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Photo by Moab Action Shots, find your photo at moabactionshots.com

CRAFT BICYCLES

Steel is Real at the 2019 North American Handmade Bicycle Show (NAHBS)



Porter Cycles took home the Best New Builder Award. 2019 NAHBS. Photo by Patrick Walsh

By Patrick Walsh

A Report from Sacramento, California

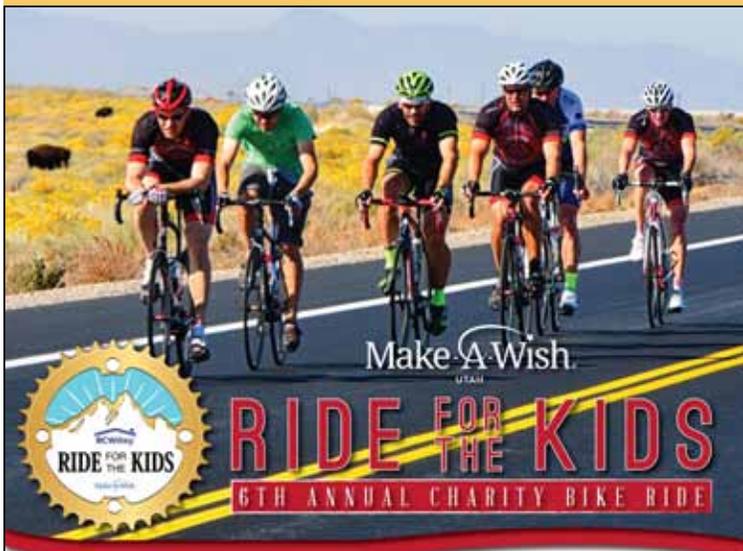
Full disclosure, I do not own a carbon bike; my current ones are steel, titanium, or aluminum. I

have owned 3 carbon, the 26er I sold well after that size lost its popularity, one frame I cracked, and the last I promptly sold when the latter cracked. I enjoyed all three, but I have a steel touring bike that is now 10 years old. The other metal bikes will likely last even longer. I don't think of myself as a luddite, but it

may be a long time before I own a bike with more than a small part made of carbon.

So, it was with great pleasure that I walked all 10 columns of mostly metal bikes made by makers both famous and new. Don't get me wrong, there are some really great carbon bikes at the show and appropriate awards for their beauty. But I would guess greater than 90 percent of the bikes are metal, almost all titanium and steel. The vibe is really friendly, and I had informative conversations with legends who I have read about in magazines and some who I have bought components from. None of them was pushing a sales pitch. They are enthusiasts of the highest level and will tell you about design inspiration, welds on specific bikes, or pricing if you ask. We chatted about the towns we live in and where we like to ride. Some builders are riding and building enthusiasts, while others seemed to be more builders than riders and may not expound about the ride feel of different materials.

Continued on page 18



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COMMUTER COLUMN

A Bike Advocate Reflects on Veronica Davis' Talk: Biking, Equity and Inclusion

"Cycling is about much more than transportation, it is an opportunity to bridge divides and build community," says Turner Bitton, a cyclist that lives on the west side in Salt Lake City. Photo courtesy Turner Bitton

By Turner Bitton

Last week I got my bike out, cleaned it, and performed all of the maintenance needed to prepare for my commute to work. This was my first time commuting to work by bicycle since I moved to a new home, in a new neighborhood, with a vastly different commute than I would have had even last year.

As a new resident of the Glendale neighborhood of Salt Lake City, I've got a new opportunity to explore urban environments that I previously hadn't been exposed to. Commuting

to work by bicycle is an amazing opportunity to see, smell, and hear the sounds of a growing city and changing community.

As I begin a new chapter of commuting to work in a new community, I'm reminded of the inspiring discussion led by Veronica Davis at the Utah Bike Summit on March 5th. Ms. Davis's speech "Biking, Equity and Inclusion" was as inspiring as it was sobering. I've had a lot of time to reflect on the key themes and as I biked to work, the lessons she provided were brought to life in front of me as I rode.

Bicycling for me is a past-time,

an opportunity to commute to a job that respects my desire to be healthy is willing to provide accommodation for me in commute by bike (in the form of schedule flexibility), and that largely celebrates my choice. I'm privileged to be considered a part of "the bike community" and have the opportunity to participate in the broader cycling community. I left the summit feeling absolutely dumbfounded by the ignorant way I've talked about cycling.

Equity - in the abstract it is a difficult ideal to define and even more difficult to refine in practice. To reflect on the lessons of decades of hard work by cycling advocates and community leaders leave us with a sense of awe but also a call to action for the future. It is no secret that bicycle infrastructure has been hard fought. Even today, important changes to transportation planning like the so-called "Road Diet" on 900 West in my neighborhood are cause for controversy.

Veronica Davis inspired me to reframe the way that I think about cycling - especially commuting - and equity. She helped me understand that cycling can be a great equalizer - that cycling defines and builds community when we are willing to do the hard work of addressing the inequities of our systems and infrastructure. Each of the key points of her presentation has left a lasting impression in my mind. Each has important lessons for our communities.

As I reflect on Ms. Davis's presentation, here is what sticks out in my mind:

- Focus on understanding community needs. The needs of each community are fluid and responsive to change. The need to listen to viewpoints and include others is critical. I like to think of myself as a part of my community, but in many ways, I'm



Veronica Davis talk was on Biking, Equity, & Inclusion at the 2019 Utah Bike Summit. Photo by Dave Ittis

removed from the day-to-day reality of my community. Conversations with neighbors have only reinforced this and taught me some important humility.

- Expand the message. Much of our messaging about cycling focuses on the "problems" that the cycling community has identified as important to us. We must try to reframe cycling as a solution to the problems that our community faces rather than a niche issue. When we invest in cycling, promote it and love it, we have the opportunity to build community and address issues beyond cycling.

- Focus on supportive bike infrastructure. We tend to think of infrastructure in concrete (literally) terms instead of social terms. However, social infrastructure requires as much of an investment as physical infrastructure. Community councils, homeowners associations, parent-teacher associations, and other organized groups should invest time and energy in discussing the importance of cycling and how it solves problems.

- Focus on off-peak trips and non-work trips. So much of our dialogue focuses on commuter cycling and often centers on getting people from one place to another. We have to embrace cycling as more than a form

of transportation, it is truly a form of social interaction. Leisure cycling and cycling untethered from the demands of day to day life provides a unique way to experience our community and recover a bit of solace in our complex world. It is okay to bike without purpose and to enjoy cycling for the sake of it.

Ms. Davis's presentation has inspired me to try to think about cycling beyond my own worldview. As I think about the opportunities that we have to build community through cycling, I am grateful for the opportunity to have been challenged and to grow personally by Ms. Davis. As you get on your bike, try to get out of your own head and see the unlimited potential for cycling to heal the divides and pain in our communities. Cycling is about much more than transportation, it is an opportunity to bridge divides and build community.

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

If you have an idea or individual subject for a commuter column in the West, please email dave@cyclimgutah.com

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MOUNTAIN BIKE RACING

Stefano Barberi Tackles the True Grit Epic 100



Stefano Barberi on his way to 4th overall in the True Grit Epic 100. Photo by CrawlingSpider.com



The 50 Mile race was 600 riders strong. Featuring team Velolove cheering. They were the largest team and junior team in 2019. Photo by Courtney Jacobs Photography

By Stefano Barberi

This past Saturday, March 9, I took the start on my 2nd True Grit Epic, which also happens to be the start of my 2019 endurance season. The True Grit Epic earned its reputation for well, requiring true grit, and for being epic. Yeah I see what they did there, and with reason. It's your typical Utah landscape with lots of big rocks and boulders that make up the course, fairly open with minimal trees, and the race is made up of 2 laps of about 43 miles each for the "100 mile" category or 1 lap for the "50 mile". This race is technical and be prepared to be sore all over or a couple days afterwards, my knuckles



A wave of gravel racers in the new True Grit Gravel Epic descends into Bear Claw Poppy. Photo by CrawlingSpider.com

are still sore as I type. Apparently there were another 849 people who like pain, as the race was completely sold out once again. Last year I went on to finish 2nd overall in the open men 100 mile category.

The days leading into the race were rainy and there were even snow days in the weeks leading up to the event. I drove out Wednesday with my wife Katie and son Micheli who turned 2 the day after the race. GRO Racing sent out an email a couple days prior saying that there was potential for a small course change depending on the conditions the morning off but luckily that plan was not required. Either way i was ready with a couple sets of Dryve wheels and multiple tire options from Kenda Tires.

The race starts fairly early at 7am, just after sunrise. I woke up a couple hours before, breakfast, load the car, wake up the wife and transport the baby into the car for the drive over. Once there my plan was to just unload the bike, I made the decision to run the new Booster Pro Kenda tires, threw on the Fizik shoes and lined up. From the start it was apparent we were there to race and there wasn't going to be any games played. After a few of us got in a little tangle

up Sam Brehm decided to put in the first dig, with Taylor Lideen and Pete Karinen chasing behind and eventually moving around into the lead, with myself somewhere behind chasing back. With the sun still rising there was a horrible glare depending on which direction we were heading and I think all of us were just trying to do our best to follow each other trusting the person ahead knew the way.

Soon I see Taylor and Pete coming up from behind me, they made a little detour but were quick to get back to the rest of us and back into the lead. Coming into the 1st tough single track section there were 3 up ahead and 3 or 4 of us in a chase group which started to splinter a bit. As I lead the chase group down the waterfall I noticed that Sam disappeared (found out later due to a flat), then some gaps, apparently someone else had a couple broken chains around this time too and we were barely 1.5 hours into the race.

Personally, I was feeling horrible physically from the start, would be easy to blame the low 30's temperature or this or that but at that point

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SPEAKING OF SPOKES

From Home to Mesa: A Bike Tour is Planned

David Bennion's cross country bike tour on this bike inspired David Ward to plan a bike tour for this fall. Photo by David Ward

By David Ward

For years I have been reading articles in Cycling Utah by Lou Melini and others on bicycle touring. And though the idea has been enticing, I have never done much of that. In fact, I have done virtually none at all, being able to count on one hand the times I have actually toured on a bike.

The first time was way back when I was first getting into cycling. I had lost a lot of weight, as a result of which I was engaging in a lot more physical activity, both to keep the weight off, and simply because I could. I had always enjoyed riding a bike from the time I was a

kid, so when I lost all that weight and became more active, I naturally made cycling a big part of my active lifestyle.

So it was that around 1980 I strapped a tent and a sleeping bag on the rear rack of my old Motobecane, struck out from my home in Salt Lake and headed to Pocatello where I was to meet up with my wife, Karma. The first day I rode to Mantua, Utah where I camped for the night, and the next day pedaled the remaining miles to Pocatello. I remember being gratified at the accomplishment, but also that it was not as challenging as I thought it would be.

My next foray into bike touring came, I believe, in 1984. At that time, Karma and I decided to do a tour that

started and finished in Jackson, and did a loop through Teton National Park. I don't recall well the details from that trip, except that we rode all the way through Teton National Park to the southern boundary of Yellowstone Park before we headed back toward Jackson. I also remember how scenic it was to be seeing Teton National Park from the seat of a bike. So much better than a car.

The next year, 1985, we had some friends who had taken up cycling, so together we planned a Colorado loop where we started in Montrose and rode to Telluride. The second day took us from there to Dolores. Day 3 saw us push on to Durango where, on day 4, we took the narrow gauge train to Silverton from where we rode to Ouray. I particularly remember that day as I had several flats before I figured out the rim tape had slipped and the tubes kept pinching into the spoke holes. The last day saw us complete the tour by riding from Ouray to Montrose.

Then in 1986, with those same friends, we retraced the tour Karma and I had done a couple of years earlier through Teton National Park.

To be honest, though, these three trips were not hardcore bike tours as we rode from hotel to hotel, glad to have a warm shower and soft bed each night. Still, they were very enjoyable, and a refreshing way to see the scenery.

But that's it. No touring since then. Nada. As I think back on these tours, I am amazed we have not done more, because they were so enjoyable. Still, life has its way of creating obstacles, and we did not succeed in overcoming those to do more touring. I can look back and understand how that happened.

Still, the idea has continued to appeal to me. Then, a couple of years

ago, a good friend took a month off from his law practice and being a Mormon bishop to cycle across the United States. He built up his touring bike, particularizing it to his desires, and stopped in to show it to me about a week before he left. He had really thought things through, and had a great trip across this beautiful country. He did some camping, but more often stayed in hotels.

Anyway, he has inspired me. So, I have decided, before my body gets too old, to do at least one good bike tour. Next fall, I am going to ride from my home in Salt Lake to my daughter's home in Mesa, Arizona. Since I have just reached this resolve, the planning, other than the decision to do it, is still to come. One thing I do know, however, is that I am too old to sleep on the ground anymore, or at any rate do not want to. So I intend to ride from motel to

motel. That will also lighten my load somewhat.

I am excited to do this, though my body of 68 years with its creeping arthritis is somewhat more apprehensive. But there comes a time when you realize that if you are going to do in this life some things you have considered doing, you better get on it while you still can. That time has come for me.

I know to many of the seasoned bike tourists, my planned ride probably doesn't seem like much. But it seems like a major challenge to me. And that is what matters. And who knows, maybe it will lead to more touring adventures before age puts a stop to such shenanigans.

So next fall, some time late September or early October, I will pedal out of my driveway, point my front wheel south, and keep turning the pedals over till I get to Mesa.

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MOUNTAIN BIKING

Mountain Biking is My Act of Resistance

Though confident while out riding on trails, Raksha Vasudevan constantly pushes up against a culture of mountain biking that is predominantly white and higher income. Photo courtesy of Raksha Vasudevan

By Raksha Vasudevan, High Country News

In predominantly white Colorado, I bike to beat my fear.

As an immigrant seeking a place to belong, I couldn't have felt more out-of-place than when I moved to America shortly before the 2016 presidential election. And as the vitriol escalated, I never expected to find solace on two wheels.

Here's how it happened: Nearing 30, I found myself yearning for a previous life. As an international economist, I lived and worked in Africa for most of my 20s. But after a while, I longed for familiarity, to not be instantly labeled and treated as an outsider because of how I looked and spoke: a South Asian woman with a North American accent. I missed, too, my home in Canada. Jobs in international economics are rare in North

America, so I was delighted when I found one in Denver in September of 2016. Colorado seemed to offer everything I wanted: a short flight to my mom in Calgary, the mountains, and a climate that made it easy to be outside year-round. Only after I arrived, in a daze of reverse culture shock, did I look up the statistics: 80 percent of Denver's population was white. I was nearly as much an outsider here as I'd been in Africa.

That sense of alienation only mounted after Donald Trump's unexpected victory. The day after the election, I wanted desperately to go to the mountains, far away from people who had chosen a leader who seemed to hate people like me — people of color, immigrants, women. But, like most women of color in Colorado, I'd realized after I got here that I earned a disproportionately low salary. Given Denver's growing cost of living, I could only visit the

mountains when my few car-owning friends did — and none of them wanted to leave their homes that day.

In the following weeks and months, as rhetoric and violence against people of color escalated, I hesitated to go beyond the city, into rural areas, where diversity was likely to be even lower, making me all the more visible. The lack of crowds — something I used to love about wide open spaces — now scared me, my sense of adventure troubled by visions of being attacked and left in the forest. In Fremont, California, a South Asian woman who went hiking just a few weeks after the election returned to find her car window shattered and a note calling her a "Hijab wearing b---" who should "get the f--- out." I debated leaving, perhaps returning to Canada. But that seemed like a defeat, a confirmation that people like me didn't belong in the outdoors — or anywhere in America.

Things began to change in the spring, when a mountain-biking friend convinced me to try it. "There's nothing that makes you feel more alive," he said. That's what the outdoors had always done for me — before it started to appear both inaccessible and hostile, reserved for people with specific levels of material wealth and melanin. Partly to challenge my own perceptions, I rented a bike and started riding with him. Immediately, I was hooked: the searing uphill climbs, the adrenaline of hurtling downhill. There was no time for self-consciousness, no opportunity for other trail-users to ask, "Where are you from?" I started saving to buy a used mountain bike. But once again, in outdoor gear shops and biking groups, surrounded by pale-skinned people with visibly larger budgets, I felt not only poor but out of my depth.

Despite the challenges, I kept biking precisely because I didn't fit in on the trails, the sports shops or groups. Yet I craved a future where I did. After all, people of color and immigrants also pay taxes that fund state and national parks. We, too, deserve the sight of forest green and sky interrupted only by mountain peaks — and to have a choice in how we experience the landscape, whether by foot, bike, horseback, kayak or some other way. But I wasn't willing to wait for everything to become easily accessible for people like me — I had to start now. And perhaps by doing so, I'd help to create that future.

Still, that dream is continually threatened. Recently, a friend and I traveled to western Colorado to bike,

Mesa County's trails being among the best in the country. On the drive to the trailhead, we passed at least three trucks with MAGA stickers. I knew Mesa County had voted 64 percent Republican in the 2016 election. At the trailhead, I sat in the car for a long time before setting off, filled with trepidation.

On the trail, I stopped to take a picture of yucca clinging improbably to slanting canyon walls. A man in a camouflage shirt walked towards me. As he got closer, he blinked noticeably, as if surprised to see someone like me there. But he nodded as he passed by, and I released the breath I hadn't known I'd been holding.

All my worries — money, my U.S. visa, the perceptions and reactions of others — were still with me on the trail, sometimes bubbling up, but gradually dissolving the longer I biked. The trail demanded my attention urgently — jagged switchbacks, tree roots swelling up suddenly from the soil—and at other times, gently. The wind brushed my scalp through my helmet vents. A jaybird call broke the slog of pedaling uphill. A flash of red appeared as my front tire passed blooms of Indian paintbrush. I couldn't have anticipated any of it, yet it was exactly what I needed.

Raksha Vasudevan is an economist and writer living in Denver. Follow her on Twitter: @RakshaVasudevan This story was originally published in the March 4, 2019 issue of High Country News (hcn.org). See: <https://www.hcn.org/issues/51.4/es-says-mountain-biking-is-my-act-of-resistance>

Photo by Blaze Studio

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BIKE FIT

Optimize your Cycling

Dr. Jim Martin presenting on crank length. Photo by John Higgins

By John Higgins

In late 2018 I attended the International Symposium on Cycling Optimization held in Munster, Germany. In essence it was a conference focused on bike fitting, which sits at the crossroads of advancements in cycling technical products and gains in human performance.

The conference drew attendees from all curvatures of the earth, with representatives from Southern Hemisphere countries; Asia; North America and given the location; a strong contingent of European's. Presenters included sports scientists, physical therapists, bio-mechanists, coaches, and practicing bike fitters. While of the presenters have worked with or are actively involved with elite level triathletes and pro cycling teams including Daniela Sammler, Team Sky, Bora Hansgrohe, (Peter Sagan), and Trek-Segafredo, the

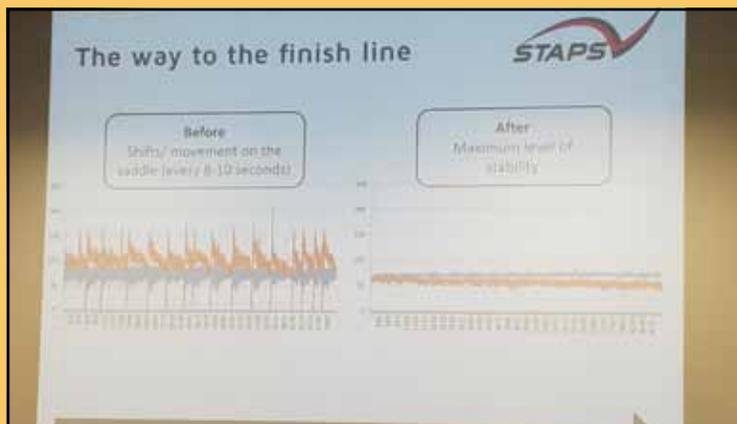
experience, lessons and information presented readily translate across to non-televised and unpaid cyclists.

Cycling optimization is not just for the 1%, it's for anyone riding a bike. If your toes or undercarriage are going numb, your cycling experience is not optimized, regardless of whether you are a pro or a weekend Joe. And if you are hunting for podiums and medals, then marginal gains in positioning and aerodynamics can make a significant difference in performance and results.

So how can you optimize your cycling? As one of only a single handful of professional bike fitters to attend from the USA, I'm not going to give away the secret sauce recipes, but here are a few tasty samples to contemplate.

Feet

Feet issues are common in cyclists. Lashing a flexible foot into a rigid soled shoe and then fixing



Saddle stability before and after. Photo courtesy of GeBiomized

that to a rotating lever may be met with periodic uprisings of resistance. Having said that, foot pain or numbness while riding a bike is not considered normal. The resolution is usually multi-factorial and requires the right shoe, right insole, right cleat placement and sometimes other external adjustments like wedges. All of these factors have to be aligned to quell any issues, but it starts with the shoe selection. A common fault is to upsize to get a comfortable width. Don't do it. Get the right size in the appropriate width, which may be a different make/model, or a wide last. Also, the insoles that come in a new pair of cycling shoes are just fillers which are intended to be thrown out and replaced with something that will do a respectable job of supporting your foot and distributing pressure. Show your feet some love.

Saddle

Saddle issues are even more common. However thanks to advances in saddle design and bike fitting,

gone are the days when suffering from pain, numbness or other discomforts were an expected and accepted part of cycling. Or those days should be gone. You don't have to suck it up and put up with it. That's not to say saddle issues are always easily solved and resolved. Some are particularly tricky, and again there are often multifactorial causative factors that can include: skin hygiene, chamois shape and padding (more is not always better), chamois cream, the saddle profile, the saddle position (height, setback, angle), handlebar/aeropad position (which changes your pelvic rotation), and the biggest variable of all – your own personal anatomical shape. Humans are similar but generally not identical, and so your best friends dream saddle could be easily be your worst nightmare saddle. Which is why resolving saddle issues requires evaluation not opinion (other than your own). Let's just restate that it is not normal nor expected that you experience sit bone pain or genital numbness, swelling or chafing while riding a bike.

Crank Length

One of the presenters was none other than Dr Jim Martin from the Neuromuscular Function Lab at the University of Utah. Jim's 77 page PowerPoint presentation on crank length, power production and aerodynamics can be distilled down to this: "you can ride any crank length you like without compromising performance, but there may be benefits to a "shorter" crank length to achieve other criteria." Other criteria can include injury or mobility issues, and getting low to reduce aero drag without compromising power generation and pedaling smoothness.

Aero

Looking for marginal gains? If

you are a triathlete, time trialist or breakaway specialist, being aero matters. At race speeds 90% of the resistance to forward progress is due to aero drag, and 70% of that is due to your body. Spend all you like on wheels, ceramic bearings, oversized pulley wheels and special chain treatments but none of it will add up to the gains that can be had from a good body position. An aero position has to be both comfortable and stable. Comfortable so you can maintain it for long periods, and stable to reduce airflow turbulence. Stability starts with the pelvis, and being rock solid on your saddle.

Team

If you are a serious athlete or have serious goals, how carefully have you assembled your support team of professional advisors?

Hi level pro's will have a supervisor for oversight of all the ingredient for success who co-ordinate the input of specialist advisors for the athlete. As an unpaid professional you will most likely have to fulfill that role yourself. Specialist advisors specialize. They don't try to fulfill all the roles needed for athletic success, but bring laser focus, training, and experience to one key aspect.

Bringing it together

You may invest in training. Maybe you pay for a coach or an online training program to get stronger and faster. You may invest in equipment. But more important than how many nanograms your frame weighs, what type of brakes it has, and what brand name is on the wheels, are your shoes and saddle and handlebars because this is where your body meets the bike.

Gains in either products or training don't automatically translate to benefits unless the interaction of the person and the bike is optimized for performance, and the role of a bike fitter is to focus on that interaction. And gains in performance usually result from gains in sustainable comfort. Going longer and riding harder, but having an easier time of it. That's cycling optimization.

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

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Foot and shoe assessment. Photo courtesy of GeBiomized

COACHING

Event Day Preparation! Get Ready to Ride or Race!

Preparing for race or ride morning reduces stress and lets you perform at your best! Photo by Matt McKinney

By Sarah Kaufmann

Event Morning: From waking up to the start line, how to tackle the morning of your goal event.

Good morning, racers! It's your big day. You have done all the training, prep, planning, and you wake up ready to roll. How should you get from waking up to starting your event? Let's lay it out. These guidelines are not meant to be exclusive to racing, any goal event or important ride should incorporate the same principles.

To begin, count back from the time your event starts for your planning. You will need to do some self-experimentation prior to your event to know how to time your breakfast (or, if your event is later in the day, when you should have your last substantial meal before your event). Most people need between 2.5-3.5 hours to digest a meal before starting a race or event. If your event is longer and will roll out at a lower intensity pace, you may be able to eat closer to start time. If your event starts early in the morning, you can also experiment with sleeping in and eating a smaller meal closer to start time and then continuing to eat on the bike as soon as you start.

I like to get everything ready that I can the night before an event; fill and mix water bottles, pick out clothes and pack additional cold or wet weather attire that may be needed. Use a checklist as you pack your gear bag. I also fill up my jersey pockets. Pack your jersey pockets the night before so when you arrive at the race, you just need to pull on your pre-packed jersey instead of digging through your gear bag. Nerves will be high on the morning of your event and you may feel scattered. The more you can get ready prior, when you are in a calm state of mind, the more you can attenuate

those nerves on the day.

If you have packed everything the night before, once you eat your breakfast, you should have some downtime. Nerves may be high. Try sitting and being mindful, visualize a smooth, strong ride. Or keep the nerves at bay by socializing or listening to fun music. Nerves are good and they indicate a strong level of arousal and excitement about your event. But overwhelming nerves can be paralyzing and detrimental. Try to find a balance. Meditation and visualization are great tools to calm the nerves.

You will need to figure out how long it will take to arrive at the venue from your home or where you are staying but try to arrive about 1.5 hours prior to event start. If you need to register at the venue and/or you anticipate a line for registration or packet pickup, give yourself extra time. Likewise, if you need to pre-ride the course or a section of the course, make sure you factor time for that. If you will need feed assistance during the race, have this sorted out prior to arriving. And make sure your feeder has your bottles, clear instructions, and anything else they might need. (Make things easy for your feeder. For example if you want bottles in a certain order, clearly number them. Working the pits is frenetic, simplify as much as you can).

Just as you count back from event start to your last big meal, count back once you arrive at the venue. You probably need 25-45 minutes for a solid warm-up. Warm-ups are pretty individual but generally follow the same idea of gradually increasing effort to your expected start pace and overall race pace. I provide several warm-up protocols to athletes I coach to try so they can home in on what works for them. Have a plan for your warm-up, know what works for you. Give yourself 15-20 minutes from the time you finish your

warm-up to event start so you have time to grab any last items, make any adjustments to your bike (hopefully nothing major!), use the restroom (expect a line!), etc. So you should probably be getting on your bike to start your warm-up about one hour prior to event start. (This will vary depending on the kind of event you are doing and what kind of warm-up you need. Additionally, some events will require you to stage significantly earlier than start time. Ask event officials how early you will need to stage and modify your warm-up planning for that). If you finish warming up

and have the opportunity to keep spinning around the venue before staging, use that and keep your legs moving instead of standing around. Likewise, if the event start is delayed, keep spinning gently and roll with the proverbial punches.

Have a plan. Races are about more than just pedaling hard. Which parts of the course will suit you and which will challenge you? Before all goal races or events, I have a planning session with the athletes I coach. We go through various scenarios, plan pacing, fueling, and how to approach each section of the course.

The morning of the event can make or break. Think it through and have a plan. Count back from start time and schedule everything so you arrive at the line, fueled, warm, and ready! Good luck!

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

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MOUNTAIN BIKING

So, You Want To Get Your Kid On A Mountain Bike...



Erica trails her son on a downhill. Photo by Discover Utah/Monique Beeley

By Erica Tingey

We are a cycling family. I raced my mountain bike around the world as a professional. My husband is an avid rider. And my 9-year-old son cruises singletrack almost better than I do! You'd think that we were born to pedal, but that would be very far from the truth. I'll let you in on a little secret; my son resisted riding bikes with the same force that I resist black licorice - and I really can't stand black licorice.

Cycling, and especially mountain biking, can be a wonderful family activity. Park City is home to trails for all ability levels, with vistas and smiles for miles. We moved here with the idea of pedaling all summer and skiing all winter. Getting our son on board with our plans took some extra work, however. And while we haven't figured out everything, we think we may have mastered the art of mountain biking with our kid. What

follows in this brief article are some simple steps and strategies that we used to get our family out on the trails, with minimal tears and maximum fun.

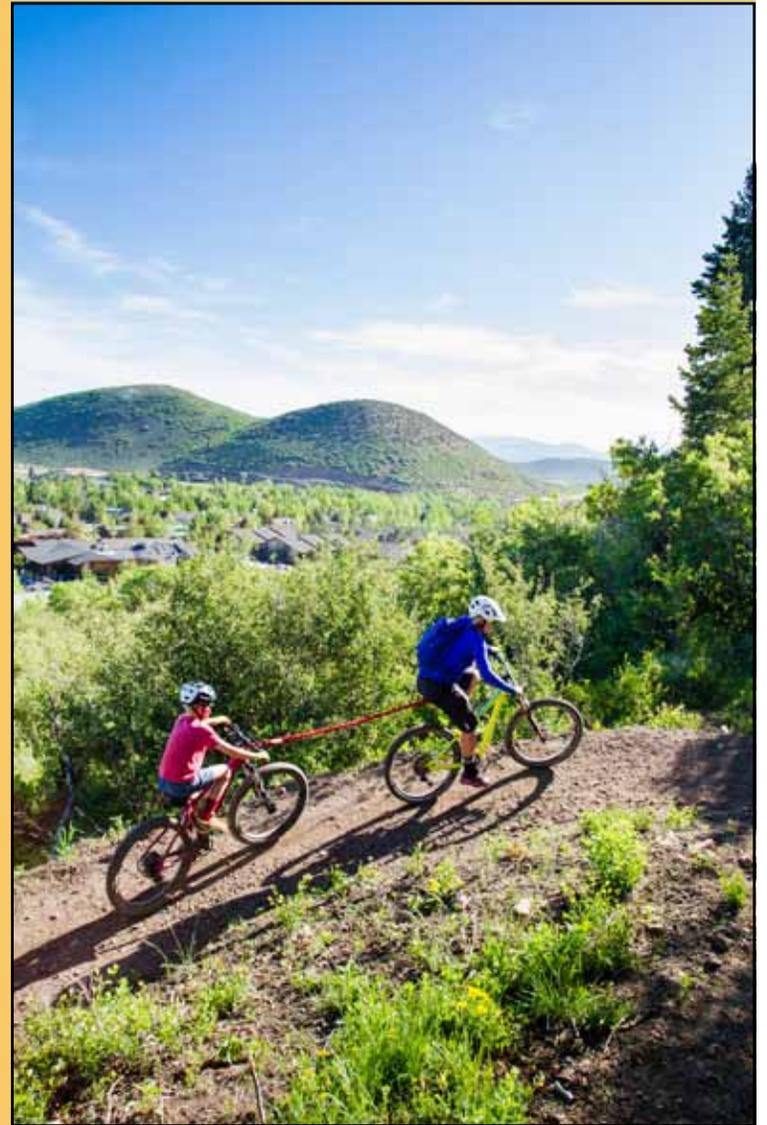
Tell me if this sounds familiar. You've taken your child to your favorite trail in hopes of sharing your love of free-flow riding and it ended up in tears 10 minutes in, followed by a long, silent drive home. That happened to me more times than I care to admit! While there is no magic wand to make it all better, there are a few things you can do to increase the enjoyment level for all involved.

First, and as is true with most things in life, time is a gift that is paid with patience. Children's muscles grow and their stamina improves each year. As my son is able to pedal stronger, his enjoyment on the bike increases. So, step one, be patient and know that your efforts to get your kids out there is worth it.

Second, and perhaps what has

made the most difference, is making the ride enjoyable for everybody. For me, I like to pedal and feel my muscles do what I have trained them to do. To that end, there is a genius set-up designed by a friend of mine called the Tow-Whee. The Tow-Whee allows for the stronger rider to literally pull the weaker rider up and over just about any trail. On my first ride with my son and the Tow-Whee, I pulled him up Ghost Falls then across so we could descend Rush Flow! My son was 7 years old at the time and I expected it to be at least another 4-5 years before I could get him up there! A whole new world opened up when I towed him up the mountain so he could ride back down! The Tow-Whee is especially great with kids' bikes, as they tend to weigh about 1/2 of the kids' own body weight, with far too many gears for a child to keep track of.

Third, I put my son in a mountain bike class each summer. Park City has several great options for



Erica uses the Tow-Whee to help her son climb. Photo by Discover Utah/Monique Beeley

kids, with each class geared (no pun intended) toward the child's ability level. With other kids of similar abilities each pushing each other and awesome teaching from the instructors, I noticed marked improvement in my son's abilities.

Fourth, the right bike can make a big difference. This year, we turned another corner as a riding duo. For my business I have the Jamis Eden bikes for my clients to demo and I decided to let him try one. It is a 26"+ bike with a 1x11 drive train, dropper post and hydraulic brakes. All of a sudden he is riding off rocks, rolling over roots, and all fear has evaporated. There is a saying that "it's not about the bike." When it comes to kids and their heavy bikes, however, it actually is. This bike has massively improved his riding, undeniably. Let's say you aren't able to upgrade your child's bike to an adults XS frame just yet (due to their height or your family budget). Then make sure your child's bike has been checked by a certified bike mechanic to be sure the gears shift smooth and the brakes work. It's also worth

figuring out how low of pressure you can run in their tires. Tires with too much pressure in them make the child bounce around unnecessarily.

Finally, prepare for a lot of stops. Bring food your child likes and choose a trail that allows for off-the-bike exploring. We love to ride a little ways up Armstrong and then stop for a snack at the King Con lift. There is sometimes a stream there and other areas for my son to explore.

Here are a few extra hints that can make all the difference (these apply to the parents as well!)

Make sure they have a snug yet comfortable helmet. If the helmet can be pushed back to see the forehead, the chin strap and circumference is too loose. Helmets have a relatively short life, I recommend using them for only 3-4 years since the foam deteriorates making the helmet less effective.

Full finger gloves will also save you lots of scrapes and potentially

Continued on page 11

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A well adjusted helmet is key for safety. Photo by Discover Utah/Monique Beeley



It's important to have fun when riding. Photo by Discover Utah/Monique Beeley

save fingernails! Gloves also have the power to get kids excited about riding. As with adults, new gear is motivating.

Get the Trailforks app, it is free and has live tracking. Find a green trail in your area, read the description for suitability, and go for it!

In terms of skills you can teach your child, check these out. Remind your kid to ride with “heavy feet, light hands” (weight over the pedals / bottom bracket, not the handlebars), ride like a ninja, not a flamingo (this refers to pedal position, while coasting downhill you want level pedals), encourage them to stand up off their saddle while descending, with knee flexion to allow for changes in the terrain. For more skill tips and lessons, you can check out my website: womeninthemountains.com

Initially, set your expectations low. Underestimate your child's fitness. It is better to go for a short, positive ride than a long slog and end up in tears (both of you!).

