http://bellwasatchenduro.com), [endurocupmtb.com](http://endurocupmtb.com)

**July 27, 2013 — The Solitude Cup.** Intermountain Cup, Solitude Resort, UT, ICS #9, Course combines Cruiser (upper) and Serenity (lower) loops, First start at 8:15am., Marek Shon, 801-209-2479, [intermountaincup@gmail.com](mailto:intermountaincup@gmail.com), [intermountaincup.com](http://intermountaincup.com)

**August 3, 2013 — The Bash at Snowbasin.** Intermountain Cup, Snowbasin, UT, ICS #10, Series finals, an 8.5-mile loop consisting of 90% wide single-track that winds across the lower mountain with about 1,300' of climbing per lap, Marek Shon, 801-209-2479, [intermountaincup@gmail.com](mailto:intermountaincup@gmail.com), [intermountaincup.com](http://intermountaincup.com)

**August 10-11, 2013 — Flyin' Brian Gravity Festival.** UT Gravity Series, Brian Head, UT, Downhill and Super-D Schedule of events T.B.D., Ron Lindley, 801-375-3231, [info@utahdh.org](mailto:info@utahdh.org), [go-ride.com](http://go-ride.com), [utahdh.org](http://utahdh.org)

**August 17, 2013 — Mt. Ogden 100 K MTB Race.** Snowbasin, UT, 3 race divisions: 25K, 50k and 100k. Held on the trails of Snowbasin Resort., Steve Andrus, 801-620-1014, [sandrus@snowbasin.com](mailto:sandrus@snowbasin.com), [mtogden100k.com](http://mtogden100k.com)

**August 31, 2013 — Park City Point 2 Point.** NUE Series, Park City, UT, A true point 2 point race! Thanks to the plethora of trails in this area, the race will never be on the same trail twice. Over 90% of the race is single-track. 78 miles & 14,000' of climbing., Jay Burke, 801-330-3214, [info@thepcpp.com](mailto:info@thepcpp.com), [thepcpp.com](http://thepcpp.com)

**September 8, 2013 — Utah High School Cycling League Race #1.** Utah High School Cycling League Race Series, Park City, Round Valley, UT, Races are for 9th through 12th grades only. Categories for individual scoring are Freshman, Sophomore, JV, and Varsity for boys and girls separately. Team scoring for division I and II teams. Race starts Saturday at 10 am. Bring your family and cowbells for a great day of fun cheering your local high school team at our spectator-friendly 4-6 mile lap courses., Lori Harward, 801-502-8516, 801-661-7988, [lori@utahmtb.org](mailto:lori@utahmtb.org), [utahmtb.org](http://utahmtb.org)

**September 14, 2013 — 12 Hours of Sundance.** Sundance Resort, UT, With Solo, 2-Man, 4-Man and Coed options this event has something for everyone. Race goes from 7am - 7pm., Czar Johnson, 801-223-4121, 801.223.4849, [czarj@sundance-utah.com](mailto:czarj@sundance-utah.com), John Woodruff, 801-223-4044, 801.223.4849, [johnw@sundance-utah.com](mailto:johnw@sundance-utah.com), [sundance-ceresort.com/explore/sum\\_biking\\_races.html](http://sundance-ceresort.com/explore/sum_biking_races.html)

**September 14, 2013 — Widemaker Hill Climb.** tentative, Snowbird, UT, Starts in Gad Valley 10 AM, 3000' vertical race to the top of the Tram for awards, food and fun. Snowbird Resort., James Zwick, 801-583-6281, [sports@sports-am.com](mailto:sports@sports-am.com), [sports-am.com](http://sports-am.com)

**September 15, 2013 — Tour de Suds.** Park City, UT, 7-mile mountain bike climb from City Park, to the top of Guardsman Pass with a 2,700ft elevation gain. Participants are urged to

don 'festive' costumes and celebrate the beginning of the fall mountain bike season in a spirited manner., Ginger Ries, 435-649-6839, [ginger@mountaintrails.org](mailto:ginger@mountaintrails.org), [mountaintrails.org](http://mountaintrails.org)

**September 21, 2013 — Draper Fall Classic 50.** USC Series, Draper, UT, 2 25 Mile laps, the premier urban 50 miler on Onetrack!!!! 25 mile option for jrs' and adults., Bob Saffell, 801-588-9020, [info@raceuscs.com](mailto:info@raceuscs.com), [raceuscs.com](http://raceuscs.com)

**September 21, 2013 — Utah High School Cycling League Race #2.** Sherwood Hills Resort, UT, Race for 9th through 12 graders only. Sherwood Hills Resort. First wave going off at 10 am, with 3 waves during the day. Spectator friendly 4-6 mile laps, total length depends on category. Both individual scoring and team scoring., Lori Harward, 801-502-8516, 801-661-7988, [lori@utahmtb.org](mailto:lori@utahmtb.org), [utahmtb.org](http://utahmtb.org)

**September 28-30, 2013 — Big Mountain Enduro #5.** Big Mountain Enduro Series, Moab, UT, epic, backcountry enduro rides., Sarah Rawley, 720-407-6142, [sarah@bigmountainenduro.com](mailto:sarah@bigmountainenduro.com), [bigmountainenduro.com](http://bigmountainenduro.com)

**October 6, 2013 — Utah High School Cycling League Race #3.** Utah High School Cycling League, Snowbasin, UT, Race for 9th through 12 graders only. Snowbasin Resort, up Ogden Canyon. First wave going off at 10 am, with 3 waves during the day. Spectator friendly 4-6 mile laps, total length depends on category. Both individual scoring and team scoring., Lori Harward, 801-502-8516, 801-661-7988, [lori@utahmtb.org](mailto:lori@utahmtb.org), [utahmtb.org](http://utahmtb.org)

**October 12, 2013 — 6 Hours of Frog Hollow.** Frog Hollow Endurance Series, Hurricane, UT, 13 mile long course in the UT desert combines sweet single track, with some technical sections, and great climbs. Great introduction to endurance racing or a great trainer for bigger races. Categories from solo to 3 person, including single speed categories., Cimarron Chacon, 970-759-3048, [info@gropromotions.com](mailto:info@gropromotions.com), [GROPromotions.com](http://GROPromotions.com)

**October 14-15, 2013 — Huntsman World Senior Games.** 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, [hws@infowest.com](mailto:hws@infowest.com), Merrill Barney, [seniorgames.net](http://seniorgames.net)

**November 2-3, 2013 — 25 Hours of Frog Hollow.** Frog Hollow Endurance Series, Hurricane, UT, Held Sat 10 am to Sun 10 am with the bonus double midnight lap due to the fallback time change. 13 mile long course in the UT desert combines sweet single track, with some technical sections, and great climbs., Cimarron Chacon, 970-759-3048, [info@gropromotions.com](mailto:info@gropromotions.com), [GROPromotions.com](http://GROPromotions.com)

**November 9, 2013 — Utah High School Cycling League State Championships.** Utah High School Cycling League, Moab, UT, Final race & State Championship. Held at Bar M Trails. First wave goes off at 10 am. Registration for races will be done through team coaches. Categories include Freshman, Sophomore, JV and Varsity for both boys and girls. Individual scoring and team scoring and awards., Lori Harward, 801-502-8516, 801-661-7988, [lori@utahmtb.org](mailto:lori@utahmtb.org), [utahmtb.org](http://utahmtb.org)

## Regional Mountain Bike Racing

**April 6, 2013 — Barking Spider Bash.** Wild Rockies Series, Nampa, ID, AMBC Race, more than 1000 vertical ft per lap, elevation gain for hill climbs. Original 2 hr XC course and 1 hour trail run, includes roller coaster single track and wide open fire road. FREE kids race, awards ceremony, food and beverages., Darren Lightfield, 208-608-6444, [wildrockiesemail@yahoo.com](mailto:wildrockiesemail@yahoo.com), [wildrockiesracing.com](http://wildrockiesracing.com)

**April 13, 2013 — Sage Brush Scramble.** Knobby Tire Series, Boise, ID, STXC. Action-packed short track racing just 23 miles SE of Boise Racing and BBQ starts at noon., Hal Miller, 208-869-4055, 208-720-3019, [info@brokenspokecycling.org](mailto:info@brokenspokecycling.org), [knobbytireseries.com](http://knobbytireseries.com)

**April 13, 2013 — Rumble at 18 Road.** Fruita, CO, Cross Country, USAC Nationals Qualifier, Mike Driver, 970-904-5708, [mdriver@livetrainrace.com](mailto:mdriver@livetrainrace.com), [lfrsports.com](http://lfrsports.com)

**April 26-28, 2013 — The Whiskey Off-Road.** Tuscon, AZ, While riding the Whiskey course, mountain bikers of all skill levels will enjoy a brief stay and steep climb on the pavement while making their way out to the endless singletrack offerings located in Prescott National Forest. Once in the forest, participants will experience technical fast single track, smooth fire roads, quality climbing and vistas that will leave them speechless., 520-623-1584, [info@epicrides.com](mailto:info@epicrides.com), [epicrides.com](http://epicrides.com)

**May 3-4, 2013 — New Belgium Brewing Company 18 Hours of Fruita.** Loma, CO, 9th Annual, Highline Lake State Park, midnightstart, 18 Hr race on 6.5 mile loop., Mike Heaston Over the Edge Sports, 970-858-7220, 303-635-2815, [emgmh@emgcolorado.com](mailto:emgmh@emgcolorado.com), [fruita-mountainbike.com](http://fruita-mountainbike.com)

**May 11, 2013 — Avimor Coyote Classic.** Knobby Tire Series, Boise, ID, 11th annual - This is real mountain bike racing; not for the weak. High speed rolling double and single track with a ton of climbing. Tight, technical sagebrush single track, water crossings, quick steep drops, nasty little granny gear climbs., Hal Miller, 208-869-4055, 208-720-3019, [info@brokenspokecycling.org](mailto:info@brokenspokecycling.org), [knobbytireseries.com](http://knobbytireseries.com), [brokenspokecycling.com](http://brokenspokecycling.com)

**May 11, 2013 — Desert Rats Classic.** Fruita, CO, 100 km out and back mtb race, Reid Delman, 303-249-1112, [reid\\_delman@geminiadventures.com](mailto:reid_delman@geminiadventures.com), [geminiadventures.com](http://geminiadventures.com)

**May 18, 2013 — 12 Hours of Disco.** Salmon, ID, 8 mile laps, mostly singletrack, at the foot of the mighty Beaverhead Mountains. Race Solo, or teams of 2 and 4., Max Lohmeyer, 208 756 7613, [max@ridesalmon.com](mailto:max@ridesalmon.com), [ridesalmon.com](http://ridesalmon.com)

**May 18-19, 2013 — Big Nasty Mud Run and Mountain Bike Weekend.** Ontario, OR, Saturday mud run and Sunday XC mountain bike, Tom Pence Ranch, on Big Willow Road, Sunday is an 8-mile mountain bike loop., Jeff Gasser, 208-867-2488, [jgasser@acecosemicon.com](mailto:jgasser@acecosemicon.com), Ron Dillon, 208-573-4255, [bignasty@cablone.net](mailto:bignasty@cablone.net), [bignastyhillclimb.com](http://bignastyhillclimb.com)

**May 18-19, 2013 — Big Mountain Enduro #1.** Big Mountain Enduro Series, Taos, NM, epic, backcountry enduro rides., Sarah Rawley, 720-407-6142, [sarah@bigmountainenduro.com](mailto:sarah@bigmountainenduro.com), [bigmountainenduro.com](http://bigmountainenduro.com)

**May 24-26, 2013 — Black Hills Fat Tire Festival.** Rapid City, SD, Races (XC, SD, DH), Rides, Demo Bikes, Fun Socials, and plenty of fantastic single track all waiting for you to kick off the summer., Kelly Combs, 605-431-8989, 605-343-9534, [kellycombs@hotmail.com](mailto:kellycombs@hotmail.com), [bhfat-tirefestival.com](http://bhfat-tirefestival.com)

**May 25-27, 2013 — Eagle Bike Park Gravity Festival.** Wild Rockies Series, Eagle, ID, Saturday- Sweet super D course, using most of the XC and Dh trails in the park. Sunday, we have dual slalom course that was built by World Champion Eric Carter. Monday's main event supported by the Southern Idaho downhillers program—the mini-DH, filled with small gaps, drops and huge berms!, Darren Lightfield, 208-608-6444, [wildrockiesemail@yahoo.com](mailto:wildrockiesemail@yahoo.com), [wildrockiesracing.com](http://wildrockiesracing.com), [byrdscycling.com](http://byrdscycling.com)

**June 1, 2013 — Wood River Cup Race #1.** Wood River Cup, Hailey, ID, Hailey Community Bike Park, short track cross country., Billy Olson, 208-788-9184, [billy@powerhouseidaho.com](mailto:billy@powerhouseidaho.com), [powerhouseidaho.com](http://powerhouseidaho.com)

**June 8, 2013 — Wood River Cup Race #2.** Wood River Cup, Hailey, ID, Hailey Community Bike Park, short track cross country., Billy Olson, 208-788-9184, [billy@powerhouseidaho.com](mailto:billy@powerhouseidaho.com), [powerhouseidaho.com](http://powerhouseidaho.com)

**June 8, 2013 — Knobby 9 to 5.** Knobby Tire Series, Avimor, ID, High speed rolling double-track. Tight, technical sagebrush single-track, water crossings, quick steep drops, nasty little granny gear climbs. Single speeders' dream., Hal Miller, 208-869-4055, 208-720-3019, [info@brokenspokecycling.org](mailto:info@brokenspokecycling.org), [knobbytireseries.com](http://knobbytireseries.com)

**June 8, 2013 — Grand Mesa Grind MTB Race and Pailsade Bike Festival.** Pailsade, CO, Expert Course is 35 miles with 4800 feet of climbing around the slopes of the Grand Mesa, and a 24 mile Sport and 20 mile beginner race. Race Start: 8am., Rondo Buecheler, 970-464-9266, [rapidcreekcycles@aol.com](mailto:rapidcreekcycles@aol.com), [rapidcreekcycles.com](http://rapidcreekcycles.com)

**June 15, 2013 — Wood River Cup Race #3.** Wood River Cup, Hailey, ID, Hailey Community Bike Park, short track cross country., Billy Olson, 208-788-9184, [billy@powerhouseidaho.com](mailto:billy@powerhouseidaho.com), [powerhouseidaho.com](http://powerhouseidaho.com)

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801-608-5138  
[bluemonkeybicycles.com](http://bluemonkeybicycles.com)

**June 15, 2013 — Fear, Tears & Beers, Ely, NV, Enduro mountain bike event.** Timed sections mostly downhill, combined time wins. Men's and women's events for all classes. Fun run, beginner, sport, and expert classes., Kent Robertson, 775-289-6042, [krobeg@mwpower.net](mailto:krobeg@mwpower.net), [greatbasinraces.org](http://greatbasinraces.org)

**June 15-16, 2013 — USA Cycling 24-Hour MTB National Championships,** Gallup, NM, Micah Rice, 719-434-4200, [mrice@usacycling.org](mailto:mrice@usacycling.org), [usacycling.org](http://usacycling.org)

**June 20-23, 2013 — Crested Butte Bike Week,** Crested Butte, CO, 32nd Anniversary year: Fat Tire 40 endurance race, Aided Rides, Mountain States Cup Wildflower Rush races, pure Crested Butte classics like the Chainless Race & the 24 Hour Bridges of the Butte, as well as some premiere entertainment., Scott, [scott@cbchamber.com](mailto:scott@cbchamber.com), [cbchamber.com/crested-butte-bike-week-2012.html](http://cbchamber.com/crested-butte-bike-week-2012.html)

**June 21-22, 2013 — City Creek Pedalfest,** Pocatello, ID, Mountain Bike Race. Kids Race and Spaghettifri Dinner Friday night. Saturday, Race Day! Beginner, Sport and Expert Classes (12, 17, 27 miles) Awards, Prizes, Raffle, music, food & fun., Lindi Smedley, 208-251-5915, [indjo@mac.com](mailto:indjo@mac.com), [pocatellopedalfest.com](http://pocatellopedalfest.com)

**June 22, 2013 — Jug Mountain Ranch XC,** Wild Rockies Series, McCall, ID, 2-3 hr XC course and 1.5 hr trail run. 5 min Super D-- XC on fast, flowing single track route and wooden bridges. On the 10 mile lap XC and run course, you'll find deep woods, single track and wide-open fire road. Qualifier for USA Cycling Mountain Bike National Championships., Darren Lightfield, 208-608-6444, [wildrockiesemail@yahoo.com](mailto:wildrockiesemail@yahoo.com), [wildrockiesracing.com](http://wildrockiesracing.com)

**June 22, 2013 — Wood River Cup Race #4,** Wood River Cup, Hailey, ID, Hailey Community Bike Park, Short Track Cross Country., Billy Olson, 208-788-9184, [billy@powerhouseidahohome.com](mailto:billy@powerhouseidahohome.com), [powerhouseidahohome.com](http://powerhouseidahohome.com)

**June 23, 2013 — Jug Mtn. Ranch Super D and 10K/10mi. trail run.** Wild Rockies Series, McCall, ID, 5 min Super D Enduro-- XC on fast, flowing single track route and wooden bridges. On the 10 mile lap XC and run course, you'll find deep woods, single track and wide-open fire road. Qualifier for USA Cycling Mountain Bike National Championships., Darren Lightfield, 208-608-6444, [wildrockiesemail@yahoo.com](mailto:wildrockiesemail@yahoo.com), [wildrockiesracing.com](http://wildrockiesracing.com)

**June 28-July 4, 2013 — San Juan Huts 200.** Pure Austin Endurance Mountain Bike Series, Durango, CO, Choose from 2 events: (1) a 7-Day supported tour from Durango, CO to Moab, UT. (6 nights, 7 days staying overnight in tents using the San Juan Huts southern route and hut system for community camp area). Finish to a celebration party in Moab, UT, 214 miles of fun. (2) There is also an Epic race, that starts on July 2nd and finishes in Moab. This race is nonstop and the first one to Moab wins. Last year's winner finished in 25.5 hours!, Kathy Hudson, 972-966-1300, [kathy@terrafirmaracing.com](mailto:kathy@terrafirmaracing.com), [terrafirmaracing.com](http://terrafirmaracing.com)

**June 29, 2013 — Wood River Cup Finals,** Wood River Cup, Hailey, ID, Hailey Community Bike Park, Short Track Cross Country., Billy Olson, 208-788-9184, [billy@powerhouseidahohome.com](mailto:billy@powerhouseidahohome.com), [powerhouseidahohome.com](http://powerhouseidahohome.com)

**June 29-30, 2013 — Big Mountain Enduro #2,** Big Mountain Enduro Series, Crested Butte, CO, epic, backcountry enduro rides., Sarah Rawley, 720-407-6142, [sarah@bigmountainenduro.com](mailto:sarah@bigmountainenduro.com), [bigmountainenduro.com](http://bigmountainenduro.com)

**June 29-30, 2013 — Sun Valley Super Enduro,** Sun Valley, ID, 2 day enduro stage race, four different, hair-on-fire downhill trails on Bald Mountain. Racers will use a combination of lifts and good old pedal power to reach the start of each course. Bike choice: 29'er hardtail to a 6" travel all-mountain bike. Suitable for all levels of technical skill. Same bike and configuration for all stages mandatory., Greg Randolph, 800-634-3347, [info@visitsunvalley.com](mailto:info@visitsunvalley.com), Ellen Gillespie, 208-726-2777, [ellen@sunvalleyevents.com](mailto:ellen@sunvalleyevents.com), [ridesunvalley.com](http://ridesunvalley.com), [visitsunvalley.com](http://visitsunvalley.com)

**July 3, 2013 — Ketchum Criterium,** Ketchum, ID, Downtown Ketchum. Road bike, mountain bike, and team relay categories. Prize money and cash prizes for men's and women's MTB and road divisions. Beer gardens, course-side eats, and unbridled enthusiasm make it a great night out on the town., Greg Randolph, 800-634-3347, [info@visitsunvalley.com](mailto:info@visitsunvalley.com), Ellen Gillespie, 208-726-2777, [ellen@sunvalleyevents.com](mailto:ellen@sunvalleyevents.com), [ridesunvalley.com](http://ridesunvalley.com), [visitsunvalley.com](http://visitsunvalley.com)

**July 5, 2013 — Kids MTB Race,** Ketchum, ID, Down at River Run on the eve of the National Championships we lay out a course for kids of all ages and abilities allowing them the chance to race before the pros take over on Saturday. Free to all kids (12 and under) with

medals for all finishers., Greg Randolph, 800-634-3347, [info@visitsunvalley.com](mailto:info@visitsunvalley.com), Ellen Gillespie, 208-726-2777, [ellen@sunvalleyevents.com](mailto:ellen@sunvalleyevents.com), [ridesunvalley.com](http://ridesunvalley.com), [visitsunvalley.com](http://visitsunvalley.com)

**July 6, 2013 — USA Cycling Marathon MTB National Championship,** Sun Valley, ID, The top marathon racers from all over the United States descend on Sun Valley for the glory of the stars and bars. A challenging course will take riders from downtown Ketchum through Sun Valley Resort, over Dollar Mountain and out to tackle two loops of Cold Springs Trail - Warm Springs Trail - Warm Springs Traverse - River Run Trail before finishing at the River Run Base area. Fast flow and buff singletrack with an ideal singlespeed gradient make this course one for the ages. Approx distance: 50 miles; 7,000' climbing., Micah Rice, 719-434-4200, [mrice@usacycling.org](mailto:mrice@usacycling.org), [usacycling.org](http://usacycling.org)

**July 6-7, 2013 — Big Mountain Enduro #3,** Big Mountain Enduro Series, Keystone, CO, epic, backcountry enduro rides., Sarah Rawley, 720-407-6142, [sarah@bigmountainenduro.com](mailto:sarah@bigmountainenduro.com), [bigmountainenduro.com](http://bigmountainenduro.com)

**July 6-7, 2013 — OuterLocal Summer Games,** Jackson, WY, 9:00am in Phil Baux Park at the base of Snow King. This "adventure festival for mountain athletes" will feature four events in mountain biking, trail running, bouldering, and paragliding; capped off with two free concerts at the end of the night., Jeremy Dodge, [ierdodge@gmail.com](mailto:ierdodge@gmail.com), [outerlocal.com/member-profile/the-outerlocal-summer-games](http://outerlocal.com/member-profile/the-outerlocal-summer-games)

**July 7, 2013 — Sun Valley Bald Juan XC,** Ketchum, ID, Same start and loop as Marathon National Championship but only one lap in length. Approx 30 miles 4,000' climbing., Greg Randolph, 800-634-3347, [info@visitsunvalley.com](mailto:info@visitsunvalley.com), Ellen Gillespie, 208-726-2777, [ellen@sunvalleyevents.com](mailto:ellen@sunvalleyevents.com), [ridesunvalley.com](http://ridesunvalley.com), [visitsunvalley.com](http://visitsunvalley.com)

**July 10-13, 2013 — Southeast Idaho Senior Games,** Pocatello, ID, Cross country MTB., Jody Olson, 208-233-2034, [jodyolson01@gmail.com](mailto:jodyolson01@gmail.com), [seidahosenior-games.org](http://seidahosenior-games.org)

**July 13, 2013 — Silver Rush 50,** Leadville Race Series, Leadville, CO, Cut the Leadville Trail 100 in half, remove all the easy parts, throw in technical descents, burning lungs and wild animals and you'll have a good understanding of what you're about to get into., Keith Hughes, 208-340-4837, [khughes@lifetimefitness.com](mailto:khughes@lifetimefitness.com), Josh Colley, 719-219-9357, [JColley@lifetimefitness.com](mailto:JColley@lifetimefitness.com), [leadvilleraceseries.com](http://leadvilleraceseries.com)

**July 18-21, 2013 — USA Cycling Cross-Country MTB National Championships,** Bear Creek Resort, PA, Micah Rice, 719-434-4200, [mrice@usacycling.org](mailto:mrice@usacycling.org), [usacycling.org](http://usacycling.org)

**July 20, 2013 — Tahoe Trail 100,** Leadville Race Series, Truckee, CA, Host location: Northstar CA; Straddling the borders of Nevada and California, the Sierra Nevada is a mountain biker's dream. The Tahoe Trail 100 offers athletes a 2-loop, 50 kilometer course filled with beautiful views of Lake Tahoe. Athletes have many options at the Tahoe Trail 100. Racers ride solo or as part of a two-person team., Keith Hughes, 208-340-4837, [khughes@lifetimefitness.com](mailto:khughes@lifetimefitness.com), Josh Colley, 719-219-9357, [JColley@lifetimefitness.com](mailto:JColley@lifetimefitness.com), [leadvilleraceseries.com](http://leadvilleraceseries.com)

**July 27, 2013 — Laramie Enduro,** Wyoming Marathon Championship, Laramie, WY, 111K (69 miles), Happy Jack Recreation Area, 8600' elevation gain, 7am start, Richard Vincent, 307-745-4499, [endo.rv@gmail.com](mailto:endo.rv@gmail.com), [laramieenduro.org](http://laramieenduro.org)

**July 27, 2013 — Butte 100,** Butte, MT, Continental Divide Trail, Single Track, Big Sky Country, 100 and 50 mile options., Gina Evans, 406-498-9653, [eatdirtpigpen@gmail.com](mailto:eatdirtpigpen@gmail.com), [butte100.com](http://butte100.com)

**July 27-28, 2013 — Pomerelle Pounder DH,** UT Gravity Series, Wild Rockies Series, Albion, ID, 20-30 min SUPER-D course. Newer route with fast, flowing single track and individual time trial! On this course, you'll find small drop-offs, and flowing boulders. Lots of fun all day and super easy shuttle., Ron Lindley, 801-375-3231, [info@utahdh.org](mailto:info@utahdh.org), Darren Lightfield, 208-608-6444, [wildrockiesemail@yahoo.com](mailto:wildrockiesemail@yahoo.com), [wildrockiesracing.com](http://wildrockiesracing.com), [utahdh.org](http://utahdh.org)

**July 28, 2013 — Bogus Basin Marathon,** Knobby Tire Series, Boise, 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 choose not to purchase a license) held for the marathon, which is 22.5 mile loops., Hal Miller, 208-869-4055, 208-720-3019, [info@brokenspokecycling.org](mailto:info@brokenspokecycling.org), [knobbytireseries.com](http://knobbytireseries.com)

**August 2-4, 2013 — USA Cycling Gravity MTB National Championships,** Angel Fire, NM, Micah Rice, 719-434-4200, [mrice@usacycling.org](mailto:mrice@usacycling.org), [usacycling.org](http://usacycling.org)

**August 3, 2013 — Pierre's Hole MTB Race,** NUE Series, Alta, WY, 5th Annual will offer more single track trail for the 2013 race, which will now be a 3 lap 100 mile or try a 2 lap 100K, we'll also offer a 50k [race.nuemb.com](http://race.nuemb.com) Ultra Endurance Series ([nuemb.com](http://nuemb.com)), Andy Williams, 800-TARGHEE ext. 1309, [awilliams@grandtarghee.com](mailto:awilliams@grandtarghee.com), [grandtarghee.com](http://grandtarghee.com), [ph100.org](http://ph100.org)

**August 3-4, 2013 — Tamarack Resort, Regional Championship XC (National qualifier) and State Champs- Super D on Super G,** Wild Rockies Series, Tamarack, ID, 20-30 min SUPER-D course. Newer route with fast, flowing single track and individual time trial! On this course, you'll find small drop-offs, and flowing boulders. Lots of fun all day and super easy shuttle., Darren Lightfield, 208-608-6444, [wildrockiesemail@yahoo.com](mailto:wildrockiesemail@yahoo.com), [wildrockiesracing.com](http://wildrockiesracing.com)

**August 10, 2013 — 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 choose not to purchase a license) held for the marathon, which is 22.5 mile loops., Hal Miller, 208-869-4055, 208-720-3019, [info@brokenspokecycling.org](mailto:info@brokenspokecycling.org), [knobbytireseries.com](http://knobbytireseries.com)

**August 10, 2013 — Big Hole Challenge MTB Race and Duathlon,** Driggs, ID, Mountain bike mass start first, at 10 am, 9.4 miles, then either bike a second lap or run 6 miles. Awards, Raffle and results 1 pm at the South Horseshoe Trail Head. Net proceeds benefit Teton Valley Trails and Pathways, Dick Weinbrandt, 208-354-2354, [peaked@silverstar.com](mailto:peaked@silverstar.com), [peakedsports.com](http://peakedsports.com)

**August 10-11, 2013 — Tamarack Resort SUPER Enduro and DH,** Wild Rockies Series, Tamarack, ID, Tamarack Resort SUPER Enduro and DH, Darren Lightfield, 208-608-6444, [wildrockiesemail@yahoo.com](mailto:wildrockiesemail@yahoo.com), [wildrockiesracing.com](http://wildrockiesracing.com)

**August 10, 2013 — Leadville Trail 100,** Leadville Race Series, Leadville, CO, One hundred miles across the high-altitude, extreme terrain of the Colorado Rockies. Created for only the most determined athletes. Starting at 10,152 feet and climbing to 12,424 feet., Keith Hughes, 208-340-4837, [khughes@lifetimefitness.com](mailto:khughes@lifetimefitness.com), Josh Colley, 719-219-9357, [JColley@lifetimefitness.com](mailto:JColley@lifetimefitness.com), [leadvilleraceseries.com](http://leadvilleraceseries.com)

**August 11, 2013 — Adventure Xstream Summit County,** AXS Series, Frisco, CO, Solo's or teams of 2 will mountain bike, kayak, trail run, and orienteer in either a 3-6hr "sprint", or 6-12hr "sport" course., Will Newcomer, 970-403-5320, [events@gravityplay.com](mailto:events@gravityplay.com), [gravityplay.com](http://gravityplay.com)

**August 30-September 1, 2013 — TVTAP WYDAHO Rendezvous Mountain Bike Festival,** Teton Valley, ID, 4th Annual WYDAHO Rendezvous Mountain Bike Festival, Grand Targhee Resort WY and Teton Valley ID. Super D (4300 descent from chairlift), Downhill, Hill-Climb and Cross-Country trail races. For-run Strava events with prizes. Fat Bike race, including high mark. All races included in Festival registration., Tim Adams, 208-201-1622, [tim@TVTAP.org](mailto:tim@TVTAP.org), [TVTAP.org](http://TVTAP.org), 208-201-1622, [BikeFest@TVTAP.org](http://BikeFest@TVTAP.org), [tetonbikefest.org](http://tetonbikefest.org), [tvtap.org](http://tvtap.org)

**August 30-September 1, 2013 — The Grand Junction Off-Road,** Grand Junction, CO, Featuring the world class Lunch Loops and neighboring trail systems, the "Grand" courses will start and finish riders on Main Street in downtown Grand Junction and take them through some of the most technically challenging and visually stunning landscapes in the country, while traversing the Tabeguache trail system to the distant reaches of the Magellan loop. This endurance event will test not only fitness, but also bike handling skills and a requisite inclination toward reward through perseverance. As riders return to the welcoming and unique environment of Grand Junctions meandering Main Street, the event hub and 3-day long festival is sure to offer a welcomed feeling of reward and personal gratification through great surroundings, libations and noteworthy culinary indulgences., 520-623-1584, [info@epicrides.com](mailto:info@epicrides.com), [epicrides.com](http://epicrides.com)

**August 31-September 1, 2013 — Big Mountain Enduro #4,** Big Mountain Enduro Series, Durango, CO, epic, backcountry enduro rides., Sarah Rawley, 720-407-6142, [sarah@bigmountainenduro.com](mailto:sarah@bigmountainenduro.com), [bigmountainenduro.com](http://bigmountainenduro.com)

**September 1-1, 2013 — Targhee Enduro DH and Super-D,** Alta, WY, The DH races will be run on a 1.75 mile long single track DH course, with race times around 9-plus minutes for the winners, DH race, chainless DH and a Super D., Andy Williams, 800-TARGHEE ext. 1309, [awilliams@grandtarghee.com](mailto:awilliams@grandtarghee.com), [grandtarghee.com](http://grandtarghee.com)

**September 14, 2013 — Eagle Bike Park Enduro,** Wild Rockies Series, Eagle, ID, 12K trail run. Saturday morning. Two-person dual slalom course on Sunday,

## Ellsworth - Continued from page 26

rounded profile of the tires. And, while the knobs are lower profile than some, traction has still been great. I have particularly liked the 2.4" size – they are more comfortable and smooth than a lower profile tire, with not too much sacrificed as far as weight.