Perhaps you can avoid having a destination in mind. Perhaps you can get your own workout later, just be there in the moment with them to be sure they enjoy the experience!

Lastly, do all that you can to keep the experience positive! We love bikes and want our kids to love bikes!

Erica Tingey is the founder of Women in the Mountains, a mountain bike skills coaching company. She raced mountain bikes professionally from 2010 to 2017. Erica raced World Cups as well as national level races where she secured multiple podiums. She and her husband have a 10- year old son and call Park City, Utah home. You can reach her at: Erica@womeninthemountains.com and www.womeninthemountains.com. Originally published in Discover Utah Kids Magazine.

ADVOCACY

Bike Improvements Coming to Salt Lake County's Little Cottonwood Canyon?

By Charles Pekow

Comments Needed

Little Cottonwood Canyon may get some bicycle improvements eventually. The Federal Highway Administration and Utah Department of Transportation (UDOT) plan to update their Environmental Impact Statement for traffic improvements on two-lane SR-210 between SR-190/Fort Union Boulevard in Cottonwood Heights and the terminus of SR-210 in Alta in Salt Lake County, UT.

The agencies aim to improve safety at trailheads. SR-210, the main route in and out of town, includes bike lanes for 3.7 miles but not out of town leading to resorts and recreational areas, where many bicyclists ride. “It is a decent grade up but pretty fun to ride down,” says Brandon Weston, UDOT environmental services director.

“Cycling the canyon has become a popular activity and is listed on several cycling websites as a challenging but scenic ride,” UDOT's draft statement says. But high traf-

fic volume and narrow and unpaved shoulders force many cyclists into vehicle lanes. And Little Cottonwood Canyon Road does not include any designated bicycle facilities. “The 2017 Bikeways Map of Salt Lake City and Salt Lake County identifies S.R. 210 as a low comfort bicycle route because the bicycle facilities (bicycle lane and shoulders) are on a busy street or moderate-volume road,” the draft states

It adds “bicycles must share the roadway and the limited shoulders with cars moving through the canyon. This can lead to conflicts on the narrow canyon road. Where shoulders are available, they're often in poor condition and are littered with road debris, which can be dangerous for cyclists. In other places, shoulders are narrow or are obstructed by cars parked on the roadside. In some cases, cyclists must move into the travel lane to avoid car doors or parked vehicles. When going downhill, some cyclists can reach speeds similar to, or greater than, those of motor vehicles. In some loca-

tions, the roadway curves are very sharp, and cyclists prefer (and might need) to use the travel lane to safely maneuver...When cyclists are traveling uphill and using the roadway on inclines or where passing is difficult, they can slow car travel substantially or lead motorists to pass unsafely. In part of SR-210 in the canyon, the shoulders are not wide enough to accommodate dedicated active-transportation facilities such as bicycle lanes.”

Parking along the road also impedes bicyclists, especially at White Pine Trailhead.

“There is no guarantee but we are looking at” adding bike lanes and other improvements for cyclists, Weston says.

Final action will probably require consultation/approval from other government agencies including the U.S. Forest Service and Army Corps of Engineers. An open house is planned April 9 in Cottonwood Heights City Hall and you can submit comments until May 3, 2019. See <https://www.udot.utah.gov/littlecottonwoodeis/>

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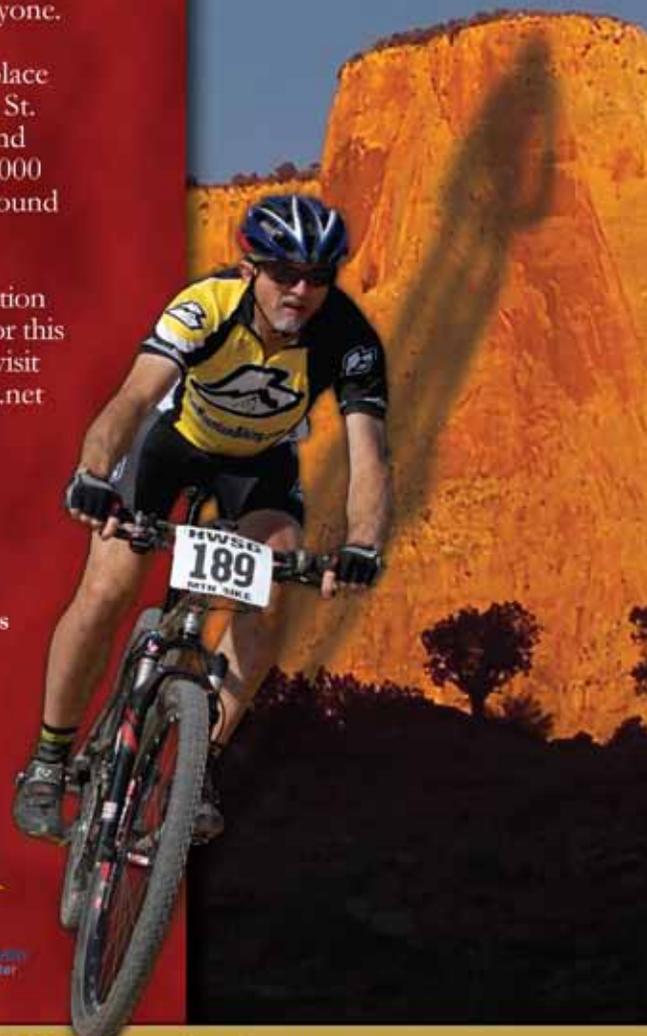
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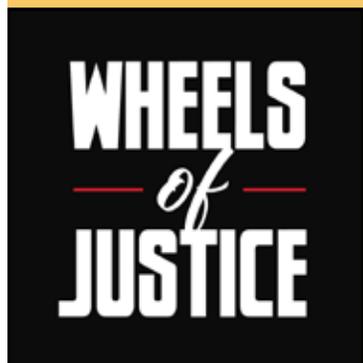
For more information on how to register for this world-class event visit www.seniorgames.net

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BIKE CLUBS

Wheels of Justice Rides to Prevent Childhood Trauma and Abuse



By Gregory N. Hoole, Sean D. Reyes, and Sim Gill

Wheels of Justice Rides to Make a Difference

By Gregory N. Hoole, Sean D. Reyes, and Sim Gill

One in five children in Utah will

be sexually abused before they turn 18. One in five. Child sex abuse alone costs Utah taxpayers \$1 billion annually. And, these numbers do not include the victims of the child sex trade, nor do they say anything about the many other forms of childhood trauma, such as physical, verbal, and emotional abuse, as well as child sex trafficking. Wheels of Justice is committed to doing something about this.

Wheels of Justice

Wheels of Justice is a Utah-based cycling club dedicated to ending all forms of childhood trauma. Wheels of Justice welcomes all types of riders (roadies, mountain bikers, triathletes, commuters, casual riders, etc.) and even non-riders to its team. A nonprofit corporation, it raises money and awareness and provides limited pro bono legal services to support four outstanding organizations making a difference

in our community: Prevent Child Abuse Utah (“PCAU”), Friends of the Salt Lake County Children’s Justice Center (“Friends of the CJC”), Operation Underground Railroad (“O.U.R.”), and the Utah Domestic Violence Coalition (“UDVC”). Each of these organizations addresses specific aspects of childhood trauma. Together, they address all facets and stages of trauma, from prevention to recovery.



Prevent Child Abuse Utah

The mission of PCAU is to forge and guide a community commitment to prevent childhood trauma in all forms through education, services, and public awareness. PCAU provides prevention education to both students and adults throughout the state. Its student presentations include childhood trauma prevention, bullying prevention, internet safety, and healthy relationships. Its adult presentations are geared towards adults working with children and the overall community. It also administers a sexual abuse prevention training program for parents and caregivers. All of PCAU’s education is evidence-informed, age-based, and free of charge.

PCAU’s logo is a blue pinwheel. PCAU explains that the pinwheel “represents the carefree and innocent childhood we all wish for the children in our lives. The pinwheel symbolizes the innocence of childhood and the bright, happy future every child deserves.”



Friends of the Salt Lake County Children’s Justice Center

The Friends of the CJC is a private nonprofit that provides support to the Salt Lake County Children’s Justice Center. The Children’s Justice Center (“CJC”) is a public entity supported by state, federal, and county funding, as well as the caring generosity of donors, sponsors, and grants to provide the best possible care for children, teens and family members impacted by crime.

The CJC’s expert team empower childhood trauma victims to become survivors. The team provides crisis support, onsite medical exams, sensitive forensic interview sessions to record their statements, referrals to trauma therapists, client emergency fund, and much more. The CJC is administered by the Salt Lake County District Attorney to help abused children recover from their experiences and receive support through all phases of the investigation and criminal justice process.

The CJC has almost 30 offices and satellite locations throughout the state. Administered by the Utah Attorney General’s Office, the CJC works hand-in-hand with coun-

ty attorneys in assisting victims of childhood trauma. As noted by the Salt Lake County District Attorney’s Office, “It seemed a natural evolution that the two agencies would eventually merge under the same vision for the benefit of crime victims” to accomplish the District Attorney’s



goal of “no family violence from cradle to grave.”

The CJC’s yellow butterfly logo represents “the delicate and beautiful nature of childhood, as well as the empowerment that comes with exercising your wings to fly.”

Operation Underground Railroad

O.U.R. takes its name from the “Underground Railroad” network of secret routes and safe houses established in the United States during the early to mid 19th century to help African American slaves escape to free states and Canada with the aid of abolitionists, who were sympathetic to their cause. O.U.R. has taken on this name as it works to put an end to modern slavery in the form of child sex trafficking. O.U.R.’s Underground Jump Team consists of former CIA, Navy SEALs, and Special Ops operatives that lead coordinated identification and extraction efforts to free children.

Utah’s Attorney General leads the Secure Strike Force, and the Utah Trafficking in Persons Task Force, focusing on ending human trafficking in Utah. He is a passionate supporter of O.U.R. and has gone undercover in various countries as part of O.U.R.’s rescue teams. These operations are always carried out in conjunction with law enforcement throughout the world. Once victims are rescued, a comprehensive process involving justice for the perpetrators and recovery and rehabilitation for the survivors begins. In the past four years of their existence, O.U.R. has rescued 1,765 victims and assisted in the arrests of more than 858 traffickers around the world.

Although O.U.R.’s work extends throughout the world, human trafficking also exists right here in Utah. This prompted the Utah Attorney General’s Office and Governor’s Office to issue a proclamation last year declaring January Human Trafficking Prevention Month in Utah. The goal of the declaration-in addition to remembering victims and commending groups and individuals who work to educate and inspire others-is to “protect the inherent worth of each citizen and human being.”

Utah Domestic Violence Coalition
A lesser-known form of childhood trauma occurs when children are exposed to domestic violence between adults. Children who witness domestic violence are at serious risk for long-term physical and mental health problems. Children who witness domestic violence are also

six times more likely to be involved in domestic violence relationships themselves in adulthood.

The Utah Domestic Violence Coalition is a nonprofit organization recognized nationally for providing expertise concerning issues of domestic and sexual violence to member programs, community partners and others in Utah. UDVC proposes, promotes, and advises on policies and practices that enhance victim safety and empowerment while raising awareness of the need for prevention and intervention.

UDVC’s team works closely with community-based victim service providers, key stakeholders, policy makers, and community partners to provide comprehensive, trauma-informed, statewide services and responses. They provide technical assistance and training to member programs, law enforcement, and community partners, as well as work with media and others to raise awareness of domestic abuse and the need for prevention and intervention. Finally, they operate a 24-hour confidential hotline known as the LINKLine, 1-800-897-LINK (5465), that offers trauma-informed support and connects survivors, friends, family, service providers and others to local resources.

Making a Difference

Wheels of Justice provides support to these four stellar organizations in a number of ways, including fundraising through the sale of its team “kit” and other merchandise, which Utah-based DNA Cycling has made available to club members at a steeply discounted price to assist in this effort. Wheels of Justice also sponsors a bicycle ride every September (in 2019 it will be held on September 21). The ride, Ain’t No Mountain High Enough, is not easy. It ascends all five of Salt Lake City’s riding canyons (Little Cottonwood, Big Cottonwood, Millcreek, Emigration, and City Creek) in one day. Last year, only a handful finished, but all who participated had a great time. (Everyone is welcome and encouraged to participate, even if they want to ride only one or two canyons.)

The ride is not easy, but neither is the fight to put an end to childhood trauma. With more vert than the most prominent peak in the continental United States, this formidable ride,

Continued on page 21

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CYCLING UTAH

RACE RESULTS



True GRIT Epic Bike Race, National Ultra Endurance Mountain Bike Series (NUE), Santa Clara, UT, March 9, 2019

Place, Name, Team, Finish Time

100 Mile Female
 1 Shirley Leydsman Team Redrock 08:31:26
 2 Chase Edwards 09:08:15
 3 Julie Thumel Race Pace Bicycles 10:01:27
 4 Becky Edmiston Steamboat Velo 10:21:14

100 Mile Male
 1 Taylor Lideen 06:38:03
 2 Pete Karinen 06:47:41
 3 Timon Fish Sticky Racing 07:00:12
 4 Stefano Barberi SeriousCYCLING/Kenda Tires/TheBlackBibs 07:05:23
 5 Chris Alstrin Carbo Rocket 07:23:20
 6 Heath Thumel Race Pace Bicycles 07:37:51
 7 Sam Sweetser Cole Sport 07:38:55
 8 Jeff Rupnow 07:55:26
 9 Josh Onarheim IBB Cyclery 07:58:26
 10 Samuel Brehm Bear bikes/SpeedEvolution 08:16:40

100 Mile Masters
 1 Cary Smith 07:09:59
 2 Gerry Hatcher Santa Cruz Bicycles 09:11:11
 3 Jim Miller Joe's Bike Shop Racing Team 09:34:50

100 Mile Singlespeed
 1 Mark Schafer 08:31:25
 2 Johnathan Ciampa DRT-Cycological 08:59:19
 3 Nathan Whipple 09:20:47

15 Mile Challenge Female
 1 Sidney McCoard 02:06:08
 2 Cheneae Duerden 02:10:24
 3 Ellie Harvey Togs 02:18:21
 4 Caya Stoddard 02:19:05
 5 Candice Stoddard 02:23:02
 6 Sidney Tupai 02:39:06

15 Mile Challenge Male
 1 Hunter Munns 02:01:01
 2 Kaleb Astle 02:01:05
 3 Tanner Munns 02:01:07
 4 Harry McCoard 02:06:22
 5 Neil Harvey Togs 02:18:16
 6 Ethan Harvey Togs 02:18:26
 7 Gabe Tupai 02:19:05
 8 William Carter 02:20:36
 9 Tyler Rogers 02:26:42
 10 Trey Cox 02:34:57

50 Mile Junior Female
 1 Kamber Sasser Fezzari Factory Racing 04:24:10
 2 Hattie Ransom VeloLove 04:31:45
 3 Giselle Slemboski Rouleur devo 04:47:53
 4 Skyler Perry Rouleur devo 05:14:37
 5 Claire Slemboski Rouleur devo 05:20:41
 6 MIA MENLOVE 05:44:40
 7 Kennedy Taintor Davis Rough Riders 06:36:30
 8 Breanne Stewart 07:34:07

50 Mile Junior Male
 1 Kyler Gibb Rapid Cycling 03:38:48
 2 Carter Anderson VeloLove 03:47:45
 3 McKade Jauss 03:51:46
 4 Braden O'Farrell QQQQ Racing 03:52:09
 5 Luke Collings 03:59:28
 6 Taylor Whiteley 04:00:23
 7 Kyle Blomquist 04:00:57
 8 Keaton Larrabee 04:11:50
 9 Maxwell Brooks VeloLove 04:13:48
 10 Ty Dowdle VeloLove 04:15:44

50 Mile Male 19-29
 1 Jordan Andersen Rouleur devo 03:39:26
 2 Nils Wheelwright 03:45:43
 3 Jamen Bennion Team Scheels 03:54:19
 4 Michael Walker 04:07:46
 5 Carter Bailey 04:15:41
 6 Braden Larkin 04:19:31
 7 Kody Sanchez 04:20:31
 8 Conner Grimes 04:23:22
 9 Chris Yeager 04:33:21
 10 Luther Nielson Red Rock Bicycle 04:44:40

50 Mile Male 30-39
 1 Ephesians 2:8-9 03:45:50
 2 Ben Everton 03:48:35
 3 Jake Garrett America First Credit Union Cycling Team 03:51:40
 4 Andrew Robinson Zone Five Racing 03:51:50
 5 Enoch Pitzer Bountiful Bicycle Racing p/b Nate Wade Subaru 03:58:34
 6 Blair Miller 03:59:29
 7 Kevin Roeder 04:07:15
 8 Ryan Terry Kinetic Cycles 04:10:59
 9 Jason Delight 04:12:34
 10 Mike Weber 04:17:44

50 Mile Male 40-49
 1 Cameron Brennenman 03:34:55
 2 Pascal Bonaventure UCC/JW Floors 03:41:44
 3 Mark Esplin Bountiful bicycle 03:47:17
 4 Justin Rivers UCC/JW Floors 03:48:19

5 Millard Allen Team Scheels 03:48:54
 6 Ben VanLehn 03:51:27
 7 Tyler Knudsen 03:52:33
 8 Bryan Taylor UCC/JW Floors 03:54:26
 9 Christian Sybrowsky QQQQ Racing 03:55:18
 10 Daniel Mahlum UCC/JW Floors 03:57:47

50 Male Male 60+
 1 Kenneth Winston UCC/JW Floors 04:00:27
 2 John Lauck Bountiful bicycle 04:09:36
 3 David Jolin Rescue Racing p/b Christopher Bean Coffee 04:11:26
 4 Dwight Hibdon 04:48:15
 5 Mandasmith303@aol.com Smith 04:49:03
 6 Robert Stumpus Team Redrock 04:49:22
 7 Tim Fisher 05:17:17
 8 Ken Gibbons 05:34:18
 9 Dennis Loy 05:44:28
 10 Marshall Welch 05:46:31

50 Mile NUE Female Masters 50+
 1 Joanne LaBelle Peaked Sports Driggs, Idaho 05:07:41
 2 Gayle Olpin 05:14:55
 3 Laura Shaw 05:25:16
 4 JENNIFER KRULESKI 05:25:43
 5 Danita Ritter WomenMTB 06:39:47
 6 Elizabeth Rudolph 06:43:35

50 Mile NUE Male Masters 50+
 1 Matt Crowley LW Coaching 03:45:24
 2 Jeff Jacobson UCC/JW Floors 03:45:25
 3 Andy Compas VeloLove 03:57:09
 4 Mike Hileman 04:04:43
 5 Richard DeYoung McChie's Ski, Bike & Board 04:08:15
 6 Scott Crabill 04:10:41
 7 Mike Baughman Team MPI 04:10:50
 8 Bob Saffell Bingham Cyclery - Peak Fasteners 04:14:14
 9 Greg Twitty UCC/JW Floors 04:15:55
 10 Tyler Munroe 04:19:32

50 Mile NUE Singlespeed
 1 Christopher Heinrich The Path Bike Shop 03:49:11
 2 Shannon Boffeli 03:49:13
 3 Corey Larrabee WUB 03:53:25
 4 PRESTON EDWARDS Zone Five Racing 03:59:07
 5 Brent Cannon 04:03:17
 6 Scott Harper Rescue Racing p/b Christopher Bean Coffee 04:03:18
 7 Zac Hardy Red Rock Bicycle 04:04:03
 8 Zach Harvey Togs 04:12:49
 9 Holden Anderson 04:21:22
 10 David Prause Grundlebruisers 04:26:54

50 Mile Open Female
 1 Evelyn Dong 03:44:26
 2 Lynda Wallenfels LW Coaching 04:05:38
 3 Jennifer Hanks Pearl Izumi/Pivot MTB team 04:13:35
 4 Nicole Tittensor Jans Park City/Team Tittensor 04:21:12
 5 Ami Stuart Team UpCycle 04:23:35
 6 Holly Haguewood LW Coaching 04:24:05
 7 KARA HOLLEY Kuhl Cycling Team 04:25:57
 8 Jen Tillman Joe's Bike Shop Racing Team 04:26:51
 9 Carri Wulliner 04:31:10
 10 Carey Lowery Rescue Racing p/b Christopher Bean Coffee 04:31:48

50 Mile Open Male
 1 Alex Grant 03:10:55
 2 Chris Holley Kuhl Cycling Team 03:13:38
 3 Clayton Otto Pivot Cycles, TRP, Rotor 03:16:22
 4 Drew Free Kuhl Cycling Team 03:17:27
 5 Bryson Perry Rouleur devo 03:18:25
 6 Aaron Campbell Bountiful Bicycle Racing p/b Nate Wade Subaru 03:23:02
 8 Stewart Goodwin 03:23:28
 9 Rotem Ishay 03:25:29
 10 Jeff Bender Kuhl Cycling Team 03:25:33

50 Mile Sport Female
 1 Bailey Nielson VeloLove 04:36:38
 2 Whitney Pogue 04:37:33
 3 Kellie Oliver 04:48:46
 4 Bri Hoopes Zone Five Racing 05:04:46
 5 Megan Hill 05:15:00
 6 Julie O'Brien Team Finger 05:15:04
 7 Amber Sandberg Bountiful bicycle 05:15:49
 8 Jessica Taverna Plan 7 DS 05:21:03
 9 Amy Harvey Team TGS Racing 05:29:18
 10 Brindi Lucas 05:30:02



Sandy Criterium, Utah Criterium Series, Sandy, Utah, March 23, 2019

Place, Name, Team

Men 3/4
 1 Luke Gangi-Wellman Ascent Cycling
 2 Jeff Turk Salt Cycle Kestrel Wellness
 3 Casey Millarkey
 4 Ryan Lemone
 5 Nate Furman Zone Five Racing
 6 Stafford Rose Porcupine/Cityworks
 7 Connor Patten
 8 Sean Hoover Hangar 15
 9 Jacob Kapp
 10

Men 4/5
 1 Jeff Turk Salt Cycle Kestrel Wellness
 2 Tommy Moncur Ascent Cycling
 3 Jacob Kapp
 4 Levi Marland University of Utah
 5 Anthony Jeffs Ascent Cycling
 6 Jackson Rayl Ascent Cycling p/b RB Health
 7 Michael Black Natural Grocers Cycling Team
 8 Jeff Schull Porcupine/Cityworks
 9

Men 1/2/3
 1 Jose Medina
Men Masters Open
 1 Cam Candelaria Intermountain Livewell
 2 Gavin Storie
 3 Nate Furman Zone Five Racing
 4 Stephen Rogers Porcupine
 5

6 Ian Shurnil
 7 Joshua Flick Ski City
 8 Kenneth Rayl Ascent Cycling p/b RB Health
 9 Phillip Dahl SLR
 10 Trevor Astorpe AmericanFirstCyclingTeam

Women Open
 1 Finn Taylor Wolfpack Racing
 2 Nina Wade Zanconato
 3 Liz Apking Zone Five Racing
 4 Camila Esposito
 5 Bailey Nielson Utah State University
 6 Desbali Yazzie Big Orange
 7 Sylvia Kinosiad Utah State University
 9 Kathryn Sledobnik Utah State University

More Bike Lanes are Safer for...Motorists!

If motorists object to adding bike lanes or parking – just tell them the more bicyclists, the safer the drivers are too. Yes, there’s a study to prove that cities with a higher percentage of bike riders and more bicycle infrastructure encounter a lower proportion of crashes involving cyclists, motorists and everybody else.

The title of the study asks the question: Why are Bike-Friendly Cities Safer for All Road Users? It was done at the University of Colorado and looked at data from 12 large American cities over 13 years. “Better safety outcomes are... associated with a greater prevalence of bike facilities – particularly protected and separated bike facilities,” the researchers conclude.

What makes it so? The study doesn’t pretend to know for sure. But through a lot of statistical

analysis of all the crash data, the researchers conclude that the presence of infrastructure for cyclists promotes safety more than the number of people riding it. They speculate that just the presence of bike lanes makes motorists more alert and slows them down, and the slower the speed, the less likely the crash.

The authors also warn that their conclusions are not generalizable, as they only looked at large cities in this country and other factors may come into play elsewhere. Large cities may have more traffic calming measures, slower speeds and higher density of all users.

See <https://tinyurl.com/yxz4r-bvm>.

Reference: Marshall, Wesley E., Nick Ferenchak, and Bruce Janson. Why are Bike-Friendly Cities Safer for All Road Users?. No. MPC 18-351. 2018.

-Charles Pekow

ADVOCACY

States Develop Programs to Reduce Cyclist Deaths

By Charles Pekow

Idaho Develops Bike Safety PSA’s

The good news: traffic deaths are down nationally. The bad news: pedestrian deaths are rising. So reports the Governors Highway Safety Association in its annual Spotlight on Highway Safety report, Pedestrian Traffic Fatalities by State: 2018 Preliminary Data. The report (<https://tinyurl.com/yxvxdvfp>) says that the number of pedestrian deaths rose 40 percent over the previous decade nationwide. The report does not give figures on bicyclist casualties, though.

So what can be done? In 2015, Congress enacted a \$70 million/year National Priority Safety Program, Section 405(h) Nonmotorized Safety, which provides grants for projects that reduce bicyclist and pedestrian fatalities. States can use funds for public education and for police training and enforcement.

The report suggests “Congress could provide states more flexibility in the kinds of programs these funds can be used for, such as public education on safe bicyclist and pedestrian practices generally, not just traffic laws, on the safe use of infrastructure, to aggregate more data on non-motorized safety, and to expand programs to more classes of non-motorized road users.” (The law was passed before the popularity of e-bikes and scooters.)

A few states, meanwhile, have taken the initiative to use federal funds to reduce cyclist casualties, the report documents.

The Idaho Office of Highway Safety sent money to the Idaho Walk Bike Alliance to develop PSAs about walking and bicycling safety in Idaho. The Alliance is working on two 60-second public service announcements it plans to offer on social media, one dealing with bicyclist behavior, the other motorist behavior, Alliance Executive Director Cynthia Gibson said in an interview.

The motorist spot explains how to share roads with other users, telling them to give bicyclists plenty of room and what to expect when turning right and a cyclist occupies the corner. The bicyclist video describes Idaho law that allows cyclists to treat stop signs as yield signs and red lights as stop signs they can go through after stopping if no cross traffic appears.

The Alliance says the cyclist spot may be available in May and the motorist one this summer to distribute on social media. If it gets funding, it would like to air them on TV. “That’s our goal but we don’t have that kind of money,” Gibson says. They’ll first appear in the Boise area, but “we are working with advocacy groups and bike shops around the state” to distribute the videos, she says. “We’re expecting that once we release them, a lot of people will post and share them. We think it will happen pretty quickly.”

While the cyclist video deals specifically with Idaho law, the more generic motorist one could be useful in other states, she says.

Elsewhere, Massachusetts funded 84 local police departments to conduct overtime bike safety patrols.

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

The state allowed the recipients to buy equipment such as crosswalk markers, signs, traffic cones and even helmets.

The Florida Department of Transportation’s Pedestrian and Bicycle Safety Coalition developed a that addresses the safety issue on multiple fronts: legislation, education, locating dangerous locations and building infrastructure (<https://tinyurl.com/yywzvnua>).

Indiana uses State and Community Highway Safety Grant Program funds from the National Highway Traffic Safety Administration (<https://tinyurl.com/y3rgahnh>) for a pedestrian and bicycle safety program.

South Carolina’s Office of Highway Safety & Justice Programs works with the State Highway Patrol on a Target Zero campaign. Community relations offers give about 700 presentations a year at places such as fairs to warn people about vulnerable roadway users. It also places billboards around the state warning motorists to look out for them.

Virginia uses broadcast advertising in English and Spanish and places notices on bus shelters and on buses in the Washington DC suburbs to warn drivers to watch out for cyclists.

A number of localities around the country are addressing the issue through Vision Zero campaigns that set goals to reduce accidents and involve multiple offices (chief executive, police, public health, transportation). See visionzeronet.org.

Support Your Local Bike Shop!

BICYCLE SHOP DIRECTORY

Southern Utah

Brian Head/Cedar City

Brian Head Resort Mountain Bike Park

329 S. Hwy 143
P.O. Box 190008
Brian Head, UT 84719
(435) 635-2035
brianhead.com

Cedar Cycle

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

Hurricane

Over the Edge Sports

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

Moab

Chile Pepper

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

Bike Fiend

69 E. Center Street
Moab, UT 84532
(435) 315-0002
moabbikefiend.com

Moab Cyclery

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

Poison Spider Bicycles

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

Rim Cyclery

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

Monticello

Roam Industry

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

Price

BicycleWerks

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

St. George

Bicycles Unlimited

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

IBB Cyclery & Multisport

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

Rapid Cycling

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

Rapid Cycling

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

Red Rock Bicycle Co.

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

Springdale

Zion Cycles

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

Northern Utah

Logan

Al's Cyclery / Al's Sporting Goods

1075 N Main Street, Suite 120
Logan, UT 84401
(435) 752-5151
als.com

Joy Ride Bicycles

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

Sunrise Cyclery

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

Wimmer's Ultimate Bicycles

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

Park City/Heber

Cole Sport

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

Contender Bicycles

1352 White Pine Canyon Road
Park City, UT 84060
(435) 214-7287
contenderbicycles.com

Jans Mountain Outfitters

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

Mountain Velo

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

Park City Bike Demos

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

Slim and Knobby's Bike Shop

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

Stein Eriksen Sport

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

Silver Star Ski and Sport

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

Storm Cycles

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

White Pine Touring

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

Vernal

Altitude Cycle

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

Wasatch Front WEBER COUNTY

Eden/Huntsville/Mountain Green

Diamond Peak Mountain Sports

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

Ogden

Bingham Cyclery

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

2nd Track Sports

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

Skyline Cycle

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

The Bike Shoppe

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

Two Hoosiers Cyclery

2374 Harrison Blvd.
Ogden, UT 84401
(801) 238-4973
twohoosierscyclery.com

DAVIS COUNTY

Biker's Edge

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

Bingham Cyclery

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

Bountiful Bicycle

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

Bountiful Bicycle

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

Loyal Cycle Co.

15 E. State St.
Farmington, UT 84025
(801) 451-7560
loyalcycleco.com

Masherz

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

SALT LAKE COUNTY

Central Valley

Cottonwood Cyclery

2594 Bengal Blvd
Cottonwood Heights, UT 84121
(801) 942-1015
cottonwoodcyclery.com

Flynn Cyclery

4640 S. Holladay Village Sq., Suite 101
Holladay, UT 84117
(801) 432-8447
flynncyclery.com

Hangar 15 Bicycles

3969 Wasatch Blvd.
(Olympus Hills Mall)
Salt Lake City, UT 84124
(801) 278-1500
hangar15bicycles.com

Summit Cyclery

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

Salt Lake City

Bicycle Center

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

BikeFitr

1549 S 1100 E
Suite D
Salt Lake City, Ut 84105
(801) 930-0855
bikefitr.com

Bingham Cyclery

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

Contender Bicycles

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

Cranky's Bike Shop

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

Fishers Cyclery

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

Gear Rush Consignment

53 W Truman Ave.
South Salt Lake, UT 84115
(801) 202-7196
gearrush.com

Go-Ride.com Mountain Bikes

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

Guthrie Bicycle

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

Highlander Bike

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

Hyland Cyclery

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

Jerks Bike Shop

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

Level 9 Sports

660 S 400 W
Salt Lake City, UT 84101
(801) 973-7350
levelninesports.com

Pedego Electric Bikes

1095 S. State Street
Salt Lake City, UT 84111
801-341-2202
pedegoslc.com

REI (Recreational Equipment Inc.)

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

Salt Lake City Bicycle Company

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

Salt Lake Ebikes

1035 S. 700 E.
Salt Lake City, UT 84105
(801) 997-0002
saltlakeebikes.com

Saturday Cycles

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

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

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2927 E 3300 South
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(801) 466-9880, ext. 1
2ndtracks.com

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Salt Lake City, UT 84108
(801) 582-5611
SportsDen.com

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Salt Lake City, UT 84105
(801) 638-0956
bikeguyslc.com

Wasatch Touring

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

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(801) 571-4480
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(801) 474-0082
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(801) 576-8844
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11445 S. Redwood Rd
S. Jordan, UT 84095
(801) 790-9999
hangar15bicycles.com

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

Lake Town Bicycles

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

REI (Recreational Equipment Inc.)

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

Hoff's Bike Smith

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307-203-0444
hoffsbikesmith.com

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307-200-6144
thehubbikes.com

Teton Bike

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

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Teton Village, WY 83025
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Wilson, WY 83014
307-733-5228
wilsonbackcountry.com

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Boise, ID 83796
208-429-6520
www.boisebicycleproject.org

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facebook.com/Custom-Cycles-1071105139568418

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208.344.3005
www.rideeastside.com

George's Cycles

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

George's Cycles

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

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

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

TriTown

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

Rolling H Cycles

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

Victor/Driggs**Fitzgeralds Bicycles**

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

Habitat

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

Peaked Sports

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

Idaho Falls**Bill's Bike and Run**

930 Pier View Dr
Idaho Falls, ID
208-522-3341
billsbikeandrun.com

Dave's Bike Shop

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

Idaho Mountain Trading

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

Intergalactic Bicycle Service

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

Pocatello**Barries Ski and Sport**

624 Yellowstone Ave
Pocatello, ID
208-232-8996
barriessports.com

Element Outfitters

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

Element Outfitters

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

Rexburg

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

Twin Falls**Epic Elevation Sports**

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

Spoke and Wheel

148 Addison Ave
Twin Falls, ID 83301
(208) 734-6033
spokeandwheelbike.com

Cycle Therapy

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

Salmon**The Hub**

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

Sun Valley/Hailey/Ketchum**Durance**

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

Power House

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

Sturtevant's

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

Sun Summit South

418 South Main Street
Hailey, ID 83333
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New Bill in Congress Would Provide Tax Break for Cycling to Work

Remember when it was possible to get a tax break for riding your bike to work? Probably not, but until last year, it was legal to get a tax-free reimbursement of up to \$20/month for the costs of biking to work (parking, tune-ups, fixing flats, etc.). But your employer had to offer the benefit and few did. But the Tax Cuts and Jobs Act of 2017, which gave billions in benefits to large corporations, took away the bike benefit as of 2018 for the few who could take advantage of it.

But now Representative and long-time bicycle champion Earl Blumenauer (D-OR) has introduced legislation that would not only restart but would expand the benefit. The Bicycle Commuter Act of 2019 (H.R. 1507) would switch it from a reimbursement to a pre-tax benefit and clarify that it would apply to electric bicycle and bikeshare users.

Users would have to ride regularly either to their place of employment or to/from a public transit stop on their way to work. The bill picked up 11 cosponsors, including Gwen Moore (D-ID), Raul Grijalva (D-AZ) and the most famous new member of the House, Alexandria Ocasio-Cortez (D-NY). The bill was referred to the Ways & Means Committee. View it at <https://tinyurl.com/y28s58ux>.

-Charles Pekow

Helmet Laws Do Not Reduce Cycling

Helmet laws do not reduce riding nor encourage recklessness. So concluded a metaanalysis by the University of New South Wales in Australia. The study examined 35 studies of laws in 28 countries.

It reported that 13 studies found that helmet laws don't reduce riding, eight reported mixed results and two said they did -- but only in certain circumstances. In Australia, for instance, fewer children were seen biking to work when required to wear helmets -- but that likely resulted from other factors, such as an increase in busing and even a New Zealand campaign to discourage kids from riding.

Regarding taking increased risks, a review of 22 studies found 17 said helmets don't encourage dangerous behavior, three found pro and con evidence and only two supported the thesis. But the studies contain some limitations: some dealt with risky behavior in general, not entirely bicycling.

Reference: Bicycle Helmets: Systematic Reviews on Legislation, Effects of Legislation on Cycling Exposure & Risk Compensation: <https://bit.ly/2CEjVP3>; Olivier et al., UNSW Sydney.

-Charles Pekow

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BLM to Collect Fees for Mountain Biking in Some Areas

Pay what you will but you will be expected to pay something if you want to mountain bike in Bureau of Land Management (BLM) sites in Utah. BLM announced it will begin collecting fees for day use at the Three Peaks Trail System and McCoy Flats Day Use Site, starting Aug. 27.

But for day biking, BLM designated the areas "no minimum use fee" sites, meaning bikers can "pay what they feel their recreation experience is worth to them specifically for the use of these developed recreation areas." People will have to pay set fees if they wish to rent a cabin or camp out, though.

The money is supposed to stay onsite. BLM Utah says rising use of its land for recreational purposes is increasing its maintenance costs, which it needs to recover through fees. The agency promises that whatever you pay will be used strictly to replace aging infrastructure, improve visitor services and expand access to its Utah lands for recreation.

Details at <https://tinyurl.com/y5yk2r2o>.

-Charles Pekow

BIKE SHOP TALK

Catching Up With Gear Rush, A Local Utah Consignment Store



Gear Rush's new digs in Salt Lake City. Photo by Alex Grant, Gear Rush.

By Lou Melini

Gear Rush Moves to Improve Your Consignment Sales Experience

Gear Rush has been in the business of reselling used outdoor gear for 8 years. I have personally used Gear Rush to sell bikes and bike

What Would Happen if All Short Trips Were by Biking or Walking?

Any way you look at it, cycling and walking are more dangerous than riding in an auto. But if more people would replace short car trips with active transportation, the rate of cycling injuries and fatalities would decrease. But the number of such casualties would go up. All in all, the public would be healthier, the streets less congested and the air cleaner.

With these assumptions, a study titled "Healthy mobility and road safety" in the United Kingdom suggests that if all car trips of one kilometer (about .62 mile) or less were replaced by walking or bik-

ing, the amount of bicycling in the British Isles would skyrocket an amazing 473 percent. The analysis by TRL of Wokingham, Berks, UK; which calls itself "a global centre for innovation in transport and mobility," says it factored in some relevant issues such as mobility, age and access to a bicycle; but not others, such as terrain and the need to pick up large items not suitable for a bike.

Check it out at <https://tinyurl.com/y2f8qmx8>.

Reference: Smith, L., S. Chowdhury, and J. Hammond. "PROJECT REPORT PPR865." (2019).

-Charles Pekow

accessories, camping goods and a lot more over the past 5 years. Gear Rush has recently relocated their business. Below is an update from owner and professional rider, Alex Grant.

Cycling West: Alex, it has been several years since we last connected in Cycling West. Where are you now located?

Alex Grant: Lou, thanks again for the opportunity to connect with your readers here. We have moved to 53 West Truman Ave. in South Salt Lake. It is close to the State St. exit on I-80.

C.W.: I noted that you have a new appointment policy for dropping items off. What is the best way for someone to contact you?

A.G.: We are now taking drop offs by appointment only to ensure that we have the proper time and attention to spend with each client. With the new appointment system we are able to give clients the best experience possible on drop off.

Please email us at info@gear-rush.com or call 385-202-7196 to make an appointment. We don't have an app yet, and don't check social media enough to have that become a reliable form of communication.

C.W.: Will customers be able to come to the store and buy directly from GearRush or are sales strictly on-line?

A.G: Customers can come buy items out of the store that are at a fixed price (Buy It Now) style listing on our eBay store page. Please see gearthush.com for a link to our eBay store. If an item is up as a fixed price we are always happy to sell it out of the shop. Please email or call us to set up a time to swing by if you are interested in a specific item. We are not set up for general browsing and shopping in store. We are also always happy to offer free local piC.W. on any items won at auction or purchased on eBay.

C.W.: Given your experience in the on-line consignment business what should prospective sellers of merchandise need to consider before dropping off a bike, a box of bike parts or cycling specific clothing?

We are focused on high-end outdoor gear from sports like cycling, skiing, hiking, climbing, camping, etc. We try to stay focused in this area, if you have a question about what we may or may not take please get in touch with us.

C.W.: What other services besides on-line consignment sales for individuals does GearRush offer?

A.G.: In addition to consignment we have begun to help some companies and reps liquidate extra inventory and samples in the form of bulk buys. We are keeping this to a business service at this time with select rep samples and inventory from some cycling and outdoor brands. If you fall in that category and want to find out some more information, please contact us.

C.W.: Is there anything else you wish to have to tell the readers?

A.G.: Gear gets us stoked. We love gear beC.W.e of what it lets us do. Our goal is to offer a service that allows fellow gear junkies the ability to sell their no longer needed gear and gets it in the hands of a new user. On the flip side we have a large inventory of unique and sometimes hard to find items that are just waiting for a new owner to take out in the hills. We look forward to working with you!

C.W.: Thanks Alex for the update. I will see you soon with some Campagnolo parts I recently stripped from one of my bikes.

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NAHBS 2019 - Continued from page 3



Moab's Blaze Bicycles showed off this stunning touring bike by builder Pierre Chastain. 2019 NAHBS. Photo by Patrick Walsh

Hand-made bikes and makers are a highly diverse group. Roland Della Santa lamented the continued declining popularity of steel (his only medium), saying that someone would need to win the tour on a steel bike to bring it back. That was on Saturday, the same day that Tom Porter won the Best New Builder Award for an Art Deco lugged steel

frame bike that could be displayed in the Guggenheim or the Chrysler Building lobby. Both builders are correct, both builders are active, and both builders are working in steel. Most cyclists are buying carbon, many might never know how steel rides, and most will not see the range and depth of artistry at this show. There are bikes that are feats

of engineering, those that are tried and true geometries to be ridden, and those that are pushing boundaries. All of them are works of art, but I can only imagine owning/buying some of them.

Tom Porter's bike was painted radiant yellow gold with hand-cut silver wing lugs and had elegantly curving racks. Tom talked about the inspiration, a tense time between World Wars when politics and art converged to emphasize triumph. He recommended *The Golden Age of Cycling*, a book I have just ordered and look forward to reading. The Art Deco movement produced an unmistakable style, and his bike appears to have rolled out of the era. Incidentally, I voted for this bike for People's Choice Award, a sentiment felt by many but not enough to win.

I learned about bikes I never imagined, especially English Cycles "Righty" with single-sided fork and single-sided rear triangle, custom hubs, and interchangeable front and rear wheels – truly a feat of engineer-



Phillip Ball and Mosaic Cycles won the Best Mountain Bike Award. 2019 NAHBS. Photo by Patrick Walsh



William Thomas Porter and his bike, Winged Victory. 2019 NAHBS. Photo by Patrick Walsh

ing and execution. I listened to Rob English talk about the inspiration for this incredible, lightweight machine, a client who travels on trains with tight space and time. He somehow translated it into this incredible machine.

Jumping from topic to topic cannot be avoided at the show. It should be embraced, although the experience of the show is a little overwhelming. I will definitely stay for a second day next time to revisit things I missed and review things I loved. One minute I was talking about an old-style, classic geometry steel frame and then at the Santana display learning about their new, high tech Z coupler that could someday overtake the S&S for travel bike ubiquity (not to take away from proper folding bikes. The only folding bike I saw, Hunter Cycles mini-fat was on the podium for Experimental Bikes.

Gravel bikes were everywhere, while mountain bikes less common

than I expected, showing the shift many of us feel. Bikepacking set ups were in many displays, including frame, seat, handlebar, top tube, and fork bags but no makers of these bags! Everyone could tell you the makers, but I was surprised that none were on site.

Talking with friends after, we each had a different favorite and maybe a second (and third) bike we would take home if we could. I left wanting more, and I hope to attend next year to see how it all changes again and maybe to pick up a custom request I have not quite started dreaming up yet. One of my big draws for this year's show was to see my friend Roger pick up his new steel frame Della Santa. I don't think I have seen him happier.

Editor's Note: The 2020 North American Handmade Bicycle Show will be held in Dallas, Texas from March 20-22.

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A gorgeous headbadge from SyCip Designs. 2019 NAHBS. Photo by Patrick Walsh



Upcycle showcases an innovative surfboard rack. 2019 NAHBS. Photo by Patrick Walsh



NAHBS isn't just about displaying bikes, it's about riding them too! 2019 NAHBS. Photo by Patrick Walsh



Della Santa shows off their beautiful steel bikes. 2019 NAHBS. Photo by Patrick Walsh



A view of the floor from the English Bicycles booth. 2019 NAHBS. Photo by Patrick Walsh



English displays their bikepacking vehicle. 2019 NAHBS. Photo by Patrick Walsh



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BICYCLE ART***The Bicycle Art of Albert Michini***

By Al Michini, Jr.

Name of the artist: Albert Michini

Title: Untitled

Subject: A picture of the marina in Rowayton, Connecticut

Medium: Oil on Canvas

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

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

He was born in 1925 in Philadelphia, Pennsylvania and spent

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

In the mid 1960s Al moved his

family to Connecticut to teach at the Famous Artists School which was an art correspondence school founded by Norman Rockwell and Albert Dorne. During this time he continued his freelance work which included some notable things such as the 1972 Boy Scout manual, Golden Book Encyclopedias, and back covers for The Saturday Evening Post, Creepy and Vampirella magazines. He also wrote a book called "The Artist and The Camera".

In 1976, Al moved his family back to Pennsylvania to work as a

sculptor of commemorative coins for The Franklin Mint. At that time he also joined the Air Force Art Program. Through the program he was able to witness the rollout of many new planes and produce paintings of these planes. His artwork still hangs in the Pentagon.

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

**True Grit -
Continued from page 5**

it didn't really matter why, I was just going to keep my head down and hope to come around a bit. At this point I was sitting 5th with one rider somewhere around 1-2 minutes ahead after the Zen Trail, and that is how it would stay pretty much till Zen Trail on the second lap. The 4th place rider made a stop at the feed station, I moved into 4th, and the legs started to come around a little bit about hour 5 and I didn't see anyone again until I crossed the finish line (well beside the hundreds of other riders in the other categories).

4th place is not really what I had hoped for but to be honest, that is an honest expectation for where I am this season. At the end of last year I had to have surgery to fix a UPJ obstruction (Google that) and I



Ashlyn Puzey, Red Rock Bicycle, raced the new 50 Relay. Her partner was Brad Norman. Photo by CrawlingSpider.com

planned to have surgery at the end of the season but with the recovery everything was pushed back about 6 weeks from my usual off season routine. Instead of trying to rush things, I'm trying to take my time a bit and see if I can come good a little later in the year as I typically have a small



Jack Youngblood, 17 years old, raced the Pro Men's 50. Photo by CrawlingSpider.com

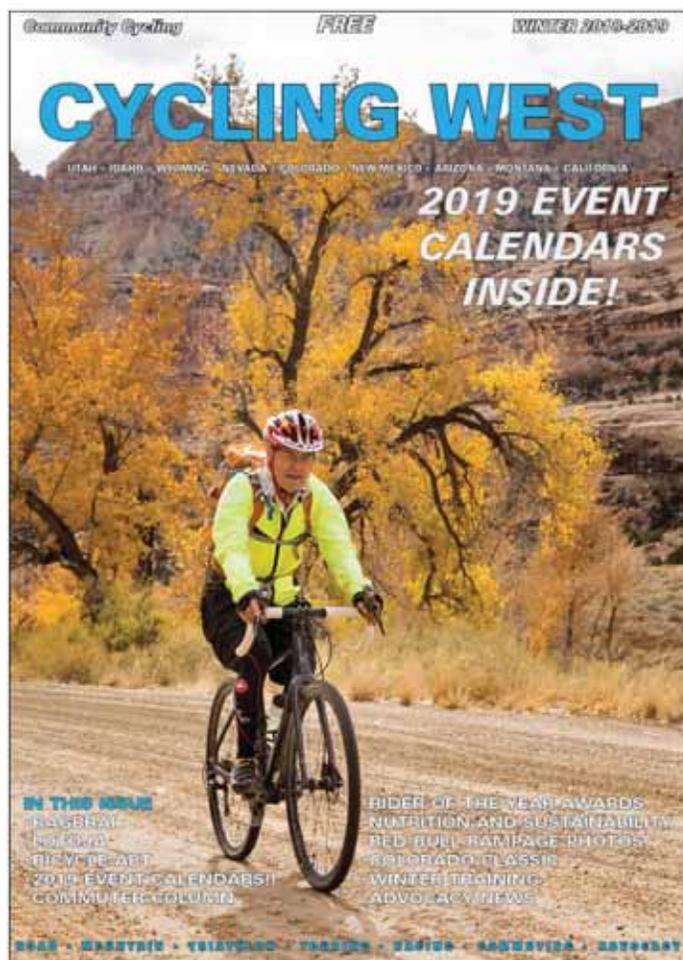
peak late march, then a drop followed by another bigger peak in June, which worked for the road season calendar but maybe not work as well with the MTB calendar these days as everything is a bit later. Only time will tell how that goes, but regardless of that I have no doubt True Grit is a great way to start my season, I'll

for sure be back again 2020 and you should join me too. With that I end by saying thank you to GRO Racing, and all of the volunteers for putting on a great event, and to St. George for being such an amazing host city, tons of great restaurants and things to do so bring the family along like I did.

Stefano Barberi is a Pro mountain biker going into his 16th season as a PRO, 14 as a road cyclist and the last 2 as a mountain biker.

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**Wheels of Justice -
Continued from page 12**

like its companion trail run, is meant to show that no mountain is high enough to keep us from protecting and helping children. It also shows that people can overcome any challenge.

Everyone who rides is given a free pancake breakfast at the Black Bear Diner in Sandy, a free finisher's medal courtesy of DNA Cycling (Drive Marketing), and a free water bottle courtesy of UtahBikingLaw.com. The ride is free. Wheels of Justice simply asks that participants consider making a donation to the cause. Cyclists can register for the ride at www.aintnomountainhighenough.org.

The community support for Wheels of Justice has been excep-

tional and continues to grow. Dominion Energy and a number of Utah-based companies, including Black Diamond Equipment, Diversified Insurance, DNA Cycling, First Endurance, Gregory Mountain Products, Tour of Utah, Traeger Grills, and UtahBikingLaw.com in addition to virtually every ski resort, have all joined the fight.

Joining Wheels of Justice is easy and costs nothing. In fact, just adding your name to the list provides support for the cause. For more information, you can visit the Wheels of Justice website at www.teamwheelsofjustice.org.

In short, perhaps nothing harms our society more than childhood trauma. We are grateful for PCAU, the Friends of the CJC, O.U.R., and the UDVC, who work hand in hand with our federal, state, county, city,

and community partners to eradicate childhood trauma. The solution requires all of us to work together. This is not a partisan issue; it is a humanitarian issue. Any of our loved ones are potential victims, and we all can contribute to the solution. Wheels of Justice offers cyclists an easy and fun way to make a difference. Come, join the team.

GREGORY N. HOOLE is the executive director of Wheels of Justice, a biking attorney at Hoole & King, and the founder of UtahBikingLaw.com.

SEAN D. REYES is the Utah Attorney General, an office he has held since 2013.

SIM GILL is the Salt Lake County District Attorney, an office he has held since 2010.



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

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

April 4-5, 2019 — USA Cycling Collegiate BMX National Championships, DeSoto, TX, Chuck Hodge, 719-434-4200, chodge@usacycling.org, usacycling.org

Advocacy

Bike Utah — UT, Utah's Statewide Advocacy Group., Phil Sarnoff, 385-831-1515, psarnoff@bikeutah.org, bikeutah.org

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

Salt Lake County Bicycle Advisory Committee — Salt Lake City, UT, The SLCBAC committee works to improve cycling conditions in Salt Lake County and is an official committee. Meetings are the second Wednesday of each month from 5:30-7:30 pm and are held in Suite N-2800 of the Salt Lake County Government Center, 2001 S. State St., Salt Lake City, UT., Helen Peters, 385-468-4860, HPeters@slcgo.org, bicycle.slco.org

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

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

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

Bonneville Shoreline Trail Committee — Salt Lake City, UT, Volunteer to help build the Bonneville Shoreline Trail. (801) 485-6974 or visit our web page., Dave Roth, 801-824-5339, bonnevilleshorelinetrail@gmail.com, bonnevilleshorelinetrail.org

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

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

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

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

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

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

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

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

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

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

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

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

Teton Valley Trails and Pathways (TVTAP) — Jackson, WY, Promotes trails and pathways in the Wyoming area of Wyoming and Idaho., Dan Verbeten, 208-201-1622, dan@tvap.org, tvap.org, tetonbikfest.org

Bike Orem — Orem, UT, The Orem Bicycle Coalition exists to cultivate a more bicycle friendly community in Orem so that more residents will be able and excited to ride in our community. We do this by encouraging bicy-

cle safety, accessibility, inclusivity, and infrastructure to the community and its residents. Come join us! Currently we are meeting on the second Wednesday of each month, from 5:30pm to 7:00pm at Mad Dog Cycles. The address is 350 North Orem Blvd, Orem, UT 84057, Randy Gibb, 801-222-9577, randy@maddogcycles.com, bikeorem.weebly.com

Events, Swaps, Lectures

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

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

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

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

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

April 27, 2019 — Trail Prom. Utah Bike Month, St. George, UT, Celebrating bikes, our trails, our community. A free, easy, no-drop community bike ride followed by a formal dance party at Snake Hollow Bike Park, 1144 N 2400 W, 4 PM. Wear your best formal attire!, Judith Rogni, 435-574-9304, judith@bicyclecollective.org, bicyclecollective.org/st-george-events/, facebook.com/STCB/

May 4-5, 2019 — Young Riders Bike Swap. Park City, UT, Benefits Young Riders Youth Mountain Biking Program. Located at The Yard, 1255 Kearns Blvd Park City, UT, Saturday May 4th 8am-5pm and Sunday May 5th 11am-3pm. Buy or sell gear. Need a bike? Need to get some of that old equipment out of your garage? This is the perfect opportunity, and proceeds raised at this event help to fund the Young Riders organization based out of Park City, UT. To sell your gear you can drop off your bike and fill out the information at Jan's Mountain Outfitters (1600 Park Avenue, Park City) or White Pine Touring (1790 Bonanza Drive, Park City) during store hours from April 20th to May 1st, or at The Yard on May 2, 3-7pm, May 3, 3-8 pm., Julie Minahan, 435-640-8642, julie.minahan@gmail.com, youngriders.com

May 4, 2019 — Cycle de Mayo. tentative date, Utah Bike Month, Riverdale, UT, Promotes bicycling versus driving for light shopping and dining. The purpose is to make more people aware of how pathways available to citizens throughout the Weber County area can sometimes provide more convenient access to those businesses. Noon to 4 pm, Riverdale Town Square, bike valet, swag bags, prizes, and more!, Mark Benigni, 801-393-2304, wp@weberpathways.org, Michael Staten, 801-589-2686, mstaten@ensignutah.com, riverdalecity.com/departments/creation/flyers/Cycle%20De%20Mayo%20Event%202018.pdf, facebook.com/Riverdale-City-Utah-181710475200673/

May 8, 2019 — National Bike to School Day. Utah Bike Month, Everywhere, UT, A day to climb out of the motor vehicle and onto your bike on your way to school., None, noemail@cyclimgutah.com, walkbiketoschool.org

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

May 12-18, 2019 — Boise Bike Week. Bike Month, Boise, ID, A celebration of cycling in all of its forms. Boise Bike Week take place in the middle of National Bike Month and recognizes National Bike to Work Day on Friday May 18th. There is something for everyone: Bike to

Calendar Guidelines: Listings are free on a space available basis and at our discretion. Submit your event to: calendar@cyclimgutah.com with date, name of event, website, phone number and contact person and other appropriate information. Let us know about any corrections to existing listings!

Work day, week, happy hours, bike to vote, bike in movie, bike fair, bike rodeo, Mountain bike clinics, gravel rides, movies, women's rides, Bike to Work Breakfast, Market rides and commuter seminars. It all culminates with a big block party on Saturday May 20 in downtown Boise. Come ride with us! facebook.com/BoiseBikeWeek, Lisa Brady, 208-761-8507, lvca@bike-treasurevalley.org, boisebikeweek.org, bike-treasurevalley.org

May 12, 2019 — Cyclofemme Reno. Bike Month, Reno Bike Week, Reno, NV, Riders of any gender, join the casual six mile ride to celebrate all women. Meet at 9am at the BELIEVE sculpture in Reno City Plaza, Truckee Meadows Bicycle Alliance, 775-323-4488, info@bike-washoe.org, bike-washoe.org

May 13-17, 2019 — Utah Bike Week and National Bike to Work Week. Utah Bike Month, Salt Lake City, UT, Week-long festival with bike races, Bike to Work Day, and more., Dave Iltis, 801-328-2066, dave@cyclimgutah.com, cyclimgutah.com/event-calendars/bicycling-events-swaps-and-festivals/

May 13-17, 2019 — Bike to Work and School Week. Utah Bike Month, Logan, UT, Celebrate Bike to Work Week! Ride by for fuel at our post work feedzons, pedal through a mixed terrain alleycat, or experience a casual bike n dine with friends., Gary Saxton, 435-752-2161, 435-374-8076, logandowntown@gmail.com, Dayton Crites, 435-755-1646, dayton.crites@cacheounty.org, facebook.com/events/181020812630348/, trails.cacheounty.org/news/?id=48

May 15, 2019 — Ride of Silence. Utah Bike Month, Provo, UT, Join the Provo chapter of the Worldwide Ride of Silence to ride to honor people who were killed or injured while biking this last year and last several years. We will begin at Dixon Middle School and go for a short, slow, silent ride with brief stops at the ghost bike memorials for Doug Crow and Mark Robinson, and return to Dixon Middle School where we will have light refreshments. Meet at 6:30 Dixon Middle School, 750 W 200 N. 7 pm., Lucy Ordaz, 801-787-4384, lucyo@provo.edu, rideofsilence.org, facebook.com/events/1850656535006205/851159871622538/

May 15, 2019 — Ride of Silence. Bike Month, Prescott, AZ, Ride to honor dead and injured cyclists and to honor Amber Harrington who was killed by a drunk driver in 2015. Organized by Bike Prescott, Patricia David, info@bikeprescott.org, rideofsilence.org, bikeprescott.org

May 15, 2019 — Ride of Silence. Bike Month, Las Vegas, NV, 15th Annual Las Vegas Ride of Silence, Wednesday May 15th. Meet at the Regional Transportation Commission of Southern Nevada, 600 South Grand Central Parkway, parking lot. Registration from 6:15 to 6:50 PM. Ride begins at 7:00 PM sharp. This is a 9 mile street ride in traffic that will go through downtown Las Vegas, then wind through the Central Medical Area and historic neighborhoods. All riders must have lights front and rear as per Nevada statutes. You must also wear a bike helmet while riding. This ride is open to all ages but is not really meant for younger children because of traffic conditions. All riders under 18 must be accompanied by a parent or guardian on the ride. The ride is silent to honor fallen cyclists., Jim Little, 702-360-4751, LVRODEOMANI@aol.com, rideofsilence.org

May 15, 2019 — Ride of Silence. Bike Month, Boise, ID, Ride to honor dead and injured cyclists. Location TBA, Lisa Brady, 208-761-8507, lvca@bike-treasurevalley.org, rideofsilence.org, bike-treasurevalley.org

May 16, 2019 — Salt Lake City Mayor's Bike to Work Day. Utah Bike Month, Salt Lake City, UT, A mellow ride with Salt Lake City Mayor Jackie Biskupski under police escort. Breakfast, music, and more at 7:00 am, Bike ride begins at 8am at Northwest Rec Center 1255 W. Clark Ave (300 N), and ends at the Salt Lake City and County Building., Amy Nilsson, 801-535-6167, 801-535-6110, amy.nilsson@slcgo.com, slc.gov.com/biketoworkday, slcityevents.com

May 17, 2019 — National Bike to Work Day. Utah Bike Month, Everywhere, UT, A day to climb out of the motor vehicle and onto your bike on your way to work., None, noemail@cyclimgutah.com, bikeleague.org

May 19-24, 2019 — Flagstaff Bike to Work and School Week. Bike Month, Flagstaff, AZ, Bike to work, record your commute, win prizes!, Anthony Quintile, 928-526-7704, info@flagstaff-biking.org, Kyle Hornbeck, kyle.hornbeck@gmail.com, flagstaffbiking.org

June 1, 2019 — National Trails Day. Park City, UT, Location & Project TBA, Charlie Sturgis, 435-649-6839, charlie@mountaintrails.org, mountaintrails.org

June 1, 2019 — National Trails Day. Salt Lake City, UT, Volunteer on Trail Projects., Kristen Kenley, (801) 501-0850, kkenley@rei.com, rei.com/saltlakecity

June 1, 2019 — National Trails Day. Weber County, UT, Weber Pathways Trail Day. Come out an build trail! Check website for details., Rod Kramer, 801-393-2304, outreach@weber-pathways.org, weberpathways.org

June 1-2, 2019 — Primal Colorado Bike Expo. Denver, CO, 4th Annual, The Primal Colorado Bike Expo has a new home at the Subaru Elephant Rock Cycling Festival. The expo will bring together all things cycling; pairing industry professionals, recreational riders, biking enthusiasts and utilitarian's with the latest products, consumer trends, screaming deals, organized rides, clubs & teams, advocacy groups, and cycling destinations. The two-day festival and consumer show will also include BMX flatland and aerial stunts, a kid zone, bike rodeo, learn to ride clinics, demos, antique bicycle display, a fashion show, incredible programming, live music, beer garden, food trucks and more! This of course, in addition to ERock's five curated rides on Sunday with amazing support, fully-stocked aid stations and fun at every turn., Amanda Knutson, 515-681-6036, amanda@clippedinevents.com, coloradobikeexpo.com

June 1, 2019 — National Trails Day. Herriman, UT, Please come and help with the finish work on 3.4 miles of multi-use primitive trail in the Herriman Hills. This is the first of many trails that Herriman will be cutting in the 1800 acres of open space that Herriman City has recently acquired. 8am - 12p Blackridge Reservoir Trailhead, Jo Darton, jdarton@gmail.com, facebook.com/groups/804827286204846/

June 3-7, 2019 — Bozeman Bike Week. Bike Month, Bozeman, MT, Bike Week is the most celebrated week of the year for cyclists everywhere. Bozeman Bike Week is more than just a jamboree of folks who prefer to commute via bicycle, it is also an opportunity to advocate safe cycling practices and routes, and to encourage alternative transportation to members of this great community. Morning and evening events will be happening all week, and knowledgeable volunteers will be available at each stop to offer safe route guidance and answer questions regarding bicycle traffic laws., Alex Lussier, lussiera@hotmail.com, Megan Lawson, 406-570-7475, meganmclawson@gmail.com, Gallatin Valley Bicycle Club, gvcbike@gmail.com, gallatinvalleybicycleclub.org, gallatinvalleybicycleclub.org/community-events/bike-to-work-week/

June 8, 2019 — Bike Prom. Utah Bike Month, Salt Lake City, UT, Bike Prom, the Bicycle Collective's annual fancy bike party. Tracy Aviary, Wear your prom outfits. Pre-prom ride: 6:00pm starting at TBA, Sean Murphy, 801-328-2453, info@bicyclecollective.org, bicyclecollective.org, bikeprom.com

September 9-13, 2019 — University of Utah Bike Week. Salt Lake City, UT, A week of education and encouragement for bicyclists at the University of Utah, Ginger Cannon, 801-581-7505, ginger.cannon@utah.edu, sustainability.utah.edu/ubikeweek

September 22, 2019 — World Car Free Day. UT, Ride your bike and leave the car at home!, None, noemail@cyclimgutah.com, worldcar-free.net

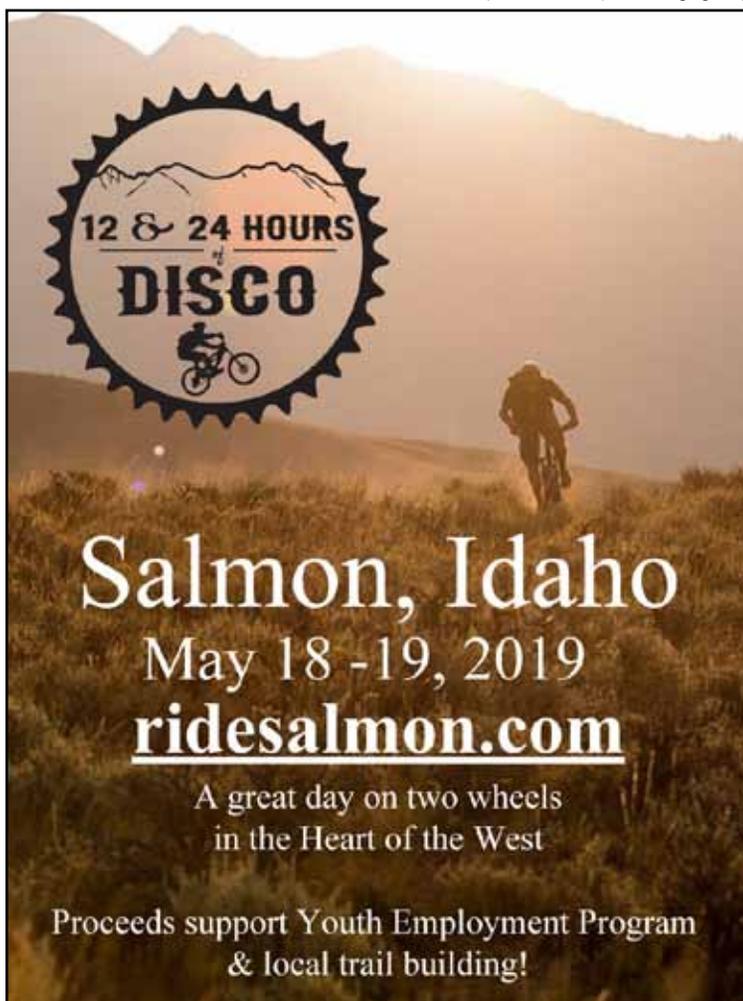
Mountain Bike

Tours and Festivals

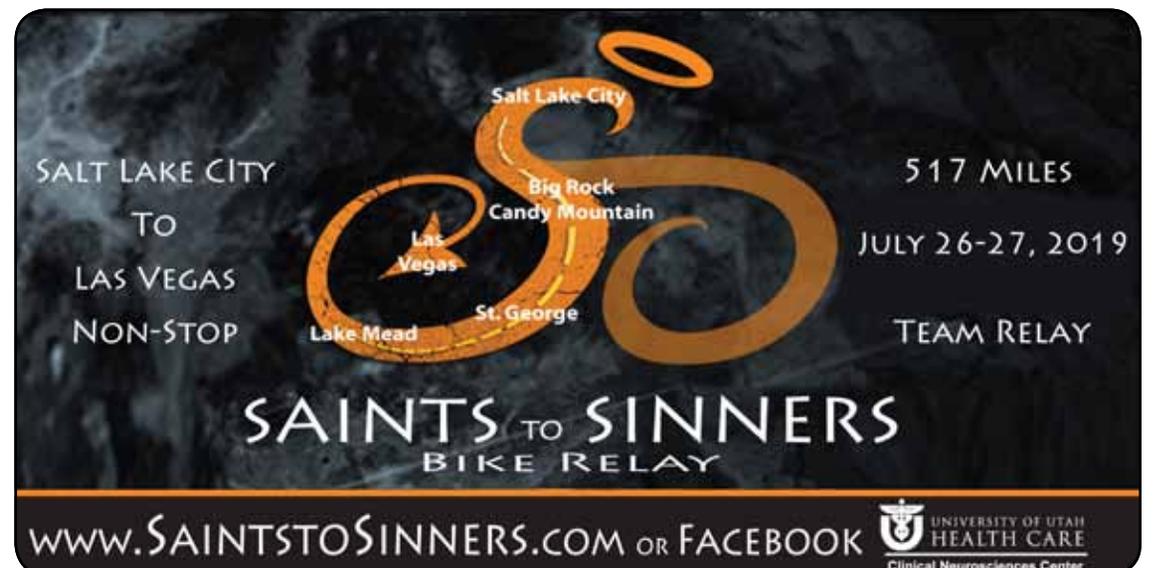
April 6, 2019 — WomenMTB Dig Day. Women MTB Wasatch Club, Herriman, UT, Join WomenMTB, SLVTS & Herriman Hills Trails Committee for a dig day - trail clean up from 9-1., Danita Ritter, 801-403-7241, info@womenmtb.org, womenmtb.com

April 13-14, 2019 — Trek Dirt Series Mountain Bike Camp. Moab, UT, Women's Mountain Bike Camp for beginner to advanced levels, focusing on skill development and trail riding, for cross country and downhill riders. Skill instruction ranges from basic front wheel lifts and switchback turns to technical climbs, descents, drops, jumps and more., Cynthia Chung, 604-484-6238 (Canada), reg-ster@dirseries.com, Emily Neuman, 604-484-6238, info@dirseries.com, Eli Petersille, elli@dirseries.com, dirseries.com

April 19-21, 2019 — Tinker Classic. Beatty, NV, MTB Race and Festival, 100k MTB Race and 60k Gravel Gran Fondo Rides +, Guided rides, demo bikes and industry vendors. Enjoy 60+ miles of single track and many more miles or gravel roads and pavement. The weekend events will include a 3 day Bike Expo with



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ridesalmon.com
A great day on two wheels
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Proceeds support Youth Employment Program
& local trail building!