The SRAM XO mountain bike group is a winner. With the 29er, I went with a triple crank – 44/33/22, and an 11-36 cassette. With a larger wheel size, it is nice having the smaller gears. Shifting is flawless, the components light and solid.

The Cobb SHC 170 seat is quite comfortable. The cutout model I tried is a mountain bike specific seat that gains much of its comfort from a relatively flexible shell. Additionally, the narrow profile makes it easy to slide off the back of the seat on more technical sections. At 202 grams, it is light. The seat was not an original spec, but a welcome upgrade.

The Lizard Skins grips are both comfortable and precise – the lock ring keeps them from moving – and, they are a Utah based company. A side note on the grips – one can order these (from Lizard Skins) with custom lettering on the lockrings. I chose 'Cycling Utah', of course.

If you would like to try one out, contact your local dealer, or visit [Ellsworthbikes.com](http://Ellsworthbikes.com) for a calendar of local demo events.

that was built by World Champion Eric Carter., Darren Lightfield, 208-608-6444, [wildrockiesemail@yahoo.com](mailto:wildrockiesemail@yahoo.com), [wildrockiesracing.com](http://wildrockiesracing.com)

**September 21, 2013 — Adventure Xstream Glenwood Springs,** tentative, AXS Series, Glenwood Springs, CO, Solo's or 2 person teams will kayak, trek, rappel, and mountain bike, riverboard and cave this spectacular course., Will Newcomer, 970-403-5320, [events@gravityplay.com](mailto:events@gravityplay.com), [gravityplay.com](http://gravityplay.com)

**September 21, 2013 — Jurassic Classic,** Lander, WY, Mountain bike race at Johnny Behind the Rocks. Start time - 9:00 am, Beginner, Intermediate, Advanced/Pro categories. BBQ, t-shirt and swag bag for registered participants., Tony Ferlisi, 307-690-3952, [ferlisi1@gmail.com](mailto:ferlisi1@gmail.com), [landercycling.org](http://landercycling.org)

**September 28, 2013 — Stone Temple 8,** Curt Gowdy State Park, WY, 8 hour, 15.1 mile loop, Curt Gowdy State Park, Aspen Grove Parking Area, Tentative start 9AM, IMBA Epic singletrack, additional High School Race., Richard Vincent, 307-745-4499, [endo.rv@gmail.com](mailto:endo.rv@gmail.com), [laramieenduro.org](http://laramieenduro.org)

**October 5, 2013 — Tour of the White Mountains,** Show Low, AZ, At 7,000 ft. over 900 riders will discover the challenges and gratification from riding awesome smooth flowing single track among a Ponderosa pine forest backdrop while witnessing the endless beauty (and perfect distraction) of the Apache-Sitgreaves National Forests., 520-623-1584, [info@epicrides.com](mailto:info@epicrides.com), [epicrides.com](http://epicrides.com)

**October 18-20, 2013 — USA Cycling Collegiate Mountain Bike National Championships,** Banner Elk, NC, Chad Sperry, [chad@gorge.net](mailto:chad@gorge.net), [usacycling.org](http://usacycling.org)

## Utah Weekly

### Road Race Series

**Cyclesmith Rocky Mountain Raceways Criterium Series — Utah Crit Series,** West Valley City, UT, Saturdays A and B Flite off at 12:30, C and D Flite off at 1:25, 6555 W. 2100 S. March 9,16,23, 30 - Tuesdays at 6pm April 2, 9,16, 23, 30 - through September 24, Marek Shon, 801-209-2479, [utahcritseries@gmail.com](mailto:utahcritseries@gmail.com), [utahcritseries.com](http://utahcritseries.com)

**Salt Air Time Trial Series — Salt Lake City, UT,** Every other Thursday April 5 - September 6, I-80 Frontage Road West of the International Center., Marek Shon, 801-209-2479, [utahcritseries@gmail.com](mailto:utahcritseries@gmail.com), [utahcritseries.com](http://utahcritseries.com)

**DLI (DMV) Criterium Presented by Ski Utah — 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 - beginning 4/17 4/24, through 9/4., Marek Shon, 801-209-2479, [utahcritseries@gmail.com](mailto:utahcritseries@gmail.com), [utahcritseries.com](http://utahcritseries.com), [skiutahcycling.com](http://skiutahcycling.com)

**Emigration Canyon Hillclimb 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 19 thru August 30., Marek Shon, 801-209-2479, [utahcritseries@gmail.com](mailto:utahcritseries@gmail.com), [utahcritseries.com](http://utahcritseries.com)

**June 25-July 30, 2013 — Top of Utah Crit Series,** Ogden, UT, Tuesdays - New course will be around South Ogden Jr High. Perfect venue for pre-race fitness or introduction to racing in the C-Flight. We will be racing every Tuesday starting June 25th - July 30st. Women's Flight - 5:15pm (25 min), C Flight: 5:50pm (30min), Kids Crit: 6:20pm (10 min), B Flight: 6:30 pm (40min), A Flight: 7:20pm(50min), Joel Rackham, 801.721.6952, [joel@simplymacracing.org](mailto:joel@simplymacracing.org), [thresholdevents.org](http://thresholdevents.org)

**June 26-July 24, 2013 — Top of Utah Crit Series,** Logan, UT, Wednesdays - Course has four corners and is relatively flat. Start line is at 3065 N. 200 W Logan, UT. Perfect venue for pre-race fitness or introduction to racing in the C-Flight. We will be racing every Wednesdays starting June 26th - July 24th. Women's Flight - 5:15pm (25 min), C Flight: 5:50pm (30min), Kids Crit: 6:20pm (10 min), B Flight: 6:30 pm (40min), A Flight: 7:20pm(50min), Joel Rackham, 801.721.6952, [joel@simplymacracing.org](mailto:joel@simplymacracing.org), [thresholdevents.org](http://thresholdevents.org)

## Utah Road Racing

**April 6, 2013 — Hell of the North Road Race,** UCA Series, Salt Lake City, UT, Just north of the Salt Lake Int'l Airport, 5 mile circuit. Includes 1.75 mile stretch of dirt road. Bring your 53x11., Marek Shon, 801-209-2479, [utahcritseries@gmail.com](mailto:utahcritseries@gmail.com), [utahcritseries.com](http://utahcritseries.com)

**April 6, 2013 — Collegiate Road - USU - IMCCC,** Collegiate Road - IMCCC, Logan, UT, Utah State University - Criterium Conference Finals., Kimberley Garvie, 307-745-8081, [kimberlygarvie@usu.edu](mailto:kimberlygarvie@usu.edu), Kodey Meyers, [kodey.meyers@aggiemail.usu.edu](mailto:kodey.meyers@aggiemail.usu.edu), [thaimccc.org](http://thaimccc.org)

**April 20, 2013 — East Canyon Echo Road Race,** UCA Series, Henefer, UT, 10 AM start in Henefer to East Canyon Resort, turn around go to Echo Canyon, back to Henefer and finish on Hogsback., James Zwick, 801-583-6281, [sports-am.com](mailto:sports-am.com), [sports-am.com](http://sports-am.com)

**April 20, 2013 — Collegiate Road - UVU - IMCCC,** Collegiate Road - IMCCC, Orem, UT, UVU. Conference Finals Road, TTT, Kimberley Garvie, 307-745-8081, [kimberlygarvie@usu.edu](mailto:kimberlygarvie@usu.edu), Taylor LaSalle, [taylor.lasalle@gmail.com](mailto:taylor.lasalle@gmail.com), [thaimccc.org](http://thaimccc.org)

**April 27, 2013 — Tour of the Depot,** UCA Series, Stockton, UT, Road Race, Jeremy Smith, 801-558-7215, [info@tourofthedepot.com](mailto:info@tourofthedepot.com), [tourofthedepot.com](http://tourofthedepot.com)

**May 3-5, 2013 — USA Cycling Collegiate Road National Championships,** Ogden, UT, Micah Rice, 719-434-4200, [mrice@usacycling.org](mailto:mrice@usacycling.org), [usacycling.org](http://usacycling.org)

**May 4, 2013 — Antelope Island Classic,** UCA Series, Antelope Island, UT, Utah State Road Race Championships for Masters and Juniors. Starts at the West end of the causeway, then across the causeway towards the ranch and end on the island. Mileage ranges from 32 to 60. \$2,000 cash plus prizes., James Ferguson, 801-476-9476, [ferguson8118@comcast.net](mailto:ferguson8118@comcast.net), [bmbbc.com](http://bmbbc.com)

**May 11, 2013 — Salt Lake City Downtown Criterium,** UCA Series, Salt Lake City, UT, Fun and fast 4 corner crit around Pioneer Park, 300 W and 300 S., Marek Shon, 801-209-2479, [utahcritseries@gmail.com](mailto:utahcritseries@gmail.com), [utahcritseries.com](http://utahcritseries.com)

**May 17, 2013 — Bear Lake Classic Individual Hill Climb,** UCA Series, Garden City, UT, 3.4 mile uphill climb from Garden City Office to the Rocky Point look out pull-off. Racers will start on 60-second intervals and will climb



right hand side of road, single file. Racers will yield to traffic for return back to The Inn at the Lake (Start location)., Kevin Rohwer, 435-770-9852, [krohwer@engineeringexcitement.com](mailto:krohwer@engineeringexcitement.com), [race2raceevents.com](http://race2raceevents.com)

**May 18, 2013 — Bear Lake Classic Road Race.** UCA Series, Garden City, UT, 51 mile flat loop with some rolling hills on east shore, followed by a FLAT and FAST finish – a beautiful race around Bear Lake., Kevin Rohwer, 435-770-9852, [krohwer@engineeringexcitement.com](mailto:krohwer@engineeringexcitement.com), [race2raceevents.com](http://race2raceevents.com), [bearlake.com](http://bearlake.com)

**May 19, 2013 — Bear Lake Classic Team Time Trial.** UCA Series, Garden City, UT, 51 mile flat loop with some rolling hills on east shore, followed by a FLAT and FAST finish. TTT 5-man teams, scoring on 3rd wheel. Each event is scored independently, and Sunday's 5-man TTT is slated to be the Utah State TTT Championship., Kevin Rohwer, 435-770-9852, [krohwer@engineeringexcitement.com](mailto:krohwer@engineeringexcitement.com), [race2raceevents.com](http://race2raceevents.com), [bearlake.com](http://bearlake.com)

**May 25, 2013 — Sugarhouse Criterium.** UCA Series, Salt Lake City, UT, Bring the entire family and enjoy some of Utah's best crit racing in one of Salt Lake's Sugarhouse Park., Marek Shon, 801-209-2479, [utcritseries@gmail.com](mailto:utcritseries@gmail.com), [utahcritseries.com](http://utahcritseries.com)

**May 25, 2013 — SunCrest Bicycle Hill Climb.** Draper Trail Days, Draper, UT, Benefit Water For People Foundation Draper UT, 8 am Draper Equestrian Center 1600 E. Highland Drive (13500 South), road race 15 miles with two hill climb. Ends at the top of Sun Crest., Brad Gilson, 801-684-7770, 801-694-8859, [brad@gilsonengineering.com](mailto:brad@gilsonengineering.com), [DraperTrails.com](http://DraperTrails.com)

**May 26, 2013 — State Team Time Trial Championships.** Salt Lake City, UT, State Team Time Trial Championship, Dirk Cowley, 801-699-5126, [dcowley@comcast.net](mailto:dcowley@comcast.net), [racedayeventmanagement.com](http://racedayeventmanagement.com)

**May 31-June 1, 2013 — Salt Lake Valley B4K Stage Race.** UCA Series, Daybreak, UT, Criterium, Road Race and Time Trial. USAC license required- one-day licenses available. Proceeds from the race go to benefit Bikes for Kids Utah., Alex Kim, 801-503-9064, [alexander@epluri-bus.org](mailto:alexander@epluri-bus.org), [bikesforkidsutah.com](http://bikesforkidsutah.com), [bikes-for-kids-stage-race](http://bikes-for-kids-stage-race), [utahcycling.org](http://utahcycling.org)

**June 7-8, 2013 — Rockwell Relay: Moab to St. George.** Moab, UT, Four person relay, three legs per rider, covering 528 miles. Starts 8 am at Sweeney Park in Moab and goes non-stop to St. George., Cortney Stewart, 801-643-4673, [cort@rockwellrelay.com](mailto:cort@rockwellrelay.com), Tyler Servoss, 801-888-3233, [velo11@gmail.com](mailto:velo11@gmail.com), [rockwellrelay.com](http://rockwellrelay.com)

**June 8, 2013 — Cache Valley Classic – Don't text-n-drive and ruin-the-ride.** UCA Series, Clarkston, UT, This 100, 50 or 25 mile race is fun, challenging, with only one major climb (1 mile, 7-10% grade between Trenton and Clarkston – Little Mountain) and one minor climb (1 mile, 4% grade 1-mile south of Clarkston. Starts and finishes in Clarkston. All new race course; only climb Little Mountain one time (50 and 25 miles); twice for 100 miles., Kevin Rohwer, 435-770-9852, [krohwer@engineeringexcitement.com](mailto:krohwer@engineeringexcitement.com), [race2raceevents.com](http://race2raceevents.com)

**June 15, 2013 — High Uintas 10,000 Road Race.** UCA Series, Kamas/Evanston, UT/WY, 1 Day, 80 mile, point to point road race from Kamas, UT to Evanston, WY over Bald Mountain Pass. Gran Fondo for citizen riders and touring riders., Dirk Cowley, 801-699-5126, [dcowley@comcast.net](mailto:dcowley@comcast.net), [racedayeventmanagement.com](http://racedayeventmanagement.com)

**June 20-23, 2013 — Utah Summer Games.** Cedar City, UT, Time Trial, Hill Climb, Criterium, Road Race with overall Omnium., Casey McClellan, 435-865-8421, 435-559-2925, [usgpress@suu.edu](mailto:usgpress@suu.edu), [utahsummergames.org](http://utahsummergames.org)

**June 22, 2013 — Sanpete Classic Road Race.** UCA Series, Spring City, UT, Start and finish: Main Street, Spring City, loops of 45, 72 and 98 mile courses that go around the rural Sanpete Valley roads. Races start at 10:00 a.m. BBQ lunch, awards, and raffle after race. Fun ride also., Eric Thompson, 801-541-3840, [ethompson@visitsaltlake.com](mailto:ethompson@visitsaltlake.com), [skiutahcycling.com](http://skiutahcycling.com)

**June 22, 2013 — Three Kings Cycling Event.** North Salt Lake, UT, Winding

through North Salt Lake, the Three Kings offers some of the steepest climbs of the season. Cyclists can choose to tackle one, two, or all three kings. The cyclists who tackle them fastest will take home the prizes., Matt Jensen, 801-550-0778, [mattjensennsl@gmail.com](mailto:mattjensennsl@gmail.com), [three-kings.nslcity.org](http://three-kings.nslcity.org)

**June 29, 2013 — Utah State Time Trial Championship.** UCA Series, Salt Lake City, UT, Marek Shon, 801-209-2479, [utcritseries@gmail.com](mailto:utcritseries@gmail.com), [utahbikeracing.com](http://utahbikeracing.com)

**July 1, 2013 — Utah City Criterium - #1.** Wasatch Front, UT, Located in old downtown Midvale, this venue is a fast, four corner criterium and should be a real crowd pleaser. The course will start/finish on Old Main Street., Dirk Cowley, 801-699-5126, [dcowley@comcast.net](mailto:dcowley@comcast.net), [racedayeventmanagement.com](http://racedayeventmanagement.com), [utahcitycrits.com](http://utahcitycrits.com)

**July 2, 2013 — Utah City Criterium - #2.** Wasatch Front, UT, Located adjacent to I-15 near the Lehi Roller Mills, this venue is best for breakaway riders with its long straight-aways. The course will start/finish on 1000 East., Dirk Cowley, 801-699-5126, [dcowley@comcast.net](mailto:dcowley@comcast.net), [racedayeventmanagement.com](http://racedayeventmanagement.com), [utahcitycrits.com](http://utahcitycrits.com)

**July 3, 2013 — Utah City Criterium - #3.** Wasatch Front, UT, In the heart of Bountiful, this will be a flat, four corner rectangular course that will provide thrills and chills as riders try to out sprint each other for the win. The course will start/finish on Main., Dirk Cowley, 801-699-5126, [dcowley@comcast.net](mailto:dcowley@comcast.net), [racedayeventmanagement.com](http://racedayeventmanagement.com), [utahcitycrits.com](http://utahcitycrits.com)

**July 4, 2013 — Utah City Criterium - #4.** Wasatch Front, UT, With a start/finish on Holladay Blvd, this course incorporates a hill climb on 4500 South, a descent down 2300 East and a wicked turn on to Laney Avenue back onto Holladay Blvd. This course has something for every racer., Dirk Cowley, 801-699-5126, [dcowley@comcast.net](mailto:dcowley@comcast.net), [racedayeventmanagement.com](http://racedayeventmanagement.com), [utahcitycrits.com](http://utahcitycrits.com)

**July 6, 2013 — Porcupine Hill Climb for the Fight Against Cancer.** UCA Series, Salt Lake City, UT, 12th Annual, Start: Porcupine Pub & Grille finishing at the Brighton Ski Resort, Big Cottonwood Canyon., Mike Meldrum, 801-424-9216, [mikeside@gmail.com](mailto:mikeside@gmail.com), [porcupinehillclimb.com](http://porcupinehillclimb.com)

**July 13, 2013 — Utah Tour de Donut.** American Fork, UT, 6th Annual event - most fun you'll have on a bike. 3 7-mile laps, eat donuts to reduce your time. Starts at 8:30 am., Rodney Martin, 801-427-6400, [rotaryrod@live.com](mailto:rotaryrod@live.com), Ronald Tolley, 480-285-6281, [rtolley@clearvision-reserve.com](mailto:rtolley@clearvision-reserve.com), [utahoutdoordonut.org](http://utahoutdoordonut.org)

**July 17-21, 2013 — Cache Valley Stage Race.** tentative, Cache Valley, UT, Dirk Cowley, 801-699-5126, [dcowley@comcast.net](mailto:dcowley@comcast.net), [racedayeventmanagement.com](http://racedayeventmanagement.com), [utahcitycrits.com](http://utahcitycrits.com)

**July 20, 2013 — Rockwell Relay: Ladies Pamperfest.** Wasatch Front, UT, 4, 3, and 2 lady relay teams race or ride, with massages, mini-manicures, etc. at [exchangesbegins.com](http://exchangesbegins.com) 8 am at Snowbasin, 160 or 67 miles finishing in Midway. For all levels!, Cortney Stewart, 801-643-4673, [cort@rockwellrelay.com](mailto:cort@rockwellrelay.com), Tyler Servoss, 801-888-3233, [velo11@gmail.com](mailto:velo11@gmail.com), [rockwellrelay.com](http://rockwellrelay.com)

**July 26-27, 2013 — 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](mailto:steven@saintstosinners.com), [saintstosinners.com](http://saintstosinners.com)

**July 27, 2013 — Chalk Creek Road Race.** UCA Series, Coalville, UT, Mike Meldrum, 801-424-9216, [mikeside@gmail.com](mailto:mikeside@gmail.com), [porcupinecycling.com](http://porcupinecycling.com)

**August 3, 2013 — Tour de Park City.** UCA Series, Park City, UT, Classic Road Race and Tour starting and finishing in Park City. 170, 100, 50 and 15 mile timed courses through Northern Utah's beautiful mountain valleys. Food, prizes and more!, Ben Towery, 801-389-7247, [team-excelerator@gmail.com](mailto:team-excelerator@gmail.com), [tourdeparkcity.com](http://tourdeparkcity.com), [teamexcelerator.com](http://teamexcelerator.com)

**August 3, 2013 — Snowbird Hill Climb.** Snowbird, UT, 34rd Annual, 8 am start on 9400 S. near 20th East, climb to Snowbird's entry ll., Misty Clark, 801-933-2115, [misty@snowbird.com](mailto:misty@snowbird.com), [snowbird.com/events/summer/hillclimb.html](http://snowbird.com/events/summer/hillclimb.html)

**August 3, 2013 — Mammoth Creek Race.** Cedar City, UT, There will be a USAC race that will be 100 miles. There will be a "casual" Killer Loop of 65 miles. Registration is \$60 through [usacycling.org](http://usacycling.org)., Brian Jeppson, 435-586-5210, 435-559-2925, [brian.jeppson@gmail.com](mailto:brian.jeppson@gmail.com), [colorcountrycyclingclub.org](http://colorcountrycyclingclub.org)

**August 6-11, 2013 — Larry H. Miller Tour of Utah.** UT, America's Toughest Stage Race is one of the top pro bicycle races in North America. More than 17 international and national pro teams will compete over 500+ miles in six

days. Free for spectators. UCI 2.1 stage race. Stages run through Brian Head, Cedar City, Panguitch, Torrey, Richfield, Payson, Salt Lake City, Snowbasin Resort, Snowbird Ski and Summer Resort and Park City., Tour of Utah, 801-325-2500, [info@tourofutah.com](mailto:info@tourofutah.com), [tourofutah.com](http://tourofutah.com)

**August 17, 2013 — Wildflower Hill Climb.** Mountain Green, UT, The Wildflower Hill Climb is a 5.5 mile timed climb to Big Mountain from Morgan County averaging a 5-6% grade. It is held in conjunction with the Wildflower Pedalfest. Awesome prizes will be awarded to the 3 fastest overall and the top age group winners. Women only., Stacie Palmer, 801-644-9940, 801-391-2819, [wildflowerpedalfest@gmail.com](mailto:wildflowerpedalfest@gmail.com), [wildflowerpedalfest.com](http://wildflowerpedalfest.com)

**August 24, 2013 — Powder Mountain Hill Climb.** UCA Series, Eden, UT, Utah State Hill Climb Championships. 6 miles and 3000 feet up Powder Mountain Road, start at Wolf Creek Balloon Festival Park, finish in Timberline parking lot., Ben Towery, 801-389-7247, [teamexcelerator@gmail.com](mailto:teamexcelerator@gmail.com), [teamexcelerator.com](http://teamexcelerator.com)

**August 24, 2013 — Heber Valley Circuit Race.** UCA Series, Heber, UT, Scenic but challenging 8-mile circuits in Heber Valley, Utah. \$1,500 prize purse, equal payout for Men's 1-2 and Women's 1-2-3 fields., Jared Eborn, 801-599-9268, [jared@extramileracing.com](mailto:jared@extramileracing.com), [extramileracing.com](http://extramileracing.com)

**September 7, 2013 — LOTOJA Classic Road Race.** Logan, UT, 31st Annual, 1 day, 3 states, 206 miles from Logan, UT to Jackson Hole, WY., Brent Chambers, 801-546-0090, [info@lotojaclassic.com](mailto:info@lotojaclassic.com), [lotojaclassic.com](http://lotojaclassic.com)

**September 14-16, 2013 — Hoodoo 500.** St. George, UT, 500 mile loop race along the best roads in Southern Utah. Solo and relay team divisions., Deb Bowling, 818-889-2453, [embassy@planetultra.com](mailto:embassy@planetultra.com), [Hoodoo500.com](http://Hoodoo500.com)

**September 20-21, 2013 — Salt to Saint Relay.** Salt Lake City, UT, 400ish mile relay race from Salt Lake City to St. George following Hwy 89. Broken into 24 legs. Ride Solo, or as 4 or 8 person relay teams. Men, Women, and Mixed categories., Clay Christensen, 801-234-0399, [info@salttosaint.com](mailto:info@salttosaint.com), [salttosaint.com](http://salttosaint.com)

**September 21, 2013 — Harvest Moon Criterium.** UCA Series, Ogden, UT, 4 corner crit in Downtown Ogden around the Municipal Park between 25th & 26th Streets., Ben Towery, 801-389-7247, [teamexcelerator@gmail.com](mailto:teamexcelerator@gmail.com), [teamexcelerator.com](http://teamexcelerator.com)

**October 8-11, 2013 — Huntsman World Senior Games.** St. George, UT, Must be 50 years or older. Four events: hill climb, time trial, criterium and road race. Skill divisions I, II, and III., Kyle Case, 800-562-1268, [hwsg@infowest.com](mailto:hwsg@infowest.com), [senior-games.net](http://senior-games.net)

**October 12, 2013 — City Creek Bike Sprint.** Salt Lake City, UT, Race starts at the mouth of City Creek Canyon and finishes at Rotary Park where we will have awards, food, music and fun. . James Zwick, 801-583-6281, [sports@sports-am.com](mailto:sports@sports-am.com), [sports-am.com](http://sports-am.com)

## Regional Weekly

### Road Race Series

**May 14-July 9, 2013 — EXPO IDAHO SWICA Criterium Series.** SWICA Criterium Series, Boise, ID, Tuesdays starting in May 2013. Local training crit series at Expo Idaho West lot. May 14, 21, 28 June 4, 11, 18, 25, July 2, 9, Kurt Holzer, 208-890-3118, [idahobikeracing@yahoo.com](mailto:idahobikeracing@yahoo.com), [idahobikeracing.org](http://idahobikeracing.org)

**May 16-August 21, 2013 — ICE Time Trial/Hillclimb Series.** ICE Series, Pocatello, ID, Time Trials are flat, hill climb is up either Scout Mountain or Pebble, tentative dates: May 16th – Flat TT, May 23rd – Uphill TT, June 6th – Flat TT, June 19th – Uphill TT, July 3rd – Flat TT, July 10th – Uphill TT, August 14th – Uphill TT, August 21st – Flat TT, Bryan Gee, 208-406-8477, [bryan\\_gee\\_of@yahoo.com](mailto:bryan_gee_of@yahoo.com), [idahocy-cling.com](http://idahocy-cling.com)

## Regional Road Racing

**April 6-7, 2013 — Collegiate Road - Durango - RMCCC.** Collegiate Road - RMCCC, Durango, CO, Squawker Road Classic - Road Race on Reeder and Purdy Mesa, Team TT for collegiate & individual TT for non-collegiate on the Farm Roads, downtown afternoon/night crit., Topher Hurley, [Christoph.hurley@gmail.com](mailto:Christoph.hurley@gmail.com), Dave Hagen, 970-403-4842, [hagen\\_d@fortlewis.edu](mailto:hagen_d@fortlewis.edu), [rmccc.org](http://rmccc.org)

**April 6-7, 2013 — Tour of Ontario Stage Race.** Ontario, OR, The Tour of Ontario is a brand new two day, three stage race on the border of Oregon and Idaho. . John Rogers, 208-284-9671, [obccweb-design@yahoo.com](mailto:obccweb-design@yahoo.com), [thetourofmontario.com](http://thetourofmontario.com)

**April 13, 2013 — Tax Day Circuit Race.** UCA Series, Inkom, ID, Great circuit

race, start and finish in Inkom with a 1.2 mile neutral roll out of town, followed by 4.5 mile rolling to the circuit (7.3 mi). Riders will do a specified number of laps, followed by another half lap to finish at the top of the climb. Climb per lap is 750 ft., Bryan Gee, 208-406-8477, [bryan\\_gee\\_of@yahoo.com](mailto:bryan_gee_of@yahoo.com), [idahocy-cling.com](http://idahocy-cling.com)

**April 13-14, 2013 — Collegiate Road - Montana State - NWCCC.** Collegiate Road - WCCC Road Season, Bozeman, MT, Stage Race, Miles Cromley, [mile-scrumley@gmail.com](mailto:mile-scrumley@gmail.com), [nwcollegiatecycling.us](http://nwcollegiatecycling.us)

**April 14, 2013 — Jason Broome ITT.** Spring Series, Boise, ID, Ten Mile Time Trial over rolling terrain. Start: Stage stop truck stop on I-84, 16 miles east of Boise., Mike Cooley, 208-343-3782, [mcooley@georgescycles.com](mailto:mcooley@georgescycles.com), [georgescycles.com](http://georgescycles.com)

**April 19-21, 2013 — Tour of Walla Walla Stage Race.** Walla Walla, WA, Pacific NW premier 3 day Stage race. - 2 RRs, crit, TT. Eight fields in 2011, 5 for men and 3 for women- Men Pro -1-2, 3, 4, 5, Mstrs 40+ cats 1-4; Wom 1-2, 3, 4. Stage Race - 2 RRs, Crit, TT. Men Pro -1-2, 3, 4, 5, Mstrs 40+ Cats 1-4, Wom 1-2, 3, 4., Michael Austin, 509-386-1149, 509-525-4949, [mike@allegrocyclery.com](mailto:mike@allegrocyclery.com), [tofww.org](http://tofww.org)

**April 20-21, 2013 — Maverick Classic.** Collegiate Road - RMCCC, Grand Junction, CO, Omnium, Road Race on Reeder and Purdy Mesa, Team TT for collegiate & individual TT for non-collegiate, crit, USAC and Collegiate race. Rocky Mountain Collegiate Cycling Championship., Rick Crawford, 970-759-3729, 970-248-1503, [rcrawford@coloradomesa.edu](mailto:rcrawford@coloradomesa.edu), Rick Taggart, [rtaggart@coloradomesa.edu](mailto:rtaggart@coloradomesa.edu), Frances Franco, 970-248-1902, [franco@coloradomesa.edu](mailto:franco@coloradomesa.edu), [org.coloradomesa.edu/cycling](http://org.coloradomesa.edu/cycling)