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517 MILES
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TEAM RELAY
SAINTS TO SINNERS
BIKE RELAY
WWW.SAINTSTOSINNERS.COM OR FACEBOOK
UNIVERSITY OF UTAH HEALTH CARE
Clinical Neurosciences Center

demo's, festival rides on 60 + miles of single track, the 60 K Gravel Gran Fondo though Death Valley National Park and Rhyolite Ghost town, and the Main Event! The 100K Tinker Classic Mountain Bike Race. Award Ceremony with fireworks at Spicer Ranch, Cimarron Chacon, 970-759-3048, info@groraces.com, tinkerclassic.com, grOpromotions.com

April 27, 2019 — VIDA MTB Series: Grand Junction. VIDA MTB Series, Grand Junction, CO. Women's mountain bike skills clinic. Rachel Gottfried, 949-677-6809, info@vidamtb.com, vidamtb.com

May 3-5, 2019 — US Bank Fruita Fat Tire Festival. Fruita, CO, 24th Annual festival kicking off the Mtn bike season in CO, world renowned trails, expo, Bike Demo @ 18 Rd and Downtown Product Expo, and live music, Mike Heaston, 970-858-7220, erngmh@erngcolorado.com, George Gatses, 970-858-7220, fruitafat tiresports.com, fruitafatfestival.com

May 3-5, 2019 — MECCA Spring MTB Festival. Green River, UT, 33rd Annual, Held at the John Wesley Powell Museum in Green River, Utah. Registration begins Friday at 1:00 p.m. followed by a warm up ride, refreshments, games and a prize drawing. Saturday is full of all-day guided rides, ranging from beginner to advanced followed by a yummy dinner, games and more FUN. Finish up on Sunday with a guided (or on your own) scenic ride. Family friendly., Kim Player, 435-653-2440, meccabike01@gmail.com, bikethestwell.org

May 4, 2019 — WomenMTB Kick-Off Party and Group Rides. Women MTB Wasatch Club, Draper, UT. Come see what WomenMTB is all about! We will have all ability group rides and Bingham Cyclery will have demo's available. Start time will be 9:00am, Corner Canyon, Danita Ritter, 801-403-7241, info@womenmtb.org, womenmtb.org

May 9, 2019 — WomenMTB Mother's Day Trail Clean Up. Women MTB Wasatch Club, Salt Lake City, UT. Join WomenMTB for a day of trail clean up from 6-8 pm. Bring your family and bikes. We will ride after cleaning up the bike park. 9 Line Trail Dig and Maintenance, Danita Ritter, 801-403-7241, info@womenmtb.org, womenmtb.org

May 11, 2019 — VIDA MTB Series: Valmont Bike Park. VIDA MTB Series Flagship Clinics, Boulder, CO. Women's mountain bike skills clinic, Rachel Gottfried, 949-677-6809, info@vidamtb.com, vidamtb.com

May 11, 2019 — WomenMTB Skills Clinic. Women MTB Wasatch Club, Park City, UT. Choose from 4 different clinics- Beginner skills, Jumps, Ride w/ a Coach, Kids Clinic ages 7-12, Trailside Park, Danita Ritter, 801-403-7241, info@womenmtb.org, womenmtb.org

May 16-19, 2019 — Tour de Bloom. Loma, CO, Benefits Colorado Plateau Mountain Bike Trail Association. 4 day fully supported tour of the Kokopelli trail from Loma, CO to Moab, UT, Tisha McCombs, 970-244-8877, coordinator@copmoba.org, Whit Smith, 303-475-2255, whitsmith1@mac.com, copmoba.org

May 18, 2019 — Amazing Earthfest. Fredonia, AZ, 13th Annual Joy Jordan Woodhill Trail Ride and trail cleanup (BLM): 10 mile non-technical loop on hard-packed natural surface with expansive views of the Kaibab Plateau and Grand Staircase. Fredonia Welcome Center, US 89-A, Fredonia, AZ, 7 am Arizona time. Ride the Chocolate Cliffs, Rich Csenge, 435-644-3735, richcsenge@gmail.com, amazingearthfest.org

May 18, 2019 — Three Peaks Revival ICup Festival. Cedar City, UT, Mountain Bike Festival and Race, Joey Dye, 435-674-3185, joey@redrockbicycle.com, Margaret Gibson, 435-229-6251, margaret@redrockbicycle.com, ridesouthernutah.com

May 25-26, 2019 — NUMB Fest. Vernal, UT, Two fun days of demo bikes (minimal waiting), group rides and camaraderie. There will be organized trail rides each day based on ability level with awesome prizes and giveaways provided by the event sponsors. All events are in & around the Uintah Basin, starting at McCoy Flats Saturday the 25th. There is no charge or entry fee., Troy Lupcho, (435) 781-2595, troyboy@alltudecycling.com, Bike Numb, contact@bikenumb.org, bikenumb.org, alltudecycling.com

June 1-2, 2019 — Eagle Outside Festival. Eagle, CO, Massive free bike and product demo with access to 100+ miles of trails. Haymaker Hotlap MTB Race, Clinics, Beer Mile, Chromoly Chef Frankenbike Building and More!, Mike McCormack, 970-485-5847, mikemac@eagleoutsidefestival.com, Jeremy Gross, 970-328-9625, jeremy.gross@townfoeagle.org, eagleoutsidefestival.com

June 1, 2019 — VIDA MTB Series: Beti Bike Bash. VIDA MTB Series, Lakewood, CO. Women's mountain bike skills clinic, Rachel Gottfried, 949-677-6809, info@vidamtb.com, vidamtb.com

June 1, 2019 — Weiser River Trail Ride. Council, ID, A one day ride of either 28 or 48 miles on the Weiser River Trail. Shuttles from Cambridge or Council. Snack stops., Craig Kjar, 208-571-7447, 208-253-4433, octobertrek@gmail.com, kotaho.com/annual-bike-ride, weiserivertrail.org

June 1, 2019 — MUT Trails Fest. Montrose, CO, Montrose-Uncompahgre Trails association, Colorado Plateau Mountain Bike Trail Association. Trail festival, trail building, rides, fun, beer, Tisha McCombs, 970-244-8877, coordinator@copmoba.org, copmoba.org, trailfest

June 8, 2019 — Rat Race. Ridgway, CO, Benefits Colorado Plateau Mountain Bike Trail Association. 26 miles of singletrack, Tisha McCombs, 970-244-8877, coordinator@copmoba.org, copmoba.org, ratrace

June 15, 2019 — Beaver Dam 49er Gravel Grinder. Beaver Dam State Park, NV, Ride the Rim and see the park from a different perspective. Pedal down an old chaining road that runs along the Park's rim and winds you through Pinyon and juniper trees. Through the small town of Barclay where lunch is served at the one room schoolhouse. The course then swings around back to the main park road and down into Campground B where we end the ride with a BBQ. The course is subject to change based on weather conditions. 35 and 45 mile options. Dawn Andone, 775-728-4460, calhedralgorge_vc@clturbonet.com, beaverdamgravelgrinder.com

June 15-16, 2019 — Knobby Tire Bike Tour of Idaho City. Boise, ID. Some asphalt, mostly dirt roads and some single track. 8am on Saturday leave Boise for Idaho City, 90 miles over 2 days - 5,000 feet of climbing each day. 21st Annual, Harley Parson, 208-861-2182, 208-789-2327, admin@cycleidaho.com, knobbytirebiketour.com, cycleidaho.com

June 16-September 12, 2019 — Crested Butte Singletrack MTB Tour. Crested Butte, CO, Tours available June, July, August and September. Immensely beautiful, challenging and remote terrain in the Elk Mountains and Crested Butte region of south-central Colorado., John Humphries, 970-728-5891, info@lizardheadcyclingguides.com, lizardheadcyclingguides.com

June 21-23, 2019 — Black Hills Mountain Festival. Rapid City, SD, Celebration of outdoor recreation in the Black Hills of South Dakota including mountain bike rides, races and clinics. Kristy Lintz, 605-394-4168, 605-484-1724, specialtyevents@rcgov.org, Black Hills MTB Festival, blackhillsmountainfest@gmail.com, bhfatirefestival.com, rcparksandrec.org

June 21-23, 2019 — Outerbike. Sun Valley, ID. An opportunity to ride next year's bikes and gear on world class trails. Participants get demos, shuttles, lunch & free beer - plus a great Saturday night party! Held at the base of Bald Mountain at the River Run base area., Mark Sevenoff, 800-845-2453, 435-259-8732, outerbike@westernspirit.com, outerbike.com

June 23-August 23, 2019 — Colorado Trail MTB Tour. Monroe, CO, Eight different 6-day tour dates from June to August. You'll explore unspoiled landscapes, rush through cool mountain air, drink in 360 degree mountain views and pedal past carpeted fields of wildflowers (which can be handle-bar high). High altitude campsites offer a canopy of bright stars and deep sleep at night. Your experienced guide takes care of all the route finding, planning and logistics., John Humphries, 970-728-5891, info@lizardheadcyclingguides.com, lizardheadcyclingguides.com

June 24-30, 2019 — Crested Butte Bike Week. Crested Butte, CO, The World's Oldest Mountain Bike Festival celebrates 39 years with an Amateur Film Festival, Chainless World Championships, Fat Tire 40, Junior Wildflower Classic, Bridges of the Butte townie tour, Pinnacle Race Series at Crested Butte Mountain Resort, guided rides, clinics, and great memories!, Kat Cooke, 970-349-6438, events@cbchamber.com, cbbikeweek.com

June 29, 2019 — Orem Cyclefest. Orem, UT, Come Celebrate All Things Bicycle! Orem Cyclefest is the first community event dedicated to mountain, road, and every other kind of cycling in Utah Valley. We will have a schedule of mini lectures from land managers, trail groups, cycling clubs and organizations, and experts on specific aspects of cycling. All proceeds will go to the Orem Youth Cycling Association. Promoted by Bike Orem, Jason Christiansen, 801-885-6884, jason@utahmtb.org, [facebook.com/events/2236211013334316/](https://www.facebook.com/events/2236211013334316/)

June 29, 2019 — WomenMTB Skills Clinic. Women MTB Wasatch Club, Snowbird, UT, Choose from 3 different clinics- Beginner skills, Technical Climbing & Cornering, Enduro Prep, part of Snowbird A+G Festival, Danita Ritter, 801-403-7241, info@womenmtb.org, womenmtb.com

June 29, 2019 — Bike the Beav Urace. Garden City, UT, Held at Beaver Mountain, Come support Cache County trails maintenance and party with us on a grass roots urace. Instead of being tested on how fast you can go, you'll be challenged to several feats of strength - which will be a simple tasks that are abit silly, a bit fun, and far more memorable than crossing the finish line 3 seconds faster or slower than someone else did., Dayton Crites, 435-755-1646, dayton.crites@cachecounty.org, [facebook.com/events/1810208126303487/](https://www.facebook.com/events/1810208126303487/), trails.cachecounty.org/news/?id=48

July 7-August 16, 2019 — Glacier National Park Bike Tour. Whitefish, MT, 7/7-12: 7/14-19: 7/21-7/26: 7/28-8/2: 8/4-9: 8/11-16. Options for cyclists of all abilities. Ride the Going to the Sun Road! Big climbs and bonus mileage options available., John Humphries, 970-728-5891, info@lizardheadcyclingguides.com, lizardheadcyclingguides.com

July 13, 2019 — Wildflower Trailfest. Snowbasin, UT, A non-competitive, women only mountain bike race. All ages and levels welcome. Come join us for a day of fun on Powder Mountain!, Nick Bowsher, 801-610-9422, info@wildfloweroutdoor.com, wildfloweroutdoor.com

August 3, 2019 — South Boundary Big Ride. Angel Fire, NM, The South Boundary BigRide is an absolutely stunning 40 mile mostly single-track ride from Angel Fire Resort to Taos Youth and Family Center on the South Boundary Trail. The South Boundary trail is arguably the best ride in New Mexico and probably one of the top rides in the whole country with beautiful high alpine views and amazing aspen forests. It will be a perfect warm up for those training for Leadville, as the course tops out

at nearly 11,000 feet!, Seth Bush, 505-554-0059, ElCapitan@ZiaRides.com, ziarides.com

August 10-11, 2019 — Trek Dirt Series Mountain Bike Camp. Park City, UT, Women's Mountain Bike Camp for beginner to advanced levels, focusing on skill development and trail riding, for cross country and downhill riders. Skill instruction ranges from basic front wheel lifts and switchback turns to technical climbs, descents, drops, jumps and more., Cynthia Chung, 604-484-6238 (Canada), register@dirseries.com, Emily Neuman, 604-484-6238, info@dirseries.com, Elli Petersilie, elli@dirseries.com, dirseries.com

August 16-18, 2019 — Outerbike Summer in Crested Butte. Crested Butte, CO, An opportunity to ride next year's bikes and gears on world class trails. Participants get bike demos, shuttles, lunch, beer, and admission to parties and films, at Crested Butte Mountain Resort, Mark Sevenoff, 800-845-2453, 435-259-8732, outerbike@westernspirit.com, outerbike.com

August 17-18, 2019 — VIDA MTB Series: Snowmass Bike Park. VIDA MTB Series Flagship Clinics, Snowmass Village, CO, Women's mountain bike skills clinic, Rachel Gottfried, 949-677-6809, info@vidamtb.com, vidamtb.com

August 22-25, 2019 — Jurassic Classic Mountain Bike Festival. Lander, WY, Mountain bike Festival in Lander, WY. Demos, shuttles, clinics, group rides, parties, live music, film fest, beer, food trucks, and raffles! All skill levels welcome., Nyssa, fart@landercycling.org, Tony Ferlisi, landercycling@gmail.com, Mike Dicken, 307-332-2926, jurassicclassicfest@gmail.com, jurassicclassicfest.com, landercycling.org

August 24, 2019 — York 38 Special. York, MT, Mountain bike rides of either 38 or 76 miles of breathtaking scenery through the Big Belt Mountains, gaining 3,000 vertical feet from lowest point, 6 aid stations. Starts at York Fire Station 7:00 - 9:00 am; Spirit of 76 starts at 6:30 am, Rita Naylor, 406-475-3085, ritanmontana@gmail.com, york38special.org

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

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

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

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

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

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

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

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

October 4-6, 2019 — Outerbike Fall. Moab, UT, An opportunity to ride next year's bikes and gears on world class trails. Participants get bike demos, shuttles, lunch, beer, and admission to parties and films, 7000 N. Hwy 191 at Moab Brands Trailhead, Mark Sevenoff, 800-845-2453, 435-259-8732, outerbike@westernspirit.com, outerbike.com

October 5-6, 2019 — Trek Dirt Series Mountain Bike Camp. Fruita, CO, Women's Mountain Bike Camp for beginner to advanced levels, focusing on skill development and trail riding, for cross country and downhill riders. Skill instruction ranges from basic front wheel lifts and switchback turns to technical climbs, descents, drops, jumps and more., Cynthia Chung, 604-484-6238 (Canada), register@dirseries.com, Elli Petersilie, elli@dirseries.com, dirseries.com

October 5-6, 2019 — October Trek. Weiser, ID, 2 day mountain bike gravel ride, 86 mile rail-to-trails conversion trail from New Meadows to Weiser, Idaho. Supported ride with meals and camping., Craig Kjar, 208-571-7447, 208-253-4433, octobertrek@gmail.com, weiserivertrail.org/octobertrek.html, kotaho.com/october-trekinformation/

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

October 24-27, 2019 — Moab Ho-Down Mountain Bike Festival & Film Fest. Moab, UT, 14th Annual - Mountain bike festival with dual stage enduro race, group shuttle rides, bike

films, townie tour with poker run, dirt jump comp and costume party! The festival is a fundraiser for local trails and the bike park!, Tracy Bentley, 435-259-4688, info@chiliebikes.com, moabdown.com, chiliebikes.com

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

Utah Weekly MTB Race Series

April 24-August 7, 2019 — Weekly Race Series. WRS, Sundance, Wasatch County, UT, Wednesday nights, May -Aug. Venue alternates between Wasatch County sites and Sundance, 6:30 pm. Prompt start time. Pros/Experts 1hr race time, Sports 50mins, Beginners 30-40mins., Tyson Apostol, 435-200-3239 (Wasatch), 801-223-4849 (Sundance), aces@eulidoutdoors.com, John Woodruff, 801-223-4044, 801-223-4849, johnw@sundance-utah.com, Josey Apostol, 435-200-3239 (Wasatch), 801-223-4849 (Sundance), aces@weeklyraceseries.com, weeklyraceseries.com

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

Regional Weekly MTB Race Series

April 9-30, 2019 — Gallatin Valley Spring Series. Bozeman, MT, Weekly series that includes road races, with gravel and dirt possible, Alex Lussier, lussiera@hotmail.com, Phil Rotherman, phil@roffconst.com, Mollie McKiernan, mollie.mckiernan@gmail.com, Patrick Wessel, patrickwessel@yahoo.com, gallatinvalleybicyclub.org

May 1-29, 2019 — Idaho Velopark Short Track. Boise, ID, 3 race series, 5-1, 5-15, 5-29, Kevin Spiegel, idahobikeracing@gmail.com, idahobikeracing.org, [facebook.com/events/322179588655755/](https://www.facebook.com/events/322179588655755/)

May 14-August 20, 2019 — Gallatin Valley Summer Series. Bozeman, MT, Weekly series that includes road races, time trials, criteriums, mountain bike races and more, Alex Lussier, lussiera@hotmail.com, Phil Rotherman, phil@roffconst.com, Mollie McKiernan, mollie.mckiernan@gmail.com, Patrick Wessel, patrickwessel@yahoo.com, gallatinvalleybicyclub.org

June 5-26, 2019 — Missoula Wednesday Night Race League. Western Montana Trail Series, Missoula, MT, Various courses. Wednesdays in June, Ben Horan, 312-502-5997, bfhoran@gmail.com, missoula.org

June 18-July 23, 2019 — Laramie Mountain Bike Series. Laramie, WY, Tuesdays. Local mountain bike series, great for riders of any age and ability. Starts at Happy Jack trailhead at 6:00 p.m. Food and fun await at each finish line. Medicine Bow National Forest, Niesey Heckart, 307-761-1741, niesey@laramieracing.com, laramieracing.com, laramiebikenet.org

Utah Mountain Bike and Gravel Racing

April 6, 2019 — 6 Hours of Frog Hollow. Frog Hollow Endurance Series, Virgin, 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., Chacon, 970-759-3048, info@groraces.com, groraces.com, 6hoursofiroghollow.com

April 27, 2019 — The Cactus Hugger. Intermountain Cup, St. George, UT, XC race #2 in the series, approximately 6.5 mile lap utilizing a completely different course than the Desert Rampage., Margaret Gibson, 435-229-6251, margaret@redrockbicycle.com, Darren Goff, 801-896-8244, info@intermountaincup.com, intermountaincup.com, ridesouthernutah.com

April 27, 2019 — Wild Horse Dirt Fondo. Delle, UT, 76 miles, 5,000 vertical, zero miles of pavement, county-maintained 2WD dirt and gravel roads around and across the Cedar Mountain Wilderness Area. Little Wild Horse option of 31 miles, 1,800 vertical. Covers many of the same segments as The Wild Horse. Separate start at 10 A.M. Start/Finish in Delle, Utah. The start line is less than one hour west of SLF on I-80. The Wild Horse is a supported Dirt Fondo. This is not a race, but there will be a mass start. In case of rain, check for a rescheduled date., Chris Magerl, 801-595-8293, daymag@hotmail.com, RideWildHorse.com

May 3-5, 2019 — Soldier Hollow Pro XCT. Mountain Bike Technical Development Series, UCI Juniors race, Pro XCT series, Midway, UT, On USA Cycling's Pro Cross Country Tour, takes place at Soldier Hollow, a venue of the 2002 Winter Olympics. Featuring category races for all ages and abilities, UCI sanctioning for elites and 17-18 juniors, multiple disciplines, and side events such as a banquet and pancake breakfast, Utah State MTB XC Championship, gravel fondo, short track, XC, biathlon, stage race, MJ Turner, 801-664-6351, mjturner@skiutah.com, schoobikefest.com, summitbikeclub.org/events/soldier-hollow-bike-festival/

May 4, 2019 — Pony Express Gravel Grinder Series. Delta, UT, Minimally-supported 62 or 125-mile (100/200km) gravel ride along the Pony Express Trail. 99% on gravel roads. This is a limited brevel co-sponsored by the national organization, Randomnews USA, held NW of Delta, Utah, Richard Sturm, 435-462-

abilities and ride the B-68 Marathon, the B-32 XC, or enter a two or three-person relay team, Colorado State Marathon Championship, Thane Wright, 970-401-1422, thanicardotd@yahoo.com, rockymountainendurance.com

July 13, 2019 — Phillipsburg 46. Western Montana Trail Series, Phillipsburg, MT, Cross country race., Ben Horan, 312-502-5997, bfhoran@gmail.com, mtbmissoula.org

July 13, 2019 — Brundage Mountain Cross Country. Knobby Tire Series, McCall, ID, Cross country and endurance mtb race on Sunday, Alex Phipps, 208-841-4120, alex01phipps@gmail.com, knobbytireseries.com

July 13, 2019 — Big Mountain Enduro. Big Mountain Enduro Series, Winter Park, CO, 3-4 stages enduro, Brandon Ontiveros, brandon@bigmountainenduro.com, bigmountainenduro.com

July 14, 2019 — Victor Gravel Grinder. Tour of Colorado Series, Victor, CO, The Victor Gold Rush is an epic gravel challenge in the heart of the Rockies with nearly 9000 ft of climbing and incredible views. Start and finish in downtown Victor! 93.3 miles, Andy Bohmann, 719-428-5807, 719-651-1677, info@tourofcolorado.com, tourofcolorado.com

July 19-21, 2019 — Rocky Mountain Race Series. Angel Fire, NM, XC, DH, STXC, Slalom, Keith Darner, 719-221-1251, keith@chocolatebunnyproductions.com, chocolatebunnyproductions.com

July 20-21, 2019 — Steamboat Springs Enduro. Revolution Enduro Series, Steamboat Springs, CO, Saturday racing will start with a shuttle ride to access new never raced trails for 3-4 Stages in the back country. Sunday August 19, will be three Stages with lift and pedal transfers at the Steamboat Bike Park and Forest Service trail system, David Scully, 970-846-5012, david@revolutionenduro.com, revolutionenduro.com

July 23-28, 2019 — USA Cycling Mountain Bike National Championships. Winter Park, CO, Chuck Hodge, 719-434-4200, chodge@usacycling.org, usacycling.org

July 26-28, 2019 — Leadville Stage Race. Leadville Race Series, Leadville, CO, 100M (100 miles over three days), Team Option. Experience the legendary Leadville Trail 100 course over three days. Push the pace to see what you're made of, or use the stages to prepare or qualify for the Leadville Trail 100 in August. This is one amazing party, with daily stage prizes, raffles, unmatched swag, food, beer and live music. , Paul Anderson, 719-219-9364, panderson4@lifetimfitness.com, leadvilleraaceseries.com

July 27, 2019 — Laramie Range Epic. Laramie, WY, The Laramie Range Epic (Formerly the Laramie Enduro) will have two course options, 30/60ish miles. 80% singletrack from smooth and flowy to steep and technical. Choose the One & Done to do one lap, or the Laramie Range Epic to do two laps. Aid stations with fresh food, water and performance nutrition. Legendary after-party with live music, awards, cash pay-outs, raffle, free refreshments and warm, fresh food! Limited on-course camping and room specials, Dewey Gallegos, 307-742-5533, racedirector@laramieenduro.com, laramieenduro.com

July 27, 2019 — Butte 100 Races. Butte, MT, Continental Divide Trail, Single Track, Big Sky Country 100 and 50 mile options, and a Sorini 25 mile option. 13th Annual, Stephanie Sorini, 406-490-7632, stephaniesorini@butte100.com, butte100.com

July 27, 2019 — Whit Henry Memorial Galena Grinder. Knobby Tire Series, Galena Lodge, ID, XC/Marathon, 22.5 mile loop with 50% single track, start/finish at 7,000 feet with total gain of 3200 in one loop, open category (for racers who choose not to purchase a license) held for the marathon, which is 22.5 mile loops, Alex Phipps, 208-841-4120, alex01phipps@gmail.com, knobbytireseries.com

July 27, 2019 — Lone Peak's Revenge Big Sky Enduro. Montana Enduro Series, Big Sky, MT, Montana Enduro Series, contact@montanaenduro.com, Christine Wike, christine@montanabicycleguild.org, montanaenduro.com, montanabicycleguild.org

July 27, 2019 — Big Mountain Enduro. Big Mountain Enduro Series, Telluride, CO, 3-4 stages enduro, stages will be broken up across the box canyon, mixing bike park and backcountry terrain. Competitors will experience a wide range of trails in Telluride, from 1,000 feet of hard hitting downhill in the Mountain Village Bike Park to arduous climbs and technical turns on the historic mining paths. Brandon Ontiveros, brandon@bigmountainenduro.com, bigmountainenduro.com

July 28-30, 2019 — Rocky Mountain Race Series Powderhorn. Mesa, CO, Keith Darner, 719-221-1251, keith@chocolatebunnyproductions.com, chocolatebunnyproductions.com

July 28, 2019 — Oak Flats MTB Race. New Mexico Off Road Series, Albuquerque, NM, fast and flowy course, Jan Bear, 505-670-4665, janbear@gmail.com, Par, 505-730-2615, pardenides.arpinel@gmail.com, nmors.org, oakflatsmtb.com

August 1-4, 2019 — Downville Classic. Lost Sierra Triple Crown, Downville, CA, All mountain, cross country, and downhill races, Live music, premium beer, food vendors and

anall-weekend mainstreet industry expo top off the event, mountain bike festival, Greg Williams, willie@sierratrails.org, downvilleclassic.com

August 2-4, 2019 — NW Cup Downhill Series. Northwest Cup Downhill Series, Kellogg, ID, Downhill race. Held at Silver Mountain Bike Park, Friday will be open practice. Saturday will be split practice by category. Pro/JuniorX seeding Saturday evening. Sunday racing all categories, Scott Tucker, 360-797-4288, scott@nwcup.com, nwcup.com

August 3, 2019 — Pierre's Hole MTB Race. National Ultra Endurance Series, Alta, WY, 11th Annual Staging begins at the Grand Targhee Resort, ample lodging and amenities available. 100 consists of 33-mile loop, each lap features approx. 4,000 ft climbing on single and double-track trails. The race course is on an IMBA Epic trails at Grand Targhee. Total elevation for the 100 mile race is approx. 13,000 ft. 100 mile (3 laps), 100km (2 laps), 50km (1 lap) events. The 100 mile race is part of the NUE Series and the 100 k is a new NUE marathon series race., Andy Williams, 800-TARGHEE ext. 1309, awilliams@grandtarghee.com, grandtarghee.com/pierres-hole-50-100-mountain-bike-race/

August 3-4, 2019 — Pomerle Pounder DH. Go-Ride Gravity Series, Albion, ID, Two USAC sanctioned downhill races in two days. , Ron Lindley, 801-375-3231, info@utahdh.org, Darren Lightfield, 208-608-6444, wildtrackiesmail@yahoo.com, go-ride.com, utahdh.org

August 3, 2019 — South Boundary Big Ride. Angel Fire, NM, 40 mile singletrack race and ride, Seth Bush, 505-554-0059, ElCapitan@ZiaRides.com, ziarides.com

August 3, 2019 — Joe Cosley Pancake Ride Gravel Grinder. Whitefish, MT, The Uff da 184 rolls out to about 184 miles with 18k of climbing and descending. The route is a loop, with an aid station at about mile 40, 100, 150, and a convenience store at mile 60. The route rolls over mixed surfaces, 90% dirt and 10% chipped/pavement. Roads are a combination of Forest Service, Montana Dept. of Resources, BLM and County. Dirt roads are improved and suitable for 2 wheel drive vehicles. Paved roads are well paved. All roads are open to general vehicle traffic. Route: <https://ridewithgps.com/routes/29517384>, Brad Lamson, joec@pancakeide.com, pancakeide.com

August 3, 2019 — Eagle Enduro. Revolution Enduro Series, Eagle, CO, Stop 4 at Eagle CO is the series finale for the 2019 Revolution Enduro. This new venue for the series will be a big one day back country race venturing up into the high country with both technical and high speed courses! We're excited to serve up new trails to the Colorado enduro racing scene. Look for course maps to be released in July., David Scully, 970-846-5012, david@revolutionenduro.com, revolutionenduro.com

August 3-4, 2019 — Big Mountain Enduro. Big Mountain Enduro Series, Big Sky, MT, 3-4 stages enduro, Big Sky Resort has more than 50 miles of hiking and biking trails, with more than 40 miles dedicated to mountain biking., Brandon Ontiveros, brandon@bigmountainenduro.com, bigmountainenduro.com

August 4, 2019 — Race Montana Triathlon. Great Falls, MT, Electric City Water Park, Olympic and Sprint distances, youth short and long courses, Ron Ray, info@racemt.com, racemt.com/event/race-montana-triathlon, racemt.com

August 10, 2019 — Leadville Trail 100. Leadville Race Series, Leadville, CO, Leadville Trail 100 is one of the most notorious and challenging bike races in the world. 100 mile out-and-back. , Paul Anderson, 719-219-9364, panderson4@lifetimfitness.com, leadville-raceseries.com

August 10, 2019 — Tamarack Twister. Knobby Tire Series, Donnelly, ID, Cross country and enduro race on Sunday at a beautiful venue. Cross Country race, Fast and flowy, Alex Phipps, 208-841-4120, alex01phipps@gmail.com, knobbytireseries.com

August 16-17, 2019 — Ruby Mountain Relay. Wells, NV, 184 mile relay gravel grinder., Robert Johnson, 775-340-5943, 801-718-0557, rubymountainrelay@gmail.com, rubymountainrelay.com

August 17-18, 2019 — Big Mountain Enduro/Enduro World Series Aspen Snowmass. Big Mountain Enduro Series, Aspen Snowmass, CO, Aspen Snowmass will host the BME Finals for 2018. The two-day event will blend high altitude riding adventures mixed with some of the biggest descents and best riding in the area. , Brandon Ontiveros, brandon@bigmountainenduro.com, bigmountainenduro.com

August 17-18, 2019 — 12 and 24 Hours of Flathead. Kalspell, MT, A non-profit race to provide awareness and adaptive equipment to individuals living with paralysis and other life altering disabilities. Race features both bicycle and hand cycle courses. Held in Herron Park., Tia Celentano, 406-261-1769, info@24hoursofflathead.org, 24hoursofflathead.org, [facebook.com/24HoursOffFlathead](https://www.facebook.com/24HoursOffFlathead)

August 18, 2019 — Palisades Gravel Fondo. Jackson, WY, Held at Palisades Reservoir, 25 miles from Jackson, 60 and 100 mile options,

Palisades Reservoir is in a scenic valley with forested hillsides rising from the water to the towering snowcapped mountains which form the background and has about 70 miles of shoreline., Forest Dramis, jacksonholceycling@gmail.com, jhcycling.org

August 18, 2019 — SBT GRVL Gravel Grinder. Steamboat Springs, CO, 6:30 am on Yampa Street. Three distances: 37/100/141 miles with 2000/6000/9000 feet of climbing, respectively. Mixed surface with the majority on hard packed gravel roads, Amy Charity, 970-215-4045, info@sbtgrvl.com

August 23-25, 2019 — NW Cup Downhill Series. Northwest Cup Downhill Series, Whitefish, MT, Downhill race. Held at Whitefish Bike Park. Friday will be open practice. Saturday will be split practice by category. Pro/JuniorX seeding Saturday evening. Sunday racing all categories, Scott Tucker, 360-797-4288, scott@nwcup.com, nwcup.com

August 24-25, 2019 — Grand Targhee Enduro. Montana Enduro Series, Grand Targhee, WY, There's some seriously fun trails at Wyoming's Grand Targhee Resort, so we're going to race 'em. It's going to be a weekend long celebration of the Tetons. , Andy Williams, 800-TARGHEE ext. 1309, awilliams@grandtarghee.com, montanaenduro.com, Christine Wike, christine@montanabicycleguild.org, montanaenduro.com, grandtarghee.org

August 24, 2019 — Big Sky Biggie. Big Sky, MT, 30 and 50 Mile races on Saturday, Short Track on Sunday, Starting in Big Sky's Town Center (Meadow Village) and climbing into the scenic views from Lone Peak and Buck Ridge, riders will ride some of the area's most exhilarating (and challenging) pieces of single-track, double-track, gravel roads and the occasional paved segment, Natalie Osborne, 907-223-0858, natalie@wonder-build.com, bigskybiggie.com

August 24, 2019 — Lake City Alpine 50. Lake City, CO, This lung-busting race will take you by the iconic Lake San Cristobal before climbing through the alpine tundra to the two of the highest passes in Colorado: Cinnamon Pass (12,460 feet) and Engineer Pass (12,800) feet. The race will feature over 7,500 feet of climbing through some of the most incredible sections of the San Juan Mountains. This is a USA Cycling sanctioned event, benefit the Town of Lake City, and the Lake Fork Valley Conservancy., Michael Fleishman, mike@lakecityalpine50.com, lakecityalpine50.com

August 24, 2019 — Salt River Challenge. Alpine, WY, A one-day challenging race course in Wyoming's incredible backcountry., Taunya Lorgran, 801-671-9798, saltrivermtb@gmail.com, saltrivermtb.com

August 29-September 1, 2019 — Rebecca's Private Idaho Gravel Grinder and Festival. Ketchum, ID, Lifestyle, mountain bike and outdoor festival staged in beautiful Sun Valley, Idaho over Labor Day Weekend. The cornerstone of the two-day event is a 100-mile Gravel Grinder (or 50-mile option) mountain bike race & ride in the scenic Pioneer Mountains of Central Idaho, with renowned mountain bike champion and endurance athlete Rebecca Rusch. The weekend activities are centered around giving back to Rebecca's favorite local, national and global cycling charities. Join the "Queen of Pain" on this beautiful route that ends in a great down-home party with food, festivities, music, and libations., Colleen Quindlen, 254-541-9661, colleen@rebeccarusch.com, rebeccasprivateidaho.com

September 1, 2019 — Royal 50 Mountain Bike Race. Canon City, CO, The Royal 50 takes place on a challenging singletrack course overlooking the famed Royal Gorge. Multiple distance options, including 20 or 50 miles. Elevation gains of over 1,000 or 2,000 feet (depending on course), Ashlee Sack, 719-248-6376, coordinator@joinfarr.org, royal50.com, joinfarr.org

September 1, 2019 — Signal Peak Challenge MTB Race. New Mexico Off Road Series, Silver City, NM, 12, 25, and 31 mile races, Jan Bear, 505-670-4665, janbear@gmail.com, Martyn Pearson, 575-654-3966, martynpearson56@gmail.com, signalpeakchallenge.com, nmors.org

September 7, 2019 — Barn Burner 104. Leadville Race Series, Flagstaff, AZ, 104 mile mountain bike race. Solo, Duo, Teams, Kaibab and Coconino National Forest. Camping on private land. 26 and 52 mile options. Party afterwards with music, food, and beer. Jeff Frost, 928-380-0633, canisbleu@gmail.com, barnburnermtb.com, leadvilleraaceseries.com

September 7, 2019 — Wyo 131 Gravel Grinder. Wyoming Gravel Grinder Series, Lander, WY, Wyoming's premier gravel race! A 131 mile race that starts and finishes in beautiful, Lander Wyoming. Race through sagebrush desert to alpine forests, along the historic Oregon Trail, and Atlantic City mining district., Tony Ferill, landercycling@gmail.com, Mike Dickson, 307-332-2926, jurassicclassicfest@gmail.com, Scott Van Orman, 307-349-4987, wyo131gravel@gmail.com, wyo131.com

September 14, 2019 — Fire on the Rim Mountain Bike Race. Pine, AZ, 15, 30, and 45 mile mtb races near Payson, AZ, Janet Brandt, info@fireontherim.com, fireontherim.com

September 14-15, 2019 — Two Moon 24. Glendo, WY, 24 hour race on the trails of Glendo State Park in eastern Wyoming. 9.5 mile loop; approximately 10 laps possible. Fun time all night with hot breakfast served Sunday morning!, Niesey Heckart, 307-761-1741, niesey@larimeracing.com, twomoon24.com, larimeracing.com

September 15, 2019 — Junior Enduro. Revolution Enduro Series, Crested Butte, CO, For ages 10-17, David Scully, 970-846-5012, david@revolutionenduro.com, revolutionenduro.com