**April 20, 2013 — Arizona State Road Race Championship.** Hillside, AZ, Out and back road race with big rollers and climbing. Distances of 25, 44, 64 and 84 miles., Eric Prosnier, 602-381-3581, [eric@wmrc.org](mailto:eric@wmrc.org), [wmrc.org](http://wmrc.org)

**April 28, 2013 — Chicken Dinner Road Race.** Spring Series, Nampa, ID, Mike Cooley, 208-343-3782, [mcooley@georgescycles.com](mailto:mcooley@georgescycles.com), [georgescycles.com](http://georgescycles.com)

**May 5, 2013 — Emmett-Roubaix Road Race.** Spring Series, Emmett, ID, Mike Cooley, 208-343-3782, [mcooley@georgescycles.com](mailto:mcooley@georgescycles.com), [georgescycles.com](http://georgescycles.com)

**May 11, 2013 — Idaho State Road Race Championships.** SWICA, Boise, ID, USA Cycling Categories, 37, 56, or 69 miles, Mike Cooley, 208-343-3782, [mcooley@georgescycles.com](mailto:mcooley@georgescycles.com), Vernon Padaca, 208-571-1730, [dobbicoboard@cablone.net](mailto:dobbicoboard@cablone.net), [idahobikeracing.com](http://idahobikeracing.com), [team-dobbicoboard.com/?page\\_id=722](http://team-dobbicoboard.com/?page_id=722)

**May 11, 2013 — All in Criterium.** Las Vegas Crit Series, Las Vegas, NV, USAC Sanctioned Races; Held at Las Vegas Motor Speedway; Registration opens at 6:00am - closes 15 minutes before each start. Course is 1.2 miles, flat with 6 corners on 2 chicanes. Amazing pavement with no curbs., David McDonough, 702-823-1680, [dmdonough6@mac.com](mailto:dmdonough6@mac.com), [brokenspokebikeslv.com](http://brokenspokebikeslv.com)

**May 17-18, 2013 — Idaho Time Trial Festival.** Boise, ID, Mike Cooley, 208-343-3782, [mcooley@georgescycles.com](mailto:mcooley@georgescycles.com), John Rogers, 208-284-9671, [obccweb-design@yahoo.com](mailto:obccweb-design@yahoo.com), [teamarace-obccwd.com](http://teamarace-obccwd.com), [idahobikeracing.org](http://idahobikeracing.org)

**May 18, 2013 — Ride for the Pass.** Aspen, CO, Part of the Aspen Cycling Festival, Benefits the Independence Pass Foundation. 19th 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 8,500' to 10,700'. Mark Fuller, 970-963-4959, [fulcon@comcast.net](mailto:fulcon@comcast.net), [independencepass.org](http://independencepass.org), [aspencyclingfestival.com](http://aspencyclingfestival.com)

**May 19, 2013 — Aspen Cycling Criterium.** Aspen, CO, Fast paced, energy packed race held on closed streets in the heart of downtown Aspen. Speeds of 28 mph and higher around a .8 mile track with sharp curves on road bikes., Kristin Lathrop, 970-429-2098, [kristin.lathrop@ci.aspen.co.us](mailto:kristin.lathrop@ci.aspen.co.us), [aspencyclingfestival.com](http://aspencyclingfestival.com)

**May 19, 2013 — Criterium at DC Ranch.** Phoenix, AZ, Criterium at DC Ranch, Eric Prosnier, 602-381-3581, [eric@wmrc.org](mailto:eric@wmrc.org), [wmrc.org](http://wmrc.org)

**May 25-27, 2013 — Iron Horse Bicycle Classic.** Durango, CO, 42th Annual, Road Race from Durango to Silverton, Criterium, Time Trial 25/50 mile tour, kids race and Mountain Bike Race., Anne Cheeney, 970-259-4621, [director@iron-horsebicycleclassic.com](mailto:director@iron-horsebicycleclassic.com), [ironhorsebicycleclassic.com](http://ironhorsebicycleclassic.com)

**May 25-27, 2013 — USA Cycling Professional Road and TT National Championships.** Chattanooga, TN,

Micah Rice, 719-434-4200, [mrice@usacycling.org](mailto:mrice@usacycling.org)

**May 25, 2013 — Twin Falls Criterium.** SWICA, Twin Falls, ID, Criterium, races starting at 2:00 pm, fields TBD, Tentatively scheduled on a course approximately 0.8 miles, excellent pavement and wide roads., Rick Greenawald, 208-316-6176, [greenawald@cableone.net](mailto:greenawald@cableone.net), [idahobikeracing.org](http://idahobikeracing.org)

**June 1, 2013 — Lyle Pearson 200-mile Team Challenge.** Boise to Sun Valley, ID, 7th Annual - Team relay road race from Boise to Sun Valley., Mike Cooley, 208-343-3782, [mcooley@georgescycles.com](mailto:mcooley@georgescycles.com), [georgescycles.com](http://georgescycles.com)

**June 1, 2013 — High Stakes Criterium.** Las Vegas Crit Series, Las Vegas, NV, USAC Sanctioned Races; Held at Las Vegas Motor Speedway; Registration opens at 6:00am - closes 15 minutes before each start. Course is 1.2 miles, flat with 6 corners on 2 chicanes. Amazing pavement with no curbs., David McDonough, 702-823-1680, [dmdonough6@mac.com](mailto:dmdonough6@mac.com), [brokenspokebikeslv.com](http://brokenspokebikeslv.com)

**June 6-20, 2013 — Eagle Rock Criterium Series.** Idaho Falls, ID, Wednesday Night Criterium series down at Snake River Landing., Mike Collaer, 208-681-0919, 208-533-5445, [dadcollaer2@hotmail.com](mailto:dadcollaer2@hotmail.com), [eaglerockcycling.com](http://eaglerockcycling.com)

**June 15, 2013 — Nampa Belle District Criterium.** Nampa, ID, Located in Belle District at the heart of historical Nampa, this spectator orientated 1.1 km Criterium course has long straight-aways with fast left- and right-hand turns., Vernon Padaca, 208-571-1730, [dobbicoboard@cablone.net](mailto:dobbicoboard@cablone.net), [team-dobbicoboard.com](http://team-dobbicoboard.com)

**June 15, 2013 — Blazing Saddles Omnium, Speedweekend.** Phillipsburg, MT, Morning 50km mostly flat TT followed by afternoon RR with 7.5 miles of good hard-packed dirt and two significant climbs. Shorter TT and RR for juniors., Don Russell, 406-531-4033, [montana-cycling.net](http://montana-cycling.net)

**June 16, 2013 — Food Truck Criterium.** tentative, ID, [bcparker21@gmail.com](mailto:bcparker21@gmail.com)

**June 22-23, 2013 — Dead Dog Classic Memorial Stage Race.** Laramie, WY, Two day, 3 stage road race, Sat: RR (85 miles or 53miles) elevation to 10,200 feet, Sun: Critand TT (10 miles), Approx \$8,000 purse, USAC/BRAC sanctioned., Michael Harokapis, 307-760-4797, [deaddogclassic@hotmail.com](mailto:deaddogclassic@hotmail.com), [deaddogclassic.com](http://deaddogclassic.com), [laramiebikenet.com](http://laramiebikenet.com)

**June 22, 2013 — Idaho State Time Trial Championships.** Nampa, ID, Rudy Estrada, 208-713-3705, [elitecycling@msn.com](mailto:elitecycling@msn.com), Howard Roose, 208 484 8342, [hkroose@gmail.com](mailto:hkroose@gmail.com), [idahobikeracing.org](http://idahobikeracing.org)

**June 22-23, 2013 — BYRDS Junior Stage Race.** Boise, ID, 10th annual BYRDS Junior Tour of Idaho. All junior categories represented., Douglas Tobin, [douglas@tobincoaching.com](mailto:douglas@tobincoaching.com), [byrdscycling.com](http://byrdscycling.com)

**June 28-30, 2013 — Baker City Cycling Classic.** Baker City, OR, Stage race. Three days and four stages in beautiful eastern Oregon, with great support and unparalleled scenery. Over 8000 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, [dogbr@a.com](mailto:dogbr@a.com), [bakercitycycling.org](http://bakercitycycling.org)

4200, [mrice@usacycling.org](mailto:mrice@usacycling.org), [usacycling.org](http://usacycling.org)

**July 4, 2013 — 4th of July Hailey Criterium.** Hailey, ID, Downtown Hailey Criterium, Exciting four corner course. \$5,000 in cash prizes., Janelle Conners, 208-578-5453, 208-720-7427, [jconners@bcd.org](mailto:jconners@bcd.org), [bcd.org](http://bcd.org)

**July 5-7, 2013 — Single Track Bicycle Shop Road Race.** Flagstaff, AZ, Three day Omnium starting with a 20K TT, Six mile Snowbowl Hill Climb on Saturday and Sunday is a 45 mile Road Race. Pedal to the Peaks for Pediatrics, Joe Shannon, 928-523-1740, [joseph.shannon@nau.edu](mailto:joseph.shannon@nau.edu), [Flagstaffcycling.Squarespace.com](http://Flagstaffcycling.Squarespace.com)

**July 10-13, 2013 — Southeast Idaho Senior Games.** Pocatello, ID, Hill Climb Cherry Springs to Crystal Summit - 5 miles to 6% grade. Criterium Holt Arena Parking lot - ISU Campus. 5K - 10K Time Trial. 20K - 40K Road Races Held in Arimo., Jody Olson, 208-233-2034, [jodyolson01@gmail.com](mailto:jodyolson01@gmail.com), [seidahoseniorgames.org](http://seidahoseniorgames.org)

**July 13, 2013 — Boise Twilight Criterium.** National Criterium Calendar, Boise, ID, 26th Annual, NCC race., Mike Cooley, 208-343-3782, [mcooley@georgescycles.com](mailto:mcooley@georgescycles.com), [boisewillightcriterium.com](http://boisewillightcriterium.com), [georgescycles.com](http://georgescycles.com)

**July 14, 2013 — Idaho State Criterium Championship.** Hidden Springs, ID, Start/Finish at Hidden Springs Community-Village Green., 9 am., Kurt Holzer, 208-890-3118, [kurtholzer@hotmail.com](mailto:kurtholzer@hotmail.com), [lostrivercycling.org](http://lostrivercycling.org)

**July 20, 2013 — Dirt Bag Dash.** Mountain Home, ID, Hard packed dirt road race. Short puchy climbs. Post race party. Mountain Home, ID. Pro/AM/Jr 45mi-20mi. No day of race registration., James Lang, 208-571-1853, 208-344-9182, [jang83702@yahoo.com](mailto:jang83702@yahoo.com), [joyridecycles.com/dirt\\_bag\\_dash](http://joyridecycles.com/dirt_bag_dash)

**July 27, 2013 — Grand Targhee Hill Climb.** Driggs, ID, Time trial starts at 10 am with 30 sec intervals. Starts at Peaked Sports in Driggs, climbs Ski Hill Road and ends half a mile from the Grand Targhee Resort. Course covers 12 miles and 2200 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](mailto:peaked@silverstar.com), [peaked-sports.com](http://peaked-sports.com)

**July 27, 2013 — USA Cycling Professional Criterium National Championships.** High Point, NC, Micah Rice, 719-434-4200, [mrice@usacycling.org](mailto:mrice@usacycling.org), [usacycling.org](http://usacycling.org)

**August 10, 2013 — Lamoille Canyon Hill Climb.** Lamoille, NV, 12 mile 3000 ft hill climb road race up beautiful Lamoille Canyon Road in Nevada's Ruby Mountains; post event picnic, awards., Annette White, 775-842-9125, [annette.white42@gmail.com](mailto:annette.white42@gmail.com), [elko-velo.com](http://elko-velo.com)

**August 10, 2013 — Sick 55 Road Race.** Albion, ID, This is a sanctioned mountain course road race. It starts and finishes in Albion, Idaho. There are two category climbs and two fast downhill. It is 53.7 miles challenging race., Ken Stephens, 208-430-4514, [sak41@pmt.org](mailto:sak41@pmt.org), [sick-riders.com](http://sick-riders.com)

**August 17, 2013 — Bogus Basin Hill Climb.** Boise, ID, 40th Annual, Mike Cooley, 208-343-3782, [mcooley@georgescycles.com](mailto:mcooley@georgescycles.com), [georgescycles.com](http://georgescycles.com)

**August 17, 2013 — Garden Creek Gap Road Race.** UCA Series, Arimo, ID, Courtney Larson, [courtlars@gmail.com](mailto:courtlars@gmail.com), [idahocycling.com](http://idahocycling.com)

**August 24, 2013 — The Werst Race.** LaGrande, OR, The race is open to Runners, Walkers, and Cyclists. The race starts on the corner of 2nd & B streets, approximately 6 blocks (2 south, 4 west) from the Eastern Oregon University Campus, to the top of Morgan Lake Road. It is a challenging uphill, with a distance of roughly 2.35 miles. The first male and female to the top of the hill will be crowned King and Queen of the hill., sean williams, [sean.williams607@gmail.com](mailto:sean.williams607@gmail.com), [mountiecrossandtrack.com/werstrace.htm](http://mountiecrossandtrack.com/werstrace.htm)

**August 25, 2013 — Mormon Lake Road Race.** Flagstaff, AZ, Sunday 8 am: Road Race - beautiful rolling circuit race - 16 miles 361 ft climbing/lap, Joe Shannon, 928-523-1740, [joseph.shannon@nau.edu](mailto:joseph.shannon@nau.edu), [Flagstaffcycling.Squarespace.com](http://Flagstaffcycling.Squarespace.com)

**September 4-8, 2013 — USA Cycling Masters Road National Championships.** Bend, OR, Micah Rice, 719-434-4200, [mrice@usacycling.org](mailto:mrice@usacycling.org), [usacycling.org](http://usacycling.org)

**September 7, 2013 — Race to the Angel.** Wells, NV, 12.6 mile course climbs 2,784 feet to Angel Lake, entirely on pavement. Runner and walkers at 8 am, road bikers at 8:30. Shirt, Lunch, water and fruit provided in entry fee., Matt Holford, 775-752-3540, 775-934-1481, [wellschamber@wellsnevada.com](mailto:wellschamber@wellsnevada.com), [racetothetheangel.org](http://racetothetheangel.org), [wellsnevada.com](http://wellsnevada.com)

**September 9-14, 2013 — World Human Powered Speed Challenge.** Battle Mountain, NV, Cyclists from around the world will gather on SR305, perhaps the fastest stretch of road in the world

to see who is the fastest cyclist in the world. The 2009 record was 82.19 mph!, Al Krause, 707-443-8261, [a.krause@sbc-global.net](mailto:a.krause@sbc-global.net), [ihpva.org](http://ihpva.org), [whpva.org](http://whpva.org)

**September 19, 2013 — USA CRITS Finals.** Las Vegas, NV, Criterium, Part of USA CRITS Championship, during Interbike, Mandalay Bay Resort, Men and Women Pro races, various amateur classes, and an Industry Cup Challenge., Casey Lamberski, 706-549-6632, [casey@swagger.us](mailto:casey@swagger.us), [usacrits.com](http://usacrits.com), [swagger.us](http://swagger.us)

**October 5, 2013 — Mt. Charleston Hill Climb.** tentative, Las Vegas, NV, 17.5 miles, 5357' of climbing, finish at Las Vegas Ski Resort, Begins at the base of Highway 156. 10 am., John Tingey, 702-449-6842, [info@everykidabike.org](mailto:info@everykidabike.org), [everykidabike.org/mount-charleston-hill-climb](http://everykidabike.org/mount-charleston-hill-climb)

### Utah Road Touring

**April 6, 2013 — Legacy Parkway SuperSeries 100.** BCC SuperSeries, Centerville, UT, Start center Street NSL flattest 100 ever 4 trips up and back on the Legacy parkway bike path. Free self-supported event with a cookout at the start pointy. Shorter leg options of 25 and 50 miles for one or two trips up and back., Don Williams, 801-641-4020, [roadcaptain@bccutah.org](mailto:roadcaptain@bccutah.org), Greg Allen, 801-450-1861, [greg.allen@mhn.com](mailto:greg.allen@mhn.com), [bccutah.org](http://bccutah.org)

**April 13, 2013 — Willard Bay 100 Mile.** BCC SuperSeries, Centerville, UT, Self-supported. Plenty of Store stops. No Entry Fee. Start Centerville JHS to Willard Bay Truck Stop, 200K route continues to Corrine through Brigham City. Shorter leg options of 30 and 75 miles cover

Layton and Syracuse. Randonneuring, certified brevet., Don Williams, 801-641-4020, [roadcaptain@bccutah.org](mailto:roadcaptain@bccutah.org), [bccutah.org](http://bccutah.org), [SaltLakeRandos.org](http://SaltLakeRandos.org)

**April 20, 2013 — Spring Tour de St. George.** St. George, UT, Beginners and pros alike will enjoy the all-new route while appreciating the well-stocked rest stations. Fully supported with sag vehicles, rest stops and lunch. Three route options for all skill levels; 30, 65 and 100 miles!, Ryan Gurr, 435-674-3185, [info@spingeeeks.com](mailto:info@spingeeeks.com), Margaret Gibson, 435-229-6251, [margaret@spingeeeks.com](mailto:margaret@spingeeeks.com), [spingeeeks.com](http://spingeeeks.com)

**April 20, 2013 — Salt Lake City Marathon Bike Tour.** Salt Lake City, UT, 25 miles without stoplights through the streets of Salt Lake on the SLC Marathon course, start: 6:00 a.m. at the Olympic Legacy Bridge near the Fort Douglas TRAX stop., Steve Bingham, 773-290-0684, [slcm@usroadsports.com](mailto:slcm@usroadsports.com), [saltlakecitymarathon.com](http://saltlakecitymarathon.com)

**April 20 — East Canyon Echo Bike Tour.** Henefer, UT, 10 AM start in Henefer to East Canyon Resort, turn around go to Echo Canyon, back to Henefer and finish on Hogsback. 60 mile course., James Zwick, 801-583-6281, [sports-am.com](mailto:sports-am.com), [sports-am.com](http://sports-am.com)

**April 20, 2013 — Willard Bay & Beyond 200K Brevet.** Centerville, UT, Self-supported. Plenty of Store stops. No Entry Fee. Start Centerville JHS to Willard Bay Truck Stop, 200K route continues to Corrine through Brigham City. Shorter leg options of 30 and 75 miles cover Layton and Syracuse. Randonneuring, certified brevet., Richard Stum, 435-

462-2275, [richard@distancebiker.com](mailto:richard@distancebiker.com), [bccutah.org](http://bccutah.org), [SaltLakeRandos.org](http://SaltLakeRandos.org)

**April 22-26, 2013 — Free Fee days in Arches and Canyonlands National parks.** Moab, UT, The perfect time to ride your road bike in the parks., 435-259-8825, [john@moabcity.org](mailto:john@moabcity.org), [nps.gov/findapark/feefreeparks.htm](http://nps.gov/findapark/feefreeparks.htm)

**April 27, 2013 — Front Runner Metric Century Ride.** Salt Lake City, UT, Point to point metric century 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., Matt Storms, 801-448-6061, [matt@forthewinracing.com](mailto:matt@forthewinracing.com), [frontrunnercentury.com](http://frontrunnercentury.com)

**April 27, 2013 — Zion Gran Fondo.** Springdale, UT, Perfect springtime cycling event on the scenic roads around America's most beautiful National Park. Fully supported / Chip Timed., Deb Bowling, 818-889-2453, [embassy@planetultra.com](mailto:embassy@planetultra.com), [ziongranfondo.com](http://ziongranfondo.com)

**May 4, 2013 — 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., 435-259-7882, 800-635-1792, [shop@poisonspiderbicycles.com](mailto:shop@poisonspiderbicycles.com), [granfondomoab.com](http://granfondomoab.com)

**May 4, 2013 — Tour de Brewtah.** Utah Bike Month, Salt Lake City, UT, A tour of the local micro-breweries in the valley to support local non-profit agencies., Tim Stempel, 602-463-1547, [tdstempel@](mailto:tdstempel@)

[gmail.com](mailto:gmail.com), [tourdebrewtah.org](http://tourdebrewtah.org), [utah-bikemonth.com](http://utah-bikemonth.com)

**May 4, 2013 — Biker's Edge Cinco de Mayo Century.** Kaysville, UT, Free, fully-supported by Biker's Edge, 100 and 50-mile ride starting in Kaysville 7:00am. Made for every level of rider with a gradual +/- 1,800ft. Community fun ride with great food., Taylor Arnold, 801-544-5300, [taylor@bebikes.com](mailto:taylor@bebikes.com), [bebikes.com](http://bebikes.com)

**May 11, 2013 — Springville to Nephi 100.** BCC SuperSeries, Springville, UT, Start Cracker Barrel to Nephi and back thru orchards. Self Supported with shorter 30 and 60 mile options. Store stops enroute. FREE., Don Williams, 801-641-4020, [roadcaptain@bccutah.org](mailto:roadcaptain@bccutah.org), [bccutah.org](http://bccutah.org)

**May 11, 2013 — Back Roads of the Great Basin 300K Brevet.** Saratoga Springs, UT, Back Roads of the Great Basin 300K Brevet (188 miles). Self-supported loop ride. Starts in Saratoga Springs, out to the West Desert, climbs up to Eureka, through Nephi and finally travels along the west side of Utah. A brevet (bruh vay) is a nationally certified, timed, ultra distance event. Sponsored by Bonneville Cycling Club and the Salt Lake Randonneurs (rahn doe ners), Richard Stum, 435-462-2275, [richard@distancebiker.com](mailto:richard@distancebiker.com), [saltlakerandos.org](http://saltlakerandos.org)

**May 12-17, 2013 — Bicycle Tour of Arches & Canyonlands.** Cycling Escapes, Moab, UT, UT, 5 riding days, 350 mi, distance from 40-110 mi per day. Travel through Arches Nat'l Park Canyonlands Nat'l Park, follow the Colorado River and the La Sal Mountain loop., Cycling Escapes, 714-267-4591, [info@cyclinges-apes.com](mailto:info@cyclinges-apes.com), [CyclingEscapes.com](http://CyclingEscapes.com)



# MAY 18-19, 2013

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**May 12-October 12, 2013 — Cycling Bryce, Zion, and Grand Canyon National Parks.** St. George, UT, 7-day, 400-mi guided road biking tour of the Bryce, Zion and Grand Canyon National Parks rears, including Brian Head, Panguich Lake, Red Canyon and Kanab. Tour includes 6 nights camping with last night at Inn or 6 nights innsstay, transportation and food. Available every Sun.-Sat. from May 12-Oct. 12., Barbara Goff, 800-596-2953 x4, 702-596-2953, [info@escapeadventures.com](mailto:info@escapeadventures.com), [escapeadventures.com](http://escapeadventures.com)

**May 18, 2013 — Cycle Salt Lake Century Ride.** Utah Bike Month, Salt Lake City, UT, Utah State Fair Park, 155 N 1000 W. Salt Lake to Antelope Island and back, 37, 67, or 100 mile options. Utah State Fair Park, 155 N. 1000 W., SLC. 7:30 AM Mass start time. Registration opens at 6:00 AM. Jon Smith, 801-596-8430, [csj-century@mac.com](mailto:csj-century@mac.com), [cyclesaltlakecentury.com](http://cyclesaltlakecentury.com)

**May 18, 2013 — Moonshadows in Moab.** Moab, UT, Watch the full moon rise briskly above the mountains; take in the sweet sage of the desert as you make your way to the Earth's edge overlooking the Colorado River two thousand feet below. A fully supported ride in the magic scenery of Moab., Beth Logan, 438-260-8889, 435-259-3193, [info@skinnytreeevents.com](mailto:info@skinnytreeevents.com), [skinnytreeevents.com](http://skinnytreeevents.com)

**May 18, 2013 — Goldilocks Herriman.** Herriman, UT, Fully supported, non competitive, women only bike ride with 20, 40, 60, 80 and 100 mile route options. W&M Butterfield Park in Herriman, staggered start times beginning at 7 am., Dani Lassiter, 801-635-9422, [dani@goldilocksride.com](mailto:dani@goldilocksride.com), [goldilocksride.com](http://goldilocksride.com)

**May 19-22, 2013 — Bicycle Barnstorming Tour.** Richfield, UT, Experience and learn the history and culture in Utah's designated National Heritage Area along Heritage Highway 89 on this unique supported bike ride., Susan Crook, 435 773 7920, [susan@iodesigncollaborative.com](mailto:susan@iodesigncollaborative.com), Brad Smith, 801 532 3113, [travelutah@aol.com](mailto:travelutah@aol.com), [utahheritagefoundation.org](http://utahheritagefoundation.org)

**May 19-25, 2013 — Epic Bike 5 National Parks.** Cycling Escapes, Zion NP, UT, 5 National Parks and Scenic Byways in 6 days! Starting in Zion National Park in southern Utah, on this spring and fall cycling vacation we'll bike from Zion National Park to the red rock hoodoos of Bryce National Park, then onward to Grand Staircase Escalante National Monument, Capitol Reef National Park, Lake Powell, and then up the little known Burr Trail., Cycling Escapes, 714-267-4591, [info@cyclingescapes.com](mailto:info@cyclingescapes.com), [CyclingEscapes.com](http://CyclingEscapes.com)

**May 25, 2013 — Pony Express Century.** Saratoga Springs, UT, Starting in Saratoga Springs and essentially following the Pony Express route to Faust, then heading north to Rush Valley and back., Dan Burton, 801-653-2039, [epicbiking@gmail.com](mailto:epicbiking@gmail.com), [epicbiking.com](http://epicbiking.com)

**May 27, 2013 — Antelope Island 100.** BCC SuperSeries, Salt Lake City, UT, Memorial Day - Meet at Westpoint Park 1100 N 2 blocks west of Redwood road 1800 west to Antelope Island Ranch and back, shorter options of 65 to Syracuse. Free., Don Williams, 801-641-4020, [roadcaptain@bccutah.org](mailto:roadcaptain@bccutah.org), [bccutah.org](http://bccutah.org)

**May 29-June 1, 2013 — Road Respect Southern Utah Tour.** Cedar, UT, This year, the Road Respect Campaign will feature tours in Southern Utah. The Road Respect Campaign is sponsored by UDOT, DPS, UHP and Bike Utah. Cedar City (5/29), Kanab (5/30), Washington County/St. George (5/31), "Ride the Gap" (6/1), Keri Gibson, 801-273-7571, [kjgibson@utah.gov](mailto:kjgibson@utah.gov), [utah.gov](http://utah.gov), [roadrespectsutah.org](http://roadrespectsutah.org)

**June 1, 2013 — Little Red Riding Hood.** Lewiston, UT, Women only century ride, 15, 35, 62, 80 and 100 mile distances in Cache Valley, fundraiser for Women's Cancer Research at the Huntsman Cancer Institute. Reg. opens in February. This event sells out quickly., Penny Perkins, 801-474-2282, [penperk@centurylink.net](mailto:penperk@centurylink.net), Curt Griffin, 801-474-2282, [lrh@bbtc.net](mailto:lrh@bbtc.net), [bccutah.org](http://bccutah.org)

**June 1, 2013 — Ride the Gap Century.** Parowan, UT, Enjoy cooler weather in the high country of beautiful Southern Utah., Ryan Gurr, 435-674-3185, [info@spingeeks.com](mailto:info@spingeeks.com), Margaret Gibson, 435-229-6251, [margaret@spingeeks.com](mailto:margaret@spingeeks.com), [spingeeks.com](http://spingeeks.com)

**June 1, 2013 — Double Loop Four 400K Brevet.** Nephi, UT, Unsupported figure-8 ride begins in Nephi and travels south past Gunnison Reservoir, climbs to Koosharem and returns via Richfield. A brevet (bruh vay) is a nationally certified, timed, ultra distance event. Sponsored by Bonneville Cycling Club and the Salt Lake Randonneurs., Richard Stum, 435-462-2275, [richard@distancebiker.com](mailto:richard@distancebiker.com), [saltlakerandos.org](http://saltlakerandos.org)

**June 8, 2013 — American Diabetes Association Tour de Cure.** Brigham City, UT, Fully supported 100, 80, 60, 25 and family-fun mile with rest stops, food, medical support, SAG vehicles. Funds American Diabetes Association

research, education and advocacy., Dustin Stark, 801-363-3024 ext. 7071, [dstark@diabetes.org](mailto:dstark@diabetes.org), [main.diabetes.org/utahfourdecure](http://main.diabetes.org/utahfourdecure)

**June 8, 2013 — Tour de Habitat Lakes to Peaks Ride.** Orem, UT, The official ride of Orem SummerFest. Utah Lake to top of Squaw Peak, South Fork and Alpine Loop. 65 miles, 4,000+ climbing, well supported. Proceeds benefit Habitat of Utah County, 9 am., Eric Bennett, 801-796-9888, [eric@thebarefootgroup.com](mailto:eric@thebarefootgroup.com), [habitatuc.org](http://habitatuc.org)

**June 8-9, 2013 — Utah Bicycle Touring Society's 7th Annual Overnight Bike Tour.** Salt Lake City, UT, This event is for new and experienced bicycle travelers. It involves traveling by bicycle in a self-sufficient manner to an overnight destination. We will camp overnight and then return the next day., Louis Melini, 801-487-6318, [lvmelini@comcast.net](mailto:lvmelini@comcast.net)

**June 8, 2013 — Cache Valley Classic - Don't text-n-drive and ruin-the-ride.** Clarkston, UT, 62.5 mile metric century fun, challenging, with only one major climb (1 mile, 7-10% grade between Trenton and Clarkston - Little Mountain) and one minor climb (1 mile, 4% grade 1-mile south of Clarkston. Starts and finishes in Clarkston., Kevin Rohwer, 435-770-9852, [krohwer@engineeringexcitement.com](mailto:krohwer@engineeringexcitement.com), [race2raceevents.com](http://race2raceevents.com)

**June 9-12, 2013 — Bicycle Barnstorming Tour.** Richfield, UT, Experience and learn the history and culture in Utah's designated National Heritage Area along Heritage Highway 89 on this unique supported bike ride., Susan Crook, 435 773 7920, [susan@iodesigncollaborative.com](mailto:susan@iodesigncollaborative.com), Brad Smith, 801 532 3113, [travelutah@aol.com](mailto:travelutah@aol.com), [utahheritagefoundation.org](http://utahheritagefoundation.org)

**June 13-21, 2013 — Rocky Mountain Tour.** Cross Country Challenge, Salt Lake City, UT, Tackle the Wasatch Mountains, Soldier Summit, pass Book Cliffs and north of Arches Nat'l Park. Challenging at times, rolling to finish in Pueblo, CO. 594 miles, 9 riding days., Bill Lannon, 888-797-7057, [abbike@aol.com](mailto:abbike@aol.com), [abbike.com](http://abbike.com)

**June 13-15, 2013 — Road Respect Wasatch Front Tour.** Cedar, UT, The Road Respect Campaign is sponsored by UDOT, DPS, UHP and Bike Utah. Provo (6/13), SLC & SLCo (6/14), Ogden & Weber Co. (6/14), Keri Gibson, 801-273-7571, [kjgibson@utah.gov](mailto:kjgibson@utah.gov), [utah.gov](http://utah.gov), [roadrespectsutah.org](http://roadrespectsutah.org)

**June 15, 2013 — Canyons of Cache.** BCC SuperSeries, Brigham city, UT, Meet Box Elder HS in Brigham City for a ride west through Corrine and Bear River City. Store stops for water and food., Don Williams, 801-641-4020, [roadcaptain@bccutah.org](mailto:roadcaptain@bccutah.org), [bccutah.org](http://bccutah.org)

**June 15, 2013 — Huntsman 140 Cycling Event.** Delta, UT, Non-competitive 140-mile ride from Delta to SLC, UT and a 75- & 25-mile out-and-back ride beginning and ending in SLC, UT. Raises funds for cancer research., Jen Murano, 801-584-5815, [jmurano@huntsmanfoundation.org](mailto:jmurano@huntsmanfoundation.org), [huntsman140.com](http://huntsman140.com)

**June 15, 2013 — High Uintas 10,000 Gran Fondo.** Kamas/Evanston, UT/WY, 1 Day, 80 mile, point to point road race from Kamas, UT to Evanston, WY over Bald Mountain Pass. Gran Fondo for citizen riders and touring riders., Dirk Cowley, 801-699-5126, [dcowley@comcast.net](mailto:dcowley@comcast.net), [racedayeventmanagement.com](http://racedayeventmanagement.com)

**June 22, 2013 — Sanpete Classic Fun Ride.** Spring City, UT, Main Street, Spring City will serve as the Start/Finish for loops of 45, 72 and 98 mile courses that go around the rural Sanpete Valley roads. Fun Ride starts at 9 am and Road Races start at 10 am. BBQ lunch, awards, and raffle after race., Eric Thompson, 801-541-3840, [ethompson@visitsaltlake.com](mailto:ethompson@visitsaltlake.com), [skiutahcycling.com](http://skiutahcycling.com)

**June 22, 2013 — The Ghost Ride.** Utah Bike Month, Tooele, UT, The Ghost Ride is a 100 or 62 mile cycling tour of Utah's Tooele Valley. Honoring the cyclists who are no longer with us, we begin with a short ride of silence and then enjoy a ride of celebration as we visit small towns, scenic vistas and rolling hills in Utah's west desert terrain., Jared Eborn, 801-599-9268, [jared@extramileracing.com](mailto:jared@extramileracing.com), [theghostride.com](http://theghostride.com)

**June 22, 2013 — Three Kings Cycling Event.** North Salt Lake, UT, Winding through North Salt Lake, the Three Kings offers some of the steepest climbs of the season. Cyclists can choose to tackle one, two, or all three kings. The cyclists who tackle them fastest will take home the prizes., Matt Jensen, 801-550-0778, [mattjensens@gmail.com](mailto:mattjensens@gmail.com), [threekings.nslcity.org](http://threekings.nslcity.org)

**June 22, 2013 — Provo A Go-Go.** BCC SuperSeries, Draper, UT, Start Cracker Barrel to Nephi and back thru orchards. FREE Self Supported with shorter 30 and 60 mile options. Store stops enroute, Don Williams, 801-641-4020, [roadcaptain@bccutah.org](mailto:roadcaptain@bccutah.org), [bccutah.org](http://bccutah.org)

**June 22, 2013 — Sanpete Classic Road Tour.** Spring City, UT, Start and finish: Main Street, Spring City, loops of 45, 72

and 98 mile courses that go around the rural Sanpete Valley roads. Races start at 10:00 a.m. BBQ lunch, awards, and raffle after race. Fun ride also., Eric Thompson, 801-541-3840, [ethompson@visitsaltlake.com](mailto:ethompson@visitsaltlake.com), [skiutahcycling.com](http://skiutahcycling.com)

**June 24, 2013 — R.A.N.A.T.A.D.** Sundance Resort, UT, Ride Around Nebo And Timp in A Day. Start at Sundance and ride down and around the Nebo Loop to Nephi and then back to the mouth of American Fork Canyon, over the Alpine Loop, finishing back at Sundance, 165 miles with over 12,000feet of climbing, 100 mile option., Czar Johnson, 801-223-4121, 801.223.4849, [czarj@sundance-utah.com](mailto:czarj@sundance-utah.com), [sundanceresort.com/explore/sum\\_biking\\_races.html](http://sundanceresort.com/explore/sum_biking_races.html)

**June 29-30, 2013 — Bike MS: Harmon's Best Dam Bike Ride.** Bike MS, Logan, UT, For cyclists and all those seeking a personal challenge and a world free of MS, Bike MS is the premier fundraising cycling series in the nation. The Bike MS experience is the ride of your life with options to ride 40-175 miles. Friendly to all abilities with rest stops every 8-12 miles. One of the most scenic routes in Utah! Camping, meals and entertainment based out of Cache Valley Fairgrounds (400 South 500 West), Becky Lytle, 801-424-0112, [becky.lytle@nms.org](mailto:becky.lytle@nms.org), [bikemsutah.org](http://bikemsutah.org)

**June 29, 2013 — Timpanogos Gran Fondo.** Orem, UT, 7:00 AM, Start and Finish: Timpanogos High School, timed ride from the Ranger Station at the entrance of American Fork Canyon to the trailhead parking lot at the summit (roughly 10.5 miles), Josh Rohatinsky, 801.830.2420, [josh@brooksee.com](mailto:josh@brooksee.com), [timpgranfondo.com](http://timpgranfondo.com)

**July 4, 2013 — Tour de Riverton.** Riverton, UT, 12th Annual, Part of Riverton Town Days. Fun family ride. 25 mile loop through Riverton and Herriman., Brad Rowberry, 801-523-8268, [tdr@infinitecycles.com](mailto:tdr@infinitecycles.com), [tourderiverton.com](http://tourderiverton.com), [infinitecycles.com](http://infinitecycles.com)

**July 6, 2013 — Jim Bridger Century.** BCC SuperSeries, Brigham City, UT, Meet at Box Elder HS for a ride west through Corrine and Bear River City; Store stops for water and food; FREE., Don Williams, 801-641-4020, [roadcaptain@bccutah.org](mailto:roadcaptain@bccutah.org), Tom Coffey, 801-737-3241, [bccu-tah.org](mailto:bccu-tah.org)

**July 12-13, 2013 — Raspberry Ramble Series 300K, 400K, 600K Brevet.** Brigham City, UT, Raspberry Ramble Series: 300K, 400K & 600K Brevets (125 to 375 miles). These minimally supported rural rides start together in Logan and climb up Strawberry Canyon (LoToJa route). The longer routes then go around Bear Lake before heading north to Soda Springs. The 600K stops in Logan for an overnight stop before making a 200K loop to Golden Spike National Monument. A brevet is a nationally certified, timed, ultra distance event. Sponsored by Bonneville Cycling Club and the Salt Lake Randonneurs., Richard Stum, 435-462-2275, [richard@distancebiker.com](mailto:richard@distancebiker.com), [saltlakerandos.org](http://saltlakerandos.org)

**July 13, 2013 — RACER Century.** Roy, UT, A comfortable ride through Weber and Davis County in the prime of Utah's diverse summer weather. Enjoy an exciting mixture of plains and hills throughout Northern Utah. Fully supported with lunch provided for the 103 and 73 mile routes. Post ride bbq. Supports Huntsman Cancer Foundation and Roy High School Athletics. Distances - Full Century = 103 Miles; Silver Medal Century = 73 Miles; Half Century = 50 Miles; Quarter Century = 34 Miles, Tim Bell, 801-476-3631, [royalriders.rhs@gmail.com](mailto:royalriders.rhs@gmail.com), [TheRacer.org](http://TheRacer.org)

**July 13, 2013 — Cache Valley Gran Fondo.** Logan, UT, 100 and 50 mile gran fondo style ride & tour. Canyons, hills, long flats & beautiful Cache Valleyvistas. Benefit to provide breast cancer screening. Join us for Gran Fun & Gran Prizes., Troy Oldham, 435-716-5378, 435-764-2979, [Troy.Oldham@mail.org](mailto:Troy.Oldham@mail.org), [cachegrantondo.com](http://cachegrantondo.com), [loganhospitalfoundation.org](http://loganhospitalfoundation.org)

**July 13, 2013 — Swiss Miss.** Heber, UT, Women only bicycle ride, Duff Johnson, 435-654-2282, [sales@slimandknobbys.com](mailto:sales@slimandknobbys.com), [tourofheber.com](http://tourofheber.com)

**July 14, 2013 — Stage 6 Climber.** BCC SuperSeries, Park City, UT, Treasure Mtn MS over the Stage 6 route covered, by the Tour of Utah - 60 miles massive climbs, Free Self Supported Sunday morning event over quiet roads., Don Williams, 801-641-4020, [roadcaptain@bccutah.org](mailto:roadcaptain@bccutah.org), [bccutah.org](http://bccutah.org)

**July 14-19, 2013 — Zion-Bryce Utah Bike Tour.** St. George, UT, Showcases southern Utah by creating a point to point ride across the rugged backbone of the state while visiting three National Parks and Cedar Breaks National Monument. Total mileage is 297 up to 390 miles over 7 days of riding with daily mileage ranging from 18-92 miles., John Humphries, 970-728-5891, [info@lizardheadcyclingguides.com](mailto:info@lizardheadcyclingguides.com), [lizardheadcyclingguides.com](http://lizardheadcyclingguides.com)

**July 19, 2013 — 20th Annual Antelope by Moonlight Bike Ride.** Antelope Island,

UT, 10pm. Open to participants of all ages and starts at th10pm. Open to participants of all ages and starts at the Antelope Island's White Rock Bay. The half way point is the historic Fielding Garr Ranch where refreshments are served. The entire route is 24 miles on an asphalt road., Neka Roundy, 801-451-3286, [tour@co.davis.ut.us](mailto:tour@co.davis.ut.us), [daviscountytutah.gov](http://daviscountytutah.gov)

**July 20, 2013 — Pedal Away Parkinson's.** Kaysville, UT, The 8th 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., Meredith Healey, 801-451-6566, 801-336-6579, [sendimymway@gmail.com](mailto:sendimymway@gmail.com), [pedalawayparkinsons.com](http://pedalawayparkinsons.com)

**July 20, 2013 — Desperado Dual.** Panguitch, UT, 200 mile double century in Southern Utah, 100 and 50 mile option, Utah's only fully supported, 200 mile, one-day cycling adventure., Ryan Gurr, 435-674-3185, [info@spingeeks.com](mailto:info@spingeeks.com), Margaret Gibson, 435-229-6251, [margaret@spingeeks.com](mailto:margaret@spingeeks.com), [spingeeks.com](http://spingeeks.com)

**July 20, 2013 — Rockwell Relay: Ladies Pamperfest.** Wasatch Front, UT, Four and two-lady relay teams race or ride, with massages, mini-manicures, etc. at exchanges. Begins 8 am at Snowbasin, 160 miles finishing in Provo. For all levels!, Cortney Stewart, 801-643-4673, [cort@rockwellrelay.com](mailto:cort@rockwellrelay.com), Tyler Servoss, 801-888-3233, [velo11@gmail.com](mailto:velo11@gmail.com), [rockwellrelay.com](http://rockwellrelay.com)

**July 20, 2013 — Aptalis Cystic Fibrosis Cycle For Life.** Ogden, UT, Benefit for the Cystic Fibrosis Foundation, Ogden Valley, Laura Hadley, 801-532-2335, 801-558-8310, [lhadley@cff.org](mailto:lhadley@cff.org), [cff.org](http://cff.org)

**July 21, 2013 — Upland Roller 100.** BCC SuperSeries, Wanship, UT, Wanship Trailhead thru Coalville Echo over Hogsback to Morgan and back self-supported 30-50 mile options also. FREE, Don Williams, 801-641-4020, [roadcaptain@bccutah.org](mailto:roadcaptain@bccutah.org), [bccutah.org](http://bccutah.org)

**July 24, 2013 — Red Rock Ranch Monte Cristo 100.** BCC SuperSeries, Huntsville, UT, Red Rock below Causey Dam 10 miles above Huntsville up and over Monte Cristo to Randolph and back. Free, but self supported., Don Williams, 801-641-4020, [roadcaptain@bccutah.org](mailto:roadcaptain@bccutah.org), Jim Halay, 801-641-4020, [jameshalay@ovalley.net](mailto:jameshalay@ovalley.net), [bccutah.org](http://bccutah.org)

**July 26-27, 2013 — 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](mailto:Steven@SaintstoSinners.com), [SaintstoSinners.com](http://SaintstoSinners.com)

**July 27, 2013 — RAW (Ride Around the Wellsilles).** Logan, UT, 25, 70, 100 mile options all starting/ending from the Rotary Pavilion at Willow Park in Logan. The 70 & 100 offer a challengingly beautiful ridecircling-navigating the Wellsilles, the steepest mountains in North America., Larry Hogge, 435-757-0977, [larry.hogge@comcast.net](mailto:larry.hogge@comcast.net), Ben Jarvis, 435-757-0376, [LoganRotaryRAW@gmail.com](mailto:LoganRotaryRAW@gmail.com), [rotaryraw.com](http://rotaryraw.com)

**July 27, 2013 — GLMR Ride for Hope, Healing, Happiness.** Springville, UT, 100, 69, or 43 miles. Ride in honor of Gary Ludlow. Proceeds raised go to support the National Alliance on Mental Illness (NAMI Utah) and the American Foundation for Suicide Prevention (AFSP Utah). Start 7:00 am, 143 W. 900 N., at the Park & Ride., Zach Ludlow, 801-808-2569, [glmrinto@gmail.com](mailto:glmrinto@gmail.com), Stan Sadowski, 801-830-6655, [glmrinto@gmail.com](mailto:glmrinto@gmail.com), [theglmr.com](http://theglmr.com)

**July 27, 2013 — Ride 2 Recovery Utah.** Park City, UT, Held in conjunction with Dealer Camp in Deer Valley. 20, 50, 100 mile options. Ride 2 Recovery's mission is to improve the health and wellness of healing heroes through mental and physical rehabilitation programs that feature cycling as the core activity. Proceeds support outdoor cycling programs and Spinning Recovery Labs at Military and VA locations, as well as local rides for healing heroes., Maryann Lekas, 828-752-0922, 818-888-7091, [maryann@ride2recovery.com](mailto:maryann@ride2recovery.com), [ride2recovery.com](http://ride2recovery.com)

**August 3, 2013 — Tour de Park City.** Park City, UT, Fully supported Tour starting and finishing in Park City. 170, 100 and 50 mile timed courses through Northern Utah's beautiful mountain valleys. Food, prizes and more!, Ben Towery, 801-389-7247, [teamaccelerator@gmail.com](mailto:teamaccelerator@gmail.com), [tourdeparkcity.com](http://tourdeparkcity.com), [teamaccelerator.com](http://teamaccelerator.com)

**August 3, 2013 — ULCER.** Lehi, UT, 28th annual, 5th year for Gran Fondo style timed Century Tour around Utah Lake, 100, 65 mile, 30 mile options, start at Thanksgiving Point in Lehi., Mary-Margaret Williams, 801-641-4020, [president@bbtc.net](mailto:president@bbtc.net), Stan Milstein, 801-330-1400, [ulcer@bccutah.org](mailto:ulcer@bccutah.org), [bccutah.org](http://bccutah.org)

**August 3, 2013 — Mammoth Creek Century.** Cedar City, UT, There will be a

USAC race that will be 100 miles. There will be a "casual" Killer Loop of 65 miles. Registration is \$60 through [usacycling.org](http://usacycling.org), Brian Jeppson, 435-586-5210, 435-559-2925, [brian.jeppson@gmail.com](mailto:brian.jeppson@gmail.com), [colorcountrycyclingclub.org](http://colorcountrycyclingclub.org)

**August 10, 2013 — The Ultimate Challenge Presented by the Tour of Utah.** Park City, UT, Park City to Snowbird Ski and Summer Resort, 100 miles, with shorter options. Ride the course of the Queen stage of the Tour of Utah., Dirk Cowley, 801-699-5126, [dcowley@comcast.net](mailto:dcowley@comcast.net), [tourofutah.com](http://tourofutah.com)

**August 10, 2013 — Promontory Point 120.** BCC SuperSeries, Ogden, UT, 5 Points Ogden to Brigham City, Corrine, Golden Spike, Tremonton and back 120 miles self-supported, shorter loop options available. Free event., Don Williams, 801-641-4020, [roadcaptain@bccutah.org](mailto:roadcaptain@bccutah.org), Jen Green, 435-562-1212, [pecan314@xmission.com](mailto:pecan314@xmission.com), [bccutah.org](http://bccutah.org)

**August 10, 2013 — Mt. Nebo Century.** Payson, UT, Benefiting Huntsman Cancer Institute and Southern Sudan Humanitarian. Challenge yourself over one of the highest and most picturesque peaks in Utah, enjoying mountain scenery and the secret Goshen Canyon. Fully supported. 8am start with 30, 65, and 100 options. Begins at 8:00 a.m. at Noble Sports in Springville, 1851 West 500 South, Jeff Sherrod, 801-654-2886, [jeff@myreasontoride.org](mailto:jeff@myreasontoride.org), Shawn Snow, 801-230-0914, [shawn@myreasontoride.org](mailto:shawn@myreasontoride.org), [myreasontoride.org](http://myreasontoride.org)

**August 16-17, 2013 — Bear Pa Challenge Charity Cycling Tour.** Park City, UT, Challenging, fun, and fully supported ride from Bear Lake to Park City over the Mirror Lake Highway. Benefits Shriners Hospitals for Children., Tyler Hooper, 801-292-9146, 801-927-8310, [tyler.hooper@gmail.com](mailto:tyler.hooper@gmail.com), [bearpachallenge.com](http://bearpachallenge.com)

**August 17, 2013 — Bike the Bear Century.** Garden City, UT, 100 and 50 mile rides. Begins at Camp Hunt on Bear Lake, UT. Support the Trapper Trails Council, BSA with a ride around the south end of scenic Bear Lake on the Utah/Idaho border., Jason Eborn, 801-479-5460, [jeborn@bsaemail.org](mailto:jeborn@bsaemail.org), Nelson Palmer, [npalmer@comcast.net](mailto:npalmer@comcast.net), [trappertrails.org/Programs/Activities%20and%20Civic%20Service/Bike%20the%20Bear](http://trappertrails.org/Programs/Activities%20and%20Civic%20Service/Bike%20the%20Bear)

**August 17, 2013 — Utah's Toughest Century, Riding 4 a Reason.** Salt Lake City, UT, Can you handle it?! Charity Bike ride, Emigration Canyon to East Canyon to Heener to Coalville and back., Briana Thomas, 801-590-2704, 801-703-5233, [briana.thomas@alpin-ehme.com](mailto:briana.thomas@alpin-ehme.com), [riding4areason.com](http://riding4areason.com)

**August 17, 2013 — Wildflower Pedalfest.** Mountain Green, UT, Fully-supported, women only ride. 20,35,50 & 75 mile courses thru scenic Morgan Valley. Gift for those who complete the Wildflower Hill Climb. T-shirt, goodie bag, catered lunch, raffle, live band. Ride Limited., Stacie Palmer, 801-644-9940, 801-391-2819, [wildflowerpedalfest@gmail.com](mailto:wildflowerpedalfest@gmail.com), [wildflowerpedalfest.com](http://wildflowerpedalfest.com)

**August 17, 2013 — Ultimate ULCER 200 K Brevet.** Nephi, UT, Ultimate ULCER 200K Brevet (125 miles). Self-supported ride from Lehi and going around Utah Lake. Includes a short out-and-back up Hobbie Creek Canyon too. A brevet is a nationally certified, self-supported, timed, ultra distance event. Co-sponsored by Bonneville Cycling Club, Salt Lake Randonneurs., Richard Stum, 435-462-2275, [richard@distancebiker.com](mailto:richard@distancebiker.com), [saltlakerandos.org](http://saltlakerandos.org)

**August 17, 2013 — TriathaMom.** Herriman, UT, Women only triathlon at Kearns Quairrh Park Fitness Center, 300 yard swim, 12 mile bike ride, and 5k run. Carnival style cheering section provided for families of participants., Dani Lassiter, 801-635-9422, [dani@goldilocksride.com](mailto:dani@goldilocksride.com), [gotriathamom.com](http://gotriathamom.com)

**August 18, 2013 — The Big Ride 150-Wasatch Back Route.** BCC SuperSeries, Salt Lake, UT, Start Draper Park climb Emigration and Big MTn to Park City loop Brown Canyon Peoa Oakley Kamas Heber City, west to Provo Canyon thru Provo and Lehi and Pt of the Mtn. 100 mile option omits Browns Canyon loop., Don Williams, 801-641-4020, [roadcaptain@bccutah.org](mailto:roadcaptain@bccutah.org), Jen Green, 435-562-1212, [bccutah.org](mailto:bccutah.org)

**August 24, 2013 — Cache Valley Century Tour.** Logan, UT, 100 mi/100 km/40mile options. Hosted by Cache Valley Veloists Bicycle Touring Club. 8 am, in Richmond (12 mi north of Logan on Hwy 91), Bob Jardine, 435-713-0288, 435-

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! Rena Webb, 435-649-3991, [events@discovernac.org](mailto:events@discovernac.org), [summitchallenge100.org](http://summitchallenge100.org), [discovernac.org](http://discovernac.org)

**August 25, 2013 — Twin Creeks 100.** BCC SuperSeries, Coalville, UT, Start Coalville to Lost Creek Dam rolling course back to coalville then climb Chalk Creek, self-supported, 50 mile option first leg. Don Williams, 801-641-4020, [roadcaptain@bccutah.org](mailto:roadcaptain@bccutah.org), [bccutah.org](http://bccutah.org)

**August 26, 2013 — Free Fee days in Arches and Canyonlands National Parks.** Moab, UT, The perfect time to ride your road bike in the parks., 435-259-8825, [john@moabcity.org](mailto:john@moabcity.org), [nps.gov/findapark/feefreeparks.htm](http://nps.gov/findapark/feefreeparks.htm)

**August 31-September 7, 2013 — LAGBRAU (Legacy Annual Great Bike Ride Across Utah).** Blanding, UT, World's most scenic bicycle ride - includes up to 5 national parks, 6 amazing state parks, 2 national monuments, and various national forests. Blanding to Springdale., Les Titus, 801-654-1144, [lestitus@lagbrau.com](mailto:lestitus@lagbrau.com), [lagbrau.com](http://lagbrau.com)

**August 31, 2013 — Hooper Horizontal 100.** BCC SuperSeries, Salt Lake City, UT, West Point Park (SLC) to West Weber and Hooper, self-supported century, 30 and 65 mile options, 8 am., Don Williams, 801-641-4020, [roadcaptain@bccutah.org](mailto:roadcaptain@bccutah.org), Greg Allen, 801-450-1861, [greg.allen@mhn.com](mailto:greg.allen@mhn.com), [bccutah.org](http://bccutah.org)

**September 7, 2013 — Wonder Woman Century.** Payson, UT, Ride for women by women, fun surprises, great food and awesome finisher's jewelry, 7:30 am 100 miles, 9 am 70 miles, 10 am 30 miles., Mahogani Thurston, 801-318-1420, [wonderwomanride@gmail.com](mailto:wonderwomanride@gmail.com), [wonderwomanride.com](http://wonderwomanride.com)

**September 7, 2013 — Epic 200.** Saratoga Springs, UT, The Epic 200 is a fully supported one day 200 mile cycling adventure. We also offer a 160, 100, and 66 mile options., Dan Burton, 801-653-2039, [epicbiking@gmail.com](mailto:epicbiking@gmail.com), [epicbiking.com](http://epicbiking.com)

**September 14, 2013 — Wildflower Trailfest.** Ogden, UT, Utah's First and only Mountain Bike Challenge for women. Held at Snowbasin Ski Resort. 3 timed courses. Awards for age group winners., Stacie Palmer, 801-644-9940, 801-391-2819, [wildflowerpedalfest@gmail.com](mailto:wildflowerpedalfest@gmail.com), [wildflowerpedalfest.com](http://wildflowerpedalfest.com)

**September 15-21, 2013 — Epic Bike 5 National Parks.** Cycling Escapes, Zion NP, UT, 5 National Parks and Scenic Byways in 6 days! Starting in Zion National Park in southern Utah, on this spring and fall cycling vacation; from Zion National Park to the red rock hoodoos of Bryce National Park, then onward to Grand Staircase Escalante National Monument, Capitol Reef National Park, Lake Powell, and then up the little known Burr Trail., Cycling Escapes, 714-267-4591, [info@cyclinges-apes.com](mailto:info@cyclinges-apes.com), [CyclingEscapes.com](http://CyclingEscapes.com)

**September 20-22, 2013 — Moab Century Tour.** Moab, UT, Weekend of road cycling with rolling and climbing route options including the infamous "big Nasty" (3000 feet elevation in 7 miles). Warm Up ride Friday, recovery ride Sunday, century route and timing chip option., Beth Logan, 438-260-8889, 435-259-3193, [info@skinnytireevents.com](mailto:info@skinnytireevents.com), [skinnytireevents.com](http://skinnytireevents.com)

**September 21, 2013 — Tour of Heber.** Heber, UT, Slim & Knobby's Bike Shop presents. Ride options include a full 100 mile century, a metric century of 66 miles and a fun ride of 25 miles. Come challenge and reward yourself with this fun new century that will soon become a favorite among riders of all abilities.,

Duff Johnson, 435-654-2282, [sales@slimandknobbys.com](mailto:sales@slimandknobbys.com), [tourofheber.com](http://tourofheber.com)

**September 21, 2013 — Gnarly Nebo Brevet and Populaire.** tentative, Payson, UT, Self-supported ride during the beautiful fall season. From Payson, up and over the Mount Nebo Loop road to Nephi and back. A brevet is a nationally certified, self-supported, timed, ultra distance event. Co-sponsored by Bonneville Cycling Club. Salt Lake Randonneurs., Richard Stum, 435-462-2275, [richard@distancebiker.com](mailto:richard@distancebiker.com), [salt-lakerandos.org](http://salt-lakerandos.org)

**September 28, 2013 — Josie Johnson Memorial Ride.** Salt Lake City, UT, This low key, casual memorial ride is dedicated in Josie's honor to bring the community together to raise awareness for bicycle safety, Sugarhouse Park at 10:30 am, to mouth of Big Cottonwood Canyon and back., Ken Johnson, 801-205-1039, [kjlivetobike@gmail.com](mailto:kjlivetobike@gmail.com), [josie-johnsonride.com](http://josie-johnsonride.com)

**September 28, 2013 — Penny's Legacy Bike Ride.** Farmington, UT, Start: Farmington Frontrunner Station parking lot), benefits Segoe Lily programs to raise awareness of domestic abuse in our community, ride follows the Legacy Parkway trail, 10, 15, 25 mile options. Walk and ride along the Legacy Parkway Trail next to the Foxboro Regional Park, North Salt Lake (Located at the intersection of 1100 North and Skipton Drive). Come with hearts and cycles of gold to join the fight against abuse towards the Deaf Community!, Segoe Lily, 801-590-4920, [info@slcad.org](mailto:info@slcad.org), [slcad.org](http://slcad.org)

**September 28, 2013 — Million Miles at Miller.** Tooele, UT, Century, Metric, 30-miler-through Tooele County, start and end at Miller Motorsports Park. Family 4.5-miler around track. All-day celebration, BBQ, Kids Zone! Benefits Special Olympics Utah., Carisa Miller, 801-563-4139, [camiller@lhm.com](mailto:camiller@lhm.com), Anne Marie Gunther, 801-563-4140, [amgunther@lhm.com](mailto:amgunther@lhm.com), [millionmilesatmiller.com](http://millionmilesatmiller.com)

**September 28, 2013 — The Watchman 100.** St. George, UT, A beautiful fall century ride from Washington Utah to Springdale Utah near Zion National Park. Fully supported with sag vehicles, rest stops and lunch., Ryan Gurr, 435-674-3185, [info@spingeeeks.com](mailto:info@spingeeeks.com), Margaret Gibson, 435-229-6251, [margaret@spingeeeks.com](mailto:margaret@spingeeeks.com), [spingeeeks.com](http://spingeeeks.com)

**September 28, 2013 — Moab Double Whammy.** Moab, UT, Moab is ground zero to mountain biking, yet also offers great potential for endurance roadie events. Join us for this minimally-supported ride in two of Utah's best National Parks (Arches and Canyonlands). 6,000+ feet of climbing. A brevet is a nationally certified, timed, ultra distance event. Co-sponsored by Bonneville Cycling Club. Salt Lake Randonneurs., Richard Stum, 435-462-2275, [richard@distancebiker.com](mailto:richard@distancebiker.com), [bccutah.org](http://bccutah.org), [SaltLakeRandos.org](http://SaltLakeRandos.org)

**September 28, 2013 — Cruising to Stop Abusing.** Wellsville, UT, 10, 46, and 72 miles routes to choose from with the longer ride a perfect post-bike ride for all you LOTOJA riders). There will be fully stocked aid stations as well as lunch, Shawn Didericksen, 435-512-6192, [shawndider@yahoo.com](mailto:shawndider@yahoo.com), [cruisingstopabusing.com](http://cruisingstopabusing.com)

**September 29-October 5, 2013 — Epic Bike 5 National Parks.** Cycling Escapes, Zion NP, UT, 5 National Parks and Scenic Byways in 6 days! Starting in Zion National Park in southern Utah, on this spring and fall cycling vacation we'll bike from Zion National Park to the red rock hoodoos of Bryce National Park, then onward to Grand Staircase Escalante National Monument, Capitol Reef National Park, Lake Powell, and then up the little known Burr Trail., Cycling Escapes, 714-267-4591, [info@cyclingesapes.com](mailto:info@cyclingesapes.com), [CyclingEscapes.com](http://CyclingEscapes.com)

**October 5, 2013 — Zion Canyon 200K.** Southern Utah Brevet Series, St. George, UT, Brevets are self supported, timed distance cycling events. This route begins in St. George, continues on to Zion and returns via Toquerville and Leeds., Lonnie Wolff, 435-559-0895, [info@subrevet.org](mailto:info@subrevet.org), [subrevet.org](http://subrevet.org), [rusa.org](http://rusa.org)