September 15, 2019 — High Desert Screamer MTB Race. New Mexico Off Road Series, Gallup, NM, Takes place on the High Desert Trail System, a series of loops on the pristine mesas overlooking Gallup. The course is primarily single-track, hard packed clay interspersed with slick rock, small climbs and technical sections., Jan Bear, 505-670-4665, janbear@gmail.com, Andy Stravers, 505-862-2442, SquashBlossomClassic@gmail.com, nmors.org

September 21-22, 2019 — Rendezvous Enduro. Montana Enduro Series, Teton Village, WY, Montana Enduro Series, contact@montanaenduro.com, Christine Wike, christine@montanabicycleguild.org, montanaenduro.com, montanabicycleguild.org

September 22, 2019 — Horny Toad Hustle MTB Race. New Mexico Off Road Series, Las Cruces, NM, Jan Bear, 505-670-4665, janbear@gmail.com, Dave Halliburton, 575-312-5991, gotdirtnm@gmail.com, hornytoadhustle.com, nmors.org

September 28, 2019 — Grinduro. Lost Sierra Triple Crown, Quincy, CA, 62 miles of pavement, gravel, and singletrack with a TON of climbing and twisty descents. Most of the ride is casual, there are four timed sections that are designed to cater to specific strengths. Grinduro racers and spectators are treated to three days of camping, live music (including a late-night DJ), beer, awesome food, and campfires., Greg Williams, willie@sierratrails.org, grinduro.com

September 28-30, 2019 — 12 Hour of Albuquerque Race and MTB Festival. Albuquerque, NM, The weekend will be full of activities with the anchor event being the 12 Hours of Albuquerque from 7am to 7pm on Saturday. The course for the 12 Hours of Albuquerque is 11+ miles of fast, fun, occasionally technical, but mostly flowy singletrack in the beautiful pine forests above Albuquerque, Seth Bush, 505-554-0059, ElCapitan@ZiaRides.com, ziarides.com

October 4-6, 2019 — Monarch Crest Enduro. Rocky Mountain Enduro Series, Salida, CO, 5 stage epic backcountry enduro in the San Isabel and Gunnison National Forests., Keith Darner, 719-221-1251, keith@chocolatebunnyproductions.com, chocolatebunnyproductions.com

October 5, 2019 — Tour of the White Mountains. Pinetop-Lakeside, AZ, Arizona's longest standing mountain bike event. At 7,000 feet, the tour is a grassroots event with laid back vibes among a gathering of bike-minded individuals., Dave Castro, 520-623-1584, info@epicrides.com, epicrides.com, Dave Castro, dcastro@epicrides.com

October 5, 2019 — Road Apple Rally MTB Race. New Mexico Off Road Series, Farmington, NM, The Road Apple Rally began in 1981 as a competition between horses and bicycles. It has since become a bicycle only race and stands as the longest running annual mountain bike race in the United States. Bring the family for a day of fun and try the children's riding obstacle course. This celebrated mountain bike race features five divisions: Beginner, Pro, Expert, Sport, Single Speed. The Beginner course is a 15 mile loop, all others ride the full 30 mile Road Apple Rally course. Both courses feature the whoops, where you spend more time in the air than on the ground! Course terrain also includes short climbs, flats, sandy arroyos and sharp corners., Jan Bear, 505-670-4665, janbear@gmail.com, Leslie Mueller, 505-599-1184, lmuellet@fmin.org, fmin.org/277/Road-Apple-Rally, nmors.org

October 5-6, 2019 — Gloriaeta Cyclocross. Gloriaeta, NM, New Mexico-El Paso Regional XC Championship, Gloriaeta Camps, Jan Bear, 505-670-4665, janbear@gmail.com, core-crew.com

October 5, 2019 — 6 Hours of Disco. Anaconda, MT, Held at Discovery Ski Area, A lap format race lasting 6 hours plus one lap. It will start and end in front of Discovery Ski Lodge. Finishers with the most laps wins. Finishers with the same number of laps will then go by time (or first over the start finish line)., Brian Cyr, 406-563-5538 ext. 15, info@anacondatrailsociety.com, anacondatrailsociety.com, anacondatrailsociety.com/6-hours-of-disco/

October 18-20, 2019 — USA Cycling Collegiate Mountain Bike National Championships. Durango, CO, Collegiate National Championships and Montana High School Championships, Chuck Hodge, 719-434-4200, chodge@usacycling.org, Chad Sperry, chad@gorge.net, Ben Horan, 312-502-5997, bfhoran@gmail.com, usacycling.org

October 26, 2019 — Prescott 6er. Prescott, AZ, 6 hour and 12 hour mountain bike race on a 9 mile loop with solo, duo, junior, masters and singlespeed categories, Breanna Bissell, 480-734-0558, info@amangledmomentum.com, prescott6er.com

October 26, 2019 — Mount Lemmon Gravel Grinder. Oracle, AZ, 3rd Annual, 40, 50, 60 mile options on the back gravel roads of Mt. Lemmon with elevation gains ranging from 3,000 to 8,000ft. Begins at 7 a.m. at the YMCA - Triangle Y Ranch just north of Tucson on the "backside" of the Santa Catalina Mountains., John McCarrell, 615-636-4828, john@mtlemmongravelgrinder.com, mtlemmongravelgrinder.com

November 2, 2019 — Showdown at Usery Pass. Phoenix, AZ, 8 hour cross country race on an 11 mile loop, solo, duo, quad, and relay options, free kids races, Two Wheel Jones, events@twowheeljones.com, mesabikerace.net

November 8-10, 2019 — Bootleg Canyon Gravity and Demo Fest. DVO Suspension, Alchemy Bikes, Trucker Co, Boulder City, NV, Please join us at our 6th annual Bootleg Canyon Gravity Fest. Expect more shuttles, more group rides, more demos, product demos, huck and bunny hop contests, daily happy hour and free camping!, Downhill Mike, 518-524-9805, info@downhillmike.com, downhillmike.com

November 16, 2019 — 12 Hours of Fury. Fountain Hills, AZ, 12 Hours of Fury will test your body, mind and mountain biking skills. The race will begin and end at the Four Peaks Staging Area in McDowell Mountain Regional Park. The 15 mile loop is smooth, fast and fun. The most loops in 12 hours wins it!, Jeremy Graham, 623-330-0913, jeremy@4peaksracing.com, 4peaksracing.com/events/12-hours-of-fury-2017

December 7, 2019 — Dawn to Dusk. Fountain Hills, AZ, Endurance mountain bike relay. Compete as a solo, duo, or team on a fast, fun course in McDowell Mountain Regional Park. Family friendly camping and event expo promises a fun weekend! Space is limited to 125 solo riders, 100 two-person, 50 four-person, and 10 corporate entries, Seth Bush, 505-554-0059, ElCapitan@ZiaRides.com, ziarides.com/event-register/dawn-dusk-arizona

information regarding C flite. Wednesdays April April - August, Marek Shon, 801-209-2479, utcritseries@gmail.com, utcritseries.com

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

Logan Race Club Thursday Night Time Trial Series — Logan, UT, Thursdays. TT series consisting of 18 races on five difference courses, with weekly and end-of-series prizes. Check the website for the location of the weekly course., Stephen Clyde, 435-750-8785, swc@mdsc.com, Ben Koteod, benkote@hotmail.com, Travis Dunn, travis.dunn@usu.edu, loganraceclub.org

Utah Road Racing

April 6, 2019 — Hell of the North. UCA Series, Salt Lake City, UT, It's back, Utah's spring classic, 4 mile laps including 1 mile of dirt, loads of fun., Marek Shon, 801-209-2479, [ut](mailto:utcritseries@gmail.com)

Casey McClellan, 435-865-8421, 435-865-8422, mcclellan@suu.edu, Steve Ahlgreen, 435-865-8421, 435-865-8423, ahlgreen@suu.edu, utah-summergames.org

June 22, 2019 — Porcupine Hill Climb, UCA Series, Salt Lake City, UT, 18th Annual, Start: Porcupine Pub & Grille finishing at the Brighton Ski Resort, Big Cottonwood Canyon. Citizen's and licensed rider categories. State Championship Hill Climb for licensed categories. 14.7 miles, 3800' of climbing! , Jared Eborn, 801-599-9268, jared@extramileracing.com, extramileracing.com, bikereg.com, porcupine.com

June 28-29, 2019 — Sa-Lo Stage Race, Salem, UT, 3 days, 4 stages: crit, time trial, mountain stage (3 climbs), road race, HQ and the starting location of each stage will be at the Salem Rec Center located at 100 North and 100 East, Ken Meads, 801-822-9459, ken@kenmeads.com, sa-lo.com

July 13, 2019 — Cache Gran Fondo, UCI Gran Fondo World Series, USA AND Gran Fondo National Series, Logan, UT, 8th annual, Beginning in 2019, the Cache Gran Fondo has been chosen as a UCI World Championship Qualifier, and riders of all abilities invited. 38, 50, 70 and 112-mile courses follow a fun, mostly-flat scenic route through Northern and Cache Valley, UT with a challenging hill in each. The finish is a festival on a closed-off city-block in downtown Logan including race prizes, (UCI winners jersey and medal), recreational rider prizes, finisher medals, and unique jerseys at cost. 25% of UCI racers in 16 age categories qualify for UCI World Championships., Troy Oldham, 435-764-2979, oldhamtroy@gmail.com.

July 20, 2019 — The Salt Lake Criterium, USA Crits Series, Salt Lake City, UT, Professional and amateur categories, expo and more! Benefits the Utah Food Bank, Eric Gardiner, 801-660-9173, ericgardiner@gmail.com, salt-lakecriterium.com

July 26-27, 2019 — Saints 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@SaintsSinners.com, Chad Neumeyer, 801-856-7018, chad@saintstosinners.com, saintstosinners.com

July 27, 2019 — Ophir Road Race, UCA Series, Ophir, UT, 19-68 Mile courses from Ophir Canyon to Dugway and looping back for a solid uphill finish., Jared Eborn, 801-599-9268, jared@extramileracing.com, extramileracing.com

August 10, 2019 — Utah Tour de Donut, Highland, UT, 12th Annual event - Most fun you'll have on a bike. Three 7-mile laps, eat donuts to reduce your time. Starts at 8:00 am., Glenn Smith, 801-477-5214, info@utahourdofdonut.org, utahourdofdonut.org

August 10, 2019 — Snowbird Hill Climb, Snowbird, UT, Join us for the 41st Annual Snowbird Bicycle Hill Climb! Climb 10 miles and 3,500 feet! 8 am start on 9400 S. near 20th East, climb to Snowbird's entry il, 10 miles, 3500 vertical. The grueling road bike race up the canyon brings competitors to the base of Snowbird., Breanne Nalder, 801-550-0434, brennenaalder@gmail.com, snowbird.org, event/bicycle-hill-climb, bikereg.com, snowbird-bicycle-hill-climb

August 12-18, 2019 — Larry H. Miller Tour of Utah, Various, UT, The Tour of Utah is a UCI 2.HC sanctioned stage race for the top men's teams in the world. As America's Toughest Stage Race, the race covers more than 500 miles across Utah, and 52,000 feet of climbing. It is broadcast worldwide on Tour Tracker and is free for spectators., Larry H. Miller Tour of Utah, 801-325-7000, info@tourofutah.com, tourofutah.com

August 17, 2019 — Wildflower Hill Climb, Mountain Green, UT, Timed 5.5 mile climb during the 65 mile course option in this women-only cycling event. . Nick Bowsher, 801-610-9422, info@wildfloweroutdoor.com, wildfloweroutdoor.com

August 17, 2019 — The Ultimate Challenge Presented by University of Utah Health Care, Salt Lake City, UT, A Gran Fondo hosted by the Larry H. Miller Tour of Utah. Riders will follow the Tour of Utah's Queen Stage route before the pro start, with the same climbs and high altitude finish. This ride has earned the title of "America's Toughest One Day Cycling Adventure" and for this year will feature timing on the final climb up Little Cottonwood Canyon, Larry H. Miller Tour of Utah, 801-325-7000, info@tourofutah.com, tourofutah.com

August 23-26, 2019 — Hoodoo 500, Planet Ultra Grand Slam Endurance Series, St. George, UT, 500 mile loop race through Southern Utah. Non-stop or stage race, solo and relay team divisions. 300 mile option as well., Deborah Bowling, 818-889-2453, embassy@planetultra.com, planetultra.com, Hoodoo500.com

August 31, 2019 — West Mountain Road Race, UCA Series, Benjamin, UT, 100 Miles of rolling terrain around West Mountain in Utah County. Jared Eborn, 801-599-9268, jared@extramileracing.com, extramileracing.com

September 7, 2019 — LOTOJA Classic Road Race, Logan, UT, 37th Annual, 1 day, 3 states, 200-plus mile road race from Logan, UT to Jackson Hole, WY, Brent Chambers, 801-546-0090, info@lotoja.com, lotoja.com

October 8-11, 2019 — Huntsman World Senior Games Cycling, St. George, UT, Must be 50 years or older. Three events: hill climb, downhill, and cross country. Expert, Sport and Beginner Skill Divisions., Kyle Case, 800-562-1268, 435-674-0550, hwsa@seniorgames.net, seniorgames.net

October 12, 2019 — City Creek Bike Sprint, Salt Lake City, UT, Race starts at the mouth of City Creek Canyon and finishes at Rotary Park where we will have awards, food, music and fun. James Zwick, 801-870-4578, sports@sports-am.com, sports-am.com

Regional Weekly Road Race Series

May 14-July 16, 2019 — Expo Idaho SWICA Criterium Series, SWICA Criterium Series, Boise, ID, Local training crit series at Expo Idaho West lot (Glenwood Street south of Hawks Stadium). Tuesdays except June 4 and June 21, Kurt Holzer, 208-890-3118, idahobikeracing@yahoo.com, Kevin Spiegel, idahobikeracing@gmail.com, idahobikeracing.org

May 14-August 20, 2019 — Gallatin Valley Summer Series, Bozeman, MT, Weekly road series that includes road races, time trials, criteriums, mountain bike races and more, Alex Lussier, lussiera@hotmail.com, Phil Rotherman, phil@rothconst.com, Mollie McKiernan, mollie.mckiernan@gmail.com, Patrick Wessel, patrickwessel@yahoo.com, gallatinvalleybicycleclub.org

May 15-August 14, 2019 — ICE BAR Time Trial/Hillclimb Series, ICE BAR Series, Pocatello, ID, Flat time trials: Start at Rainbow Road, 6.2m(10k). Scoring is best 2 of 4 times., May 15 at 6:30 pm, 7:00 pm, June 12, July 10 and July 31 Hill Climbs: Park at Cherry Springs, Crystal start at Cherry Springs and Scout start at bottom of Scout Mtn Rd. Scoring is best Crystal plus best Scout time. Approximately 5 mile climbs. mass start., May 29 -Crystal Summit, 6:30 pm:7:00 pm: June 26-Scout, July 17-Crystal Summit, August 14-Scout, Categories: End of season awards for men and women's overall winners of these categories: A's , B's , Master's 50+, Masters 60+, Triathlete, Recreational (Non TT bike, Eddie Merckx style), Single Speed, and Clydesdale (210 lbs+) and Athena (150 lbs+), Peter Joyce, 208-282-3912, jaycpepe@isu.edu, Tony Chesrow, 435-671-2506, hebermitsports@yahoo.com, idahocycling.com

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

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

April 6, 2019 — Spring Breakout Series #1, SWICA, Boise, ID, 16 mile loop, 1-4 loops depending on category, held in Kuna, Justin Ward, 208-322-8042, sales@bobs-bicycles.com, spring-series.com

April 6-7, 2019 — The Javelina Chase Omnium, Duncan, AZ, USA Cycling AZ State Road Race Championships for Juniors and Masters and Races for Cat. 1-5; Collegiate Omnium Events-road race, time trials & criterium; Ghost Mine Rumbles (gravel grinder events): 20, 40, and 60 Miles; Fun Rides - 20, 40, and 60 Miles. Daniel Carver, 575-649-9142, daniel.carver@hotmail.com, javelinachase.com

April 12-14, 2019 — Tour of Walla Walla Stage Race, Walla Walla, WA, Pacific NW premier 3 day Stage race. - 2 RR's, crit, TT, Eight fields, 5 for men and 3 for women- Men Pro-1-2, 3, 4, 5, Mstrs 40+ cats 1-4; Wom 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, Kathryn Austin, 509-964-8951, kathryn@allegrocyclery.com, tww.org

April 20, 2019 — Spring Breakout Series #2, SWICA, Boise, ID, 16 mile loop, 1-4 loops depending on category, held in Kuna, Justin Ward, 208-322-8042, sales@bobs-bicycles.com, springseries.com

April 27, 2019 — Tax Day Road Race, UCA Series, Marsh Valley, ID, Great circuit race, start and finish at Marsh Valley High School. This is the old Gate City Gravel Course., Dirk Cowley, 801-699-5126, dcowley@comcast.net, Bob and Kris Walker, bobandkris@yahoo.com, Tony Chesrow, 435-671-2506, hebermitsports@yahoo.com, idahocycling.com

April 27, 2019 — Spring Breakout Series #3, SWICA, Boise, ID, 16 mile loop, 1-4 loops depending on category, held in Kuna, Justin Ward, 208-322-8042, sales@bobs-bicycles.com, springseries.com

April 28, 2019 — Speedwagon Classic, Polson, MT, Road and Gravel race, 50 mile course, Matt Seeley, 406-871-0216, 406-883-9264, seleyspeedwagon@gmail.com, montanacycling.net

April 28, 2019 — Koppenburg Road Race, Superior, CO, The infamous Koppenburg Race, featuring the climb (17% grade), is the queen of the spring time cycling events in Colorado. This rustic setting sits next to, and incorporates parts of the Morgul Bismark Course. Boulder's Spring Classic is set to make you suffer, and "the climb" is set to be the deciding factor once again. The Koppenburg is a 5.5 mile road race circuit, with 300ft of elevation gain per lap, and includes 2 miles on a packed dirt road. Those who do well here are marked men and women at the King of the spring time cycling events, the Superior Morgul, Lance Panigutti, 303-408-1195, lance@withoutlimits.com, whitelinecycling.com

May 1-5, 2019 — Tour of the Gila, Silver City, NM, 5 stages, UCI men, UCI women, amateur categories, great spring racing!, Jack Brennan,

575-590-2612, brennan5231@comcast.net, tourofthegila.com

May 3-5, 2019 — Tour de Bloom Stage Race, Wenatchee, WA, A three-day cycling event organized by the Wenatchee Valley Velo Club. The event features a road race on Friday, an out and back 10 Mile TT, a twilight criterium in historic downtown Wenatchee on Saturday afternoon and evening, and a road race among the rolling wheat fields near Waterville in adjacent Douglas County on Sunday. The event is USA Cycling-certified. Tour de Bloom is held during Wenatchee's famous Apple Blossom Festival., Ace Bollinger, 509-679-5003, acebollinger@nwi.net, wenatcheevalleyvelo.com/current-event/tour-de-bloom/

May 10-12, 2019 — USA Cycling Collegiate Road National Championships, Augusta, GA, Chuck Hodge, 719-434-4200, chodge@usacycling.org, usacycling.org

May 18, 2019 — Ride for the Pass, Aspen, CO, Benefits the Independence Pass Foundation. 24th Annual from the Winter Gate, 4 miles east of Aspen, to the Independence Ghost Town approximately 10 miles east up Highway 82 on Independence Pass, gains approximately 2200 feet of elevation, from 8,500ft to 10,700ft., Mark Fuller, 970-963-4959, 970-618-5086, fulcon@comcast.net, independencepass.org

May 18-19, 2019 — Superior Morgul Omnium, Superior, CO, 8 mile time trial, team time trial, Superior Morgul road race, Lance Panigutti, 303-408-1195, lance@withoutlimits.com, whitelinecycling.com

May 19, 2019 — Bearmouth Road Race, Missoula, MT, Alex Gallego, 406-721-6525, alex@missoulabicycleworks.com, missoulabicycleworks.com

May 24-26, 2019 — Iron Horse Bicycle Classic, Durango, CO, 47th Annual, Road Race and Tour from Durango to Silverton. Both are on Saturday 25th and are a 50 mile ride from Durango to Silverton. Take off with the train, traveling over two 10,000ft mountain passes enroute to the historical mining town of Silverton. Sunday 26th we have a Kids Race and Kids Village, Mountain Bike Race, Gravel Grinder,Cruiser Crit, BMX event and vendors., Gaige Sippy, 970-259-4621, director@ironhorsebicycleclassic.com, ironhorsebicycleclassic.com

June 1, 2019 — Lyle Pearson 200-mile Team Challenge, Boise, ID, 9th Annual - Team relay road race from Boise to Sun Valley, Mike Cooley, 208-343-3782, mcooley@georgescycles.com, georgescycles.com

June 1, 2019 — Just for the Hill of It, White Bird, ID, Benefit for Syringa Hospital & Clinics Hospice, face the challenging switchbacks of the Old White Bird Grade. Experience 13 miles with a gentle climb starting at Hammer Creek at 1600' and continuing to the summit at 3800'. Breathtaking views. All ages are welcome to come & join in the fun!, Cindy Higgins, 208-963-8550, chiggins@syringahospital.org, syringahospital.org/hill-of-it-challenge.htm

June 1-2, 2019 — Flagstaff Omnium, Flagstaff, AZ, Climb to the Snowbowl Ski Area, 6.34 miles-1850 ft of Climbing - avg 5.6%, Williams-Perkinsville Road Race, Kyle , 928-773-1862, singletrackbikes@yahoo.com, singletrackbikes.com/flagstaffomnium

June 2, 2019 — Guanella Pass Hill Climb, Colorado Summit Cycling Series, Georgetown, CO, 8th annual, Begins in historic downtown Georgetown to the summit of Guanella Pass - Elevation 11,670 ft, 3,050 ft. of elevation gain with grades from 8-12%, 11 miles on freshly paved roads and closed to traffic, Barry Lee, 720-244-8228, 720-409-7048, blee121@icloud.com, [facebook.com/GuanellaPassHillClimb](https://www.facebook.com/GuanellaPassHillClimb)

June 9, 2019 — Bill McLain Memorial - Sandia Crest Road Race, Albuquerque, NM, 27 or 57 miles, Randy Corcoran, 505-440-0603, randy.corcoran12@gmail.com, nmvcycling.org

June 15-16, 2019 — Bike the Bluff, Show Low, AZ, 12th Annual, AZ Elite Road Race Championship, USAC Sanctioned Races, Citizens Race, 22-81 miles, Criterium, Jeff Frost, 928-380-0633, canisbleu@gmail.com, Christy Church, 928-242-3722, christy@biketheb bluff.com, azcycling.org

June 16, 2019 — Parker Main Street Criterium, Parker, CO, fast and flowing criterium, Barry Lee, 720-244-8228, 720-409-7048, blee121@icloud.com, sanitascycling.com

June 20-23, 2019 — USA Cycling Amateur Road National Championships p/b Papa John's, Hagerstown, MD, Elite, U23 and Junior Road National Championships., Chuck Hodge, 719-434-4200, chodge@usacycling.org, usacycling.org

June 27-30, 2019 — USA Cycling Professional Road, ITT, and Criterium National Championships, Knoxville , TN, Chuck Hodge,

719-434-4200, chodge@usacycling.org, usacycling.org

June 28-30, 2019 — Baker City Cycling Classic, Oregon Women's Prestige Series, Baker City, OR, Three days and four stages in beautiful eastern Oregon, with great support and unparalleled scenery. Over 8,000 ft of climbing over the three days in one of the country's most beautiful cycling regions. Pros and amateurs race the same courses and the women's and men's prize purses are matched by sponsor BELLA Main St. Market., Brian Vegter, 541-325-1689, dogbr@icloud.com, bakercity-cycling.org

July 4-7, 2019 — Northwest Tandem Rally, Boise, ID, We have two group rides planned and several social functions. 4 days of tandem rides!, Mike Cooley, 208-343-3782, mcooley@georgescycles.com, georgescycles.com

July 6, 2019 — Twin Falls Criterium, SWICA, Twin Falls, ID, Rick Greenawald, 208-316-6176, greenawald@cableone.net, idahobikeracing.org

July 7, 2019 — Sunshine Pass Hill Climb, Boulder, CO, 3000 feet in 9.8 miles including 3 miles of hard pack dirt., Barry Lee, 720-244-8228, 720-409-7048, blee121@icloud.com, sanitascycling.com

July 12, 2019 — Chrono Kristin Armstrong Time Trial, Pro Road Tour, Boise, ID, UCI 1.2 men's, women's time trial, Mike Cooley, 208-343-3782, mcooley@georgescycles.com, georgescycles.com, chronokristinarmstrong.com

July 13, 2019 — ASWB Twilight Criterium, USA Crits, Boise, ID, 33rd Annual, Pro Road Tour, races for all categories, and race under the lights for the pros., Mike Cooley, 208-343-3782, mcooley@georgescycles.com, boisewillight-criterium.com

July 17-20, 2019 — Southeast Idaho Senior Games, Pocatello, ID, Scout Mountain Hill Climb, Criterium, 10k Time Trial and 20k Road Race, 5k Time Trial, 40k Road Race, Dana Olson, 208-233-2034, 208-317-3918, southeastidahoseniorgames@gmail.com, seidahoseniorgames.org

July 27, 2019 — Targhee Hill Climb, Driggs, ID, Wyoming State Hill Climb Championships. Day 1 - Targhee Hill Climb. Day 2 - Teton Pass Hill Climb. Compete in one or both. To be scored for the State Champs you must race both days. Winners based on combined times. Time trial starts at 10 am with 30 second intervals. Starts at Peaked Sports in Driggs, climbs Ski Hill Road and ends half a mile from the Grand Targhee Resort. The course covers 12 miles and 2,200 vertical feet. Awards, Raffle and results 1 pm at Peaked Sports. Net proceeds benefit Teton Valley Trails and Pathways., Dick Weinbrandt, 208-354-2354, peaked@silverstar.com, Forest Dramis, jacksonholecycling@gmail.com, jhcycling.org

July 27, 2019 — Bob Cook Memorial Mount Evans Hill Climb, Colorado Summit Cycling Series, Idaho Springs, CO, 53rd annual. This is an arduous 27 mile bicycle race and gran fondo that ends on the highest paved road in the United States to the summit of Mount Evans at 14,130', 6000 feet elevation gain, Jennifer Barbour, 303-503-4616, execdir@teamevergreen.org, Kim Nordquist, 303-249-6168, director@bicyclerace.com, bicyclerace.com, teamevergreen.org

July 28, 2019 — Teton Pass Hill Climb, Wilson, WY, Wyoming State Hill Climb Championships. Day 1 - Targhee Hill Climb. Day 2 - Teton Pass Hill Climb. Compete in one or both. To be scored for the State Champs you must race both days. Winners based on combined times. 9:15 AM road race (4.7 miles, 2284 ft. vertical), 21st Anniversary, this year held on Old Pass Road instead of the highway! No cars, no brake dust, just peace and quiet for you to enjoy your suffering!, Dick Weinbrandt, 208-354-2354, peaked@silverstar.com, Forest Dramis, jacksonholecycling@gmail.com, jhcycling.org

August 3-4, 2019 — Idaho Senior Games, Kuna, ID, 5k and 10k Time Trials both at 9 a.m. date corresponds to order of listing, 20 K Aug 5 and 40 K Aug 4 Road Races at 10 a.m., qualifying year for 2019 National Senior Games. Held at S. Cole Road & Hubbard/10 Mile Creek Rd., Mike Thornton, 208-861-8000, idahoseniorgamesinfo@gmail.com, Frank Gilbert, 208-853-1964, frank@georgescycles.com, idahoseniorgames.org

August 4, 2019 — Arizona State Time Trial 20K Championships, Picacho, AZ, Arizona State Individual Time trial, 20K. Course out & back, flat, first ride start 6:30 AM, rider go off in 30 seconds intervals. USA Cycling State awards., Joey Luliano, juliano88@gmail.com, tucsonmasters.org, azcycling.org

August 8-11, 2019 — USA Cycling Masters Road National Championships, Colorado Springs, CO, Chuck Hodge, 719-434-4200, chodge@usacycling.org, usacycling.org

August 10, 2019 — Lamoille Canyon Hill Climb, Lamoille, NV, 13th annual. Road Race hill climb, 12 miles, 3000ft hill climb in Ruby Mountains. Race starts at 9am. Post event picnic and awards in Lamoille Grove, 11:30am, Gayle Hughes, 775-753-7789, 775-934-4532, nvelkove@gmail.com, elkove.com

August 10, 2019 — Pikes Peak Hill Climb, Colorado Summit Cycling Series, Colorado Springs, CO, The start line is located at 9,390 ft./2,862 m, and the finish line is 156 turns, 12.42 mi./20 km, later, with an average grade of 7%, and a gain in altitude of 4,725 ft./1,440 m, to conclude at 14,115 ft./4,302m. It will be held in conjunction with The Broadmoor Pikes Peak Cycling Hill Climb gran fondo fun ride, The Sports Corp , 719-634-7333, info@thesportscorp.org, Jeff Mosher, 719-634-7333 Ext 1005, jeff@thesportscorp.org, usacycling.org, PikesPeakCyclingHillClimb.org

August 17, 2019 — Bogus Basin Hill Climb, Boise, ID, 42nd Annual, Mike Cooley, 208-343-3782, mcooley@georgescycles.com, georgescycles.com

September 1, 2019 — Kitt Peak Time Trial, Tucson, AZ, 11.6 mile hill climb time trial up Kitt Peak, 3400' vertical., Donald Melhado, 520-325-7978, dmelhadocox.net, azcycling.org, saguarovalo.org

September 8-14, 2019 — World Human Powered Speed Challenge (WHPSC), Battle Mountain, NV, 20th annual hosted by the IHPVA. Current record is 89.59 mph. Classes: Men's, Women's, Juniors in Open, Multi-track, tandem and Arm Power. International cyclists from around the world will gather on SR305, the fastest stretch of road in the world to see who can break the World Record., Al or Alice Krause, 707-443-8261, 707-845-3683, a.krause@sbcglobal.net, ihpva.org, whpsc.org

September 13-15, 2019 — Silver State 508, Reno, NV, 36th Annual, Founded by John Marino in 1983 and recognized as "The toughest 48 hours in Sport," This 508-mile bicycle race is revered the world over for its epic mountain climbs, stark desert scenery, desolate roads and its reputation as one of the toughest but most gratifying endurance challenges available, bar none. Solo supported, randonneur, two-person relay, and four-person relay divisions. The Silver State 508 is a Race Across America (RAAM) Qualifier, which traverses Highway 50, the Loneliest Road in America., Robert Panzera, 917-543-2670,

on the University of Utah Campus., Steve Bingham, 720-608-1783, stevebingham@highaltitudeevents.com, Jennifer Nelson, 801-455-9623, marketing@saltlakecitymarathon.com, saltlakecitymarathon.com

April 13, 2019 — Tailwind Tailwind Century, BCC SuperSeries, Salt Lake City, UT, Start: Lehi Front Runner Station. Ride to Ogden Frontrunner and take the train back. Free event, self-supported, BCC, roadcaptain@bccutah.org, Tom Coffey, 801-737-3241, lech2urs@msn.com, bccutah.org

April 20, 2019 — Willard Bay 100, BCC SuperSeries, Centerville, UT, Free Self-supported. Plenty of store stops. No Entry Fee. Start Centerville JHS to Willard Bay Truck Stop. Shorter leg options of 30 and 75 miles cover Layton and Syracuse. BCC, roadcaptain@bccutah.org, bccutah.org

April 20, 2019 — Willard Bay & Beyond Brevet, Salt Lake Randonneurs Brevet Series, Centerville, UT, 62 or 125 miles. Self-supported ride from Centerville, through Hooper, Willard Bay and Brigham City with a turnaround at Corinne. A brevet is a timed ultra distance event. Sponsored by Bonneville Cycling Club and the Salt Lake Randonneurs., Richard Stum, 435-462-2266, richard@eogear.com, saltlakeRANDOS.org

April 27, 2019 — Legacy Parkway SuperSeries, BCC SuperSeries, North Salt Lake, UT, Free self-supported event. Start: Foxboro Park NSL, flattest 100 ever 4 trips up and back on the Legacy Parkway bike path. Food at Farmington Station. Shorter leg options of 30 and 60 miles for one or two trips up and back., BCC, roadcaptain@bccutah.org, Greg Allen, 801-450-1861, greg.allen@mimn.com, bccutah.org

May 4, 2019 — Springville to Nephi 100, BCC SuperSeries, Springville, UT, Start Springville Cracker Barrel Frontage Road to Nephi and back thru orchards, flat to rolling. Self Supported with shorter 30, 60, and 75 mile options. Store stops enroute. Self supported. Free event., BCC, roadcaptain@bccutah.org, bccutah.org

May 4, 2019 — Tour de Brewtah, Utah Bike Month, Salt Lake City, UT, A tour of the city highlighting Salt Lake's great bicycle infrastructure, engaged community, and craft beers. Becky Van Hosen, 801-484-4128, toudebrewtah@gmail.com, toudebrewtah.com

May 4, 2019 — FrontRunner Metric Century Ride, Salt Lake City, UT, Point to point metric century (62.5 miles) bicycle ride from Salt Lake City's Intermodal Hub to Ogden. Return to Salt Lake City via the UTA FrontRunner train service. Your bicycle will be transported via private truck to SLC. Registration opens Christmases Day!, Matt Storms, 801-448-6061, staff@firstwinracing.com, frontrunnercentury.com

May 4, 2019 — Gran Fondo Moab, Moab, UT, Mass start timed road cycling event on the beautiful La Sal Loop road, 60 miles with 5500 feet of climbing. Not a sanctioned race, but you will get a time, awards, and placing., Scott Newton, 800-635-1792, 970-275-1633, info@granfondomoab.com, granfondomoab.com

May 11, 2019 — Northern Utah Series, Salt Lake Randonneurs Brevet Series, Brigham City, UT, Self-supported one-way ride from either Provo or Centerville (depending on the wind that day), taking the Frontrunner to start or to the finish. A brevet is a timed ultra distance event., Richard Stum, 435-462-2266, richard@eogear.com, saltlakeRANDOS.org

May 11, 2019 — Golden Spoke, Utah Bike Month, Wasatch Front, UT, This second annual cycling event features 100 miles of interconnected trail systems across the Wasatch Region from Provo to Ogden, Utah. This year's theme also highlights the theme of the Spike 150 celebration of the completion of transcontinental railroad. Rides of various lengths — with 100 mile, 75 mile, 50 mile, 25 mile, 10 mile and 1.5 mile segments — will feature connections with local communities around various historic and contemporary railroad themes. Some stretches of trail in Utah, Davis and Weber County, will also include rails to trails cycling paths. The rides are geared for fun and community engagement rather than competition, and are planned to accommodate riders of all ages and abilities., Heidi Goedhart, 801-964-4564, hgoedhart@utah.gov, goldenspokeutah.org

May 11, 2019 — Tailwind Part Deux, BCC SuperSeries, Salt Lake City, UT, Start: Lehi Front Runner Station. Ride to Ogden Frontrunner and take the train back. Free event, self-supported, BCC, roadcaptain@bccutah.org, Tom Coffey, 801-737-3241, lech2urs@msn.com, bccutah.org