**October 5, 2013 — Honeyville Hot Springs 100.** BCC SuperSeries, Salt Lake City, UT, Start 5 Points Ogden to Brigham City, climb sardine, Loop Cache Valley and return over SR 30 to Tremonton and Honeyville for a hot springs soak then return to Ogden. Self supported., Don Williams, 801-641-4020, [roadcaptain@bccutah.org](mailto:roadcaptain@bccutah.org), Jim Halay, 801-641-4020, [jameshalay@ovalley.net](mailto:jameshalay@ovalley.net), [bccutah.org](http://bccutah.org)

**October 12, 2013 — Breast Cancer Awareness Ride.** American Fork, UT, 22 mi casual ride for women and men; food, SWAG, & raffle prizes; Registration fees go to The Breast Cancer Research Foundation., 801-763-1222, [info@trekaf.com](mailto:info@trekaf.com), [trekaf.com](http://trekaf.com)

**October 26, 2013 — Fall Tour de St. George.** St. George, UT, Ride around Snow Canyon State Park, Quail Creek Reservoir and Washington County's newest reservoir, Sand Hollow. 35, 60 & 100 Mile options., Ryan Gurr, 435-674-3185, [info@spingeeeks.com](mailto:info@spingeeeks.com), Margaret Gibson, 435-229-6251, [margaret@spingeeeks.com](mailto:margaret@spingeeeks.com), [spingeeeks.com](http://spingeeeks.com)

**November 9-11, 2013 — Free Fee days in Arches and Canyonlands National Parks.** Moab, UT, The perfect time to ride your road bike in the parks., 435-259-8825, [john@moabcity.org](mailto:john@moabcity.org), [nps.gov/findapark/feefreeparks.htm](http://nps.gov/findapark/feefreeparks.htm)

**November 30, 2013 — Saturday Fatter-day Ride.** Saratoga Springs, UT, 5th annual ride to benefit the Utah Food Bank. Burn off a bit of turkey and pie calories. Bring a donation for the Food Bank as your "entrance fee.", Dan Burton, 801-653-2039, [epicbiking@gmail.com](mailto:epicbiking@gmail.com), [epicbiking.com](http://epicbiking.com)

## Regional Road Touring

**April 6, 2013 — Gran Fondo Las Vegas.** Las Vegas, NV, Las Vegas to Lovell Canyon (via Red Rock Scenic Drive) and back, 100 miles - 8000 of climbing. A Gran Fondo is a long distance, timed cycling event that welcomes competitive, amateur and recreational cyclists of all abilities. Fully supported. Chip Timed., Deb Bowling, 818-889-2453, [embassy@planetultra.com](mailto:embassy@planetultra.com), [granfondolasvegas.com](http://granfondolasvegas.com)

**April 13, 2013 — Tour de Fire.** Boulder City, NV, Century Ride with a 20, 48, 60, 74, 99 and 134 distance to choose from. Starts at Boulder Beach and goes out to the Valley of Fire where you will return. Well stocked rest stops and beautiful scenery Benefits the Nevada Childhood Cancer Foundation., Leslie Whitehead, 702-353-3306, [tourefire@gmail.com](mailto:tourefire@gmail.com), [tdfire.com](http://tdfire.com)

**April 13, 2013 — Mulholland Challenge.** Agora Hills, CA, The toughest Southern California Century with over 13,000' of climbing in the Santa Monica Mountains. Fully supported / Chip Timed., Deb Bowling, 818-889-2453, [embassy@planetultra.com](mailto:embassy@planetultra.com), [ziongranfondo.com](http://ziongranfondo.com)

**April 20, 2013 — Tour de Summerlin.** Las Vegas, NV, 50, 100 mile routes, Vistas Community Park, circumnavigates Las Vegas., Randy Mcghee, 702-252-8077, [andy@mcghees.com](mailto:andy@mcghees.com), [tourdesummerlin.com](http://tourdesummerlin.com)

**April 21, 2013 — Rhonde Van Boise Fun Ride.** Boise, ID, Mike Cooley, 208-343-3782, [mccooley@georgescycles.com](mailto:mccooley@georgescycles.com), [georgescycles.com](http://georgescycles.com)

**April 27, 2013 — American Diabetes Association Tour de Cure.** Las Vegas, NV, Join us for a well-supported, high energy ride with route options of 8-miles, 30-miles, 70-miles, 100-miles. Starts and finishes at the M Resort, 12300 S. Las Vegas Blvd., Tracie Patten, 702-369-9995 x7483, [tpatten@diabetes.org](mailto:tpatten@diabetes.org), [main.diabetes.org/site/TR/TourdeCure/UtahArea?pg=entry&fr\\_id=8081](http://main.diabetes.org/site/TR/TourdeCure/UtahArea?pg=entry&fr_id=8081)

**May 4, 2013 — Boys and Girls Club Community Charity Ride.** Charity, Nampa, ID, Please join us for our first annual Community Day Charity Ride! There is a family 5 mile, 32 mile, & metric century. The Family 5 mile will leave the Idaho Center and head West on Birch to the fire station and return back to the Idaho Center. No Day of Registration. Registrations end May 2nd at Midnight. Helmets Required for All Rides., Melissa Gentry, 208-461-7203, [mgentry@bgclubnampa.org](mailto:mgentry@bgclubnampa.org), [bgclubnampa.org](http://bgclubnampa.org)

**May 5-10, 2013 — Redrock Canyons Tour.** Grand Junction, CO, Ride through Redrock Canyon-Country of western Colorado and eastern Utah. Visit world famous Monument Valley and the incomparable Unaweep and Dolores River Canyons. Average daily mileage is 72 miles, mileage ranges 48-112 miles, and total ascent is 22,159' and descent 24,187'. John Humphries, 970-728-5891, [info@lizardheadcyclingguides.com](mailto:info@lizardheadcyclingguides.com), [lizardheadcyclingguides.com](http://lizardheadcyclingguides.com)

**May 12, 2013 — Amazing Earthfest.** Fredonia, AZ, 8th Annual - Grand Staircase Escalante National Monument Scenic 37 miles out and back (paved), 7:45 am, 420 East 300 South (US 89), Kanab, Utah, Pre-ride refreshments, Optional 60 miles., Rich Csenge, 435-644-3735, [jlw@gwi.net](mailto:jlw@gwi.net), [amazingearthfest.com](http://amazingearthfest.com)

**May 18, 2013 — Cycle for Independence.** Charity, Boise, ID, Fundraiser for the Treasure Valley Chapter of the National Federation of the Blind, 10, 25, and 63 mile distances, individual and team rides, routes begin in northwest Boise, supported ride., Ramona Walhof, 208-336-5333, [cycleforindependence@gmail.com](mailto:cycleforindependence@gmail.com), [tvblindidaho.org](http://tvblindidaho.org)

**May 18, 2013 — Ride for the Pass.** Aspen, CO, Part of the Aspen Cycling Festival, Benefits the Independence Pass Foundation. 19th 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 8,500' to 10,700'. Mark Fuller, 970-963-4959, [fulcon@comcast.net](mailto:fulcon@comcast.net), [independencepass.org](http://independencepass.org), [aspencyclingfestival.com](http://aspencyclingfestival.com)

**May 18, 2013 — Rupert Century Bike Ride.** Rupert, ID, The scenic course is a loop of 33 miles starting from the Rupert Square. The route takes you through country roads to Walcott State Park where you will loop the main park then return to Rupert, benefit ride, 9 am., Alice Schenk, 208-436-4514, [runnerschenk@gmail.com](mailto:runnerschenk@gmail.com), Justin Mitchell, 208-431-6014, Ken Stephens, 208-430-4514, [sak41@pmt.org](mailto:sak41@pmt.org), [sick-riders.com](http://sick-riders.com)

**May 19, 2013 — Santa Fe Century.** Santa Fe, NM, 28th Year, 3,000 riders. 25, 50, 75, and 100 mile routes. Terrain is flat, rolling, moderately hilly, 6 food stops, SAG support vehicles., Willard Chilcott, 505-982-1282, [willard@cybermesa.com](mailto:willard@cybermesa.com), [santafecentury.com](http://santafecentury.com)

**May 26-31, 2013 — Whiterock Canyons Tour.** Grand Junction, CO, Cyclists ride through Capitol Reef National Park, Bryce National Park, and Grand Staircase National Monument., John Humphries, 970-728-5891, [info@lizardheadcyclingguides.com](mailto:info@lizardheadcyclingguides.com), [lizardheadcyclingguides.com](http://lizardheadcyclingguides.com)

**June 2, 2013 — America's Most Beautiful Bike Ride - Lake Tahoe.** Stateline, NV, 22nd annual, in conjunction with the Leukemia & Lymphoma Society Team in Training program. Fully supported with rest stops, Tech support and SAG. 100 mile century, 72 miles, boat cruise, and 35 mile fun ride., Curtis Fong, 800-565-2704, 775-588-9660, [tgft@bikethestwest.com](mailto:tgft@bikethestwest.com), [bikethestwest.com](http://bikethestwest.com), [bikeandskitahoe.com](http://bikeandskitahoe.com)

**June 8, 2013 — Bob LeBow Bike Tour.** Charity, Nampa, ID, Routes from 3-100 miles, ride benefits the Terry Reilly Zero Pay Fund, helping support primary health care for our neediest patients., Ann Sandven, 208-467-4431, [asandven@trhs.org](mailto:asandven@trhs.org), [trhs.org](http://trhs.org)

**June 8, 2013 — Tour of Marsh Creek Valley.** Pocatello, ID, Fully supported ride with snack and drinks at Inkom, McCammon and the Downey turns. Options of 25, 62, or 100 miles between Pocatello and Malad Pass., Mike Collier, 208-681-0919, 208-533-5445, [dadcollaer2@hotmail.com](mailto:dadcollaer2@hotmail.com), [idahocycling.com](http://idahocycling.com), [pebblecreekraceteam.com](http://pebblecreekraceteam.com)

**June 8, 2013 — Fremont Area Road Tour (FART).** Lander, WY, 25m, 100k, 100mile options, includes breakfast, bbq, t-shirt and bottle, in conjunction with Brew Fest, Mike Lilygren, 307-840-3131, [fart@landercycling.org](mailto:fart@landercycling.org), [landercycling.org](http://landercycling.org)

**June 9-14, 2013 — Whiterock Canyons Tour.** Grand Junction, CO, The topography explodes with desert, deep canyons and mountains all twisted by mammoth forces to produce an other-worldly landscape. Cyclists ride through Capitol Reef National Park, Bryce National Park, and Grand Staircase National Monument., John Humphries, 970-728-5891, [info@lizardheadcyclingguides.com](mailto:info@lizardheadcyclingguides.com), [lizardheadcyclingguides.com](http://lizardheadcyclingguides.com)

**June 10-July 4, 2013 — Great Alaska Highway Ride.** Dawson Creek, BC, AK, Annual supported ride up the full length of the Al-Can Highway, Dawson Creek, BC to Delta Junction, AK. The ultimate wilderness road bike trip., Pedalers Pub & Grille, 877-998-0008, [rides@pedalerspubandgrille.com](mailto:rides@pedalerspubandgrille.com), [pedalerspubandgrille.com](http://pedalerspubandgrille.com), [bike-tours/alaska/Great-Alaska-Highway-Ride.htm](http://bike-tours/alaska/Great-Alaska-Highway-Ride.htm)

**June 15, 2013 — Spinderella.** Pocatello, ID, Women's only ride featuring five scenic routes, from 10 to 100 miles. Roll-out begins at 7:30 AM at Ross Park in Pocatello, ID., DaNae Young, 208-221-9300, [spinderella33@gmail.com](mailto:spinderella33@gmail.com), [spinderellaride.com](http://spinderellaride.com)

**June 15, 2013 — The Great Owyhee Ride Against Hunger.** Charity, Ontario, OR, 50 mile, 62.5 miles, or 100 miles, experience all that Scenic Rural Oregon has to offer! Start: Historic Train Depot in Downtown Ontario, tour through the

rustic country side, experience the majesty of the High Desert landscape, and make your way towards the stately Owyhee Dam before circling back towards town., Kurt Holzer, 208-890-3118, [kurtholzer@hotmail.com](mailto:kurtholzer@hotmail.com), Kevin Goade, [farmadog@gmail.com](mailto:farmadog@gmail.com), [greatowyheeride.com](mailto:greatowyheeride.com)

**June 15, 2013 — Eagle Rock Century.** Idaho Falls, ID, Join Eagle Rock Cycling club's Century, 63, and 25 mile rides. Featuring great training climbs and rolling hills., Mike Collaer, 208-681-0919, 208-533-5445, [dadcollaer2@hotmail.com](mailto:dadcollaer2@hotmail.com), Gretchen Houston, 208-557-2823, [ghouston@mvhospital.net](mailto:ghouston@mvhospital.net), [eaglerock-cycling.com](http://eaglerock-cycling.com)

**June 22, 2013 — Blue Cruise - Meridian.** Charity, Meridian, ID, Recreational bike ride with 15, 30, 50 and 100 distances. Beginning at 7 am. Lunch & t-shirt included in registration. Benefits Garden City Community Clinic., Karri Ryan, 208-387-6817, 208-331-7317, [kryan@bcidaho.com](mailto:kryan@bcidaho.com), [bluecruiseidaho.com](http://bluecruiseidaho.com)

**June 22, 2013 — Bear Lake Monster Century Ride.** Montpelier, UT, ID, Bear Lake Monster is a 100, 75, 50 or 25 mile fully supported ride from Montpelier, ID. A climb to Minnetonka Cave and prize awaits each 100-mile rider and a backyard barbeque welcomes every finisher. Utah's best century ride ... is on Idaho!, Jared Eborn, 801-599-9268, [jared@extramileracing.com](mailto:jared@extramileracing.com), [BearLakeMonsterRide.com](http://BearLakeMonsterRide.com)

**June 22, 2013 — Holly Frontier Tour de Prairie.** Cheyenne, WY, Course heads west out of Cheyenne along Happy Jack Road - WYO 210, past Curt Gowdy State Park and through Medicine Bow National Forest, to the Lincoln Memorial at the I-80 Rest Area. 3,000ft of elevation gain. Courses ranging from 10-100 miles, start at Lyons Park, road and dirt., Scott Phillips, 307-637-6456, 307-637-6423, [sphillips@cheyennecity.org](mailto:sphillips@cheyennecity.org), [cheyennecity.org](http://cheyennecity.org)

**June 22, 2013 — Lemhi Valley Century Ride.** Salmon, ID, 100 miles or 100 kms through the picturesque Lemhi River Valley., Marla Huntman, [mhunte-man@hotmail.com](mailto:mhunte-man@hotmail.com), [lemhivalleycenturyride.weebly.com](http://lemhivalleycenturyride.weebly.com)

**June 23, 2013 — Tour of the Carson Valley - Barbecue & Ice Cream Social.** Genoa, NV, Mormon Station State Park, 6th Annual. Fully supported with rest stops, tech support and SAG. 11 mile Family Fun Ride, 20-mile Bike & Hike & 44 / 60 miles., Curtis Fong, 800-565-2704, 775-588-9660, [tgft@bikethestwest.com](mailto:tgft@bikethestwest.com), [bikethestwest.com](http://bikethestwest.com), [bikeandskitahoe.com](http://bikeandskitahoe.com)

**June 29, 2013 — RATPOD (Ride Around the Pioneers in One Day).** Dillon, MT, RATPOD is a 130-mile one-day charity ride for Camp Mak-A-Dream. The ride takes place in the beautiful Big Hole Valley of SW Montana., Jennifer Benton, 406-549-5987, [info@ratpod.org](mailto:info@ratpod.org), [ratpod.org](http://ratpod.org), [campdream.org](http://campdream.org)

**July 6-7, 2013 — Gran Fondo Kootenai.** Libby, MT, A two-day, point-to-point, "stage" gran fondo featuring fully supported riding through the spectacular landscapes of Montana's remote northwest corner. Located on National Forest Scenic Byways, routes take in the stately Cabinet Mountains, serene Lake Koocanusa, and the legendary Yaak Valley. Stellar climbs, thrilling descents, plenty of fantastic scenery and -- best of all -- nonexistent traffic. Proceeds benefit charities in Libby and Eureka, Montana., John Weyhrich, 406-241-2829, [john\\_veyhrich@yahoo.com](mailto:john_veyhrich@yahoo.com), [gfkootenai.com](http://gfkootenai.com)

**July 7-19, 2013 — B.E.A.R.S. - Bicycling the Extraordinary Alaskan Roads.** Anchorage, AK, Explore a variety of Alaskan landscapes, from Denali to Prince William Sound. Fully supported trip with both camping and motels., Pedalers Pub & Grille, 877-998-0008, [rides@pedalerspubandgrille.com](mailto:rides@pedalerspubandgrille.com), [pedalerspubandgrille.com](http://pedalerspubandgrille.com), [bike-tours/alaska/Great-Alaska-Highway-Ride.htm](http://bike-tours/alaska/Great-Alaska-Highway-Ride.htm)

**July 13, 2013 — Goldilocks Idaho.** Meridian, ID, Fully supported, non-competitive, women only bike ride. Beautiful (flat) route, yummy food, pretty t-shirt, good lookin' Papa Bears. Start: Settlers Park, 7:00 am., Dani Lassiter, 801-635-9422, [dani@goldilocksride.com](mailto:dani@goldilocksride.com), [goldilocksride.com](http://goldilocksride.com)

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**July 13, 2013 — Bike for Kids Idaho Falls,** Idaho Falls, ID, 2, 4, 15, 25, 65 & 100 mile cycling options, food, games and activities for families. All proceeds help special needs children receive adaptable bicycles., Kristy Mickelsen, 208-522-1205, 208-680-9397, [kristy@bikeforkidsidaho.com](mailto:kristy@bikeforkidsidaho.com), [bikeforkidsidaho.com](http://bikeforkidsidaho.com)

**July 14-19, 2013 — Tour de Wyoming,** Cody, WY, Starts and ends in Cody. We begin the tour pedaling through the northern Bighorn Basin for the first two days. Then we head north and west into Montana to overnight in Red Lodge before pedaling up and over the Beartooth Highway and into Wyoming's Sunlight Basin. We spend two days in the Basin before returning to Cody on the final day. Total distance covered is 330 miles with two significant mountain passes., Amber Travky, 307-742-5840, [atravsky@wyoming.com](mailto:atravsky@wyoming.com), [cycleywoming.org](http://cycleywoming.org)

**July 20, 2013 — Jerdemann Gran Fondo,** Cheney, WA, A timed 112 mile, 66, or 30 milw cycling ride and cycling festival., Marla Emde, 509-953-9924, 509-939-0552, [marla@emdesports.com](mailto:marla@emdesports.com), [emdesports.com](http://emdesports.com)

**July 20-27, 2013 — Montana Bicycle Ride,** Missoula, MT, 7-day fully-supported road tour beginning and ending in Missoula, Montana - visiting Darby, Jackson, Wise River, Philipsburg and Ovando., Sanna Phinney, 541-382-2633, 541-410-1031, [info@oregonbicycleride.org](mailto:info@oregonbicycleride.org), [bicycleridesnw.org](http://bicycleridesnw.org)

**July 20, 2013 — Absolute Bikes Taylor House Benefit Century Ride,** Flagstaff, AZ, Benefit ride in the high-altitude cool pines of Northern Arizona. There are 30, 45, 65, and 95 mile route options., Anthony Quintile, 928-779-5969, [flagstaff@absolutebikes.net](mailto:flagstaff@absolutebikes.net), Ashley Hammarstrom, 877-527-5291, [ashley.hammarstrom@nahealth.com](mailto:ashley.hammarstrom@nahealth.com), [absolutebikes.net/taylor](http://absolutebikes.net/taylor)

**July 27, 2013 — Four-Summit Gran Fondo Challenge,** Charity, Cascade, ID, Options include 75, 60, 50, 30 or 8.2 Mile Options. Course covers two mountain passes along Warm Lake Road. The ride starts at the American Legion Hall in downtown Cascade and proceeds down Main Street to Warm Lake [Road.Money](http://Road.Money) raised by the Cascade to Warm Lake Four Summit Challenge will support various charitable and community projects within the area of Cascade. Ride support will be handled by George's Cycles of Boise, and post ride barbeque, beer garden and music will be hosted by the Community of Cascade., Mike Cooley, 208-343-3782, [mcooley@georgescycles.com](mailto:mcooley@georgescycles.com), [georgescycles.com](http://georgescycles.com)

**July 29-August 9, 2013 — Klondike Gold,** Dawson, YT, Ride through history, retracing the route of the notorious

1897 Klondike Gold Rush, in reverse from Dawson, YT to Skagway, AK., Pedalers Pub & Grille, 877-998-0008, [rides@pedalerspubandgrille.com](mailto:rides@pedalerspubandgrille.com), [pedalerspubandgrille.com/bike-tours/alaska/Klondike-Gold-Rush.htm](http://pedalerspubandgrille.com/bike-tours/alaska/Klondike-Gold-Rush.htm)

**August 3-10, 2013 — Oregon Bicycle Ride,** Athena, OR, Participate in our 7-day fully-supported roadtour beginning and ending in Athena, OR visiting LaGrande, Joseph, Asofin (WA), and Dayton (WA)., Sanna Phinney, 541-382-2633, 541-410-1031, [info@oregonbicycleride.org](mailto:info@oregonbicycleride.org), [oregonbicycleride.org](http://oregonbicycleride.org)

**August 3-11, 2013 — BlomFest - OccupySalmon,** Salmon, ID, We will be leading big Mtn Bike rides and shuttles all around the Salmon Area Basecamps. BYO food, beer, bikes, camp equipment. FREE event, but donations accepted to support the shuttle rigs., Marc Landblom, 435 260 0991, [blom@ridesalmon.com](mailto:blom@ridesalmon.com), [ridesalmon.com](http://ridesalmon.com)

**August 4-10, 2013 — Ride Idaho,** Charity, North Idaho, ID, 7-day supported bicycle tour in N. Idaho, 425 miles, Coeur d'Alene, Sandpoint, Thompson Falls, Wallace, Heyburn State Park, Trail of the Coeur d'Alenes, Route of the Hiawatha Trail, Centennial Trail., Susy Hobson, 208-830-9564, [rideidaho@rideidaho.org](mailto:rideidaho@rideidaho.org), [rideidaho.org](http://rideidaho.org)

**August 9-14, 2013 — BOTOBO,** Bozeman, MT, 5 days, 5 centuries - no relay! Bozeman to West Yellowstone, West Yellowstone to Jackson Hole, Jackson Hole to Montpelier Idaho, Montpelier to Brigham City, Brigham City to Bountiful. 20,000 feet of elevation gain., Jaon Unruh, 801-390-0036, [jason@botobocycling.com](mailto:jason@botobocycling.com), [botobocycling.com](http://botobocycling.com)

**August 10, 2013 — HEART of Idaho Century Ride,** Idaho Falls, ID, 25, 62, and 100 mile options. Entry fees cover entry, t-shirts, fully stocked rest stops, and post ride BBQ. Route is flat to rolling, easy to moderate difficulty. Benefit for the Art Museum of Eastern Idaho., Miyai Griggs, 208-524-7777, 208-766-6485, [mabe@heartmuseum.org](mailto:mabe@heartmuseum.org), [heartmuseum.org/Century.htm](http://heartmuseum.org/Century.htm)

**August 10, 2013 — Le Tour de Kooconusa,** Libby, MT, Fully supported 83 mile bike ride which tours the breathtaking shoreline of Lake Kooconusa. Ride finishes with a Blues Festival Finale. Fundraiser for Search & Rescue., Dejon Raines, 406-291-3635, [dejonraines@hotmail.com](mailto:dejonraines@hotmail.com), [letourdekoocanusa.com](http://letourdekoocanusa.com)

**August 11-26, 2013 — AK.CAN.AK Adventure,** Haines, AK, Four of Alaska & the Yukon's most scenic highways in a fully supported, awesome wilderness ride - Haines Highway, Al-Can, Tok Cutoff & Richardson Highway., Pedalers Pub & Grille, 877-998-0008, [rides@pedalerspubandgrille.com](mailto:rides@pedalerspubandgrille.com), [pedalerspubandgrille.com](http://pedalerspubandgrille.com)

[alaskapubandgrille.com/bike-tours/alaska/Alaska-Canada-Adventure.htm](http://alaskapubandgrille.com/bike-tours/alaska/Alaska-Canada-Adventure.htm)

**August 17-18, 2013 — Bike MS Wyoming: Close Encounters Ride,** Bike MS, Sundance, WY, Ride through the rolling hills surrounding grasslands and ponderosa forest at the foot of the Black Hills., Alexis Johnson, 303-698-5403, [alexis.bradley@nmss.org](mailto:alexis.bradley@nmss.org), [bikemswyoming.org](http://bikemswyoming.org)

**August 18, 2013 — Bike for Kids Rupert,** Rupert, ID, Scenic course is a loop of 33 miles starting from the Rupert Town Square. The route takes you through country roads to Walcott State Park and back to Rupert via different route. Barbecue and music in Rupert Square. Two aid stations. Ride is by donation to Bikes for Kids. Includes a meal ticket., Ken Stephens, 208-430-4514, [sak41@pmt.org](mailto:sak41@pmt.org), [bikeforkidsidaho.com](http://bikeforkidsidaho.com)

**August 24, 2013 — BCRD Sawtooth Century Tour,** Hailey, ID, Benefit for BCRD Galena Summer Trails. Road bike tour from Ketchum to Alturas Lake and back. 50 or 100 mile tour options. Aid stations along the way. Optional timed hill climb up Galena Summit., Janelle Connors, 208-578-5453, 208-720-7427, [jconnors@bcd.org](mailto:jconnors@bcd.org), [bcd.org](http://bcd.org)

**August 24, 2013 — CASVAR 2013,** Afton, WY, Pony Express 20, Colt 45, Pioneer 65, Blazing Saddle 85 and Saddle Sore Century rides, Star Valley., Howard Jones, 307-883-7997, 307-413-0622, [info@casv.org](mailto:info@casv.org), [casv.org](http://casv.org)

**August 24, 2013 — Jackson Hole Grande Fondo,** tentative, Jackson, WY, Grande Fondo in the shadows of the Tetons and the Greater Yellowstone Area., Scott Horn, 307-739-2676, [scotth@jacksonhole.com](mailto:scotth@jacksonhole.com), [teamjacksonhole.com](http://teamjacksonhole.com)

**August 25, 2013 — MS Wine Ride,** Boise, ID, Ride 35 miles through the beautiful scenery of the Sawtooth Winery in Nampa, Idaho and raise money for multiple sclerosis., Megan Nettleton, 208-336-0555, [Megan.Nettleton@nmss.org](mailto:Megan.Nettleton@nmss.org), [georgescycles.com](http://georgescycles.com)

**August 25, 2013 — Tour of the Valley,** Grand Junction, CO, The Tour is not a race; we encourage you to set your own pace and enjoy beautiful Western Colorado. 30, 50, 75 route options and the full century, 100-mile route, that includes the famous ride over the Colorado National Monument. Start and finish at DoubleTree Hotel, 743 Horizon Drive, Morgan, 800-621-0926, [webguest@gjhsop.org](mailto:webguest@gjhsop.org), [yourcommunityhospital.com/Tour\\_of\\_the\\_Valley.cfm](http://yourcommunityhospital.com/Tour_of_the_Valley.cfm)

**August 25, 2013 — Pedal For Patients,** Charity, Fruitland, ID, Chose the distance: 100, 68, 40, or 20 miles. The ride starts and ends at Saint Alphonsus Medical Group- Dominican Health in Fruitland, Idaho 1118 NW 16th St. Lunch, rest stops, and sag wagons will be provided along with plenty of food., Chose the distance: 100, 68, 40, or 20 miles, [pedalforpatients.com](http://pedalforpatients.com)

**September 7, 2013 — Wild Horse Century,** Cody, WY, Benefits the wild mustangs of the McCullough Peaks outside Cody and Cody Youth Cycling. The joint sponsorship of Friends of a Legacy (FOAL) and Park County Pedalers (PCP) bicycle club. 100 and 60 mile options. Great mustang viewing., Werner Noesner, [pcbike@tctwest.net](mailto:pcbike@tctwest.net), [wildhorsecentury.com](http://wildhorsecentury.com)

**September 8, 2013 — Tour de Tahoe - Bike Big Blue - Ride to Cure Diabetes,** Lake Tahoe, NV, 11th Annual, ride around Lake Tahoe's Shoreline with the Juvenile Diabetes Research Foundation, fully supported with rest stops, tech support and SAG. 72 miles, 4300 vertical gain. Boat Cruise & 35 mile fun ride., Curtis Fong, 800-565-2704, 775-588-9660, [tgft@bikethest.com](mailto:tgft@bikethest.com), [bikethest.com](http://bikethest.com)

**September 8-13, 2013 — The Amgen People's Coast Classic,** Astoria, OR, 6-day charity event benefiting the Arthritis Foundation. Join us for 2, 4, and 6-day options along the beautiful Oregon Coast., Tai Lee, 206-547-2707, [ilee@arthritis.org](mailto:ilee@arthritis.org), [thepeoplescoastclassic.org](http://thepeoplescoastclassic.org), [arthritis.org](http://arthritis.org)

**September 8-28, 2013 — Santa Fe Trail Bicycle Trek,** Santa Fe, NM, Ride all or part of the Santa Fe Trail (approx. 1100 miles) on paved public roads only. After the first four days, riders can leave the group at any place along the route., Willard Chilcott, 505-982-1282, [willard@cybermesa.com](mailto:willard@cybermesa.com), [SantaFeTrailBicycleTrek.com](http://SantaFeTrailBicycleTrek.com)

**September 8, 2013 — Ride For Red,** Charity, Boise, ID, Blue Chip ride through the vineyards and orchards of the Southern Treasure Valley. Rest stops will keep you fueled for a 100, 75, or 50 mile trip, with ride escorts to help you reach your timed goals. Then back to Barber Park for exceptional food, fun and Ride for the Red gift bags with cool swag. Start and Finish at Barber Park 4049 South Eckert Road., [redcross.org/news/event/Greater-Idaho-Ride-for-the-Red](http://redcross.org/news/event/Greater-Idaho-Ride-for-the-Red)

**September 14, 2013 — Tahoe Sierra Century,** Squaw Valley, CA, 30-60-100 mile routes with 2500-6800 vertical gain. Starts at Squaw Valley Ski

Resort, goes to Donner Lake and over the Donner Summit, Nancy Lancaster, [ridedirector@tahoesierracentury.com](mailto:ridedirector@tahoesierracentury.com), [tahoesierracentury.com](http://tahoesierracentury.com)

**September 14, 2013 — The Ride Westcliffe: The High Peaks Century,** Westcliffe, CO, Takes place in the Wet Mountains of Southern Colorado. Part of Ride Westcliffe - the High Peaks Century is one of 5 rides offered. The Century has 10,000+ feet in elevation gain. The rides have 4 fully supported rest area, SAG Support, entrance to the High Peaks Music Festival, a T-Shirt, pasta feed and access to a pool and sauna. The other rides are a metric century, the West Mountain 60, a New Guys Ride and a family ride and kids bike rodeo., Rob Tobin, 719-783-3229, [rtobin@msn.com](mailto:rtobin@msn.com), [ridewestcliffe.com](http://ridewestcliffe.com)

**September 15, 2013 — Jason Werst Memorial Owyhee Century,** Ontario, OR, Kurt Holzer, 208-890-3118, [kurtholzer@hotmail.com](mailto:kurtholzer@hotmail.com), [treasurevalleycycling.com](http://treasurevalleycycling.com)

**September 21, 2013 — RTC Viva Bike Vegas Gran Fondo,** Las Vegas, NV, Ride with five-time Tour de France Champion Miguel Indurain through the Las Vegas Strip, Red Rock Canyon & near Lake Mead., Amy Maier, 702-967-2296, [amaier@bpadlv.com](mailto:amaier@bpadlv.com), [rtcsnv.com](http://rtcsnv.com), [vivabikevegas.com](http://vivabikevegas.com)

**September 21, 2013 — Ride the Rails Bike-a-Thon,** Hailey, ID, 20 mile ride on the BCRD Wood River Trail., Janelle Connors, 208-578-5453, 208-720-7427, [jconnors@bcd.org](mailto:jconnors@bcd.org), [bcd.org](http://bcd.org)

**September 21, 2013 — West Yellowstone Old Faithful Cycling Tour,** West Yellowstone, MT, West Yellowstone to Old Faithful and back, 60 miles past golden aspen, bugling elk, majestic bison, gurgling geysers, and steaming hot pots. Supported ride., Moira Dow, 617-697-6126, [director@rendezvouski-trails.com](mailto:director@rendezvouski-trails.com), [cycleyellowstone.com](http://cycleyellowstone.com)

**September 22-28, 2013 — OATBRAN,** Lake Tahoe, NV, One Awesome Tour Bike Ride Across Nevada, 22nd Annual, following the Legendary Pony Express Trail on U.S. Hwy. 50, 5 days of riding, 420 miles from Lake Tahoe to Great Basin National Park. Fully Supported motel style tour., Curtis Fong, 800-565-2704, 775-588-9660, [tgft@bikethest.com](mailto:tgft@bikethest.com), [bikethest.com](http://bikethest.com)

**October 5, 2013 — No Hill Hundred Century Bike Tour,** Fallon, NV, 30 mile, a 60 mile, and a 100 mile tour, fully supported. Event shirts, gift bags, lunch (for metric and century riders), post event BBQ at noon for all riders, 8:30 am, Churchill County Fairgrounds., Danny Gleich, 775-423-7733, [dgleich@churchillcounty.org](mailto:dgleich@churchillcounty.org), [churchillcounty.org/parksnrec/index.php?c=152](http://churchillcounty.org/parksnrec/index.php?c=152), [churchillcounty.org/cyclists.com](http://churchillcounty.org/cyclists.com)

**October 5, 2013 — Santa Fe Gourmet Classic,** Santa Fe, NM, The annual Santa Fe Gourmet Classic is a fun, challenging 65 mile bike tour with delicious, creative Southwest style foods at five gourmet refueling stops. The noncompetitive ride winds through Santa Fe and into the surrounding areas taking you through beautiful meadows overlooking the Sangre de Cristo Mountains. This year the ride will be limited to 150 riders., Kathleen Davis, 505-795-3286, [lavinz@gmail.com](mailto:lavinz@gmail.com), [santafegourmetclassic.com](http://santafegourmetclassic.com)

**October 5, 2013 — Tour of the Moon,** Grand Junction, CO, Cyclists will start and finish at Two Rivers Convention Center in downtown Grand Junction, Colorado. The courses have been changed in 2013 so that everyone will finish with the spectacular ride over the Colorado National Monument. You may choose between the "metric century" (62 miles) which includes the beautiful farm country surrounding areas of Fruita or the "classic" 41 mile route. The 2013 ride will be limited to the first 2,000 registered participants., 303.282.9020, [touinfo@tourofthemoon.com](mailto:touinfo@tourofthemoon.com), [tourofthemoon.com](http://tourofthemoon.com)

**October 12, 2013 — Goldilocks Las Vegas,** Las Vegas, NV, 4th Annual! Fully supported, non competitive, women only bike ride with 20, 40, 60, 80 and 100 mile route options. Wayne Bunker Family Park at 7:00 am., Dani Lassiter, 801-635-9422, [dani@goldilockside.com](mailto:dani@goldilockside.com), [goldilockside.com](http://goldilockside.com)

**October 12, 2013 — Park to Park Pedal Extreme Nevada 100,** Kershaw-Ryan State Park, NV, Starts and finishes at Kershaw-Ryan State Park. 103 mile starts 7:30 am. Metric Century starts 7:30 am. 40 mile starts 8 am. Registration 5 pm Friday / 7 am Saturday., Dawn Andone, 775-728-4460, [cathedralgorge\\_vc@lcturbonet.com](mailto:cathedralgorge_vc@lcturbonet.com), Jonathan Brunes, 775-726-3564, [kershaw@lcturbonet.com](mailto:kershaw@lcturbonet.com), [lincolncountynevada.com/Lincoln-County-Nevada-Pedal.html](http://lincolncountynevada.com/Lincoln-County-Nevada-Pedal.html)

**October 19, 2013 — Tri-States Gran Fondo,** Mesquite, NV, 112 miles, 7,500' of climbing, three States - Nevada, Arizona, Utah, all in one spectacular day of cycling. Fully supported / Chip Timed., Deb Bowling, 818-889-2453, [\[planetultra.com\]\(http://planetultra.com\), \[tristatesgranfondo.com\]\(http://tristatesgranfondo.com\)](http://embassy@</a></p>
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**November 9-10, 2013 — Bike MS Las Vegas,** Bike MS, Las Vegas, NV, Fundraiser for the National Multiple Sclerosis Society. Fully supported. 30,65,100 mile on Saturday to Red Rock Canyon Loop, 35, 50 miles on Sunday to Lake Las Vegas. Start/Finish Ruvo Center for Brain Health., Karl Boatner, 310-479-4456, 310-481-1135, [kari.boatner@nmss.org](mailto:kari.boatner@nmss.org), [bikemsnvada.org](http://bikemsnvada.org)

**November 9, 2013 — Ride 2 Recovery Nevada,** Las Vegas, NV, Ride 2 Recovery's mission is to improve the health and wellness of healing heroes through mental and physical rehabilitation programs that feature cycling as the core activity. Proceeds support outdoor cycling programs and Spinning Recovery Labs at Military and VA locations, as well as local rides for healing heroes., Maryann Lekas, 828-752-0922, 818-888-7091, [maryann@ride2recovery.com](mailto:maryann@ride2recovery.com), [ride2recovery.com](http://ride2recovery.com)

## Multisport Races

**March 30, 2013 — Icebreaker Triathlon,** RACE TRI, American Fork, UT, 300 meter pool swim, 12 mile bike and 5k run, individual and relay team events. Included is a kid's race (100 M swim, 5k bike, 1M run)., Aaron Shamy, 801-518-4541, [aaronshamy@hotmail.com](mailto:aaronshamy@hotmail.com), Keena Schaeffer, 801-796-1130, [keena@coachkeena.com](mailto:keena@coachkeena.com), [racetri.com](http://racetri.com)

**April 6, 2013 — SHAC Triathlon,** St. George, UT, Beginner, Sprint, and Tuff Kids races, starting between 7 am and noon. Indoor swim, outdoor route for run and bike legs. Cap of 300 each category., Aaron Metler, 435-627-4054, [aaron.metler@sgcity.org](mailto:aaron.metler@sgcity.org), [sgcityrec.org](http://sgcityrec.org)

**April 13, 2013 — Adventure Xstream Moab,** AXS Series, Moab, UT, Solo racers and teams will kayak, trek, rappel, and mountain bike through the Moab Canyon Country, 50 miles of multisport racing., Will Newcomer, 970-403-5320, [events@gravityplay.com](mailto:events@gravityplay.com), [gravityplay.com](http://gravityplay.com)

**April 13, 2013 — Telos Timp Triathlon,** T3TRI EVENTS, Orem, UT, Orem Fitness Center, Splash, Swim: 350 M, Run: 5k, Bike 12 miles., Shaun Christian, 801-769-3576, 801-678-4032, [shaun@t3triathlon.com](mailto:shaun@t3triathlon.com), [t3triathlon.com](http://t3triathlon.com)

**April 13, 2013 — Legacy Duathlon,** North Salt Lake, UT, Short and Long Distances, course is flat and straight on the Legacy Parkway Trail System., Joe Coles, 801-335-4940, [joeh@onhillevents.com](mailto:joeh@onhillevents.com), [onhillevents.com](http://onhillevents.com), [legacyduathlon.com](http://legacyduathlon.com)

**April 13, 2013 — XTERRA Lake Las Vegas - Sport,** XTERRA America Tour, Las Vegas, NV, XTERRA West Championship, 1.5k swim / 30k mountain bike / 10k trail run, XTERRA Sport, 750m swim / 15k mountain bike / 5k trail run, Raena Cassidy, 877-751-8880, [info@xterraplanet.com](mailto:info@xterraplanet.com), [xterraplanet.com](http://xterraplanet.com)

**April 20, 2013 — RAGE Triathlon,** BBSC Double Down Series, Boulder City, NV, Begin your season early with mid 80s temps in one of the most scenic courses in the country. Sprint, Olympic and Half distances., Cedric Keppler, 318.518.7303, [info@bbscftri.com](mailto:info@bbscftri.com), Michelle Lund, [michelle@bbscftri.com](mailto:michelle@bbscftri.com), [bbscftri.com](http://bbscftri.com)

**April 26-27, 2013 — Bengal Triathlon,** tentative, Pocatello, ID, perfect for beginners and intermediate triathletes, Brian Gee, [bryan\\_gee\\_of@yahoo.com](mailto:bryan_gee_of@yahoo.com), [pocatellotri.com](http://pocatellotri.com)

**April 27, 2013 — Fourth Street Clinic Triathlon and 5k Triathlon and 5K,** tentative, Salt Lake City, UT, 300 yard swim, 8 mile mountain bike ride, 5K run, Huntsman Center, University of Utah. All proceeds benefit the Fourth Street Clinic, which provides free health care to homeless Utahns., Medical Student, [4th.tri@gmail.com](mailto:4th.tri@gmail.com), Diane Walsh, 801-230-1712, [culturedguru@gmail.com](mailto:culturedguru@gmail.com), [fourthstreetclinic.org](http://fourthstreetclinic.org), [fourthstreettri.org](http://fourthstreettri.org)

**April 27, 2013 — Icebreaker Triathlon,** Vernal, UT, Uintah Community Center at 9 am, 250 yard snake swim, 8 mile bike of moderate difficulty, and a 3 mile run., Scott Wardle, 435-781-0982, [scottw@uintahrecreation.org](mailto:scottw@uintahrecreation.org), [uintahrecreation.org](http://uintahrecreation.org)

**May 4, 2013 — Ironman St. George 70.3,** St. George, UT, 1.2 mile swim, 56 mile bike, 13.1 mile run, Official IRONMAN 70.3 U.S. Pro Championship, Helen , (905) 415-8484, [helen@ironman.com](mailto:helen@ironman.com), Kevin Lewis, [Kevin@AtoZion.com](mailto:Kevin@AtoZion.com), [ironmanstgeorge.com](http://ironmanstgeorge.com)

**May 11, 2013 — Spring Sprint Triathlon,** Salt Lake City, UT, Fantastic bike course and a run that finishes in the Olympic Oval making this course the most spectator-friendly venue in the state., Cody Ford, 801-558-2503, [cody@ustrisports.com](mailto:cody@ustrisports.com), [ustrisports.com](http://ustrisports.com)

**May 11, 2013 — South Davis Splash n Sprint Triathlon,** South Davis Racing Series, Bountiful, UT, Perfect for every level of athlete, at the South Davis Recreation Center, John Miller, 801-298-

The 20th Annual  
Antelope by Moonlight Bike Ride  
July 19, 2013  
Starting at 10:00 pm on Antelope  
Join us for all the fun.

6220, [john@southdavisrecreation.com](mailto:john@southdavisrecreation.com), [southdavisrecreation.com](http://southdavisrecreation.com)

**May 18, 2013 — St. George Triathlon.** BBSC Twin Tri Series, St. George, UT, The first race of the Twin Tri series at Sand Hollow State Park, with Sprint, Olympic, and Kids' distances., Cedric Keppler, 318.518.7303, [info@bbsctri.com](mailto:info@bbsctri.com), Michelle Lund, [michelle@bbsctri.com](mailto:michelle@bbsctri.com), [bbsctri.com](http://bbsctri.com)

**May 18, 2013 — Woman of Steel Triathlon & 5K.** American Fork, UT, Friday expo, motivational speakers and registration. Sat. 8 am start, American Fork Recreation Center, 454 North Center. 300 meter pool swim/11.4 mile bike/3 mile run. Awards are presented to overall finishers as well as the top 3 in each age group., Dan Aamodt, 801-635-8966, [info@triatlah.com](mailto:info@triatlah.com), [triatlah.com](http://triatlah.com)

**May 18, 2013 — Timp Trail Marathon**, T3TRI EVENTS, Orem, UT, This course is all run on mountain trail and fire road. There are sections of accent and decent that are very technical; possible snow, possible stream crossings, and rocky/steep areas with exposed cliffs. This is trail marathon that is set up like an ultra marathon., Shaun Christian, 801-769-3576, 801-678-4032, [shaun@t3triathlon.com](mailto:shaun@t3triathlon.com), Amy Perez, [amy@t3triathlon.com](mailto:amy@t3triathlon.com), [t3triathlon.com](http://t3triathlon.com)

**May 18, 2013 — Brook's Breakout.** Wild Rockies Series, Weise, ID, Trail Run 5K/10K/20K, plus New MTB XC race course, Darren Lightfield, 208-608-6444, [wildrockiesemail@yahoo.com](mailto:wildrockiesemail@yahoo.com), [wildrockiesracing.com](http://wildrockiesracing.com)

**May 18, 2013 — Oregon Trail Sprint Triathlon.** North Powder, OR, Swim 750 m (0.47 mi) in Wolf Creek Reservoir. Bike 20 km (12.4 mi) along a mostly flat and wide-open country road, cross the freeway and you'll be riding alongside the actual Oregon Trail on your visit to North Powder where you'll turn around for the return back to the transition. Run 5 km (3.1 mi) up a gravel road along the lake., Brian Sather, 915-247-2633, [bsather@lagranderide.com](mailto:bsather@lagranderide.com), [lagranderide.com](http://lagranderide.com), [oregon-trail-sprint-tri.com](http://oregon-trail-sprint-tri.com)

**May 20-August 30, 2013 — Youth Triathlon Team.** Murray, UT, For youth with tri experience or team experience in another sport such as swimming, track or cycling. Team meets twice per week on Tuesday and Thursday mornings., Jo Garuccio, 801-566-9727, 801-557-6844, [jo@agegroupsports.com](mailto:jo@agegroupsports.com), [greatbasin-coaching.com](http://greatbasin-coaching.com)

**May 25-27, 2013 — Draper Trail Days.** tentative, Draper, UT, 3 events Road hill climb, stan crane memorial mt bike race (icup), trail run, Marek Shon, 801-209-2479, [intermountaincup@gmail.com](mailto:intermountaincup@gmail.com)

**June 1, 2013 — Salem Spring Triathlon.** RACE TRI , Salem, UT, Sprint distance triathlon. 10-year anniversary., Aaron Shamy, 801-518-4541, [aaronshamy@hotmail.com](mailto:aaronshamy@hotmail.com), [raceetri.com](http://raceetri.com)

**June 1, 2013 — Adventure Xstream Buena Vista.** AXS Series, Buena Vista, CO, Solo, 2 person and 4 Person Teams will kayak, trek, rappel, and mountain bike., Will Newcomer, 970-403-5320, [events@gravityplay.com](mailto:events@gravityplay.com), [gravityplay.com](http://gravityplay.com)

**June 1, 2013 — Cottonwood Heights Sprint Triathlon.** Cottonwood Heights, UT, Held in the foothills of the Cottonwood Canyons., Patti Hansen, (801) 943-3190 x106, [phansen@cottonwoodheights.com](mailto:phansen@cottonwoodheights.com), [cottonwoodheights.com](http://cottonwoodheights.com)

**June 1, 2013 — XTERRA Lory.** XTERRA America Tour, Bellvue, CO, The XTERRA Lory Triathlon features a 1/2 mile swim in the clear waters of Horsetooth Reservoir (Eltuk Bay), Then a 2-Lap 12.2 mile single-track bike over rolling terrain, then a fun and challenging 4.8 mile (8k) run through the clouds on single-track trails!, Lance Panigutti, [lance@withoutlimits.co](mailto:lance@withoutlimits.co), [www.withoutlimits.co/#!\\_xterralory](http://www.withoutlimits.co/#!_xterralory)

**June 1, 2013 — XTERRA Four Corners.** XTERRA America Tour, Farmington, NM, Traditional Swim / Bike / Run format: 1 mile out and back swim at Farmington Lake; Fast and fun 17 mile Bike Course; New scenic 5 mile Run Course that skirts Farmington Lake;\$1,000 Pro Purse., Ingrid Gilbert, 877-751-8880, [fmncvb@earthlink.net](mailto:fmncvb@earthlink.net), <http://xterrafourcorners.farmingtonnm.org/>

**June 8, 2013 — Ironman Boise 70.3.** Boise, ID, 1.2 mile swim, 56 mile bike, 13.1 mile run., Mike Cooley, 208-343-3782, [mcooley@georgescycles.com](mailto:mcooley@georgescycles.com), [ironmanboise.com](http://ironmanboise.com)

**June 8, 2013 — XTERRA Moab Triathlon Festival.** XTERRA America, TriUtah Points Series, Moab, UT, XTERRA sport and full open water off-road triathlons, Moab sprint and Olympic open water road triathlons, Trail Run, and Kids' Triathlon., Dan Aamodt, 801-635-8966, [info@triatlah.com](mailto:info@triatlah.com), [triatlah.com](http://triatlah.com)

**June 8, 2013 — The Point Adventure Race.** South Jordan, UT, Graffiti Racing presents a multi-sport endurance event featuring mountain biking, running/trekking, paddling, a climbing challenge, and navigation using a map and a compass to attain check points.

A multi-city race using urban paved trails and wilderness trails to travel a course covering approximately 30-60 miles in a 6 hour period., Scott Browning, 801-867-5039, [graffitiracing@gmail.com](mailto:graffitiracing@gmail.com), [graffitiracing.com](http://graffitiracing.com)

**June 15, 2013 — Utah Summer Games Triathlon.** St. George, UT, 7 am, swim and T-1 area will be at the Gunlock Reservoir, T-2 and finish area will be at the Snow Canyon High School track in St. George. USA Triathlon sanctioned., Jeff Gardner, 435-635-6012, [tailwindraces@gmail.com](mailto:tailwindraces@gmail.com), [utahsummergames.org/sports/triathlon.html](http://utahsummergames.org/sports/triathlon.html)

**June 15, 2013 — Desert Sharks Shark Attack Triathlon and Kids Triathlon.** Riverton, UT, Pool sprint distance triathlon with a kids' distance triathlon, too!, Steve Avery, 801-450-4136, [stevea@desert-sharks.com](mailto:stevea@desert-sharks.com), Elizabeth McLain, [sharkattacktriathlon@desert-sharks.com](mailto:sharkattacktriathlon@desert-sharks.com), [desert-sharks.com](http://desert-sharks.com)

**June 22, 2013 — Provo Triathlon.** T3TRI EVENTS, Provo, UT, 8th annual race. Provo Tri is a premier local event put on by triathlon professional. Family-friendly, open water event which offers both Sprint and Kids distances., Shaun Christian, 801-769-3576, 801-678-4032, [shaun@t3triathlon.com](mailto:shaun@t3triathlon.com), Amy Perez, [amy@t3triathlon.com](mailto:amy@t3triathlon.com), [provotri.com](http://provotri.com)

**June 22-23, 2013 — West Yellowstone Mountain Bike Biathlon.** West Yellowstone, MT, Match class division for experienced biathletes and a Sport class for novices that includes a safety clinic and loaner rifles. All racers must provide their own mountain bike and wear a helmet., Moira Dow, 617-697-6126, [director@rendezvouskittrails.com](mailto:director@rendezvouskittrails.com), [rendezvouskittrails.com/events](http://rendezvouskittrails.com/events)

**June 22, 2013 — Lunatic Triathlon.** Price, UT, Fourth Annual Lunatic Triathlon under the full moon. Includes a 5K run, 9-mile bike ride, 300 yard swim. Individual and Relay Teams. Starts at 4 am., Steve Christensen, 435-636-3702, [steven.christensen@carbon.utah.gov](mailto:steven.christensen@carbon.utah.gov), Frank Ori, 435-636-3702, [frank.ori@carbon.utah.gov](mailto:frank.ori@carbon.utah.gov), [carbonrec.com](http://carbonrec.com)

**June 23, 2013 — Tri Boulder.** BBSC Twin Tri Series, Boulder, CO, Challenge yourself at mile high elevation, Sprint, Olympic distances., Cedric Keppler, 318.518.7303, [info@bbsctri.com](mailto:info@bbsctri.com), Michelle Lund, [michelle@bbsctri.com](mailto:michelle@bbsctri.com), [bbsctri.com](http://bbsctri.com)

**June 23, 2013 — XTERRA Curt Gowdy Triathlon.** XTERRA America, Curt Gowdy State Park, WY, 1200m swim, 1-Lap 14.1 mile mountain bike, and finishes with a 5.3 mile run, Lance Panigutti, [lance@withoutlimits.co](mailto:lance@withoutlimits.co), [withoutlimits.co/page-0#!\\_xterra-curt-gowdy/race-info](http://withoutlimits.co/page-0#!_xterra-curt-gowdy/race-info)

**June 25-26, 2013 — Great Basin Tri Clinic.** tentative, Murray, UT, Geared towards kids who have never participated in a triathlon or children who have done one or two, but without formal instruction., Jo Garuccio, 801-566-9727, 801-557-6844, [jo@agegroupsports.com](mailto:jo@agegroupsports.com), [greatbasincoaching.com](http://greatbasincoaching.com)

**June 29, 2013 — DinoTri.** Vernal, UT, Sprint and Olympic Distance Triathlon. Huge cash purse for 1, 2, 3 place winners of both Sprint and Olympic Distance. Many speed prizes for both distances as well. Race starts at Red Fleet State Park in Vernal, 7 am, Finishes at Uintah High School. Kids Tri on 6/28 at Uintah Recreation Center., Mark Mason, 435-828-6436, [mmason@macu.com](mailto:mmason@macu.com), [dinotri.com](http://dinotri.com)

**June 29, 2013 — Rock Cliff Tri at Jordanelle.** RACE TRI, Salt Lake City, UT, Sprint and Olympic Distances: Fresh Mountain Water, Scenic Bike course, Run on the beautiful boardwalks at the Utah State Park., Aaron Shamy, 801-518-4541, [aaronshamy@hotmail.com](mailto:aaronshamy@hotmail.com), [raceetri.com](http://raceetri.com)

**June 29, 2013 — River Rampage Triathlon.** TriUtah Points Series, Green River, UT, Utah's fastest growing tri! Smooth down-river swim! Sprint and Olympic open water road triathlons. Come and enjoy a bike ride along the river at the base of the Book Cliffs Mountains. The Green River State Park is the site for the run, transition area and finish line. No two transition area hassles!, Dan Aamodt, 801-635-8966, [info@triatlah.com](mailto:info@triatlah.com), [triatlah.com](http://triatlah.com)

**July 6, 2013 — Cache Valley Super Sprint Triathlon.** Logan, UT, 8th year, short distances, course is flat and straight in Logan City. Swim is in Logan Aquatic Center 500 Meters, bike is out and back on farm roads, and run is out and back in a park area with trees and stream., Joe Coles, 801-335-4940, [jo@onhillevents.com](mailto:jo@onhillevents.com), [onhillevents.com](http://onhillevents.com), [cvsst.com](http://cvsst.com)

**July 6, 2013 — Rigby Triathlon.** Rigby Lake, ID, Sprint and Olympic Triathlon, and Duathlon, Michael Hayes, 208-521-2243, [events@pb-performance.com](mailto:events@pb-performance.com), [pb-performance.com](http://pb-performance.com)

**July 8, 2013 — Daybreak Triathlon.** Salt Lake Triathlon Series, Salt Lake City, UT, Get ready for the best spectator swim a round, a killer bike course near the Oquirrh Mountains and a run that is unparalleled., Cody Ford, 801-558-2503, [cody@ustrisports.com](mailto:cody@ustrisports.com), [ustrisports.com](http://ustrisports.com)

**July 10-13, 2013 — Southeast Idaho Senior Games.** Pocatello, ID, Triathlon, Jody Olson, 208-233-2034, [jodyolson01@gmail.com](mailto:jodyolson01@gmail.com), [seidahoseniorgames.org](http://seidahoseniorgames.org)

**July 12-13, 2013 — 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., Wade Allinson, [allinson2@gmail.com](mailto:allinson2@gmail.com), [sanrafaelclassic.com/](http://sanrafaelclassic.com/)

**July 13, 2013 — 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. The perfect event for both seasoned athletes and beginners., Dan Aamodt, 801-635-8966, [info@triatlah.com](mailto:info@triatlah.com), [triatlah.com](http://triatlah.com)

**July 13, 2013 — Blanding Hillman Triathlon.** Blanding, UT, Swim .50 mile, Bike 15 miles, Run 3.2 miles, (Kids' triathlon July 20), Recapture Reservoir.Race starts at 7AM., Stephen Olsen, 801-243-3559, 208-258-3145, [stephensolsen@gmail.com](mailto:stephensolsen@gmail.com), [hillmantriathlon.info](http://hillmantriathlon.info)

**July 20, 2013 — XTERRA Mountain Championship.** XTERRA America Tour, Avon, CO, The XTERRA Mountain Champs is the last of four regional in the XTERRA America Tour, featuring sprint and championship distance off-road triathlon options., Raena Cassidy, 877-751-8880, [info@xterraplanet.com](mailto:info@xterraplanet.com), [xterraplanet.com](http://xterraplanet.com), [xterrautah.com](http://xterrautah.com)

**July 20, 2013 — XTERRA La Grande Offroad Triathlon.** XTERRA America, La Grande, OR, This offroad triathlon boasts a rugged mountain bike course and scenic run in the Blue Mountains of Northeast Oregon, as part of the XTERRA Points Series. It remains one of the few sanctioned and long-standing race events featuring the terrain of Northeast Oregon., Brian Sather, 915-247-2633, [bsather@lagranderide.com](mailto:bsather@lagranderide.com), [lagranderide.com/XTERRA](http://lagranderide.com/XTERRA)

**July 27, 2013 — Burley Idaho Lions Spudman Triathlon.** Burley, ID, The race starts at 7 am with the world's fastest 1.5K swim (current aided) Then a 40K Bike and 10K run., Cade Richman, [spudman@burleylions.org](mailto:spudman@burleylions.org), [burleylions.org/spudman.html](http://burleylions.org/spudman.html)

**July 27, 2013 — Layton Triathlon.** Layton, UT, Sprint, Mini Sprint, Relay Sprint, and Kids Triathlon options in the Layton Surf N Swim and Layton City Parks. Great event that repeats the entire course on the Sprint., Joe Coles, 801-335-4940, [jo@onhillevents.com](mailto:jo@onhillevents.com), [laytontriathlon.com](http://laytontriathlon.com), [onhillevents.com](http://onhillevents.com)

**July 27, 2013 — Hurt in the Dirt.** Ogden, UT, Offroad Duathlon at Ft. Buenaventura. Individuals and Relay Teams welcome. MTB race and trail run combined. 3 Full events in one day!, Goal Foundation, 801-399-1773, [info@goalfoundation.com](mailto:info@goalfoundation.com), [hurtinthedirt.com](http://hurtinthedirt.com)

**July 27, 2013 — Mountain Tropic Triathlon.** PowerTri TriFecta Series, Garden City, UT, Experience the "Caribbean of the Rockies" at the first race of the TriFecta Series at Bear Lake State Park; Sprint, Olympic, and Half distances., Cedric Keppler, 318.518.7303, [info@bbsctri.com](mailto:info@bbsctri.com), [bbsctri.com](http://bbsctri.com)

**July 27, 2013 — XTERRA Indian Peaks.** XTERRA America Tour, Nederland, CO, XTERRA event at Eldora Resort west of Boulder., Paul Karlsson, 303-960-8129, [paul@digdeepsports.com](mailto:paul@digdeepsports.com), [digdeepsports.com](http://digdeepsports.com)

**July 27, 2013 — Bear Lake.** BBSC Twin Tri Series, Garden City, UT, The first race of the Twin Tri series at Sand Hollow State Park, with Sprint, Olympic, and Kids' distances., Cedric Keppler, 318.518.7303, [info@bbsctri.com](mailto:info@bbsctri.com), Michelle Lund, [michelle@bbsctri.com](mailto:michelle@bbsctri.com), [bbsctri.com](http://bbsctri.com)

**August 2, 2013 — Ultimate Relay Triathlon.** TriUtah Points Series, Ogden, UT, Friday - Single-day triathlon relay covering over 126.5 miles of Northern Utah's best water, roads, and trails! Four ultimate swims, four ultimate bike rides, and four ultimate trail runs! Teams will consist of 3 to 6 athletes and as many spectators as you can fit into 2 vehicles., Dan Aamodt, 801-635-8966, [info@triatlah.com](mailto:info@triatlah.com), [triatlah.com](http://triatlah.com)

**August 3, 2013 — Aspen Triathlon and Duathlon.** Aspen, CO, 800-yard indoor pool swim, 17-Mile bike (gaining 1,500 feet in elevation) to the spectacular Maroon Bells, and a 4-mile run in the Elk Mountain range and the scenic Maroon Creek Valley. USA Triathlon sanctioned event., Sandra Doebler, 970-920-5140, [aspenspecialevents@cityofaspen.com](mailto:aspenspecialevents@cityofaspen.com), [aspenrecreation.com](http://aspenrecreation.com)