May 12, 2019 — Amazing Earthfest Road Ride to Grand Canyon, Kanab, UT, Sylvan 50-mile Road Ride to Grand Canyon National Park thru the North Kaibab National Forest. Meet at 78 South 100 East, Kanab, 7:00 AM., Rich Csenge, 435-644-3735, richcsenge@gmail.com, amazingearthfest.org

May 18, 2019 — USEA Ride for Education, Kaysville, UT, A comfortable metric century ride through scenic countryside through Weber and Davis County. Enjoy a mixture of plains and hills throughout Northern Utah. Fully supported, lunch provided with all paid registration. Proceeds go to support Utah public education students via a scholarship fund., Jeremiah Sniffin, 801-269-9320, 385-347-2717, jsniffin@useaut.org, useautah.org, usearide-foreducation.weebly.com

May 18, 2019 — Ride for the Angels, Copperton, UT, 10th Annual. Start: 8:30am, 8655 West 10390 South Copperton Park; Routes: 25, 50 miles and Metric Century 62.5 miles; \$50.00 includes swag bag and ride shirt. With each registration you will be entered to win a new bike. Drawing to be held Saturday at 8:00 am, right before the start of the event. Rest stops and road support, Great casual Post Ride Picnic too!, Dennis Carrigan, 801-201-5164, dennis@angelshands.org, angelshands.org

May 25, 2019 — Wasatch Front Series, Salt Lake Randonneurs Brevet Series, North Salt Lake City, UT, Self-supported ride up Emigration Canyon, along the Wasatch Front and out to Antelope Island. 100, 200 km (65 to 125 mile) options. A brevet (bruh vay) is a timed ultra

distance event, Richard Stum, 435-462-2266, richard@eogear.com, saltlakeRANDOS.org

June 1, 2019 — Little Red Riding Hood, Lewiston, UT, Women only century ride, 27, 36, 50, 70 and 100 mile distances in Cache Valley, fundraiser for Women's Cancer Research at the Huntsman Cancer Institute. Reg. will be available early January. This event sells out quickly., Penny Perkins, penperk@centurylink.net, Curt Griffin, lrrh@bbtc.net, bccutah.org/lrrh

June 1, 2019 — Ride the Gap Century, Parowan, UT, Enjoy cooler weather in the high country of beautiful Southern Utah. Fun and fast with a mileage option for every rider. Nothing like a small town with big fun! Enjoy open roads and very little traffic., Joey Dye, 435-674-3185, joey@redrockbicycle.com, Margaret Gibson, 435-229-6251, margaret@redrockbicycle.com, Ryan Gurr, info@spingeeeks.com, ridesouthernutah.com

June 1, 2019 — Gran Fondo Salt Lake, Salt Lake City, UT, A timed bicycle tour of the Salt Lake Valley. Fully supported aid stations, professional on-course support, and a finish line meal await. Optional KOM/QOM challenge ride for the climbers out there, 100 Miles, 63 Miles or 30 Miles. Join hundreds of cyclists and raise funds for charity., Jared Eborn, 801-599-9268, jared@extramileracing.com, GranFondoSaltLake.com

June 8-9, 2019 — Utah Bicycle Touring Society's Overnight Bike Tour, Salt Lake City, UT, 13th annual overnighter. This event is for new and experienced bicycle travelers. We will bicycle in a self-sufficient manner to Rock Cliff Recreation Area to camp overnight, and then return Sunday. Lou Melini, 801-487-6318, lmelini@comcast.net, Cheryl Soshnik, 435-649-9008, csoshnik@yahoo.com

June 8, 2019 — Double Loop Series, Salt Lake Randonneurs Brevet Series, Nephi, UT, Choose from 200 km (125 mile) or 400 km (250 mile) distances that travel into south through Koosharem, Junction and Richfield. A brevet is a timed ultra distance, self-supported event., Richard Stum, 435-462-2266, richard@eogear.com, saltlakeRANDOS.org

June 15, 2019 — Huntsman 140, Delta, UT, A road cycling, non-competitive ride that raises funds for cancer research at Huntsman Cancer Institute. Participate in the 140-Mile Founder's Ride from Delta, Utah (with a new relay option) or 30, 55, 75, and 140-mile out-and-back from Salt Lake City, Utah. Jen Murano-Tucker, 801-584-5815, murano@huntsmanfoundation.org, Porter Sproul, 801-584-5882, psproul@huntsmanfoundation.org, huntsman140.com

June 22-23, 2019 — Bike MS: Harmons Best Dam Bike Ride, Bike MS, Logan, UT, Join thousands of cyclists from around the region and celebrate 33 years of Bike MS: the premier fundraising cycling series in the nation raising funds for a world free of MS. The Bike MS experience offers route options ranging from 45 to 150 miles over two days and is friendly to all abilities with rest stops every 8-12 miles. Camping, meals, and entertainment based out of Cache Valley Fairgrounds (400 S 500 W) in Logan., Melissa Matthews, 801-424-0112, Melissa.Matthews@nmss.org, Geoff Linville, 801-424-0112, geoff.linville@nmss.org, bikemsutah.org

June 22, 2019 — Castle Country Century, Scofield, UT, Enjoy scenic riding from Scofield reservoir up and over the Manti La-Sal mountains, down through Huntington Canyon and out into the high desert plateaus before finishing in Price, UT. Scenic, challenging and an overall good time. Over 5,300' of climbing and 7,200' of descending. Century and Metric Century available., Mark Jespersen, 435-637-2453, mark@castlecountrycycling.com, Ed Malmgren, 435-637-2453, ed@castlecountrycycling.com, carbonrec.com

June 28-29, 2019 — Raspberry Rumble Series, Salt Lake Randonneurs Brevet Series, Logan, UT, Self-supported 188, 250 or 375-mile ride in Cache Valley and southern Idaho. This is a timed brevet co-sponsored by the national organization, Randonneurs USA., Richard Stum, 435-462-2266, richard@eogear.com, saltlakeRANDOS.org

July 12, 2019 — Antelope by Moonlight Bike Ride, Antelope Island, UT, 26th Annual, 10pm. Open to participants of all ages and starts at the Antelope Island's White Rock Bay. The half way point is the historic Fielding Garr Ranch where refreshments are served. The entire route is 24 miles on an asphalt road., Neka Roundy, 801-451-3286, 801-451-3282, neka@co.davis.ut.us, daviscountyutah.gov, antelopebymoonlight.com

July 13, 2019 — Cache Gran Fondo, UCI Gran Fondo World Series, USA AND Gran Fondo National Series, Logan, UT, 8th annual. Beginning in 2019, the Cache Gran Fondo has been chosen as a UCI World Championship Qualifier, and riders of all abilities invited. 38, 50, 70 and 112-mile courses follow a fun, mostly-flat scenic route through Northern and Cache Valley, UT with a challenging hill in each. The finish is a festival on a closed-off city-block in downtown Logan including race prizes, (UCI winners jersey and medal), recreational rider prizes, finisher medals, and unique jerseys at cost. 25% of UCI racers in 16 age categories qualify for UCI World Championships., Troy Oldham, 435-764-2979, oldhamtroy@gmail.com, cachegranfondo.com

July 20, 2019 — Pedal Away Parkinson's, Kaysville, UT, The 13th Annual 10 mile family fun ride begins at 8 am at Gailey Park in Kaysville. All proceeds benefit the Utah Chapter of the American Parkinson Disease Association., Rebecca Starks, 801-585-2354, mwparkinson@utah.edu, pedalawayparkinsons.com

July 20, 2019 — Desperado Duel, Panguitch, UT, Come and experience the flattest and best 100 mile course and 50 mile option, we have also added a grueling 150 mile option for those training for the big 209 in September. Enjoy the scenery and virtually no traffic. Desperado Duel is one of the best Gran Fondos in Utah., Joey Dye, 435-674-3185, joey@redrockbicycle.com, Margaret Gibson, 435-229-6251, margaret@redrockbicycle.com, ridesouthernutah.com

July 20, 2019 — Iron Lung Ride, Salt Lake City, UT, 32, 80, or 120 mile options out and back starting at This Is The Place Heritage Park and turning around near Snowbasin Resort (3 person relay available on the 120). Challenging climbing, with plenty of rollers and flats to recover. Utah Triple Crank qualifier., Michelle Lyman, 801-941-5526, info@ironlungride.com, ironlungride.com

July 24, 2019 — South Sevier Ram Ride, Monroe, UT, 15 miles, 38 miles, and a metric Century. Start time is 7:00 a.m. Start & Finish location is Monroe Fire Station, Heather Newby, 435-201-0138, Heather.N@jonesanddemille.com, [facebook.com/ssramide](https://www.facebook.com/ssramide)

July 26-27, 2019 — Saints to Sinners Bike Relay, Salt Lake City, UT, Fundraiser relay road race from Salt Lake to Las Vegas. Over 500 miles with elevations from 1500 to 10500 feet. Race in teams through the night, fundraiser event for ALS/Lou Gehrig's Disease., Steven Tew, 801-822-4870, Stevens@SaintstoSinners.com, Chad Neumeyer, 801-856-7018, chad@saintstosinners.com, SaintstoSinners.com

August 3, 2019 — CF Cycle For Life, Coalville/Morgan, UT, Fully supported, beautiful ride with five route options - 20,40, 60, 80 and 100 miles. All funds raised go to the Cystic Fibrosis Foundation., Laura Hadley, 801-532-2335, 801-558-8310, lhadley@cff.org, Patti Balli, 801-532-2335, pballi@cff.org, fightcf.cff.org

August 10, 2019 — Metro Salt Lake Brevet Series, Salt Lake Randonneurs Brevet Series, Salt Lake City, UT, Self-supported ride up Emigration Canyon, along the Wasatch Front and out to Antelope Island. 100, 200 km (65 to 125 mile) options. A brevet (bruh vay) is a timed ultra distance event, Richard Stum, 435-462-2266, richard@eogear.com, saltlakeRANDOS.org

August 17, 2019 — The Ultimate Challenge Presented by University of Utah Health Care, Salt Lake City, UT, A Gran Fondo hosted by the Larry H. Miller Tour of Utah. Riders will follow the Tour of Utah's Queen Stage route before the pros start, with the same climbs and high altitude finish. This ride has earned the title of "America's Toughest One Day Cycling Adventure" and for this year will feature timing on the final climb up Little Cottonwood Canyon, Larry H. Miller Tour of Utah, 801-325-7000, info@tourofutah.com, tourofutah.com

August 17, 2019 — Wildflower Pedalfest, Morgan, UT, A non-competitive, women only road bike race. All ages and levels welcome. The 65 mile course option has a timed hill climb with prizes, Nick Bowsher, 801-610-9422, info@wildfloweroutdoor.com, wildfloweroutdoor.com

August 17, 2019 — To the Moon and Back Century Ride, Tabiona, UT, Come and enjoy the High Uintas. There are four ride options: 150 miles, Century, 75, 50, and 25 mile. All 4 rides will cover the back roads of Duchesne County that has very minimal traffic. Free overnight camping is available. The ride will be based out of Tabiona, Utah. Elevations from 6,522 to 8,150. This ride is fully supported by providing lunch and dinner. All proceeds will go to the Rapha House & Operation Underground Railroad, non-profit organizations that help rescue children from trafficking and sexual exploitation., Karen Redden, 435-828-0467, roxredden@gmail.com, tothemoonandback-events.com

August 23-25, 2019 — Haute Route Utah, Cedar City, UT, Three-day social/competitive event (2 road stages, 1 hill-climb) featuring time-segment racing, pro-level mechanical and nutritional support, post-stage massages, rider briefings and great food., Gretchen Brett, 719-287-8489, contact.northamerica@hauteoute.org, Micah Rice, micah.rice@ocgroup.com, hauteoute.org

August 24, 2019 — Cache Valley Century Tour, Richmond, UT, 35, 60, or 100 mile options. Proceeds benefit Common Ground, a Logan, Utah non-profit. Funds support their adaptive cycling program. Richmond to Preston, Idaho and back through scenic terrain. Great last century before Lolo!, Bob Jardine, 435-713-0288, 435-757-2889, info@CacheValleyCentury.com, Sammie Macfarlane, 435-713-0288, sammie@cad-ventures.org, CJ Sherlock, 435-713-0288, 435-757-2889, info@cachevalleycentury.com, CacheValleyCentury.com

August 24, 2019 — Summit Challenge, Park City, UT, Riders of all ages and abilities will hit the pavement for a 100, 80, 50 or 16-mile road ride event in support of the National Ability Center's mission. All three fully-supported routes of this event follow paved roads in and around the beautiful Park City mountainside. This exciting event promises to serve up a challenge for a wide range of cycling levels and abilities. And don't forget all Summit Challenge riders who have a disability can register and ride for free! The 100 ride goes through the prestigious Wolf Creek Ranch property which is usually closed off to road bikers. Enjoy a ride length of your choice and end up back at the National Ability Center for food, drinks and music., Tommy Youngblood, 435-649-3991, 435-200-0990, events@discovernac.org, Whitney Thompson, 435-649-3991, whitneyt@discovernac.org, summitchallenge100.org, discovernac.org

August 24, 2019 — Sevier Valley Rooster Ride, Richfield, UT, Sevier County in conjunction with Sevier County Trail Days is presenting a 33, 55, or 100 mile bike ride thru scenic Central Utah. Event will be chipped, with fully stocked rest stops, great swag and lunch. Metal and Tee Shirt provided. 33 mile option has a 800 ft gain, 1,163 ft gain for the 55 mile option, and 4,061 ft for the 100 mile option., Chad McWilliams, 435-893-0457, 435-421-2743, cmw@sevier.utah.gov, traildaysutah.com, sv-rooster-ride/

September 8-14, 2019 — Tour of Southern Utah, St. George, UT, 7-day tour including Zion, Bryce, Capitol Reef and More. 60-100 miles per day. Opportunities to work part/ride part., Deborah Bowling, 818-889-2453, embassy@planetultra.com, planetultra.com

September 14, 2019 — Wonder Woman Ride, Payson, UT, Join us for the 10th annual fully supported all women's bike ride, choose between the 15, 30, 70 or 100 mile options. Remember that every woman is a wonder woman!, Mahogany Thurston, 801-318-1420, wonderwomanride@gmail.com, Carolina Herrin, herrin.carolina@gmail.com, wonderwomanride.com

September 14, 2019 — 9.90.Road.Pedal, Scofield, UT, Mark Jespersen, 435-637-2453, mark@castlecountrycycling.com, Ed Malmgren, 435-637-2453, ed@castlecountrycycling.com, castlecountrycycling.com, carbonrec.com

September 20-21, 2019 — Bike the Bear Century, Garden City, UT, 100 and 50 miles. Begins at Raspberry Square in Garden City, UT. Ride around the scenic Bear Lake loop on the Utah/Idaho border, Nelson Palmer, 435-760-6901, 801-479-5460, nrpalmer@comcast.net, Tom Jensen, 801-475-7488, tom.jensen@scouting.org, trappertrails.org, [biketthewest.com](mailto:bike)

September 20-21, 2019 — Salt to Saint Relay, Salt Lake City, UT, 420 mile relay race from Salt Lake City to St. George following Hwy 89. Broken into 24 legs. Ride Solo, or as 4 or 8 person relay teams. Men, Women, and Mixed categories., Clay Christensen, 801-234-0399, info@enduranceutah.com, saltsosaint.com

September 21-22, 2019 — Moab Century Tour, Moab, UT, The Moab Century Tour sends riders across Moab's unique topography of mountain passes, canyons, and the mighty Colorado River. From gaining elevation into the La Sal Mountains (including "The Big Nasty!"), to carving down red rock canyons, and finishing along the Colorado River, this event has landscape worth training for! Live music, beverages, great food await you at the post-ride party. Join us in September when temperatures cool down, the fall foliage comes alive, and cyclists from across the country unite in red rock country to experience awe-inspiring landscapes. An annual fundraiser to benefit cancer survivorship programs, your registration includes a donation to Moab Healthcare Foundation. Groups use the event to inspire fundraising for large and small foundations. Ask how your beneficiary can participate., Beth Logan, 435-260-8889, 435-260-2334, info@skinytreetevents.com, skinytreetevents.com

September 21, 2019 — Goldilocks Utah, Goldilocks Bike Ride, Provo, UT, Goldilocks is a women only bike ride, with a gorgeous route starting at Utah State Park and beautiful fall weather! With 100, 80, 60, 40, and 20 mile route options, Goldilocks has a route that is "just right" for everyone!, Randy Gibb, 801-222-9577, randy@goldilocksride.com, goldilocksride.com

September 21, 2019 — Ride for the Kids, Syracuse, UT, 100% of monies raised go to the MAKE-A-WISH UTAH FOUNDATION. Ride to Antelope Island. Ride options: 25/50/100 miles, depending on skill level of the rider. Ride times available at www.rcwilliey.com. Ride ride begins at Syracuse RC Williey, 1693 W. 2700 S. Syracuse, UT. Breakfast, lunch and drinks will be provided. Tons of prizes given away in raffle., Devin Kingsbury, 801-663-3267, devin.kingsbury@rcwilliey.com, Brent Jones, 801-774-2801, 801-645-0247, brent.jones@rcwilliey.com, rcwilliey.com, rcwilliey.com

September 21, 2019 — Wheels of Justice, Ain't No Mountain High Enough, Sandy, UT, The ride will ascend each of Salt Lake City's five riding canyons, for a total of 116.3 miles and 14,272 feet - one of the most challenging one-day bike rides in Utah! Raises money to prevent childhood trauma and abuse. Greg Hoole, 801-272-7556, greg@teamwheelsofjustice.org, ainnomountainhighenough.org

October 19, 2019 — SoJo Marathon Bike Tour, tentative date, SoJo Race Series, South Jordan, UT, SoJo isn't just for runners! Our non-competitive Bike Tour offers a beautiful ride that begins in Daybreak and continues along the Oquirrh Mountains before winding through Heriman and South Jordan. Janell Payne, 801-253-5203, ext 1411, jpayne@sjc.utah.gov, SoJoMarathon.com

October 26, 2019 — Fall Tour de St. George, St. George, UT, Tour around southern Utah and see some of the most scenic views as you climb to Veyo and go through Gunlock State Park as well as all the beautiful colors throughout this 35, 75, or 100 mile ride. This event is one of our best Gran Fondos in southern Utah., Joey Dye, 435-674-3185, joey@redrockbicycle.com, Margaret Gibson, 435-229-6251, margaret@redrockbicycle.com, Ryan Gurr, info@spingeeeks.com, ridesouthernutah.com

Regional Road Touring and Gran Fondos ID, WY, MT, NV, AZ, NM, CO, MT, OR, WA, and Beyond

April 6, 2019 — 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 Tined., Deborah Bowling, 818-889-2453, embassy@planetultra.com, planetultra.com

April 6, 2019 — SoJo Marathon Bike Tour, tentative date, SoJo Race Series, South Jordan, UT, SoJo isn't just for runners! Our non-competitive Bike Tour offers a beautiful ride that begins in Daybreak and continues along the Oquirrh Mountains before winding through Heriman and South Jordan. Janell Payne, 801-253-5203, ext 1411, jpayne@sjc.utah.gov, SoJoMarathon.com

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September 14, 2019 — 9.90.Road.Pedal, Scofield, UT, Mark Jespersen, 435-637-2453, mark@castlecountrycycling.com, Ed Malmgren, 435-637-2453, [ed@castlecountryc](mailto:ed@castlecountrycycling.com)

well as two timed events: Gran Fondo (100 mile timed ride), Medio Fondo (50 mile timed ride). Enjoy massages, great food and local craft beers following the rides., Mickey Fong, 505-600-1840, 505-946-7595, info@santafecentury.com, santafecentury.com

May 24-26, 2019 — Iron Horse Bicycle Classic. Durango, CO, 47th Annual, Road Race and Tour from Durango to Silverton. Both are on Saturday 25th and are a 50 mile ride from Durango to Silverton. Take off with the train, traveling over two 10,000ft mountain passes enroute to the historical mining town of Silverton. Sunday 26th we have a Kids Race and Kids Village, Mountain Bike Race, Gravel Grinder, Cruiser Crit, BMX event and vendors., Gaige Sippy, 970-259-4621, director@ironhorsebicycleclassic.com, ironhorsebicycleclassic.com

May 25, 2019 — Tour of Marsh Creek Valley. Pocatello, ID, Fully supported ride with snack and drinks at Inkom, McCammon and the Downey turns. Options of 26, 60, or 100 miles between Pocatello and Malad Pass. 21st Annual, Mike Collier, 208-681-0919, 208-633-5445, dadcollaer@hotmail.com, pebblecreekrace.com

June 1, 2019 — Buena Vista Bicycle Festival. Buena Vista, CO, Scenic and easy to challenging routes 35, 50, 62 and 100 mile ride options in Beautiful Arkansas River Valley at the Feet of 14,000 Ft Mounts Princeton, Harvard and Yale. Exceptionally well supported with afternoon party and band., Tim Lopez, 719-594-5655, 719-622-0439, info@bvbf.org, Aaron Rosenthal, 719-594-5655, info@bvbf.org, Chris Quayser, 719-398-9257, chris@emakerss.com, bvbf.org

June 1, 2019 — Tour de Lava. Lava Hot Springs, ID, Come and see Lava on your bike! The ride begins and ends at the Lava Hot Springs Senior Center, with on-site registration at 9 a.m. and the ride starting at 10 a.m., 16-mile option: Whiskey Mike's and back, 34-mile option: Bancroft and back 50-mile option: Bancroft and Chesterfield and back., Danielle Bagley, 208-339-2043, barriesevents@gmail.com, barriesevents.com

June 1, 2019 — Eastern Sierra Double Century. California Triple Crown and Planet Ultra Grand Slam Endurance Series, Bishop, CA, 200 mile ride including Mammoth and June Lakes, Deborah Bowling, 818-889-2453, embassy@planetultra.com, planetultra.com

June 2, 2019 — America's Most Beautiful Bike Ride - Lake Tahoe. Stateline, NV, 28th annual, in conjunction with the Leukemia & Lymphoma Society Team in Training program. Fully supported with rest stops, Tech support and SAG. 100 mile century, 72 miles, (boat cruise - 35 mile fun ride TBD), Curtis Fong, 800-565-2704, 775-771-3246, info@bikethestwest.com, bikethestwest.com, bikeandskitahoe.com

June 2, 2019 — Subaru Elephant Rock Cycling Festival. Castle Rock, CO, The unofficial start to the Colorado cycling season. You will not want to miss the excitement and camaraderie of the 30th pilgrimage to Castle Rock for the Rocky Mountain region's premier cycling festival. Whether you are 6 or 60, prefer to ride on the road or dirt, there is a course for cyclists of all abilities. All of the rides start and finish at the Douglas County Fair Grounds. Stick around for the party at the Rock post-ride picnic and cycling expo., Scott Olmsted, 303-282-9015, info@elephantrockride.com, Amanda Knutson, 515-681-6036, amanda@clippedinevents.com, elephantrockride.com

June 2, 2019 — Fremont Area Road Tour (FART). Lander, WY, 13 to 100 mile options, includes breakfast, bba, t-shirt and bottle, in conjunction with Lander Brew Fest, Nyssa , fart@landercycling.org, Tony Ferlisi, landercycling@gmail.com, Amanda Dyer, 307-332-3394, landercenter@cw.edu, landercycling.org

June 8, 2019 — Ride for Hope. Kuna, ID, 4th annual Ride for Hope put on to help give support to Genesis Community Health and the Boise Rescue Mission. 100% of registration and donations go to charity. Riders have the opportunity to raise additional funds with the goal of \$250 through individual sponsorships. Ride through the scenic Snake River Valley and West Heritage Byway with stocked aid stations and excellent post-ride food and music. 18.6 mile, 31.2 mile, metric century, and century route options available., Margo Riggs, 208-608-2527, rideforhope.ccb@gmail.com, rideforhopeidahohome.com

June 8, 2019 — Tour of Two Forests. Santa Clarita, CA, 200 mile ride, Deborah Bowling, 818-889-2453, embassy@planetultra.com, planetultra.com

June 9-15, 2019 — Ride the Rockies. Breckenridge, CO, Ride the loop to explore Colorado's Rocky Mountains by bicycle. The 2019 tour will be a brand new route showcasing the state's unmatched scenery and breathtaking mountain views. Proceeds benefit Colorado nonprofits through The Denver Post Community Foundation., Deirdre Moynihan, 303-954-6704, dmoynihan@denverpost.com, ridetherockies.com

June 10-July 4, 2019 — Great Alaska Highway Ride. Dawson Creek, BC, AK, Ride the full length of the notorious Al-Can Highway from Dawson Creek BC to Delta Junction Alaska. A fully supported camping and cycling adventure, with a few motel nights., Tom Sheehan, 352-353-8712, tours@pedalerspubandgrille.com, pedalers.travel@alaska-bicycle-tours-great-alaska-highway-bike-tour.htm

June 15, 2019 — Spinderella. Pocatello, ID, 8th Annual, ladies-only ride featuring five scenic routes, from 10 to 100 miles. Roll-out begins at 6:00 am at Ross Park in Pocatello, ID., Danae Young, 208-221-9300, spinderella33@gmail.com, spinderellaride.com

June 15, 2019 — Century Experience Ride. Florissant, CO, Be our guest! Do you like to climb? Over 10,000 feet of elevation gain, all on paved roads. Choose 100, 75 and 50 mile routes. K & Q of the Mountain or non-competitive for jersey and \$100.00, 4 age groups - 100, 75, or 50, 6 AM, Florissant, CO., Deborah Maresca, 719-689-3435, redhorse680552003@yahoo.com, mountaintopcyclingclub.com

June 15, 2019 — Tour de Teton. Driggs, ID, 50 and 100 mile course options in the beautiful Wydoha areal Finish at Gran Targhee., Jared Eborn, 801-599-9268, jared@extramileracing.com, tourdeteton.com, extramileracing.com

June 22, 2019 — RATPOD (Ride Around the Pioneers in One Day). Dillon, MT, RATPOD is a 130-mile one-day charity ride for Camp Make-A-Dream (a cost free cancer camp). The ride takes place in the beautiful Big Hole Valley of SW Montana., Courtney Imhoff, 406-549-5987, info@ratpod.org, ratpod.org, campdream.org

June 22-29, 2019 — Oregon Bicycle Ride. Condon, OR, Time Files: A one-week road tour, fully supported, with legendary BRNW food and amenities. 405 miles, 29,000 feet of elevation gain, Jim Moore, 503-281-1526, 503-504-2656, info@bicycleridesnw.org, bicycleridesnw.org

June 22, 2019 — Bike for Kids Idaho Falls. Idaho Falls, ID, Kids Crit Series, family ride, and 5K run. Held at Snake River Landing, Kristy Mickelsen, 208-522-1205, 208-680-9397, skmick@hotmail.com, bikeforkidsidaho.com

June 22-28, 2019 — Mavic Haute Route Rockies. Haute Route, Boulder, CO, The seven timed and ranked stages will take riders on an all-new route at the 2018 Mavic Haute Route Rockies, covering approximately 500 miles through high altitude passes with abundant views of the beautiful panoramas that make Colorado the heartland of American cycling. Boulder will serve as the official start city of the seven-day event, which includes visits to Winter Park, Avon, Breckenridge and Colorado Springs, Olympic City USA, before taking riders up an epic climb over 14,000 feet to the summit of Pikes Peak-America's Mountain., The Sports Corp., 719-634-7333, info@thesportscorp.org, Doug Martin, 719-634-7333 Ext 1010, doug@thesportscorp.org, Gretchen Brett, 719-287-8489, contact@northamerica@hauteroute.org, Micah Rice, michah.rice@ocgroup.com, hauteroute.org/events/overview/mavic-rockies-2018

June 23, 2019 — GFNY Santa Fe. Gran Fondo New York, Santa Fe, NM, The roads of GFNY Santa Fe will take riders through the spectacular and diverse terrain of the southwest. Both routes start in downtown Santa Fe, 81 and 55 mile courses, Michael McCalla, mike-likhebike@hotmail.com, gfnyusa.com

July 13-20, 2019 — Ride Idaho. Boise, ID, 7-Day fully supported, noncompetitive roadbike tour with SAG support, mechanics, showers, beer garden, entertainment, 355 miles of spectacular scenery. Tent and Porter Service available. Boise to Boise, 355 miles, to Idaho City, Lowman, Parma, Walker's Ferry, and more., Earl Grief, 208-890-4434, earl@cablone.net, rideidaho.org

July 13, 2019 — The Triple Bypass. Evergreen, CO, The legendary Triple Bypass is 120 miles with 10,000' of climbing and travels over 3 beautiful mountain passes from Evergreen to Avon, CO. 30, 75, 120 mile options. Jennifer Barbour, 303-503-4616, execdir@tearnevergreen.org, Kim Nordquist, 303-249-6168, kim@triplebypass.org, triplebypass.org

July 14-19, 2019 — Tour de Wyoming. Thermopolis, WY, 23rd Annual, Bike tour circling Wyoming's Bighorn Basin with daily distances from 55 to 70 miles, Amber Travky, 307-742-5840, atravsky@wyoming.com, cycleywoming.org, tourdewyoming.org

July 20, 2019 — Pepsi Cola Taylor House Benefit Century Ride. Flagstaff, AZ, Benefit ride in the high-altitude cool pines of Northern Arizona. There are 32, 50, 63, and 100 mile route options., Anthony Quintile, 928-779-5969, flagstaff@absolutebikes.net, Ashley Hammarstrom, 877-527-5291, Ashley.hammarstrom@nahealth.com, absolutebikes.net/taylor

July 20, 2019 — Tour de Steamboat. Steamboat Springs, CO, An annual bicycle event that brings together 1,200 cyclists for a one-day ride through beautiful Northwest Colorado. We host four different road ride routes—26, 46, 66 and 116 miles—something for riders of all ages and abilities and new this year, a 100 mile (TBD) gravel route. We are a non-competitive event, and participants are encouraged to ride at their own pace and enjoy the majestic scenery in our part of the world! We offer superb aid stations, support, and end of the ride barbecue and beer garden with local microbrews. All proceeds from the Tour de Steamboat go directly to our local beneficiary non-profits., Katie Lindquist, 970-846-9206, info@tourdesteamboat.com, Tourdesteamboat.com

July 27, 2019 — Fondo on the Palouse. Moscow, ID, Starting at 7:00AM in Moscow, pick from 3 courses (2x, 15, 50, 100 miles) that build on themselves to provide a touring experience of the Palouse as its communities celebrate along the way., T-Jay Clevenger, 208-882-0703, fondopalouse@gmail.com, fondopalouse.org

August 3, 2019 — Copper Triangle Alpine Classic. Copper Mountain, CO, 12th Annual. The Copper Triangle has long been considered one of Colorado's classic alpine road rides. Graced with breathtaking scenery, gorgeous roads and three challenging climbs, the ride exemplifies cycling in the Colorado Rockies. The course is 78 miles, with an elevation gain of almost 6,000 feet over three mountain passes., Scott Olmsted, info@coppertriangle.com

Scott Olmsted, scotty@clippedinevents.com, Amanda Knutson, 515-681-6036, amanda@clippedinevents.com, coppertriangle.com

August 3, 2019 — Tour de Big Bear. WIN Real Estate Group, Serial Legal, Sports in Science, Big Bear Lake, CA, 10th Anniversary Edition, Southern California's favorite ride! Features legendary aid stations, beautiful mountain scenery and spectacular summer weather. With 25, 50, 70, 106 and 109 mile courses, there's a route for every cycling enthusiast! Chris Barnes, 951-970-6720, 909-878-0707, bigbearcycling@gmail.com, tourdebigbear.com, bigbearcycling.com

August 10, 2019 — Le Tour de Kooocanusa. Libby, MT, Fully supported 83 or 44 mile bike ride which tours the breathtaking shoreline of Lake Kooocanusa. Ride finishes with a Blues Festival Finale. Fundraiser for Search & Rescue. Starts at 8 am., Dejon Raines, 406-291-3635, dejon_raines@hotmail.com, Pam Boyke, 406-293-3556, info@letourfokooocanusa.com, letourfokooocanusa.com

August 10-11, 2019 — Bike MS - Wyoming's Bighorn Country Classic. Bike MS, Sheridan, WY, Bike MS has become a rallying point of the MS movement creating a community of shared commitment determined to end MS. Bike MS is a weekend that allows people to come together and celebrate being part of a movement by and for the 400,000 Americans living with MS. This two-day, fully supported ride covers rolling plains, mountain climbs, scenic vistas, and historic towns including Buffalo, Story, Big Horn, Ranchester, Dayton and many more! We offer a challenge for novice and experienced cyclists alike., Alexis Johnson, 303-698-5403, alexis.bradley@nmss.org, Molly Palmer, 307-433-8664, 855-372-1331, molly.palmer@nmss.org, bikemswyoming.org

August 10, 2019 — Four Peaks Gran Fondo. Pocatello, ID, One Day: 82 miles, Four Peaks: 7800ft total elevation gain. Climb the 4 peaks of the Portneuf Valley; Crystal, Scout Mountain, Pebble Creek, Buckskin. The hill climb portions are timed with timing chips. Downhill portions are not timed. Cumulative climb times will be combined to determine rank. Ride 1-4 peaks as you wish, Danielle Bagley, 208-339-2043, barriesevents@gmail.com, David George, 208-317-2225, dgeorge@victoryofidaho.com, 4PGF.com

August 10, 2019 — The Broadmore Pikes Peak Cycling Hill Climb. Colorado Springs, CO, This is an epic hill climb on Pikes Peak America's Mountain, starting at 9,390 feet and finishing 12.42 miles later at 14,115 feet. There is a timed race and gran fondo, with waves starting at 6:15 am. 4725 feet of elevation gain., The Sports Corp., 719-634-7333, info@thesportscorp.org, Jeff Mosher, 719-634-7333 Ext 1005, jefff@thesportscorp.org, PikesPeakCyclingHillClimb.org

August 17, 2019 — Heart of Idaho Century Ride. Idaho Falls, ID, 25, 62, and 100 mile options. Entry fees cover entry, t-shirts, fully stocked rest stops, and post ride BBQ. Route is flat to rolling, easy to moderate difficulty. Benefit for the Art Museum of Eastern Idaho., Miyai Griggs, 208-524-7777, 208-766-6485, mabe@theartmuseum.org, theartmuseum.org/Century.htm

August 17, 2019 — Venus de Miles. Longmont, CO, Venus de Miles is for all skill levels and features courses to accommodate any active woman - whether this is your first athletic event or your hundredth. Choose among a rolling 32-mile course, a 64-mile metric century, and a 100-mile century course. All courses go through beautiful Boulder County, fundraiser for Greenhouse Scholars, Greenhouse Scholars, 303-459-5473, venus@greenhousescholars.org, venusdemiles.com/colorado/

August 18-24, 2019 — Yellowstone National Park Bike Tour. Belgrade, MT, Experience the world's first national park! 7-Day tour includes 6 nights lodging/meals, guide service, entrance fees, daily lunch en route, and more!, John Humphries, 970-728-5891, info@lizardheadcyclingguides.com, lizardheadcyclingguides.com