**August 9-10, 2013 — Emmett's Most Excellent Triathlon.** Emmett, ID, Kid's Tri on Friday, Olympic/Aquabike, Sprint on Saturday., Kristen Seitz, (208) 365-5748, [gemcountyrecreationdistrict@gmail.com](mailto:gemcountyrecreationdistrict@gmail.com), [emmetttri.com](http://emmetttri.com)

**August 10, 2013 — Herriman Escape from Black Ridge Triathlon.** RACE TRI , Herriman, UT, The Escape from

Blackridge is fast and fun! Athletes swim 500 yds in the reservoir, ride a 14 mile bike and run a 5k run loop., Aaron Shamy, 801-518-4541, [aaronshamy@hotmail.com](mailto:aaronshamy@hotmail.com), [raceetri.com](http://raceetri.com)

**August 11, 2013 — Adventure Xstream Summit County.** AXS Series, Frisco, CO, Solo's or teams of 2 will mountain bike, kayak, trail run, and orienteer in either a 3-6hr "sprint", or 6-12hr "sport" course., Will Newcomer, 970-403-5320, [events@gravityplay.com](mailto:events@gravityplay.com), [gravityplay.com](http://gravityplay.com)

**August 17, 2013 — Rush Triathlon.** Rexburg, ID, Intermediate and Sprint Distances., Bob Yeatman, 208-359-3020, 208-716-1349, [bobby@rexburg.org](mailto:bobby@rexburg.org), [rushtriathlon.com](http://rushtriathlon.com), [rexburg.org](http://rexburg.org)

**August 17, 2013 — Jordanelle Triathlon.** TriUtah Points Series, Park City, UT, Enjoy everything from the wildlife and boardwalks on the river bottoms in Rock Cliff Recreation Area at Jordanelle to the local country backdrop of the towns of Francis and Woodland. Special 15th Anniversary Gift to all participants!, Dan Aamodt, 801-635-8966, [info@triatlah.com](mailto:info@triatlah.com), [triatlah.com](http://triatlah.com)

**August 17, 2013 — Saratoga Springs Tri.** Saratoga Springs, UT, USA Triathlon sanctioned Sprint Tri, 600 meter swim, 12 mile bike, 3.1 mile run, held at the Saratoga Springs Marina at Pelican Bay, 200 E Harbor Parkway., Gabe Granata, [splash@saratogaspingsstri.com](mailto:splash@saratogaspingsstri.com), Jared Mason, 801-310-0609, [splash@masonfam.net](mailto:splash@masonfam.net), [saratogaspingsstri.com](http://saratogaspingsstri.com)

**August 17, 2013 — XTERRA Incline Village.** XTERRA America, Incline Village, NV, Course Distance: Full Course: 2X 750 meter swim laps with a 50 meter beach run, 22 mile bike, 6 mile run, Todd Jackson, 877-751-8880, [info@bigblueadventure.com](mailto:info@bigblueadventure.com), [bigblueadventure.com/pub/main2.asp?daEvent=60&daPageName=INTRO](http://bigblueadventure.com/pub/main2.asp?daEvent=60&daPageName=INTRO), [xterraplanet.com](http://xterraplanet.com)

**August 18, 2013 — XTERRA Wild Ride Mountain Triathlon (American Tour Points).** XTERRA America / Wild Rockies Series, McCall, ID, Ponderosa State Park at Payette Lake, 3/4-mile swim, a 19-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., Darren Lightfield, 208-608-6444, [wildrockiesemail@yahoo.com](mailto:wildrockiesemail@yahoo.com), [wildrockiesracing.com](http://wildrockiesracing.com), [xterraplanet.com](http://xterraplanet.com)

**August 23-24, 2013 — Uinta Mountain Adventure Relay.** Heber, UT, Running, mountain biking, cycling and a leg of canoeing make the Uinta Mountain Adventure Relay one of the highest, toughest yet most beautiful relays around., Jon Johnson, 801-367-2575, [uintamountainadventurerelay@gmail.com](mailto:uintamountainadventurerelay@gmail.com), [uintamountainadventurerelay.com](http://uintamountainadventurerelay.com)

**August 24, 2013 — Vikingman.** Heyburn, ID, Downstream Snake River Swim, Loop Bike Course, flat and fast run - lots of opportunities for your fans to cheer you on! 1/2 and Olympic distance triathlon, Duathlon, Aquabike and a Half Marathon., Lisa Clines, 214-236-1917, [info@vikingman.org](mailto:info@vikingman.org), [vikingman.org](http://vikingman.org)

**August 24, 2013 — Utah Half Triathlon.** RACE TRI , Provo, UT, Longest multi-sport race on the Wasatch Front 70.3 Ironman. 1.2 mile swim, 56 mile bike, and 13.1 mile run triathlon., Aaron Shamy, 801-518-4541, [aaronshamy@hotmail.com](mailto:aaronshamy@hotmail.com), [raceetri.com](http://raceetri.com)

**August 24, 2013 — Expedition Man.** Reno, NV, This epic triathlon begins athletes at one of the most beautiful and desired beaches in Lake Tahoe, Zephyr Cove Resort. Athletes will be challenged by a climb to Spooner Summit at over 7,100 ft followed by a screaming 1,400ft drop into Carson City! The peaceful and scenic views of Washoe Valley leads riders to the bike finish. A scenic run in south Reno will cap off this extraordinary race!, Ryan Kolodge, 775-762-8526, [info@expeditionman.com](mailto:info@expeditionman.com), [expeditionman.com](http://expeditionman.com)

**August 24, 2013 — Little Cottonwood Adventure Race.** South Jordan, UT, Graffiti Racing presents a multi-sport endurance event featuring mountain bikes, running/trekking, Tyrolean Traverse, and navigation using a map and a compass to attain check points. Snowbird will be a multi-discipline race using urban paved trails and wilderness trails to travel a course covering approximately 25-50 miles in a 6 hour period., Scott Browning, 801-867-5039, [graffitiracing@gmail.com](mailto:graffitiracing@gmail.com), [graffitiracing.com](http://graffitiracing.com)

**August 24, 2013 — XTERRA Buffalo Creek.** XTERRA America Tour, Bailey, CO, The XTERRA Buffalo Creek Triathlon features a 1500m Swim, 22 mile mountain bike, and 5m run., Lance Panigutti, [lance@withoutlimits.co](mailto:lance@withoutlimits.co), [withoutlimits.co](http://withoutlimits.co)

**September 2, 2013 — Youth and Family Triathlon.** Murray, UT, Start time: 7 AM, Murray Park. Youth 7-10 years: 75 yard swim, 2.3 mile bike, 6/10 mile run. Adults/Youth 11+ distances: 150 yards, 4.3 miles, 1 mile., Jo Garuccio, 801-566-9727, 801-557-6844, [jo@agegroupsports.com](mailto:jo@agegroupsports.com), [greatbasincoaching.com](http://greatbasincoaching.com)

**September 7, 2013 — Camp Yuba Triathlon.** RACE TRI, Yuba State Park, UT, Camp Yuba sprint and olympic triathlons are all about indian summers, camping, and good ol' fashion swimming, biking, and running., Aaron Shamy, 801-518-4541, [aaronshamy@hotmail.com](mailto:aaronshamy@hotmail.com), [raceetri.com](http://raceetri.com)

**September 7, 2013 — I Can Triathlon.** Sandy, UT, Alta Canyon Sports Center, 9565 S. Highland Drive - 400m swim, 9 mile bike and 5K run., Lois Spillion, 801-568-4602, [spillion@sandy.utah.gov](mailto:spillion@sandy.utah.gov), [sandy.utah.gov/government/parks-and-recreation/special-events/triathlon.html](http://sandy.utah.gov/government/parks-and-recreation/special-events/triathlon.html)

**September 14, 2013 — Ogden Valley Triathlon.** TriUtah, Ogden, UT, open water triathlon event, Dan Aamodt, 801-635-8966, [info@triatlah.com](mailto:info@triatlah.com), [triatlah.com](http://triatlah.com)

**September 14, 2013 — Bear Lake Man Triathlon.** Gold Medal Racing Championship, Laketown, UT, Half, Olympic, and Sprint distances and Ultra/Full 140+ distance over the prettiest water in Utah., Joe Coles, 801-335-4940, [jo@onhillevents.com](mailto:jo@onhillevents.com), [bearlakebrawl.com](http://bearlakebrawl.com), [onhillevents.com](http://onhillevents.com)

**September 14, 2013 — Kokopelli Triathlon.** BBSC Twin Tri Series, St. George, UT, The "twin" to the SG Triathlon at Sand Hollow State Park, with Sprint, Olympic, and Kids' distances., Cedric Keppler, 318.518.7303, [info@bbsctri.com](mailto:info@bbsctri.com), Michelle Lund, [michelle@bbsctri.com](mailto:michelle@bbsctri.com), [bbsctri.com](http://bbsctri.com)

**September 15, 2013 — XTERRA Pagosa Springs.** XTERRA America Tour, Pagosa Springs, CO, 1km (1000m) swim/18.5 mile bike/6.9mile trail run., Raena Cassidy, 877-751-8880, [info@xterraplanet.com](mailto:info@xterraplanet.com), [joingecko.org/info.asp?uid=339](http://joingecko.org/info.asp?uid=339)

**September 21, 2013 — Bear Lake Brawl Triathlon.** Gold Medal Racing Championship, Laketown, UT, Half, Olympic, and Sprint distances over the prettiest water in Utah., Joe Coles, 801-335-4940, [jo@onhillevents.com](mailto:jo@onhillevents.com), [bearlakebrawl.com](http://bearlakebrawl.com), [onhillevents.com](http://onhillevents.com)

**September 21-22, 2013 — XTERRA USA National Championship/ XTERRA Utah.** 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 Championships (invite-only): 1.5k swim / 30k mountain bike / 10k trail run., Raena Cassidy, 877-751-8880, [info@xterraplanet.com](mailto:info@xterraplanet.com), Jason Dyer, 801-620-1013, [jdye@snowbasin.com](mailto:jdye@snowbasin.com), [xterraplanet.com](http://xterraplanet.com), [xterrautah.com](http://xterrautah.com)

**September 21, 2013 — Adventure Xstream Glenwood Springs.** tentative, AXS Series, Glenwood Springs, CO, Solo, 2 person and 4 Person Teams will kayak, trek, rappel, and mountain bike., Will Newcomer, 970-403-5320, [events@gravityplay.com](mailto:events@gravityplay.com), [gravityplay.com](http://gravityplay.com)

**September 21, 2013 — LeadmanTri - Bend.** Bend, OR, Finishers of LeadmanTri Bend - voted Best New Race of 2012; Leadman 250 | 5K swim \* 223K bike \* 22K run; Leadman 125 | 2.5K swim \* 106K bike \* 16.5K run., Keith Hughes, 208-340-4837, [khughes@lifetimefitness.com](mailto:khughes@lifetimefitness.com), [leadmantri.com](http://leadmantri.com)

**October 5, 2013 — Cache Classic Duathlon.** Wellsville, UT, 5 km run, 20 km bike, Kevin Rohwer, 435-770-9852, [krohwer@engineeringexcitement.com](mailto:krohwer@engineeringexcitement.com), [race2raceevents.com](http://race2raceevents.com)

**October 1**



**Mi Duole Cycling Club**

Sponsors: Barbaoca Mexican Grill, Evergreen Construction, Diamond Wireless, Jones Waldo, Durham Jones and Pineger, Voler.

Contact: Geno Smith, [genesmailbox@comcast.net](mailto:genesmailbox@comcast.net), 801-557-5437

Website: [miduole.com](http://miduole.com)

Type of Cycling: Road Racing and some Mountain Bike Racing

Base Location: Salt Lake City, UT  
Club Statement: Formed in 1984, Mi Duole is one of the oldest road cycling clubs in Utah. Membership is mostly fit male riders in their 30s - 50s who've been riding and racing together for years. Some still race a lot and some not at all, but our common thread is getting up early to hammer out 100+ mile climbing-intensive rides every weekend. Hence our name "Mi Duole," which translated loosely from Italian implies "I like to suffer."

**Needles Peak Cycling Club**

Sponsors: Securian (Nate Crowther), ENVE Composites, Pobanz Orthodontics, Endure, Rockwell Relay.

Contact: Tyler, [sales@needlespeak.com](mailto:sales@needlespeak.com), 801-876-3863

Website: [needlespeak.com](http://needlespeak.com)

Type of Cycling: Road Racing, Mtn Bike Racing, Road Touring, Mtn, Recreational, Cyclocross.

Base Location: Mountain Green, UT  
Club Statement: We are a two part club. The first is "road biking no drop rides." Come out and enjoy the Morgan Valley and get to know some of the local riders. We all had to start at some time, and it can be intimidating to ride in a Peleton. Come and ride with us and have some fun. The second group is race oriented and the rides are fast, with attacks coming often and when you least expect it. Come see how you stack up to our elite riders. We also have weekly mountain bike rides in our backyard at Snow Basin.

**OCEF (Ogden Cycling Education Foundation) AKA: Autoliv Cycling Club**

Sponsors: Total Rehab, Forest Street Storage, Bikers Edge, Castelli, Enve, Ritchey, Salomon, Suunto, Ogden Pulmonary Associates, Quality Bicycle Products, Union Grill, Edge Eyewear, State of Utah/Road Respect, Dr. Naylor's Udder Balm, Autoliv  
Contact: Kurt Gammill, [ocfefmail@gmail.com](mailto:ocfefmail@gmail.com), 801-625-9370

Website: [ogdencycling.com](http://ogdencycling.com)

Type of Cycling: Charity work, advocacy, Masters and Juniors MTB and 24 hr racing, Cat 5/4 & Masters Road Racing, Recreational and training rides.

Base Location: Ogden, UT  
Club Statement: OCEF (Ogden Cycling Education Foundation), is a 501(c)(3) public charity, dedicated to raising cycling awareness and promoting cycling as a lifestyle. OCEF is sponsoring both LOTOJA and Huntsman Cancer Foundation's "Hometown Heroes" program, which has raised nearly \$1,000,000 in total over the last 9 years. We are working with state and local agencies to increase awareness among cyclists, trail users and drivers. 2013 will be our 13th year as a USCF and NORBA sponsored club, and don't forget the legendary noon ride, now in its 19th year.

**P.A.S.S. (Price Area Singletrack Society) I**

Sponsors: BicycleWerks  
Contact: Fuzzy TheBikeGuy, [fuzzythebikeguy@msn.com](mailto:fuzzythebikeguy@msn.com), 435-637-7676

Website: [www.passtrail.com](http://www.passtrail.com)

Type of Cycling: MTB Riding and Trail Building/Advocacy  
Base Location: Price, UT  
Club Statement: PASS was founded in 2002 and their first trail project was LUKE'S TRAIL, which was designed by LUKE THE PIT-BULL and has become a favorite of locals and travelers alike. 2013 is the 10th Anniversary of the completion of the 1st Section of Luke's Trail. Come Celebrate! Recent additions like ShamRockAndRoll, Smokin' Joe's and Yoo-Hoo make several loop-options and the campground at the Luke's Trailhead has great sunsets. We're currently working with Carbon County to produce a comprehensive Trail Guide for the Castle Country Area.

**PLAN7 - BRIGHTFACEI**

Sponsors: Cannondale, ENVE Composites, Plan 7 Endurance Coaching, Brightface, Jaybird, Rudy Project, Bontrager Footwear, Back in Motion Chiropractic, CycleOps, Schwalbe, CAPO, GU Energy, Personal Best Products (betwixt & zealios),  
Contact: Dave Harvard, [contact@plan7coaching.com](mailto:contact@plan7coaching.com), 801-661-7988

Website: [facebook.com/Plan7.brightface](http://facebook.com/Plan7.brightface)

**Pick up a copy of cycling utah at your favorite bike shop!**

Type of Cycling: Road, MTB & cyclocross racing

Base Location: Salt Lake City, UT  
Club Statement: Our teammates participate in Plan7 group rides and compete in mountain bike, road and cyclocross racing while positively representing sponsors and creating good will throughout the cycling community. We strive to be ambassadors for the sport as well as to provide focus for developing riders of all levels. Regularly scheduled Plan7 group rides provide opportunities to hone pack skills and build fitness. These group rides are open to anyone who would like to ride with us. We also organize free mentoring sessions to the public designed to help riders of all levels learn skills, safe riding practices, and competitive tactics.

**Pocatello's Women Cycling/Spinderella**

Sponsors: Pocatello Women's Health Clinic, Idaho Sport & Spine, Barrie's Ski and Sport, Aesthetics by Physicians, Yo Crazy, ICE (Idaho Cycling Enthusiasts)

Contact: DaNae Young, [spinderella33@gmail.com](mailto:spinderella33@gmail.com), 208-221-9300

Website: [spinderellaride.com](http://spinderellaride.com)

Type of Cycling: Road Touring

Base Location: Pocatello, ID

Club Statement: Pocatello Women's Cycling was organized in February 2012. The goal of the club is to encourage women of all ages and fitness levels to get out and ride. We want to promote a fun and healthy lifestyle, while giving back to the community we live in. Spinderella offers five beautiful routes: 10, 22, 50, 70, and 100 miles.

**Porcupine Cycling**

Sponsors: Porcupine Pub & Grille, The Dodo Restaurant, Pile Wheel & Brake, NuSkin, Cityworks, Squatters/Wasatch Beers, Axiom Energy, Halliday & Watkins, Tim Dahle Nissan, The Gooch Firm, Sysco, Bicycle Center

Contact: George Mastakas, [georgem@cityworks.com](mailto:georgem@cityworks.com), 801-560-1936

Website: [porcupinecycling.com](http://porcupinecycling.com)

Type of Cycling: Road & Mountain Biking and Recreational/Casual riding

Base Location: Salt Lake City, UT

Club Statement: Porcupine Cycling Club is dedicated to bettering the appreciation and enjoyment of cycling while having fun. Our club consists of cycling and mountain bike enthusiast ranging from highly competitive racers to those who are simply looking for riding partners. We also put on the Porcupine Big Cottonwood Hill Climb to raise funds for local cancer research and victims. We will once again be running the annual Chalk Creek Road Race in Coalville UT, which is the State Championships for Masters & Junior categories.

**Racer's Cycle Service**

Sponsors: Racer's Cycle Service, Niner Bikes, Felt Bicycles

Contact: Racer Gibson, [club@racerscycle.net](mailto:club@racerscycle.net), 801-375-5873

Website: [utahvalleycycling.com](http://utahvalleycycling.com)

Website: [racerscycleservice.com](http://racerscycleservice.com)

Type of Cycling: Road racing, mountain bike racing, cyclocross, training, commuting.

Base Location: Provo, UT

Club Statement: We are all about having fun riding and racing bikes. Come have fun with us. We have members from all over the state, but most have some connection to the Utah County. Our mission is to keep secret the awesome riding that exists down here in Happy Valley.

**Revolution Café Rio Racing Team!**

Sponsors: Revolution Bicycles, Café Rio Mexican Grill, Garner D. Jensen Insurance Group, Kipp & Christian P.C. Trial Lawyers, Control 4, S-Works Audio Visual Installation, Hammer Nutrition, Cannondale, Enve Composites

Contact: Justin Wilson, [jwilson@sageip.com](mailto:jwilson@sageip.com), 801-233-1400

Website: [revolutionracing.org](http://revolutionracing.org)

Type of Cycling: Road Racing, Triathlon, Road Touring, Recreational Riding, Cyclocross, Advocacy

Base Location: Salt Lake City, UT

Club Statement: Welcome to the Revolution Café Rio Race Team. We are a group of road bike riders and racers with a passion for cycling and the great things it brings to our lives. Our goal is to foster a team environment that promotes camaraderie, learning and health while achieving the highest potential in the sport. While we are competitive and strive to excel in our respective categories, we understand the importance of simple participation in this hobby, being level-headed and avoiding elitism. We are proud to be a USA Cycling and Utah Cycling Association Club in good standing. We are the sponsoring club for the Salt Lake Valley B4K Stage Race and affiliated with mountain biking through Team Revolution Fasteners.

**Rocky Mountain Cycling Club!**

Sponsors: City Pet Club, Christopher Kia, and Cyclesmith.

Contact: Erik Harrington, [RMCCUtah@gmail.com](mailto:RMCCUtah@gmail.com), 801-487-1189

Website: [rmcc-utah.blogspot.com](http://rmcc-utah.blogspot.com)

Type of Cycling: Road Racing and Cyclo-

cross

Base Location: Salt Lake City, UT

Club Statement: RMCC is a road racing club based in Salt Lake City, UT. We have been a staple in Utah racing for many years. We have a healthy mix of serious, soul, and social riders. Racing is not a requirement for club membership but riders are encouraged to participate in at least a handful of UCA, Utah criterium series, and/or Utah Cyclocross races throughout the season.

**Rooster's-Biker's Edge!**

Sponsors: Roosters, Biker's Edge, Destination Homes, Wasatch Civil Consulting Engineering, John Henry Smith Insurance, Calton-Harrison Sports and Orthopedic Center, Old School Body Shop, Lincoln Title Insurance Agency, Mountain Luxury Real Estate Development, Mauvius Cul, Merrill Lynch Wealth Management, Bomber Athlete, Quality Disaster Cleanup, ENVE Composites, and Plan 7 Endurance Coaching.

Contact: Alex Lizarzo, [alexlizarzo@gmail.com](mailto:alexlizarzo@gmail.com), 801-737-4966

Website: [roostersbikersedge.com](http://roostersbikersedge.com)

Type of Cycling: MTB Racing, Cyclocross, Road Racing, Triathlon, and Club Rides.

Base Location: Ogden, UT

Club Statement: The Roosters Biker's Edge cycling team and club was established in 2011 in order to promote cycling and racing in Northern Utah. Cycling disciplines promoted by the team are mountain, road, cyclocross, triathlon, as well as supporting a Junior Team and coaching two local High School mountain bike teams (Ben Lomond and St. Josephs). While the team's goals, like any other race team is to compete and win, it is secondary to promoting the healthy lifestyle, camaraderie, and high quality of life that cycling creates. Club rides are held in Ogden on Tuesday nights from the Roosters restaurant and in Kaysville on Thursday nights from the Biker's Edge store. Also, a beginners ride is held at the Biker's Edge store on Wednesday Nights.

**Salt Lake Community Collegel**

Sponsors:

Contact: Michael Trussell, [slcccycling@yahoo.com](mailto:slcccycling@yahoo.com), 801-674-3756

Website: [facebook.com/pages/Salt-Lake-Community-College-Cycling-Club](http://facebook.com/pages/Salt-Lake-Community-College-Cycling-Club)

Type of Cycling:

Base Location: Salt Lake City, UT

Club Statement: Team Summary: The salt lake community college cycling club is for any student, faculty or supporter of the community college who is interested in riding bicycles. SLCC Cycling is a group of both race and non-racers of all levels who simply enjoy riding. If you are interested in joining please contact Michael if you have any questions.

**Salt Lake Cycling Club, Millcreek Bicycles!**

Sponsors: Millcreek Bicycles

Contact: Mike Hanseen, [mig@millcreek-cycles.com](mailto:mig@millcreek-cycles.com), 801-278-1500

Website: [millcreekcycles.com](http://millcreekcycles.com)

Type of Cycling: Road Racing, MTB Racing, Club rides

Base Location: Holladay, UT

Club Statement: Millcreek Bicycles inhouse club is Salt Lake City Cycling or SLCC. We are an open club and anyone can join. We are about equal opportunity and having a blast on and off our bikes. We offer weekly club rides, annual training camps, exclusive sales and much more.

**SaltCycle-Intelitechs!**

Sponsors: Intelitechs, Mazza, Laziz, Saturday Cycles, [SaltCycle.org](http://SaltCycle.org)

Contact: Daniel Sellers, [daniel@saltcycle.org](mailto:daniel@saltcycle.org), 281-740-3363

Website: [saltcycle.org/p/team.html](http://saltcycle.org/p/team.html)

Type of Cycling: Road Racing, Cyclocross

Base Location: Salt Lake City, UT

Club Statement: Founded as a grassroots racing team in 2011 SaltCycle-Intelitechs is focused on building the cycling community, and making racing as accessible as possible. We endeavor to bring racing to the masses and work to promote bicycles as transportation in addition to recreation. We love to ride anytime and anywhere!

**Skullcandy Presented by Slim & Knobby's bike shop!**

Sponsors: Skullcandy, DNA Cycling, Stowell and Crayk, KUAT racks, Revolution Bicycles, Slim and Knobby's Bike Shop,

Winder Farms, Entech, Rudy Project, and Physical Therapy & Sports Medicine.

Contact: Adam Crayk, [acrayk@stowelland-crayk.com](mailto:acrayk@stowelland-crayk.com), 801-944-3459

Website: [skullcandyblog.blogspot.com](http://skullcandyblog.blogspot.com)

Type of Cycling: Road, MTB, Cyclocross, recreational, advocacy

Base Location: Sandy, UT

Club Statement: The Skullcandy club has been around for several years and has a focus on racing and recreational riding for all levels. Team members race in the UCA circuit, the Intermountain Cup mtb series, and the Utah cyclocross series. We also welcome recreational riders and weekend warriors interested in century rides, charity rides, or who just want a group to ride with. Check our blog for club and team ride schedules.

**SLC Grassroots Cycling!**

Sponsors: Shades of Pale Brewery, Este Pizzeria, BlueStar Coffee, and Southwest Children's Clinic

Contact: Doug Peterson, [DougPeterson99@gmail.com](mailto:DougPeterson99@gmail.com), 801-523-6010

Website: [SLCGrassroots.com](http://SLCGrassroots.com)

Type of Cycling: Mountain (XC & DH) / Road

Base Location: Salt Lake City, UT

Club Statement: For 15 years our team has committed to grueling training regimens allowing us to dominate the local race circuit and...oh wait, that's all the other teams. We just ride bikes and have a damn good time doing it. We also like to drink beer (preferably Shades of Pale). If you like bikes and beer, join us for a Tuesday night mountain bike ride. You'll find the rides laid back and the post ride cooler filled for all to enjoy.

**Snake River Triathlon Club!**

Sponsors:

Contact: Smitty Faure, [faurcaro@isu.edu](mailto:faurcaro@isu.edu),  
Website: [facebook.com/groups/snakeriver-triclub](http://facebook.com/groups/snakeriver-triclub)

Type of Cycling: Triathlon

Base Location: Pocatello, ID

Club Statement: Triathlon Club for all triathlete enthusiasts from the Teton Valley through Twin Falls.. with all stops in between!

**Southern Utah University!**

Sponsors:

Contact: Nathan Shay Asay, [pharoahshay@gmail.com](mailto:pharoahshay@gmail.com), 435-840-5707

Website:

Type of Cycling: Road Racing and Mtb Racing, NCCA

Base Location: Cedar City, UT

Club Statement: We are a collegiate club competing in the Inter-mountain Collegiate Cycling Conference. Established in 2011, we have continued to build into a strong team claiming many podium spots at collegiate and non collegiate races.

**Spider Bait Cycling!**

Sponsors: Action Extraction, Davis Vision, Epic Marketing, Granite Property Group, John Paras Furniture, Sun First Data

Contact: John Paras, [john@johnparas.com](mailto:john@johnparas.com), 801-352-7400

Website: [facebook.com/group.php?gid=32982807018](http://facebook.com/group.php?gid=32982807018)

Type of Cycling: Road Touring and Racing

Base Location: Sandy, UT

Club Statement: Having fun is the main focus of our club. We enjoy competing in road and mountain bike races. We also support some of the local fun rides for charities. Our rides always start out as fun rides, but someone usually puts their head down and buries everybody on each ride.

**Summit Bike Club!**

Sponsors: Turner Gas Company, Slim and Knobby's, Skull Candy, Rudy Project, Richards Brant Miller Nelson, Park City Ski Boot, The Park City Foundation, Nick's Greek Cafe, Midweek MTB, Jakob

Marketing Partners, Hayes Cycling evolved, Exquisite Mountain Home Management, elete electrolytes, Coconutz fuel, Alpine

Apothecary  
Contact: Lisa Palmer-Leger, [lpalmerleger@yahoo.com](mailto:lpalmerleger@yahoo.com), 801- 664-6351

Website: [summitbikeclub.org](http://summitbikeclub.org)

Type of Cycling: Mountainbike and cyclocross

Base Location: Park city, UT

Club Statement: Founded in 2012, Summit Bike Club promotes both recreational and competitive mountain biking for all ages. The club consists of two groups - a fun casual group and a developmental team.

The club meets on Saturdays and all ages are welcome. Rides will focus on learning the basic skills of mountain biking and having fun. Our developmental team meets on Mondays and Thursdays and will focus on racing and developing advanced bike skills. Camps and clinics will also be available throughout the summer. The club will also promote volunteer work to help maintain and build trails by working with local trail organizations. We will also volunteer for races that help promote mountain biking for youth.

**Team Bad Ass Coffee!**

Sponsors: Bad Ass Coffee Company, MillcreekBicycles, Wilson Law Office, Alscio, Ivory Homes, Holiday Oil,Knighthen Erb & Company, Elements Wilderness Program, SpectraCapital, Michael Deraedt & Associates, Clayborne Consulting Inc.

Contact: Ann Hoffman, [annhoffman@comcast.net](mailto:annhoffman@comcast.net), 801-706-2237

Website: [slcbadasscoffee.com](http://slcbadasscoffee.com)

Website: [sports.groups.yahoo.com/group/badasscycles/](http://sports.groups.yahoo.com/group/badasscycles/)

Type of Cycling: Road Touring with a mission

Base Location: Salt Lake City, UT

Club Statement: Team Bad Ass Coffee was created for the purpose of raising funds and awareness to combat devastating diseases. The team consists of friends of all ages and abilities who meet 3 times weekly at various locations throughout Northern Utah to promote fun, healthy living and encourage philanthropy through social cycling. Become a Bad Ass and make an impact on your community.

**Team Dialogue-Porcupine**

Sponsors: Dialogue Marketing, Porcupine Grill, Teltanium, Bike Peddler, Utah Dairy Association, Raleigh, Excell

Continued on page 36



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# cycling utah's 2013 Bicycle Club Guide (from page 35)

Contact: Alejandro Vargas, avargas@dialogue-marketing.com, 801-319-8427  
Website:

Type of Cycling: Highland, UT  
Club Statement: We have had several title sponsors including EVO, OZONE, Dialogue Marketing and now Dialogue-Porcupine. We are Utah County based Race Team; all our members are licensed cyclist Categories 3 and 4 for the most part. Our team participates in local crits, and races in Utah, Idaho and Wyoming. With over 40 members (both male and female) we participate in lots of events, train together and love the sport of cycling. Our team promotes the sport in by organizing and supporting charity events and various races during the year. In 2013 we have started a new initiative creating a Youth Development team. Boys ages 12-16 will be racing under Team Dialogue-Porcupine. We are excited to develop cycling talent in our local community.

## Team Fast Lane

Sponsors: Ames Construction, AsMaster, CrankSports, GRAY Wheels, Raw Revolution, BIKE RAY USA & XCEON lighting products, Studio Cove Health & Fitness, Synergy Wesuits, Zoggs swim goggles, Wild Rose Mountain Sports  
Contact: Scott Kelly, teamfastlane@com-cast.net, 801-558-2230  
Website: teamfastlane.com  
Type of Cycling: Triathlon, XTERRA, Duathlon, Running, Road, Mountain, and Cyclocross racing, Adventure Racing, Nordic Ski racing  
Base Location: Salt Lake City, UT  
Club Statement: Entering our 13th year, Team Fast Lane is a USA Triathlon sanctioned club open to individuals of ALL ages and ability levels. Member benefits include access to year round, weekly, coached training sessions, support services, equipment discounts, racing, fellowship, and FUN! Although our primary purpose is as a training program for those interested in participating in the sport of triathlon, many members also train and compete in other sports like duathlon, road mountain and cyclocross racing, alpine, telemark and nordic skiing, long and short distance running, climbing, kayaking, adventure racing, etc. TFL also provides personal, event specific, training for endurance athletes.

## Team in Training!

Sponsors: Runner's World, Nuun  
Contact: Stacie Kulp, stacie.kulp@lls.org, 801-281-6618  
Website: teamintraining.org  
Type of Cycling: Road Racing and Non-Competitive Road Biking  
Base Location: Salt Lake City, UT  
Club Statement: The Leukemia and Lymphoma Society's Team In Training (TNT) program is the world's largest charity sports training program. TNT offers various sport programs with supported training in a team atmosphere. The teams meet weekly and train over a 4-5 month period to help you reach your goal. Team In Training's cycling program offers the opportunity to take on the challenge of 100 miles and make a difference in the lives of over 1 million Americans living with blood cancers. Along with a customized training program and expert coaching, participants train and fundraise in honor of individuals fighting blood cancers.

## Team Jackson Hole

Sponsors: JLF Design Build, Big D Signature Construction, Peaked Sports, Jackson Hole News and Guide, Carney Logan and Burke Architects, Jackson Hole Mountain Resort, Verdone Landscape Architects, Mountain High Pizza, Rocky Mountain

Bank, Lucas Sunscreen, Shaw Construction Wyoming, Mountain Local Sponsorship, Management, Kate's real Foods, Teton Search and Rescue.  
Contact: Jim Verdone, jverd@verdonelancedarch.com, 307-690-0214  
Website: teamjacksonhole.com  
Type of Cycling: Road racing, MTB Racing, Cyclocross, Snow Biking, Recreational Riding, Charitable Organization.  
Base Location: Jackson, WY  
Club Statement: Team Jackson Hole is a non profit organization composed of a community of athletes coming together to raise awareness for community causes and projects while promoting the spirit of athleticism. Our mission is to positively impact our community by advancing local charitable causes, while promoting a healthy lifestyle through education and training. This year we are raising awareness and donations for the Ray Shriver Memorial Fund on behalf of the Teton County Search and Rescue Organization. We compete and participate in all disciplines of bicycling.

## Team Revolution Peak Fasteners!

Sponsors: Revolution Bicycles, Peak Fasteners, Superior Service Transport Silver Bean Coffee, Epic Brewing, Professional Electrical Services, Sunny ST George Condos, Redwood Rd. Endotics, Carbo-Rocket, Gear Rush.  
Contact: Bob Saffell, stupidbikebs@mac.com, 801-233-1400  
Website: teamrevolutionracing.com  
Type of Cycling: Mountainbike and Cyclocross  
Base Location: Salt Lake City, UT  
Club Statement: THE Dirt team in Utah, several team championships since 2004, several individual champions and wins. 1000's of hours of trail work, camaraderie and fun. In 2012 UTCX Champions.

## Team Sugar / White Pine Touring!

Sponsors: White Pine Touring, Camelbak, Smith, Clifbar, Silver Mountain  
Contact: Kari Murray, kgskier@msn.com, 801-232-8354  
Website: teamsugar.org  
Type of Cycling: Mountain Bike Recreational/Advocacy  
Base Location: Park City, UT  
Club Statement: Team Sugar, established in 2003, is a dedicated group of women mountain bikers devoted to introducing as many women as possible to the sport. Team Sugar provides free women's rides every Tuesday night throughout the summer, which allows women to learn mountain bike skills, local trails, etc. in a non-competitive environment. Team Sugar rides begin the first Tuesday after Memorial Day and leave at 6 p.m. sharp from White Pine Touring in Park City. The first ride will be May 28, 2013.

## Team Wannabe!

Sponsors:  
Contact: Wanda Bates, wanda@teamwannabe.com, 801-362-1911  
Website: teamwannabe.com  
Type of Cycling: Road Tours and Charity Events.  
Base Location: Payson, UT  
Club Statement: Teamwannabe.com was founded in 2007 by Wanda Bates. She was 46 at the time and had recently been reintroduced to the joy of cycling while participating in the local Tour de Cure. The purpose of Team Wannabe is to encourage individuals of any age to get off the couch and go for a ride! We are an all inclusive group. Any one of any skill level is encouraged to join us for a ride.

## The X-Men!

Sponsors: Squadra  
Contact: Thomas Cooke, info@x-mencyclingteam.com, 435-901-1752

Website: x-mencyclingteam.com  
Website: facebook.com/xmencycling  
Type of Cycling: All types of riding.  
Base Location: Park City, UT  
Club Statement: Founded in 1995, The X-Men is a Park City, Utah-based road, mountain bike, and cyclocross club, with individual members and pockets of resistance all over the country. We're open to riders of all ages and abilities who are brave enough to don our iconic stripes and lightning bolt kits, and make a statement. There is a problem with non-conformity, though. Pretty soon people want to join and be part of your movement. You start something new, because you are sick of riding for the man, then you wake up and realize you are the man. Because of this, we've been deliberate about making ourselves hard to understand, and even harder to get in touch with. And another thing. We're not super organized. We all mostly have real lives outside of the make-believe world of modern cycling. It would be a mistake to call us retro, despite the fact that we often tell stories on rides from the old days. We are proud to say that not a single current member rides with an SRM. At least not in public. Power is in the heart, folks. Bike races are won with desire, not with a spreadsheet. Find us on twitter @xmencycling.

## The Young Riders!

Sponsors: Mountain Trails Foundation, Jans, White Pine Touring, Deer Valley Resort, Canyons, Park City Coffee Roaster, Snyderville Basin Recreation, BackCountry.com  
Contact: Julie Minahan, Julie.Minahan@gmail.com, 435-640-8642  
Website: youngriders.com  
Type of Cycling: Mountain, Road, Downhill  
Base Location: Park City, UT  
Club Statement: The Young Riders recreational program is dedicated to the promotion of mountain biking, for juniors ages 6-18, through a series of fun, safe and developmentally rewarding rides. Qualified instruction, training and coaching allows for a logical progression of aptitude and the pursuit of individual goals for the beginner to advanced and competitive rider. Technical skills, responsible riding, proper trail etiquette, and respect for the environment as well as for self and others, are impressed to ensure a future generation of respectful riders. Qualified instruction, training and coaching allows for a logical progression of aptitude and the pursuit of individual goals for the beginner to advanced and competitive rider. Technical skills, responsible riding, proper trail etiquette, and respect for the environment as well as for self and others, are impressed to ensure a future generation of respectful riders.

## THINK Architecture!

Sponsors: Think Architecture, Russell & Co Construction, DNA Cycling, Revolution Bicycles, Sports Den, Low Book Sales, and Workman Flooring.  
Contact: Tyler Kirk, skullcandyrcycling@gmail.com, 801-864-8927  
Website: thinkarchitecturecycling.blogspot.com  
Type of Cycling: Road, MTB, Cyclocross, recreational, advocacy  
Base Location: Sandy, UT  
Club Statement: The Think Architecture Cycling Team is a cycling team/club operating in the Salt Lake Metro area. Many may know the team with the former name of Skullcandy/Think Architecture. Road racing is the primary focus, but there is also heavy participation in mountain and cyclocross. Many of our members also participate in Triathlons and other major endurance events. Membership in the club is easy, just check our website for more info.

## University of Utah Cycling!

Sponsors: DNA Cycling, honey stinger, rudy project, and cyclesmith.  
Contact: Mitchell Peterson, uofucycling@gmail.com, 801-414-6820  
Website: utahcycling.org  
Type of Cycling: Collegiate Road and Mountain Racing, Road and Mountain Recreational, Cyclocross  
Base Location: Salt Lake City, UT  
Club Statement: The University of Utah Cycling team and club is for any student with a desire to ride/race and improve his or her skills. Those wishing for an opportunity to travel and experience competitive races are invited to participate in collegiate USA Cycling races. People who simply wish to support the team are welcome to purchase U of U Cycling paraphernalia.

## Utah Premier Cycling Club/ Ski Utah-Marketstar Cycling Team!

Sponsors: Ski Utah, Marketstar, Millcreek Bicycles  
Contact: Bill Cutting, bcutting@twiobrand.com, 801-949-4080  
Website: skiutahcycling.com  
Type of Cycling: Primarily road, road racing, and cyclocross racing: Cat 1 Elite team, plus all registered categories and Masters.  
Base Location: Salt Lake City, UT  
Club Statement: All in all, we're a group of about 100 road and mountain cycling enthusiasts. Most of us race some more seriously, some less but we count fitness riders, long-distance tourers and connoisseurs of classy uniforms among our ranks too. Whether you are an aggressive competitor looking for teammates and support, a newcomer hoping to try racing for the first time, or a weekend rider in search of riding partners, our team and club atmosphere will enrich your cycling experience. Co-sponsors of the Tour of the Depot State Race, and the Downtown Critterium.

## Utah Rocky Mountain Bikers (URMB)

Sponsors: R & R Environmental Inc., Utah Mountainbiking.com  
Contact: Kerry Smith, 4smith@q.com, 801-221-9365  
Website: urmb.org  
Type of Cycling: Mountain Biking, trail maintenance/building and advocacy  
Base Location: Orem, UT  
Club Statement: URMB is a club of mountain biking enthusiasts centered in Utah County. We are riders, trail builders, trail advocates and partners with other trail users. We look beyond the next bend in the trail and the next ride to ensure trails for the future. URMB has adopted in partnership with the Pleasant Grove Ranger District of the United States Forest Service several trails in American Fork Canyon (Sections of: Ridge Trail #157, Ridge Connector #216, Salamander Flat #150, Pine Hollow #047, Willow Hollow #159, South Fork Little Deer Creek #252, and Mill Canyon #040). We have partnered with the USFS and Provo and Orem City with adoptions of the following sections of the Utah County Bonneville Shoreline trail (Bridal Veil Falls Park to Squaw Peak Road #219 and Orem BST to the Battlecreek Trailhead. Also in partnership with Provo City we have adopted the Indian Road single track trail from the Canyon Road (Provo) trailhead to the Smith Ditch (water pipe) Road junction. URMB is an IMBA affiliated club (since 2004). We follow IMBA Rules of the Trail.

## Utah Velo Club!

Sponsors: The Bike Peddler  
Contact: Stan Swallow, stanswallow@att.net, 801-808-4426  
Website: utahveloclub.com  
Type of Cycling: Road Cycling in groups with up to 50 riders and there is a MTB group as well as a beginners group.  
Base Location: American Fork, UT  
Club Statement: The Utah Velo Club is primarily a road cycling club with three (3) group rides per week during the year. During the winter we snowshoe as cross training. Mission: To promote cycling and organize free events for serious intermediate and advanced road cyclists. History: The club was started in October 2003 and now has 660 members with about half of them participating in at least one event per year.

## Utah Mountain Biking.com!

Sponsors: Mad Scientist Software, Box Home Loans, KSL Outdoors, CocoNutz Fuel, American Classic, J.D. Milliner & Assoc., Genesis Pure, Utah Mountain Biking.com  
Contact: Michael Engberson, umb@madsci.com, 801-653-2689  
Website: UtahMountainBiking.com  
Type of Cycling: MTB Racing, MTB Recreational Riding, Cyclocross, Trail Advocacy, Road Racing, Road Touring  
Base Location: Lehi and Alpine, UT  
Club Statement: UtahMountainBiking.com won the Intermountain Cup team competition in 2012 and the I.M.B.A. trophy for the team with the most trailwork hours. Not just

mountain biking, our team also participates in the Utah Cyclocross series, as well as some road racing events. UtahMountainBiking.com is a very friendly bunch, willing to accept bikers of all levels. Team membership has many benefits including encouragement, group rides, bike repair assistance, discount parts and nutritional, etc.

## Velosport Racing!

Sponsors: FFKR Architects, Craig's Service Center, American Insurance & Investment, RaceDay Event Management, utahneurosurger.org, Tour of Utah, Salon Mousse.  
Contact: Travis Horton, travis@velosportracing.com, 801-230-5904  
Website: velosportracing.com  
Type of Cycling: Road Racing, Cyclocross, MTB Recreational  
Base Location: Salt Lake City, UT  
Club Statement: Our ranks include the complete spectrum of racers from talented juniors to Cat 1-4s to world and national champion masters racers. Our team offers the perfect environment to hone your riding skills, improve your fitness, learn how to race as a team, and meet great people. We take the sport of cycling seriously and have a lot of fun along the way.

## Wasatch Mountain Club!

Sponsors: Robert Turner, r46turner@gmail.com, 801-467-1129  
Website: wasatchmountainclub.org  
Type of Cycling: Recreational road and mountain biking; self contained road touring; road and mountain bike camping/motel trips.  
Base Location: Salt Lake City, UT  
Club Statement: Established in 1920, the Wasatch Mountain Club is an outdoor recreation club for adults. Activities include road and mountain biking, hiking, backpacking, climbing, skiing, snowshoeing, boating, social programs and conservation efforts. Rides and other activities are listed each month in the club publication, "The Rambler" and posted on the club's activity calendar which can be viewed on the club's website.

## Wasatch Wheelmen!

Sponsors: The Bike Shoppe, Biker's Edge, Saturday Cycles, Media Bang  
Contact: Layne Packer, wasatchwheelmen@gmail.com, 801-725-8351  
Website: wasatchwheelmen.org  
Type of Cycling: Recreational Road Touring  
Base Location: Davis County, UT  
Club Statement: The Wasatch Wheelmen cycling club is made of dedicated cyclists who love to ride and appreciate the camaraderie and extra motivation that comes with riding in a group. Riders of all abilities are welcome, but our niche is gathering cyclists who may be slightly past their prime, but certainly are not over the hill. If you like to ride aggressively within your comfort level with a group of like-minded riders, then this club is for you.

## White Pine Racing Powered by Jans.com!

Sponsors: Moab Brewery, Resorts West, Park City Coffee Roasters, PC MARC, Costa Rica Escapes, Mountain Medical, Nava Eyewear.  
Contact: Scott House, shouse@whitepinetouring.com, 435-649-8710  
Website: JANS.com  
Type of Cycling: XC Racing, Super-D, Downhill, Road, Cyclocross, Enduro, BMX and Advocacy.  
Base Location: Park City, UT  
Club Statement: Our mission is to promote cycling within Northern Utah communities through participating in races, fundraisers, trail work days and group rides. We will focus on having a strong competitive presence, while still having fun and showing our love and passion for two wheeled, human powered sports.

## Zions Bank Z-Team!

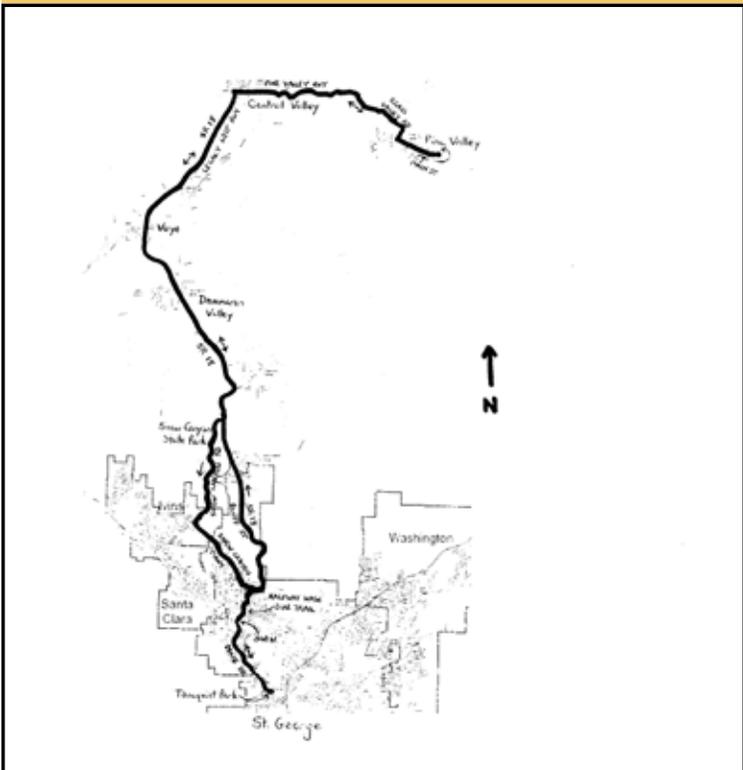
Sponsors: Zions Bank  
Contact: Chad Brown, chad.brown@zionsbank.com, 801-576-5417  
Website: zteamcycling.org  
Type of Cycling: Charity Road Team and Triathlon Team  
Base Location: Salt Lake City/Boise, UT/ID  
Club Statement: The Z-team is comprised of riders of all abilities and welcomes all riders (employees, clients, friends, and family members, etc.). The team holds one training ride per month and participates in many different cycling events from March through October including: Skinny Tire Festival, Salt Lake City Marathon, Penny's Legacy Ride, Ghost Town Century, Salt Lake City Century, Tour de Cure, Harmon's MS 150, ULCER, LOTOJA, Moab Century, Heber Valley Century, and Park City Century. All riders are welcome to join the team!

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RIDE OF THE MONTH

Dixie Legacy Classic



Top: Cyclists enter the Dixie National Forest on the gradual climb to Pine Valley. Photo: Wayne Cottrell  
Below: A map of the route.

By Wayne Cottrell

The Dixie Legacy Classic is an 80.7-mile out-and-back ride featuring long, steady climbs and descents and some rolling hills. The route starts and finishes in St. George and visits the Legacy Loop Highway, Dixie National Forest, and Snow Canyon State Park. The cyclist should be prepared for high desert temperatures during the summer months, although the middle part of the route is at higher elevations, where temperatures are cooler. The elevation ranges from 2,560 feet at the start in St. George to 6,576 feet at the turnaround in Pine Valley. The route incorporates city streets, state highways, paved bike trails, a state park road, and county highways.

The Dixie Legacy Classic starts in the city of St. George, which is located about 300 miles south of Salt Lake City and 120 miles northeast of Las Vegas, Nevada. St. George was founded during the 1850s under the direction of Mormon church leader Brigham Young, and was the eighth most populous city in Utah as of year 2010 (72,897). Growth is evident in St. George, as the city has sprawled in nearly all directions. Traffic volumes can be heavy on the city's major roads and at major intersections. Cyclists can avoid a lot of the street traffic by using the city's "trail" system, which is actually a network of paved bike paths, or by simply riding toward the city's outskirts, as the Dixie Legacy Classic does.

Start the ride at Tonaquint Park, located at 1851 South Dixie Drive in St. George. Exit the park and turn right onto Dixie Drive. The shoulder width varies along this stretch of road, as does the number of lanes. The St. George Municipal Airport sits atop the mesa to your right, some 200 feet above the city. Turn right onto 540 North at mile 3.3, and then immediately bear left to enter the trailhead to the Halfway Wash Bike Trail (a paved bike path). The trail crosses under Snow Canyon Parkway at mile 5.2. Just beyond the underpass, turn right onto the connector path, and then turn left onto the path that parallels Snow Canyon Parkway. The path is little more than a striped sidewalk along this stretch. Follow the path as it turns left at the intersection with SR 18. The path parallels SR 18 for the next 7.5 miles. Although the path is an alternative to SR 18, which gets less busy as you travel farther north, the path is actually more physically demanding than the highway. While the highway negotiates gentle grades and false flats, the path undulates over steep climbs and descents. Take your pick. There are a few crossings along the path that will require you to watch for cross-traffic. The path ends at Snow Canyon Drive, at mile 13.2, adjacent the entrance to Snow Canyon State Park. Turn right here to return to SR 18. Then, turn left onto SR 18, and continue heading north.

The highway begins to climb north of Snow Canyon Drive as it heads into the aptly named Red Mountains. The climb finally crests

at mile 17.0. Once you are beyond the confines of the mountain range, the Bull Valley Mountains in the distance come into view. The Pine Valley Mountains are to the east. Enter the Dammeron Valley area at mile 19.0. Dammeron Valley is a planned community, nestled against the Cedar Bench, established around 1976.

A 7% descent takes you out of the Dammeron Valley and toward the wash of the Santa Clara River, at mile 21.9. Veyo Volcano is the prominent peak on the left. Although the volcano has not erupted anytime since at least 1,000 years ago, it represents one of the youngest eruption centers in the St. George region. The volcanism in the region has suggested the presence of geothermal energy resources. Enter the community of Veyo shortly after crossing the wash. There are a couple of mini-marts along the highway. Veyo was settled in 1911 as Glen Cove but was later renamed by Mormon "Beehive" girls (12- to 13-year-old participants in a young women's organization). The young girls created "Veyo" as an acronym of virtue, enterprise, youth, and order. Very clever! The highway climbs out of Veyo, roughly following the reverse course of the Santa Clara River.

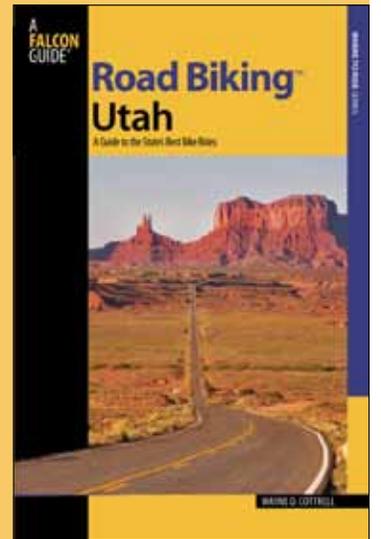
From Veyo north to Central Valley, the course traces a portion of the route of the Red Rock 200 bike race. The climb crests at mile 23.6; begin false flats, followed by rolling terrain, and then a descent, at mile 26.0. The downhill gets steeper at mile 27.5. At mile 29.1, turn right onto Pine Valley Highway, in the community of Central Valley (population 528). Central Valley is the starting point for the St. George Marathon, held each October. Enter the Dixie National Forest at mile 30.7 and begin a steady climb. The Pine Valley Mountains, shooting up to 10,365 feet (Signal Peak), are on the horizon. The gradient eases at mile 35.5, from which the terrain rolls, and then descends. The highway bends right at mile 36.7, becoming Grass Valley Road. As the gradient eases, the road enters the community of Pine Valley.

The descent into Pine Valley seems to be from a storybook. Pine Valley was settled in the mid-1850s and was so named for the abundance of ponderosa pines, along with conifers, in the area. Lumbering was the community's first industry, but today the town attracts recreationalists and seasonal "getaway" homeowners. Turn left onto Main Street at mile 37.4. The Pine Valley Chapel and Tithing Office are on the corner. The chapel is the oldest functioning Mormon chapel in Utah and is on the National Register of Historic Places. The building was designed by Ebenezer Bryce, the namesake of Bryce Canyon. Bryce, a former shipbuilder from Australia, applied his seafaring knowledge by designing the church to resemble the hull of an upside-down ship. Head east up Main Street, toward the mountains. The peacefulness may, unfortunately, be broken by the proliferation of ATVs (all-terrain vehicles). The road enters the Pine Valley Recreation Area after 1 mile; this is the turnaround point.

The return trip is the reverse of the outbound route until SR 18 arrives at Snow Canyon Park (mile 65.1). Here,

turn right and enter the park. There are entrance stations at either end of the park, and one or both of them may be manned. In any case, be prepared to pay the \$5 entrance fee either via self-service or a park ranger. Begin the descent into the park. The desert scrub and forestation of the first three-fourths of the ride gives way to the barren but extremely colorful sandstone of Snow Canyon. Wildlife also includes coyotes, desert tortoise, kit foxes, canyon tree frogs, leopard lizards, roadrunners, quail, and gopher snakes, along with the protected peregrine falcons and Gila monsters. Plant life includes creosote bush, blackbrush, desert willow, sand sage, and narrow-leaf yucca, along with scrub oak. The canyon descent can be completed fairly rapidly, but take time to absorb some of the desert life. Exit the park, and enter Ivins (population 6,753) at mile 71.0. An access road to the Tuacahn Amphitheater is on the right, just ahead. The outdoor theater features live productions and concerts.

Turn left onto Snow Canyon Parkway at mile 72.5. Leave Ivins and enter St. George. The parkway passes through some of the city's newer residential areas. The parkway widens from two to four lanes as it sweeps toward the southeast, then east. Turn right onto 1300 West, at mile 76.1, just as the road begins to climb. Turn right again at the next street, 1390 North, to access the Halfway Wash Bike Trail. Bear left onto the trail, and begin the gradual 2-mile descent past more St. George neighborhoods. The trail's speed limit is 20 mph, which is certainly an upper limit given the sharp curves. The trail ends abruptly at the intersection of 540 North and Dixie Drive, at mile 77.4. Cross Dixie Drive, turn left, and head south. The road crosses the Santa Clara River at mile 78.2. Continue heading south; the stately West Black Ridge is to the left. The ride ends at the entrance to Tonaquint



Park, which is on the left at mile 80.7, just north of 600 West. The park is a pleasant place to cool down, with a water conservation garden, nature center, restrooms, and drinking water.

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

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

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lunch before striking out along Old South Virginia. This quiet road is a well-known bicycle route to locals due to a dead end for cars but where bikes can pass – it still does not show up if you ask Google for bike directions. At the corner of Mt. Rose highway and old 395, we headed south on the 5 lane road, which was one of our apprehensions about this ride. The recently opened I-580 drew away all of the traffic from old 395, and the generally wide shoulder afforded quiet riding at a comfortable pace. From the road, the new Galena Creek Bridge appears to cradle the tops of the bright yellow Cottonwood trees lining the valley. We passed the Bowers Mansion with the grounds in peak foliage then over the big hill at Numage Pass and down Combs Canyon Rd. The nearly flat bike path through Carson City was a pleasant rest before the long hill on Jacks Valley Road. This climb got us off of the busy portion of 395, but was tedious on the tandem, and Lynda pinched me for the unnecessary hill. She read about pinching in an issue of Adventure Cycling and eagerly adopted it as her preferred language for letting me know that my plans are too ambitious. We decided to skip this hill on the way back in favor of the easier route in the valley.

Dave was outside working on the Wild Rose property that he and his wife Jeannette recently purchased. The Inn is very comfortable, and there were five deer in the yard within an hour of our arrival. We had drinks with the owners before walking a block to dinner at La Ferme. For food lovers, La Ferme is easily the best restaurant within 50 miles, maybe more, serving classic French food with personalized if sometimes

quirky service from the owner, Gilles. The meal included pumpkin soup served in an actual pumpkin, magnificent duck confit with pommes maxim, and 8-hour pork shoulder. Afterwards, Gilles gave us a tour of his little store of unique items. Following our romantic dinner and tour we walked back to the inn, which was only a block away. It would have been a perfect night to use their hot tub, but we had forgotten swim suits. Instead Lynda took a hot bath, and we cuddled up in our cozy room and fell asleep watching a movie.

The morning breakfast was a nice baked egg dish with muffins, juice, and coffee. We got back on the road and took different routes where possible to make the ride more of a loop. Riding back, we talked about the next stages of our spring tour from Reno to San Francisco. Tandem touring is a new pool that we are wading into, and we will ride inn to inn before going into full camping mode on a future tour. This weekend was a baby step in this progression, and it allowed us to get a feel for it without the commitment of a big ride. Novice solo bike tourists can do the same, and I am dabbling in bikepacking in the same way (more on that in a future article). This weekend's results could not have been better, and now we are confident that a five-day tour will be a fun challenge.

**Circumnavigating Lake Tahoe**

Our most common and one of our favorite area overnights is to ride around Lake Tahoe, an attraction that provides its own theme. This is a popular 72-mile day ride, and dividing it into 2 days makes for a more relaxed spring and fall adventure,

giving time to soak in the water or relax on a beach. After a few rides, we found that we prefer riding counter-clockwise, which is opposite of typical organized rides. Riding this direction provides a big shoulder on a few key climbs and we think is less stressful. Most recently, we started on the west shore, a few miles south of Tahoe City. Abundant viewpoints made the first afternoon's ride to South Lake really memorable, most notably the view over Emerald Bay and the tight switchbacks downhill afterwards. These curves are pretty tight even in a car. Steering the tandem took some effort. The area before Emerald Bay seems less busy, so it was a pleasant evening after a Friday at work. Parts of the lake have bicycle paths, but we skipped most of them because of somewhat regular road crossings on the west shore, preferring to ride in the shoulder. We stayed at the Tahoe Lakeshore Lodge and Spa, where the newly remodeled room was very comfortable with nice views across the lake. We enjoyed the pool and hot tub, and we had a fun time eating at Freshies, a Hawaiian

restaurant within walking distance that has Pliny the Elder on tap – one of the best IPAs you can find. Soaking in the hot tub relieved our muscles and helped melt any stress from the work week.

We started off with breakfast in our room before getting an early start and riding through the Cave Rock tunnel and the big hill on 50 early to avoid traffic. Sometimes I am maybe a little too ambitious, and our start was so early that we saw only 2 cars on the hill. The ride north along the east shore was spectacular with great early morning views of the sun hitting the mountains on the other side of the lake. The early start also meant it was pretty chilly for the first hour. We stopped at Starbucks in Incline Village to warm up and grab some calories before finishing the day's ride surprisingly quickly. We were finished with the 46 miles before lunch. Next time we will take a little more time and relax on the shore.

**Planning**

There are more. Every compass direction from Reno/Tahoe provides

options from overnight trips to week or more tours. This is true for most western cities, and there are usually campgrounds, hotels, and airbnb's within a day's ride. I use [mapmyride.com](http://mapmyride.com) or a similar program to start getting ideas, using the elevation profile to consider grade. Overnights require very little gear, planning, or commitment. For credit card tours we only need a change of clothes. They also provide valuable lessons for future tours. From both of these tours, we learned never to forget bathing suits because there is often an opportunity for post-ride soaking. The suits weigh nothing and take up little space. We also learned that the recommended path is not necessarily the best way. Thinking outside the recommendation box can add features and improve rides based on individual preference. Now I just need to come up with another compelling theme...

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