August 24, 2019 — Tour de Fox. Santa Rosa, CA, 4 course options, 70.2-mile, 52.4-mile, 34.5-mile or 10.7-mile ride. Raises funds for Parkinson's research and the Michael J. Fox Foundation, Bike Monkey, info@bikemonkey.net, truckeedirfondo.com

September 7, 2019 — Race the Rails. Ely, NV, Race the train in Ely! Fun for the whole family! Race a coal fired steam engine that is over 100 years old. The event will accommodate both road and mountain bike riders of all ages., Meg Rhoades, 775-289-3720, rhoades@elynevada.com, elynevada.net

September 8, 2019 — Tour de Tahoe - Bike Big Blue. Lake Tahoe, NV, 17th Annual ride around Lake Tahoe's 72 mile Shoreline. Fully supported with rest stops, tech support and SAG. 72 miles, 4300 ft vertical gain. (Boat cruise and 35 mile fun ride TBD). Limited to 2000 participants, Curtis Fong, 800-565-2704, 775-771-3246, info@bikethestwest.com, bikethestwest.com

September 13-14, 2019 — Grind de Galena. Pocatello, ID, 100 miles, 2 day group ride, Danielle Bagley, 208-339-2043, barriesevents@gmail.com, barriesevents.com

September 13-15, 2019 — Pedal the Plains. Kiowa, CO, PTP will take cyclists through the host communities of Holy, Lamar, Springfield. Celebrates the agricultural roots and frontier heritage of the Eastern Plains of Colorado. Learn about farming and ranching, while experiencing the culture, history and landscape of Colorado's high plains. The Tour incorporates interactive on-route experiences by staging rest stops on farms, posting educational points of interest and serving community meals composed of locally sourced food. Also includes the Great Mustang Gravel 100 - 80% on packed dirt or gravel roads, this route will be fun and challenging for the gravel expert or rookie! Proceeds from Pedal the Plains benefit The Denver Post Community Foundation in support of the Colorado FFA Foundation and Colorado 4-H., Deirdre Moynihan, 303-954-6704, dmoynihan@denverpost.com, ridetherockies.com

September 15, 2019 — Edible Pedal 100. Carson City, NV, 10 mile, 32 mile, 50 mile, 74 mile and Nevada 150K ride options, Start: Bowers Mansion Regional Park, Washoe Valley, NV. Challenging course, fully equipped ride stops, SAG, water bottle, maps, post ride BBQ, priceless views, camaraderie and an unbeatable sense of accomplishment., Don Idings, 775-393-9158, ride@ediblepedal100.org, ediblepedal100.org

September 21, 2019 — Tour de Vineyards. Palisade, CO, Come join this 25-mile ride through Colorado's Wine County just prior to the Colorado Mountain Winefest., Scott Olmsted, scotty@clippedinevents.com, Amanda Knutson, 515-681-6036, amanda@clippedinevents.com, tourdevineyards.com

September 21, 2019 — Mountains to the Desert Bike Ride. Telluride, CO, 16th Annual Mountains to the Desert Bike Ride. From the high mountains of Telluride, cyclists descend past hillsides of quaking aspens along a route that passes through millions of years of geologic record, ultimately finding themselves at the base of striated sandstone cliffs reaching up to 1,000 feet overhead and onwards to the beautiful desert landscape of Gateway. Mileage options: 70, 100 & 130. This ride benefits the Just For Kids Foundation, Lara Young, 970-708-1105, m2dbikeride@gmail.com, m2dbikeride.com

September 22-28, 2019 — OATBRAN. Lake Tahoe, NV, 28th annual One Awesome Tour Bike Ride Across Nevada! Following the Legendary Pony Express Trail on U.S. Hwy. 50, 5 days of riding, 420 miles from Lake Tahoe to Great Basin National Park. Fully Supported motel style tour... limited to 50 participants., Curtis Fong, 800-565-2704, 775-771-3246, info@bikethestwest.com, bikethestwest.com

September 27-29, 2019 — Haute Route San Francisco. San Francisco, CA, In one of the most visited and beautiful cities in the world, the three timed and ranked stages including iconic views of the Golden Gate Bridge, a climb to East Peak in Marin County and an ascent to the landmark Mt. Diablo, where the summit view encompasses 80,000 square miles of California., Gretchen Brett, 719-287-8489, contact@northamerica@hauteroute.org, Micah Rice, michah.rice@ocgroup.com, hauteroute.org

September 28, 2019 — Tri-States Gran Fondo. Mesquite, NV, 112 miles, 7,500ft of climbing, three States - Nevada, Arizona, Utah, all in one spectacular day of cycling. Fully supported / Chip Timed., Deborah Bowling, 818-889-2453, embassy@planetultra.com, tristatesgranfondo.com, planetultra.com

September 28, 2019 — ICON Eyecare Tour of the Moon. Grand Junction, CO, 6th Anniversary Metric Century or Classic 41 mile loop over the beautiful canyons of the Colorado National Monument made famous by the Coors Classic and American Flyer movie., Scott Olmsted, 303-282-9015, info@tourofthemoon.com, Amanda Knutson, 515-681-6036, amanda@clippedinevents.com, tourofthemoon.com

October 5, 2019 — Pink Ribbon Tour. Pocatello, ID, A road cycling event centered on building awareness for breast cancer while raising funds for local cancer patients and providing access to early detection mammograms. Distances of 50, 35, 20, and 8.5 miles, Bruce Wayne, 208-851-2329, traskb1@yahoo.com, pinkribbontour.org

October 5, 2019 — Levi's Gran Fondo. Santa Rosa, CA, 8.8 to 117 mile options, Raises money for Kings Ridge Foundation to help at risk youth., Bike Monkey, info@bikemonkey.net, truckeedirfondo.com

October 12, 2019 — Park to Park Pedal Extreme Nevada 100. Caliente, NV, Road bike ride starting and ending at Kershaw-Ryan State Park. Cyclists visit the towns of Caliente and Pioche, and three other state parks: Cathedral Gorge, Echo Canyon, and Spring Valley. 3 rides available: 100, 60 and 40 mile options. There is a Dutch oven dinner at the end!, Dawn Andone, 775-728-4460, cathedralsgorgevc@cturbone.com, parktoparkpedal.com, lincalcountynevada.com/exploring/biking/park-to-park-pedal/

October 19, 2019 — Gila Monster Gran Fondo. Silver City, NM, With three distances to choose from, everyone can find their challenge. Gran Fondo 115 miles, Gough Park, Silver City 8:00am, Medio Fondo 78 miles, Gough Park, Silver City 8:00am, Nany Fondo 40 miles, Camp Thunderbird, HWY 35 10:00 am., Jack Brennan, 575-590-2612, brennan5231@comcast.net, tourofthegila.com

October 19, 2019 — Solvang Autumn Double Century and Double Metric Century. Solvang, CA, 200 miles or 200 kilometers in Southern CA's most scenic and popular cycling region. A perfect first time double century, 100 mile option too., Deborah Bowling, 818-889-2453, embassy@planetultra.com, planetultra.com

October 26, 2019 — Goldilocks Vegas. Goldilocks Bike Ride, Las Vegas, NV, The only women exclusive ride event in Nevada. Cyclists can choose from a 20, 40, 60, 80, and 100 mile ride all featuring downhill, flat, and rolling terrain in Red Rock Canyon., Randy Gibb, 801-222-9577, randy@goldilocksride.com, goldilocksride.com/events/glv

November 9, 2019 — Ride 2 Recovery Honor Ride Las Vegas. Honor Ride, Las Vegas, NV, Starts and rides down Las Vegas Boulevard with a full escort down the strip! 2 routes will be available with the longer heading out towards Henderson., Jack Shepard, 818-888-7091 Ext. 106, info@projecthero.org, r2c.convio.net/site/TR?fr_id=1361&pg=entry

November 23, 2019 — Death Valley Century. Death Valley, CA, 50 and 100 mile options. Entry includes chip timing, fully stocked checkpoints along the route, with water and a great selection of food and snacks; roving SAG support; tech tee and finish line award. Start at The Ranch at Furnace Creek Resort., Deborah Bowling, 818-889-2453, embassy@planetultra.com, planetultra.com

Multisport Races

April 6, 2019 — SHAC Triathlon. St. George, UT, Beginner, Sprint, and Tuff Kids races, starting between 9 am and 2 pm. Indoor swim, outdoor route for run and bike legs. Cap of 300 each category., Aaron Metler, 435-627-4054, aron.metler@sgcity.org, sgcity.org/sportsandcreation/races

April 7, 2019 — Ride, Stride and Glide Winter Triathlon. Galena Lodge, ID, Annual winter triathlon. Mountain bike on Jenny's Way (9km), run on Glacier (4.5km), ski on Rip and Tear (9km) and Psycho. Location: 15187 Idaho 75 - Ketchum, Galena Lodge, 208-664-4010, info@galenalodge.com, galenalodge.com/events/ride-stride-and-glide-winter-triathlon-2/

April 13, 2019 — RAGE Triathlon. BBSC Double Down Series, Boulder City, NV, Featuring an Olympic, Sprint, Relay, DU, Aquabike, 10k and 5k. Located less than ten miles to famous vacation destinations, including the Las Vegas Strip and Hoover Dam. This race sells out at 1,300 athletes and is a favorite in the southwest, as it attracts athletes from all over the globe!, Craig Towler, 318-518-7303, info@bbsctri.com, Michelle Lund, michelle@bbsctri.com, bbsctri.com/rage#Irage/csig

April 13, 2019 — Telos Timp Tri & 5K. I3TRI EVENTS, Orem, UT, The Timp Triathlon is a Splash distance triathlon which includes a 5K Run, 12 Mile Bike, and 350 Meter Swim, in that order. Held at the O

sevincanyonstrust.org, sevincanyonstrust.org/events/relay

June 1, 2019 — Daybreak Triathlon, Salt Lake Triathlon Series, South Jordan, UT, The only open water Olympic distance race in the greater Salt Lake Valley. Get ready for the best spectator swim around with a point to point swim, a killer bike course near the Ogden Mountains and a run around the lake that is unparalleled., Cody Ford, 801-558-2503, 801-432-0511, cody@ustrisports.com, ustrisports.com

June 1, 2019 — Colorado Triathlon, Boulder, CO, Sprint and Olympic distances, at Boulder Reservoir, Lance Panigutti, 303-408-1195, lance@withoutlimits.com, withoutlimits.com

June 8, 2019 — East Canyon Triathlon, TriUtah Points Series, Morgan City, UT, 8th Annual. This race boasts stunning scenery, a fast, technical bike course, and hometown hospitality like no other, with both Sprint and Olympic distance races to choose from. 2-transition point-to-point race, Begins at the beautiful East Canyon Reservoir. The Sprint bike is downhill and fast (please stay safe and in control at all times.) The Olympic bike course has two short but challenging hills followed by a fast descent into Morgan City. Both distances offer a cool, scenic run along the Weber River and local neighborhoods., Brogg Sterrett, 702-401-6044, race@triatlah.com, triatlah.com

June 8-9, 2019 — Deuces Wild Triathlon Festival, XTERRA America Tour, Show Low, AZ, Off road triathlon, 800m open water lake in Fool Hollow Lake, 24km mountain bike leg, 8km trail run. Depending on water level, athletes will begin the race in the water or on the boat ramp. Plus long course, Olympic, Sprint, and Youth Triathlons, and Aquabike, Raena Cassidy, 877-751-8880, info@xterraplanet.com, TriSports Racing, 520-884-8745, info@trisportsracing.com, deuceswildtriatlah.com/events/xterra-deuces-wild

June 14, 2019 — The Lunatic Triathlon, Price, UT, Held under the Full Moon! Choose between a Kids Triathlon, 5k Run, Run-Bike Duathlon, Mini-Sprint Triathlon, Sprint Triathlon, Unicycle Triathlon or an off-road singletrack course, Scott Merrell, 435-650-0345, scott@lunatictriatlah.com, lunatictriatlah.com

June 15, 2019 — I Can Triathlon, Sandy, UT, Alta Canyon Sports Center, 9565 S. Highland Drive, sprint triathlon, 400m swim, 9 mile bike and 5K run., Alta Canyon Sports Center, 801-568-4600, parksandrec@sandy.utah.gov, sandy.utah.gov/departments/parks-and-recreation/altacanyon-sports-center/special-events

June 15, 2019 — XTERRA Lory, XTERRA America Tour, Bellvue, CO, 1/2 mile swim in the clear waters of Horsefooth Reservoir (Elituk Bay), then a 2-Lap (beginner friendly) 12.2 mile single-track bike over rolling terrain, and across valley bridges at Lory State Park. Finish things off with a fun and challenging 4.8 mile (8k) run through the clouds on single-track trails! , Lance Panigutti, 303-408-1195, lance@withoutlimits.com, withoutlimits.com / #!_xterra-lory

June 15, 2019 — XTERRA Tahoe City, XTERRA America, Tahoe City, CA, Qualifying race for the XTERRA USA Championship. Triathlon and Duathlon and sprint triathlon., Todd Jackson, 530-546-1019, todd@bigblueadventure.com, Kiley McInroy, kiley@bigblueadventure.com, bigblueadventure.com/event/xterra-lake-tahoe/, xterraplanet.com

June 22, 2019 — The Toughman Utah Half Long Course Triathlon 70.3, RACE TRI, Herriman, UT, Long course tri - 1.2 mile swim, 56 mile bike, and 13.1 mile run. Part of the Toughman Series., Aaron Shamy, 801-358-1411, info@racetri.com, racetri.com, toughmantri.com

June 22, 2019 — Mountain Man Triathlon, Alpine, WY, 600 m swim across the Snake River!, 17km Gravel/Road bike leg through the East Alpine Foothills, and 7km trail run along the Greys River. Finish in downtown Alpine. Benefits Alpine Fire & EMS, Star Valley Search & Rescue and Star Valley Medical Center Charitable Foundation, held in conjunction with Alpine Mountain Days, Pam Wolfley, 307-885-5956, pwolfley@svmcwy.org, mountainmantriathlon.org

June 22, 2019 — Tribella Triathlon, Aurora, CO, Women's only tri, sprint, super sprint, Cherry Creek Reservoir, Lance Panigutti, 303-408-1195, lance@withoutlimits.com, withoutlimits.com

June 23, 2019 — Boulder Sunrise Triathlon, Boulder, CO, Scenic course, sweet swag and all for a good cause! Includes olympic,

sprint, Relay, duathlon, Aquabike,10k, and 5k, Craig Towler, 318-518-7303, info@bbsctri.com, Michelle Lund, michelle@bbsctri.com, bbsctri.com

June 29, 2019 — DinoTri, TriUtah Points Series, Vernal, UT, Sprint and Olympic Distance Triathlon. Race starts with an open swim at Red Fleet state park. The bike starts with a crazy hill climb out of the park and heads into town for a run and finish at Utah State Extension. One of the most beautiful triathlons in Utah!, Brogg Sterrett, 702-401-6044, race@triatlah.com, Greg Murphy, 801-656-5897, naldinotri@yahoo.com, dinoTri.com

June 30, 2019 — Ironman 70.3 Coeur D'Alene, Coeur D'Alene, ID, Begins with a 1.2 mile swim in Lake Coeur d'Alene. A 56-mile winding bike course follows with the run loop along the shores of the lake to finish. , 303-444-4316, cta70.3@ironman.com, ironman.com/triathlon/events/americas/ironman-70.3/coeur-d-alene.aspx#axzz50enu9f6

July 6, 2019 — Cache Valley Super Sprint Triathlon, Logan, UT, Held at the Logan Aquatic Center. This race is a great pool triathlon with a 500 meter serpentine swim, 12.4 Mile bike on the Mendon Road which is a flat straight paved road out along farm lands, 3.1 Mile Run on the Logan River Trail under a canopy of trees. For those racers who want to do it Olympic style they will do it twice in an F1 format., Joe Coles, 801-335-4940, joeh@onhillevents.com, onhillevents.com, cvsst.com

July 12-13, 2019 — San Rafael Classic Triathlon, Huntington, UT, Huntington State Park, Olympic distance tri, Olympic team relay, Sprint tri, Sprint team relay, spring swim/bike duathlon, sprint bike/run duathlon, youth tri. Friday night activities offer live music during the pasta dinner. Body marking and pocket pickup available Friday night. Camping available. Reservations necessary to ensure campsite. Held on a closed course. Special prizes and awards will be issued to the athletes, Wade Allinson, 435-609-3126, allinson2@gmail.com, sanrafaelclassic.com

July 13, 2019 — Echo Triathlon, TriUtah Points Series, Coalville, UT, Warm July temperatures, a scenic ride in Utah's unique Echo Canyon, and a run on the Historic Rail Trail makes for the perfect event for both seasoned athletes and beginners. 600 rider cap., Brogg Sterrett, 702-401-6044, race@triatlah.com, triatlah.com

July 13, 2019 — West Yellowstone Mountain Bike Biathlon, West Yellowstone, MT, Match class division for experienced biathletes and a Sport class for novices that includes a safety clinic and loaner rifles. All racers must provide their own mountain bike and wear a helmet., Toni , 406-646-7701, info@skirunbikemt.com, skirunbikemt.com, rendezvouskiftrails.com/events

July 14, 2019 — Boulder Peak Triathlon, Boulder, CO, Sprint and Olympic distances, at Boulder Reservoir, Triathlon, Duathlon, Aquabike, Lance Panigutti, 303-408-1195, lance@withoutlimits.com, withoutlimits.com

July 20, 2019 — XTERRA Mountain Championship, XTERRA America Tour, Avon, CO, The last of four regionals in the XTERRA America Tour, featuring sprint and championship distance off-road triathlon options., Raena Cassidy, 877-751-8880, info@xterraplanet.com, xterra-beavercreek.com

July 20-21, 2019 — Donner Lake Triathlon, Truckee, CA, Kids TRI, Sprint TRI, Half TRI, AquaBike, Olympic TRI, Todd Jackson, 530-546-1019, todd@bigblueadventure.com, Kiley McInroy, kiley@bigblueadventure.com, bigblueadventure.com, donnerlaketri.com

July 21, 2019 — Tri Boulder, BBSC Twin Tri Series, Boulder, CO, One of the fastest growing triathlons in Colorado. Challenge yourself at mile high elevation, Sprint, Olympic, and Half distances., Craig Towler, 318-518-7303, info@bbsctri.com, Michelle Lund, michelle@bbsctri.com, bbsctri.com

July 21, 2019 — Valley Girl Triathlon, Liberty Lake, WA, Sprint, Olympic distances, and duathlon, Maria Ernde, 509-953-9924, 509-939-0552, maria@emdesports.com, emdesports.com

July 27, 2019 — Burley Idaho Lions Spudman Triathlon, Burley, ID, The race starts at 7 am with the world's fastest 1.5k swim (current-aided) then a 40K Bike and 10K run., Cade Richman, info@spudman.org, spudman.org

July 28, 2019 — Steamboat Lake Triathlon, Steamboat Lake, CO, Sprint Distance Triathlon, Aquabike, & Stand-Up Paddleboard Options at Steamboat Lake, Lance Panigutti, 303-408-1195, lance@withoutlimits.com, withoutlimits.com

August 9, 2019 — The Lunatic Triathlon, Helper, UT, Held under the Full Moon! Choose between a Kids Triathlon, 5k Run, Run-Bike Duathlon, Mini-Sprint Triathlon, Sprint Triathlon, Unicycle Triathlon or an off-road singletrack course, Scott Merrell, 435-650-0345, scott@lunatictriatlah.com, lunatictriatlah.com

August 10, 2019 — Jordanelle Triathlon, TriUtah Points Series, Park City, UT, 21st annual. Enjoy everything from the wildlife and boardwalks on the river bottoms in Rock Cliff Recreation Area at Jordanelle to the local country backdrop of the towns of Francis and Woodland., Brogg Sterrett, 702-401-6044, race@triatlah.com, triatlah.com

August 10, 2019 — Kids Tri Harder, Idaho Falls, ID, 13 and under kids triathlon, Michael Hayes, 208-521-2243, michael@pb-performance.com, idahofallsidaho.gov/6387/Kids-Triathlon

August 11, 2019 — Steamboat Triathlon, Steamboat Springs, CO, Sprint and Olympic distances, at Lake Catamount, Triathlon, Duathlon, Aquabike, Lance Panigutti, 303-408-1195, lance@withoutlimits.com, withoutlimits.com

August 17, 2019 — TriathaMom, Riverton, UT, Women only triathlon at the Riverton Country Pool. 300 yard swim, 12 mile bike ride, and 5k run. Carnival style cheering section provided for families of participants., Cody Ford, 801-558-2503, 801-432-0511, cody@ustrisports.com, Aly Brooks, alybrooks@gmail.com, gotri-athamom.com

August 17, 2019 — XTERRA Lake Tahoe, XTERRA America, Incline Village, NV, XTERRA, Sprint, and Duathlon. Course Distance: Full Course: 2X 750 meter swim laps with a 50 meter beach run, 22 mile bike, 6 mile run. Bike Tunnel Creek, and then onto the Flume Trail, which overlooks Lake Tahoe to the Tahoe Rim Trail. Both the Short and Long course complete the 22 mile bike, approximately 4000 feet of climbing. The trail running course is relatively flat, fast and scenic., Todd Jackson, 530-546-1019, todd@bigblueadventure.com, Kiley McInroy, kiley@bigblueadventure.com, bigblueadventure.com/event/xterra-lake-tahoe/, xterraplanet.com

August 17, 2019 — Polson Triathlon, Polson, MT, Olympic Distance Triathlon. 1.5 km, two-lap triangular swim in Flathead Lake. 40km bike, loop course through the valley southwest of Polson. 10km run single loop course through scenic Polson., Matt Seeley, 406-871-0216, 406-883-9264, seeley@speedwagon@gmail.com, polsontriathlon.com

August 18, 2019 — XTERRA Wild Ride Mountain Triathlon (American Tour Points), XTERRA America / Wild Rockies Series, McCall, ID, Ponderosa State Park at Payette Lake, 3/4-mile swim, a 18.5-mile mountain bike and a 6.2-mile trail run, mass start at 9 am in the Park and the finish line festivities begin at noon with the racer feed and music. Kids triathlon (tentative) to follow - 2 different lengths, 13 and under., Darren Lightfield, 208-608-6444, wildrockiesmail@yahoo.com, wildrockies-racing.com, xterraplanet.com

August 18, 2019 — Outdoor Divas Triathlon, Longmont, CO, Union Reservoir, Sprint, women only triathlon, Lance Panigutti, 303-408-1195, lance@withoutlimits.com, withoutlimits.com

August 24, 2019 — Boulder Sunset Triathlon, Boulder, CO, Scenic course, sweet swag and all for a good cause! Includes olympic, sprint, duathlon, Aquabike, 10k, and 5k, Craig Towler, 318-518-7303, info@bbsctri.com, Michelle Lund, michelle@bbsctri.com, bbsctri.com

August 24, 2019 — Race on the Rock, Rock Springs, WY, The 6th Race on the Rock hosts Olympic, Sprint, and a possible long course Triathlon. Speciality and youth divisions at Flaming Gorge Reservoir., Traci Ciepiela, 307-922-1840, tciepiela723@yahoo.com, raceontherock.weebly.com

August 25-26, 2019 — Lake Tahoe Triathlon, Tahoma, CA, Kids TRI, Sprint TRI, Half TRI, AquaBike, Olympic TRI, Duathlon. Held at Ed Z'berg Sugar Pine Point State Park, Todd Jackson, 530-546-1019, todd@bigblueadventure.com, Kiley McInroy, kiley@bigblueadventure.com, bigblueadventure.com

September 2, 2019 — South Davis Labor Day Triathlon, South Davis Racing Series, Bountiful, UT, Start at 8:00 am, Swim 350 yds; Bike 12.02 mi; Run 5k, relay; Split the Sprint between 2-3 racers; Novice: Swim 150 yds; Bike 2.5 mi; Run 1.5 mi; Novices start at: 8:45am; Location: South Davis Recreation Center, 550 N 200 W, John Miller, 801-298-6220, john@southdavisrecreation.com, Cindy Hunt, 801-298-6220, cindy@southdavisrecreation.com, southdavisrecreation.com, southdavisrecreation.com

September 7, 2019 — Salem Spring Triathlon, RACE TRI, Salem, UT, Utah Triathlon State Championships, 800 meter swim, 12.5 mile bike, and 3.1 mile run triathlon course, spectator friendly park and race venue. Race shirts and finisher medals. Aaron Shamy, 801-358-1411, info@racetri.com, racetri.com

September 7, 2019 — Brine Man Triathlon, TriUtah Points Series, Syracuse, UT, 4th annual. This event not only boasts a spectator friendly swim, a bike course you've only dreamt of and a fast/ flat run, but this year it's also the home of the first ever Olympic Course Utah State Triathlon Championship. Sprint, Olympic, and Long Courses, Brogg Sterrett, 702-401-6044, race@triatlah.com, triatlah.com

September 7-8, 2019 — XTERRA Fruita Triathlon and Desert's Edge Triathlon Festival, XTERRA America Tour, Fruita, CO, The Desert's Edge Tri Festival brings you two days of racing, a weekend of camping with other triathletes and their fans, and a fun end to the Colorado Tri Season. Desert's Edge weekend includes

your choice of XTERRA Sprint (not eligible for points) or XTERRA Tri on Saturday, your choice of Sprint or Olympic distance road tri's on Sunday!, John Klish, 970-744-4450, madness@madracingcolorado.com, DesertsEdgeTri.com, madracingcolorado.com

September 14, 2019 — XTERRA USA/Pan American Championship and XTERRA Utah Sprint Race, XTERRA America Tour, Ogden, UT, XTERRA Utah, two distance options: 750m / 19K mountain bike / 5K trail and 1.5k swim/ 30k mountain bike/ 10k trail run; XTERRA USA/ Pan America Championship: 1.5k swim / 30k mountain bike / 10k trail run., Raena Cassidy, 877-751-8880, info@xterraplanet.com, xterra-planet.com, xterrautah.com

September 14, 2019 — Bear Lake Brawl Triathlon, St. Charles, ID, This race is a great course. Bluest water in Utah and Idaho. This is often called the Caribbean of the Rockies. In 2019 the course will go around the lake again for the Half and Full. This course is primarily flat with rolling hills. The East side of the lake road just had a resurfacing in 2018 so it should be the fastest for this race., Joe Coles, 801-335-4940, joeh@onhillevents.com, bearlakebrawl.com, onhillevents.com

September 14, 2019 — Tahoe Big Blue Adventure Race, Truckee, CA, A multi-sport event in which teams and individuals participate and compete in kayaking or stand up paddling, mountain biking, trail running, and navigation. Designed such that participating teams will complete in an 8 hour maximum time format. Teams travel on land and lake to gather as many checkpoints as possible and finish within the 8 hour time limit., Todd Jackson, 530-546-1019, todd@bigblueadventure.com, Kiley McInroy, kiley@bigblueadventure.com, bigblueadventure.com, greattrailrace.com

September 15, 2019 — Harvest Moon Triathlon, Boulder, CO, Long course, at Boulder Reservoir, Triathlon, Duathlon, Aquabike, Lance Panigutti, 303-408-1195, lance@withoutlimits.com, withoutlimits.com

September 21, 2019 — Kokopelli Triathlon, BBSC Triathlon Series, Hurricane, UT, This family-friendly event at Sand Hollow Reservoir has something for everyone! Featuring a Sprint, Olympic, Duathlon, Aquabike, 10k and 5k distances., Craig Towler, 318-518-7303, info@bbsctri.com, Michelle Lund, michelle@bbsctri.com, bbsctri.com

September 22, 2019 — Oktoberfest Triathlon, Longmont, CO, Union Reservoir, Sprint, Lance Panigutti, 303-408-1195, lance@withoutlimits.com, withoutlimits.com

October 5, 2019 — Las Vegas Triathlon, BBSC Double Down Series, Boulder City, NV, The Las Vegas Triathlon is turning 21 this year, so we're going to party! Featuring a Half, Olympic, Sprint, Duathlon, Aquabike, and 10k, 5k, Boulder Beach, Lake Mead , Craig Towler, 318-518-7303, info@bbsctri.com, Michelle Lund, michelle@bbsctri.com, bbsctri.com

October 12, 2019 — Huntsman World Senior Games Triathlon, St. George, UT, Triathlon. Must be 50 years or older. 450 Meter Outdoor Swim, 20K Bike, 5K Run. It's the best little triathlon in the world., Kyle Case, 800-562-1268, 435-674-0550, hwsg@seniorgames.net, seniorgames.net

October 26, 2019 — Southern Utah Triathlon, Hurricane, UT, Sprint and Olympic. Held at Quail Creek Reservoir, Temps are ideal for triathlons with water temps in the high 60's to low 70's and air temps in the 70's. This venue is truly beautiful with mesas and buttes all around. Enjoy the red rock landscape of Southern Utah. , Joe Coles, 801-335-4940, joeh@onhillevents.com, southernutahtriathlon.com, onhillevents.com

October 26, 2019 — Pumpkinman Triathlon, BBSC Double Down Series, Boulder City, NV, Point-to-point race begins in Lake Mead National Recreation Area and ends in Boulder City, with Sprint, Olympic, Aquabike, 10k, and 5k, costumes welcome!, Craig Towler, 318-518-7303, info@bbsctri.com, Michelle Lund, michelle@bbsctri.com, bbsctri.com, pumpkinman

November 2, 2019 — Telos Turkey Triathlon & 5K, T3TRI EVENTS, Orem, UT, Splash distance triathlon which includes a 5K Run, 12 Mile Bike, and 350 Meter Swim in that order. Located at the Orem Rec Center, 665 W Center Street, Shaun Christian, 801-769-3576, 801-678-4032, shaun@t3triathlon.com, Parker Goodwin, 801-769-3576, parker@t3triathlon.com, t3triathlon.com

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MOUNTAIN BIKING

The Story of the Vietnam Victory Challenge



The field rolls out from the start of the 2015 Vietnam Victory Challenge. Photo by VietnamMTB

By Robert Lofgran

The Country's First International Mountain Bike Race

It was the morning of May 12th,

2014 just after 6 AM. The sun was up and I could already feel the heat of the day setting in. From the balcony of my family's 22nd floor apartment I could see downtown Ho Chi Minh City in the distance. On the streets below I could see a few cars trying to make their way through a sea

of endless motorcycles. The Saigon River was bustling with traffic, barges hauling shipping containers while the occasional traditional canoes with local fisherman attempted to navigate the waterways around them. The city was full of chaos and commotion for such an early hour but appeared peaceful watching from above.

As I watched the city from above planning my day of business my phone began ringing. The screen said Bob Margevicius. Bob is the Executive Vice President of Specialized Bicycles. Since being transferred to Vietnam I'd gotten to know Bob fairly well but I was still surprised to be receiving a phone call from him as most conversations were by Skype. As I answered the phone I tried to sound as though I wasn't still half asleep. Bob quickly asked if I was okay and if I knew how everyone at our surrounding factories were doing. I could sense urgency in Bob's voice but I was at a loss as to why. I replied that I had been out at some of the factories the day before and that when I left at around 4 PM everything was business as usual.

After a moment's pause, Bob advised me that he had just learned that the factories of multiple suppliers in the Binh Duong Industrial Park had been burned and looted by protestors. The acts were done as part of anti-China protests over China's infringement on Vietnam's continental shelf and the Spratly Islands. Although the affected suppliers were Taiwanese owned factories the signage on the buildings contained Chinese characters and employed Chinese management.

I spent the rest of the day and the following weeks navigating the streets on my 150cc Suzuki motorcycle checking on suppliers amid crowds of protestors. My task was simply to help gather information each day and meet with Specialized management via Skype each night to relay projected delays and plans to resume production. Each day of lost production was having a ripple effect of losses that started with local factory workers and reached as far as local bike shops globally.

A few days after the initial riots I was visited by the distribution manager for southeast Asia based out of Singapore. As I had developed a relationship with the local distributor for Specialized I was asked to join him for a business dinner where distribution problems in the area would be discussed. The distributor who had already been struggling to get a foothold in the local market with the high import costs of sporting goods was now under immense strain as their warehouse containing Specialized inventory was one of the victims of the burnings and lootings.

As we sat in an open air Vietnamese restaurant lit by traditional lanterns along the side of the Saigon River my colleague tried to keep a tough conversation with the distributor as friendly and relaxed as possible. Doing business in a country as foreign as Vietnam was a constant tight rope of politics and making sure you didn't make a valuable business partner "lose face". Long before



In 2014, several Vietnamese bicycle suppliers' factories were burned in anti-China protests since the factories were managed by the Chinese. Out of the ashes, the Vietnam Victory Challenge was born. Photo by Robert Lofgran

the distributor had lost its inventory to arson they had been struggling to sell anything besides road bikes. My colleague was here to offer the company's assistance but needed to push them to recommit to selling the entire product line. He wanted them to sell mountain bikes and kids bikes. In a moment when the conversation was taking a more serious tone, my colleague elbowed me as he spoke in a jovial tone. He said, "Bob, what we need is for you to single handedly build the sport of mountain biking in Vietnam." I laughingly agreed to do whatever I could. The wheels in my head literally began turning at that very moment. I began envisioning a mountain bike race that would see athletes competing on parts of the legendary Ho Chi Minh Trail.

Over the coming weeks and months I began inserting myself in the local bike community, attending early morning group rides, hitting some local road races. Through these connections I arranged to have a Vietnamese friend meet with a local member of the Vietnamese Cycling Federation to pitch my mountain bike race idea. My friend returned solemnly informing me that he'd been told that an international mountain bike stage race wouldn't be supported by the federation.

I continued my research on the Ho Chi Minh Trail realizing how nearly impossible it would be to create the race I had dreamed of given the fact that most of the trail was now lost. In a chance meeting with a local ride while chatting on a group ride I was informed of a small mountain bike race being put on by the federation on the outskirts of Ho Chi Minh City. I decided I'd go to the race and see what the scene was like.

The race course was in and around what appeared to be a war monument and cemetery. As with most events, the federation made a very formal opening ceremony and a great show of patriotism and pageantry. I was beginning to wonder if we'd ever actually race our bikes. Finally we toed the line and set out at a blistering pace from the starting line. The course resembled a long cyclocross course and wound through the granite monument and on small trails surrounding it. After several laps and close to an hour of racing I crossed the finish line as the winner. Many of the very strong riders I'd competed with on the road were present. However, mountain biking was so new to them and Vietnam that many of the riders struggled with the off road nature of the event.

The member of the federation who had blown off my friend with my race idea was the organizer of the

event. The organizer approached me with a translator to congratulate me. Through the interpreter we chatted for a couple of minutes. Not knowing if I'd ever have a chance to talk with a federation member again I used the opportunity to pitch my race idea once again. My idea of creating the event in the area of Pleiku in the central highlands was immediately shot down. I was told by the federation member to look into doing the event on the city of Dalat. The federation member provided me with contact information and we agreed to meet at a later date.

It was a struggle to find any information regarding trails in the central highland town of Dalat. Progress stalled as I couldn't make any progress towards finding suitable trails. My first trip to Dalat was a bust. It was pouring rain throughout the entire trip and I could barely keep my rented Honda Dream motor scooter upright on the slippery mountain trails. After a couple of days of riding in circles without finding a single usable route I walked into a tour company called Phat Tire Ventures. I was greeted by their friendly staff who gladly pointed out some areas of interest on a large map on the wall. Phat Tire Ventures became one of the main supporters of the event who helped me over the months I travelled back and forth from Ho Chi Minh to create the routes and meet with the municipal government leaders of Dalat.

After riding thousands of kilometers on a 150cc Honda dirt bike exploring nearly every trail the area had to offer I finally had three routes to propose to the government leaders and the federation. It was January already and I knew if the race was going to work we needed a March date to avoid the rainy season and attract international participants from the region.

The first meeting didn't exactly go well. The meeting began in a room adorned with Vietnamese flags and we sat at a conference table with a statue of Ho Chi Minh himself overlooking. Both the federation and the municipal government members of Dalat expressed worry I may embarrass them by not being able to pull the event off. The officials would have to get multiple officials from around the area and country to sign off and apparently a previous event organizer had greatly embarrassed them by cancelling a trail running event at the last minute after officials put forth great effort to get everyone to sign off on it. Through a translator I convinced the officials and federation that I'd ensure the event took place even if it came at a

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Salt Cycles
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Sports Den
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(801) 582-5611 sportsden.com

Storm Cycles
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Vietnam Victory Challenge. Photo by VietnamMTB



Racers on course in stage 2 of the 2015 Vietnam Victory Challenge. Photo by VietnamMTB

financial loss. Little did I know just how expensive the endeavor would be!

As our meeting wrapped up the federation and government members stated they would give me the go ahead under the condition that I take a selected group of Vietnamese riders to pre-ride all of the courses. They wanted to ensure that the courses were safe they said. I was given the go ahead to open up registration and begin promoting the event. Registrations began coming in very slowly and I prepared to take the group of selected riders to pre-ride the courses for the three day event.

On the first day of pre-riding we set out early in the morning. The pine covered mountains of Dalat were covered in misty fog and the temperature was brisk. Due to the characteristics of the region's mountains and the fact that none of the selected trails were created for recreating, the course was admittedly somewhat climb heavy, especially for locals coming from Ho Chi Minh City at sea level. Each time we crested a hill top the leading riders would stop at the top to rest and wait for their friends, either having a smoke or making a picnic out of the stop. Soon night was falling and we were only just arriving back in the heart of Dalat. We were all exhausted and I was extremely annoyed at the cultural experience I'd just had.

The next day brought the same experience. As we loaded a bus to

make the overnight trip back to Ho Chi Minh I was advised the event couldn't go forward unless the courses were shortened to allow locals to be competitive. I was taken aback. The courses were already relatively short by comparison to other similar events. I had no choice but to agree and went back to my apartment and poured over routes I'd ridden to find a way to make the officials happy but still have quality routes.

A couple of weeks later I took the group of riders back to Dalat where we rode the modified routes. The experience was similar and the riders still struggled. The courses were now shortened to just 53 kilometers for the first two days and slightly less for the final day. So at just under 32 miles of riding per day I was worried riders outside of Vietnam would think the event wasn't worth the trip. After riding the courses we met with the federation and other officials who again demanded I shorten the stages to allow the local riders better chances. I couldn't believe what I was hearing! At this point I already had athletes from the US, Canada, Singapore, and Malaysia committed to coming. As carefully but as confidently as I could I replied to the officials that the courses couldn't be shortened any further without risk of being embarrassingly short. "Any shorter" I said, "would discourage athletes from making such a journey to participate." There was a long silence and I was convinced the project was dead in the water. However, after a short conversation amongst themselves, the officials gave the go ahead.

I'd already spent more time creating the event dubbed the Vietnam Victory Challenge than I had ever imagined and the event was still two months away. We had only a handful of registered riders and besides having a website everything still had to be done.

Somehow we secured valuable

sponsorship support from several large companies including support from one of the bike manufacturers I'd been working with who had lost their factory. And on March 20th, 2015 just over 100 riders from more than five countries took to the starting line for the first ever international open mountain bike stage race in Vietnam. The event was a major success and was widely publicized throughout Vietnam. Having participated in countless events as an athlete I never imagined the hard work and struggles necessary to create such an event. However, even as much as I absolutely love racing my bike, I can't ever remember participating in an event that gave me such a feeling of accomplishment, pride, and happiness. I've never participated in an event where athletes were so hungry and so happy to be given the chance to compete at a high level with international riders.

Everywhere I looked from athletes to spectators, people were sincerely enjoying themselves and there were smiles all around. I couldn't have been happier with the way the event turned out and with the effect it had on the local athletes and the businesses that were involved. Many of our sponsors sent teams of their employees to assist as volunteers, feelings of pride to be part of such a big event seemed palpable. I can never thank those who participated enough for being part of the event.

We ran another amazingly successful event March of 2016 with more than double the participating with roughly half of all participants coming from another country. At the request of locals in Ho Chi Minh City we also created a 50 km ultra marathon on one of the same courses used by the mountain bike race. Other companies who were affected by the anti-China riots of 2014 came on as sponsors in an effort to further build the sport of mountain biking in the country.

By June of 2016 arrangements were made for mine and my family's return to the US after a more than three year stint as Supervisor of Southeast Asia Quality for Specialized Bicycles. Our time in Vietnam remains the biggest adventure of our lives as of yet. The Vietnamese Cycling Federation in conjunction with the the municipal



Spectators in the 2015 Vietnam Victory Challenge. Photo by VietnamMTB



Racer on course in the Vietnam Victory Challenge. Photo by VietnamMTB

government of Dalat now run the event under the name Dalat Victory Challenge. The event continues to give local athletes the chance to compete. The Federation now runs a mountain bike race series in southern Vietnam called Vietnam MTB

Series and the sport continues to grow thanks to the enthusiasm of the locals.

For more information on mountain bike racing in Vietnam, see vietnammtbseries.com

New Mountain Bike Race to be Held in Star Valley, Wyoming

The Salt River Challenge is a new one day mountain bike race to be held in Alpine, Wyoming. The race is also the official kick-off and media release of our 2020 stage race event.

The event will take place in the scenic Salt River Mountains of Star Valley Wyoming. Participants will enjoy a challenging race course in Wyoming's incredible backcountry.

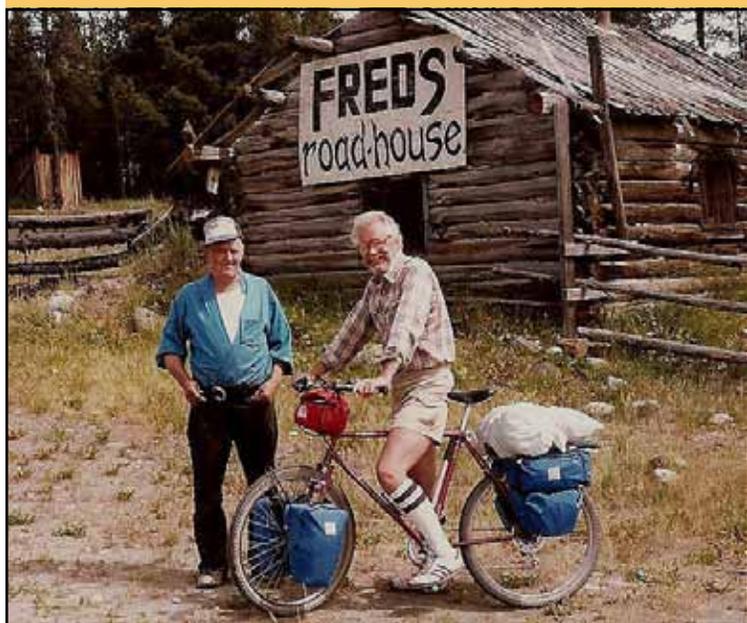
The Salt River Challenge will feature a race village where participants and their families can relax and have some fun! The race village consists of bunkhouse cabins and locations for trailer and tent camping. Comforts such as showers, restrooms, and recreational space for the kids are just a few of the amenities.

This event is organized by Robert Lofgran, the creator of the Vietnam Victory Challenge (see the April 2015 issue of Cycling Utah online). Participation for the inaugural event will be limited to just 300 riders.

For more information visit saltrivermtb.com.



BICYCLE TOURING

Crossing the Chilcotin

Jay Hudson in the Chilcotin, British Columbia, in 1984 in front of Fred's Roadhouse. Photo courtesy Jay Hudson.

By Jay Hudson

The British Columbia Canadian border guard waved me over to the side of the entry station with a slight scowl on his ruddy face that summer day in 1984. I can't say as I blame him. I must have looked like a hippy in my old beat up Datsun station wagon. I had been wandering from Ogden, Utah for three days and the back of the wagon looked like a disaster area with supplies, a rumpled sleeping bag along with bicycle parts laying helter-skelter. I didn't look much better with bedraggled clothes, a beard, wild hair, and probably cookie crumbs stuck to my mustache. Once I explained that I was on my way to Williams Lake to ride my mountain bicycle 456 km to Bella Coola over the Chilcotin territory, they let me into the Queen Mother land; reluctantly.

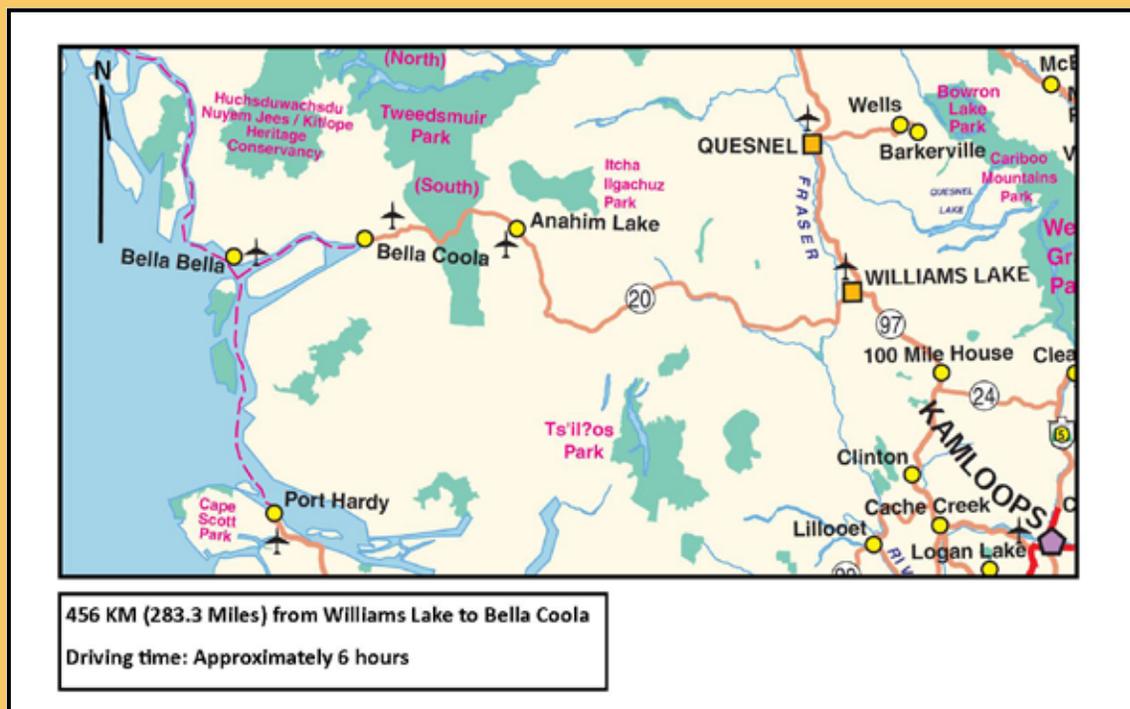
Williams Lake

I parked the car in Williams Lake, gave the keys and my wife's phone number to a fellow from the road department. I saddled up, and headed west in 92 degree heat. The idea was to cross the Fraser River while staying on Highway 20 for five or six days. This leisurely ride would bring me to the point where Alexander MacKenzie reached the coast after crossing the continent some 10 years before Lewis, and Clark. There would be mountains, rivers, valleys, grizzly bears and unanticipated mini-

adventures along the way. Once in Bella Coola, I would catch a twice a week bus back over the rutted, steep, rocky dirt road.

From the outskirts of William's Lake the paved road turned uphill then dropped to Sheep Creek Bridge across the Frazer River. As I peddled up Sheep Creek Hill I used all 18 of my gears to make the 1,200 foot climb. Topping out, I entered Belcher's prairie knowing a few hours of flat riding would renew my energy. There was a sign at Hanceville about 40 miles west of Williams Lake that warned travelers not to attempt the road without good brakes and emergency provisions. It was talking about autos as no one has ever made the trip on a bicycle. Trailers were not allowed. I left pavement at Hanceville peddling onto the best stretch of dirt I would see for days, and the last of pavement until the Bella Coola valley. I was taking a chance on the road because the history of this old horse trail since it was pushed west in the 1860's was one of bad weather and bad surfaces with long periods between help. Cell phones were somewhere in the future so I knew I may be laid up beside the road in a tent waiting for dry weather or an occasional rancher for help. I gambled that July 1984 would be good to my 49 year old body.

The Chilcotin country was sparsely populated with a history as a tough land calling for tough men and a few very strong women. Men eked out a living from the land when it let them.



A map of Williams Lake to Bella Coola on Highway 20 in British Columbia.

Scattered ranchers sought the comfort of few, and far between stores while Merchants counted on these rough men to keep the store open. Sightseeing travelers were scarce as the road wasn't bulldozed to Bella Coola until 1952, so unless you lived in the area, were visiting, hunting or fishing, there wasn't much reason to risk the trip.

Alexis Creek

Alexis Creek was big enough to have buildings on both sides of the road with Pigeon's Old Fashioned general store the center of activity. Upstairs from the store was a community hall demanding you enter, and have a look around as it was the only thing of interest in town. The folks in the store would send a letter for you, sell you fishing or hunting licenses or fill a box with food stuffs and staples. Several dirty old vehicles were parked outside some in such condition that I wondered if they were abandoned. A maroon Chevy sedan caught my eye because it looked like it had just gone through a car wash or a deep creek. A red mailbox hung from the side of the store near the ever-present store bench inviting anyone to sit a spell and spin a story.

The road tread changed every few miles, and although it could be rough with ruts, stones or water, it was rideable. If I was lucky, my spare parts

could keep me going without having to send back to William's Lake for replacements. The weather held. Although I thought I would be seeing wildlife, few animals or birds were in evidence. Running water was always a welcome sight giving me an excuse to dismount, and soak my hot feet. Traffic was not a problem as I could ride for hours without seeing another person. I must have been viewed as a crazy outsider with my saddlebags, shorts, and long socks. Outsiders had never been that welcomed in the Chilcotin but I never felt I wouldn't be helped if I needed it; if only to keep me moving.

You could argue the title "Highway" 20, but you couldn't argue the tenacity of the people depending on it to survive. The time I spent growing up in the north plains country of Montana taught me that those who didn't survive the country were the ones who couldn't use whatever was handy to fix whatever necessary. These were people that could sit out the night in a cold broken down car or who could make a big story out of the smallest of hardships. I admired the people of the Chilcotin. It hurt a bit, though, when I parked my bike up against a buck rail fence at an isolated old home, entered a café created out of the living room, ordered a slice of apple pie, and no one paid me the least bit of attention. Even Montanans would have

said, "Howdy", and probably inquire what I was doing on a bicycle so far from town.

Between Alexis Creek and Redstone a small log red roofed store surrounded by another buck rail fence that looked like a good place to stop. The store sported a gas pump with a long handle to manually fill the glass reservoir for gravity feed. The pump sat between well-worn tire marks on the grass. It brought back memories of when I lived in a log house with the same kind of pump where my Dad and grandparents also sold a few supplies. It was my job to fill the reservoir and let it gravity feed into the car's gas tank. That was in 1947 on Highway 2 at the bottom of Glacier National Park in Montana. I rode by the Redstone Cemetery, and wondered about the people buried there and how they had died in this harsh country. The graves had little picket fences around them. Some of the grave sites needed care but I guessed that after a few years no one remembered much about some of the owners.

Chilanko Forks

The road got rougher. Riding now demanded constant rock dodging while easing my way across minor washouts. The country was green, the sky clear and the wind calm as I peddled on toward Chilanko Forks store on a much abraded road. I had made letter arrangements with the store owner Ron Morrow to camp in the back of his place. I looked forward to some conversation, a beer, and a hot meal made up by a real cook.

The ride through Bull Canyon on the way to Ron's was enough to make me want to camp early, but the idea of a cold beer at Ron's store kept me going. Ron showed me where to put up my tent as we talked about my trip. I asked him what was happening with a group of locals sitting on a fence across the road while a fire shot flames, and smoke into the air on the plateau just up the hill. Ron said that it was a yearly event. The locals set the fire, called it in, then sat on the fence waiting for the govern-



Bull Canyon. Photo by Jay Hudson



Sheepcreek Hill near the Frazer River in the Chilcotin, British Columbia. Photo by Jay Hudson

ment to hire them to go up the hill, and put it out. Nice work if you can get it! I filled up on supplies from the store, had a good nights sleep, and saddled up for the next stretch of road heading west. There were no early morning signs of weather trouble ahead. Because there were no weather forecasts, you had to use your eyes, and nose in place of the newspaper.

At Tatla Lake the scene was just

Fred's Road House

I pulled off the road at Towdystan to admire a great white sign calling out FRED'S ROAD HOUSE. It hung on a barn long out of use when up walked a fellow who wanted to know what in the world I was doing on a bicycle. He introduced himself as Fred Englberson. He wore his weathered baseball cap at a rakish angle, a night shirt stuffed into his black everyday work pants with a



Nimpo Lake Campsite. Photo by Jay Hudson

what you would expect from the Chilcotin; an old two-story house with a porch where a sign stating AISCAMIVE (?) hung was complemented with a nearby rusting hay rake, a buckboard, and the lake in the background. Snow covered the mountains in the distant north making for a picture postcard scene. I heard later that the house was used as a dorm for a nearby long closed school.

huge belt buckle pushed halfway to his right hip. I was sure that he saw me coming, threw on a pair of pants over his nightshirt, and came out for a meet and greet. I got the definite feeling that here was a man that was self sufficient, could fix a tractor or my bike, and had a few stories to tell while he worked. I was also sure that everyone in the Chilcotin probably knew him and had a story about him. Fred invited into his home for a cuppa where his massive living room



The 1942 Cessna 195 on Nimpo Lake. Photo by Jay Hudson

was filled with hunting trophies from his guiding days. It turned out that he had never left the Chilcotin until he was in his 50's when a client invited him on an African Safari. It was strange to see a Cape buffalo, and a Thompson's Gazelle hanging beside a grizzly. Fred said he didn't like the custom of having the Africans carry his gun, load it, and hand it to him for the kill so he hauled it around Africa just like at home in the Chilcotin. He said his best memory of the trip to Africa was not of the hunt but the parties in Paris.

Flying

The weather held as I pushed west in a fresh pair of socks, a candy bar pulled out of my pannier, and a plastic bottle full of fresh cold water. I passed a roofless abandoned log cabin with a bus stop sign nailed to the lintel. There was no door, just two broken rusted hinges. I wondered if this was a joke or did the Chilcotin run horse drawn buses in the old days. Nimpo Lake was on my map as a possible campsite so I peddled on. I set up a camp at what I thought would be a wonderful sunrise view of the lake with the high mountains of Tweedsmuir National Park to the west. As I was relaxing after a freeze dried camp stove dinner, a float plane landed on the lake, and motored up to my camp. Two fellows climbed out on the float, and threw fly lines in the water hoping for a trout dinner. We were talking about my trip when the pilot asked,

"What was I doing tomorrow?" I responded:

"More of the same! Just heading for Bella Coola."

"Would you like to spend the day flying with us tomorrow?"

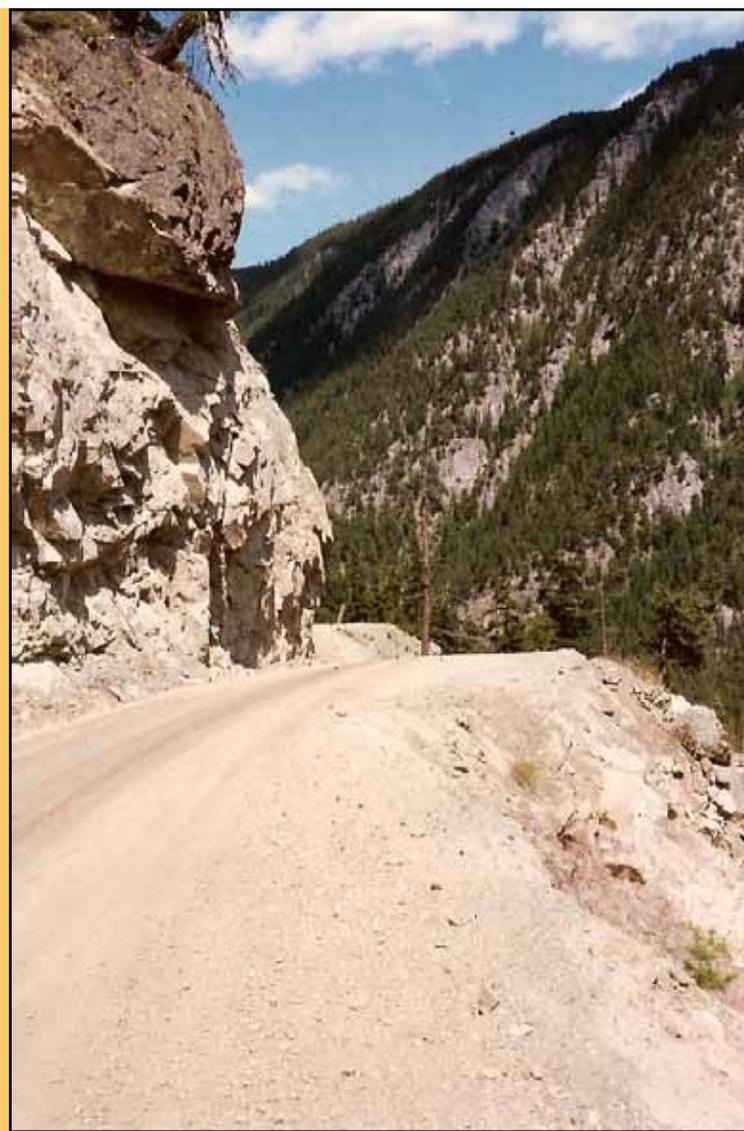
"I'll bring you back in the late afternoon?"

"Yes", I enthusiastically replied.

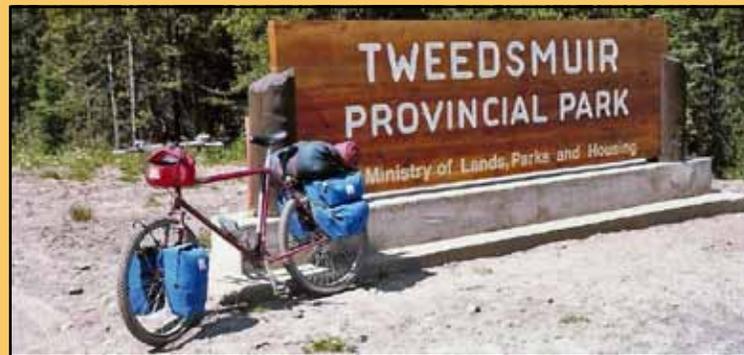
They motored off to the upper end of the lake to spend the night in a hunter's cabin.

When they arrived at my camp the next morning, I had finished breakfast, packed everything, and had placed my bike inside the tent. We rose off the lake in the early morning light setting a heading of north by northeast. Flying over the land I had been so close to on the bike gave me another perspective. I wondered just where we would turn back as we buzzed small lakes, a moose, and beaver dams. We landed on Tsacha Lake. They ran the plane up on the lake bank at the MacKenzie Trail Lodge where we had trout for lunch. We talked to the owners about their future. They were convinced that the lodge would become a regular stopping point between Vancouver, British Columbia, the Yukon, and Alaska. We rolled a drum of petrol in a wheelbarrow down to the beach where we loaded up the 1942 Cessna 195 three bladed tri-tail. This was as far as my hosts from Los Angeles were going north that day, and we returned to Nimpo Lake where I prepared a solo dinner of freeze dried spaghetti.

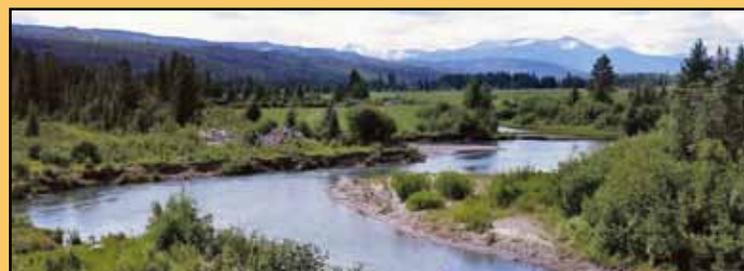
The next morning I packed up for the long uphill climb to Tweedsmuir



West from Tweedsmuir. Photo by Jay Hudson



Tweedsmuir Provincial Park in the Chilcotin, British Columbia. Jay's loaded Trek 830 touring bike is pictured. Photo by Jay Hudson



A view in the Chilcotin. Photo by Jay Hudson

National Park where I had heard a Ranger could put me up, and save me a sleepless night in Grizzly country. About a half hour into the ride, I saw a plane on a northwest flight plan which was probably my Cessna friends headed for the Yukon. I returned to the task at hand with my head down while pushing in 13th of my 18 gears when I heard the sound of a plane ahead of me. When I looked up, the Cessna was coming down the road right at me at about 50 feet off the dirt. The pilot pulled up to my right while the copilot waved out the window. They then returned to their flight plan leaving me breathless from the excitement with one foot on the ground, and needing a drink. Evidently they had seen me from the northwest, and turned around to give me a thrill. I felt like Gary Grant in the movie "North by Northwest".

Continued on page 34

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Chilcotin Bicycle Tour - continued from page 33

An Eye Out for Grizzlies

When I arrived at Tweedsmuir Provincial Park in the late afternoon, the Ranger was not in residence. This

along. By the time I reached a motel on the valley floor I had 75 miles in back of me, it was late in the day, and I needed a shower, a cold drink, and a meal cooked by someone else.

The motel owner asked me clean up a campground in return for a hot meal. I jumped at the offer and when we got there we found part of the



Pigeon Store in the Chilcotin. Photo by Jay Hudson

the grades. I don't remember a single passenger boarding the bus for the 456 km ride back except two fellows who boarded with me in Bella Coola.

When we arrived in the afternoon at Williams Lake, I retrieved the keys to the car, and took a motel room in anticipation of the trip back to Ogden. It would take two or three days depending on what came up along the way.

The Chilcotin was a ride to remember. When I returned, I purchased the book "The Road Runs West" which describes Highway 20's history. The book was yet another slant on a wonderful country. The characters in the books, and the stories about their lives left me wondering just what would have happened if things had gone wrong for me as I peddled what could have been extremely harsh country, nasty weather, and a complete lack of quick medical assistance.

Notes:

- The route is not that far but in 1984 there were only two stretches of pavement totaling approximately 50 of the 283 miles. The road base was rocky with stretches of gravel or graded mountain soil.

- On invitation, I spent two days traveling by float plane out of Nimpo Lake sightseeing. I stored my bike in the tent.

- I was afraid to camp at Tweedsmuir National Park because of the threat of grizzly bears so I rode from Anahim Lake to Hagensborg. A very long exhausting day.

- I spent one day cleaning up a campground at Hagensborg east of Bella Coola after a grizzly bear tore it up and frightened four people from France.

- A book titled "THE ROAD RUNS WEST" details the years of road construction by men coming east to meet the men going west.

- Bike shops in Williams Lake state that people are now riding the route one way to get to the ferries in Bella Coola.

The Bike:

According to Matt Howard current owner of The Bike Shoppe in South Ogden, who sold me the TREK 830 in 1984, is that the bike did not have very big tires and zero suspension to make the ride tolerable. It did not have disc brakes or front and rear suspension. It did not have the huge gear range with a low end that makes it possible to climb the steepest grades. Finally that early mountain bike was a lot heavier than today's version.



Bella Coola. Photo by Jay Hudson



Bella Coola Totems. Photo by Jay Hudson

campground had been destroyed by a grizzly the previous night. Four French school teachers were huddled together on top of the table next to their tents after a night with a grizzly. The following morning I continued on to Bella Coola riding past log rafts, abandoned boat houses, road repairs. I was on a paved road again after days of dirt, and rocks. I looked back towards the mountains and wondered how high they were, and how difficult it must have been to finally bring the roads from the east, and the west together using old equipment and sturdy men on 18% grades.



A cemetery in the Chilcotin. Photo by Jay Hudson

made me nervous as I did not want to set up a tent in what was reputedly well-traveled grizzly route. I had had bear experiences growing up in Montana, and bears just plain scare me. Because I had a lot of mid-summer northern daylight remaining, I decided to ride on toward Bella Coola. I didn't have a topo map but I knew the road ahead was up and down, steep, long and repetitious. They even had a name for it when they were bulldozing it with a cable driven blade: "The Precipice." I had already climbed about 1000 feet to Heckman pass at 4573 and the road would drop at 18% for about 1500 feet, climb again for about 1000 feet then drop at 18% to the Bella Coola valley at sea level. I didn't look forward to the difficult climbs ahead but the thought of grizzlies carried me

A Return Via Bus

Bella Coola, with its totem poles, steep roofed church, fishing boats, adjacent hay fields, and small business center was a relief. I looked forward to a real bed, another beer, and the ride back to William's Lake on the bus.

The following morning I stuffed my bike in the luggage compartment of the bus to the amazement of bus driver Dennis Murray. I sat back ready to retrace my week-long journey in just a few hours getting a new perspective on the road. It was hard to recognize anything on the way back while looking out the right side of a bus traveling miles an hour faster than my bike. I enjoyed the time Dennis geared down to make



The Highway 20 bus that Jay took from Bella Coola to Williams Lake. Photo by Jay Hudson

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

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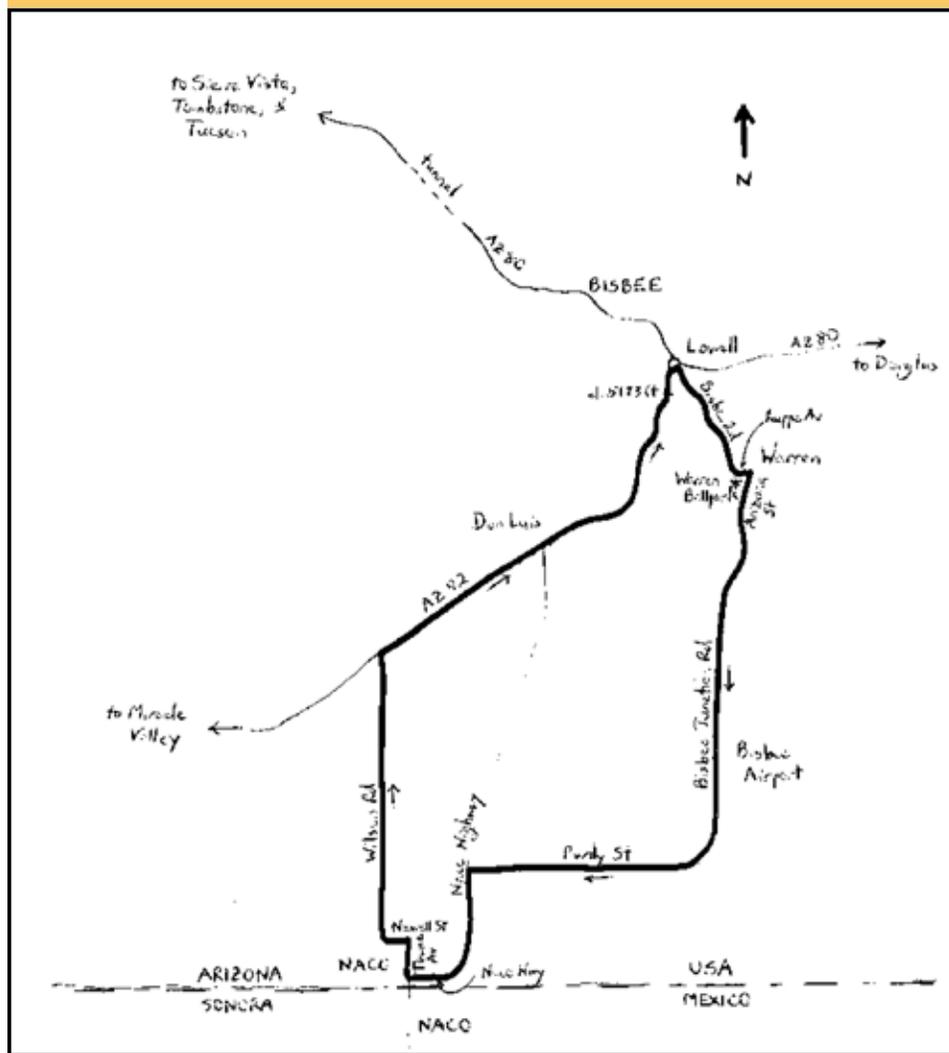


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RIDE OF THE MONTH

Bisbee, Arizona to Border and Back



A map of the ride from Bisbee to the Mexican Border and back. Map by Wayne Cottrell

By Wayne Cottrell

Bisbee to Border and Back is an 18.75-mile loop that starts in Bisbee, Arizona heads toward the Mexican border, and then returns. There are no major climbs, but there are gradual changes in elevation, for a net elevation differential of 582 feet. My apologies for the short distance, but the international border is close enough to limit the distance that a cyclist can ride toward the south, without a passport. Longer rides are available by heading toward the northwest, or east. I will describe one of those in another edition. La Vuelta de Bisbee took advantage of roads in the Bisbee area for years. The race began in 1976, when Bisbee's mines were closing, and the town needed an economic boost. Bike racing fit neatly into Bisbee's off-beat culture. During its early years, the race attracted star riders, such as Greg Lemond, and future stars, who burned up the roads in their quest for Bisbee glory. Pro cyclists stopped coming when other, competing races appeared on the calendar. The race was always held in April, same as the now defunct Tour of Georgia, with the latter being more lucrative and prestigious. La Vuelta nonetheless continued into the 2010s, after going on hiatus for a couple of years, scaling back to two road races and two time trials. I was unable to find La Vuelta on this year's race calendar, but perhaps it will return in the future? Bisbee to Border and Back follows a portion of the former Warren Time Trial.

Despite the distance, the route is filled with history and interest, as well as some fine high desert rid-

ing. The history begins at the ride's staging point, Warren Ballpark, in Bisbee's Warren district. Warren was Arizona's first planned community, and there are numerous Arts & Crafts style houses. The community is located in southeastern Bisbee, away from the city's historical district. Regarding that, Bisbee was founded as a copper, silver, and gold mining town during the 1880s. Mining was so successful that, by 1910, with a population of over 9,000, Bisbee was the largest U.S. city between San Francisco to the west and St. Louis to the east. (Today's population of 5,575 is about 60% of that of 100 years ago). As for Warren Ballpark, minor league and high school baseball games are held here, in addition to high school football. The ballpark is infamous as the site of the 1917 deportation of 1,300 striking miners. An even larger posse of 2,000 captured the miners and held them at the ballpark, and then deported them to New Mexico, warning them to never return to Bisbee. Although a Presidential commission declared the action to be illegal and without authority, no one was ever convicted.

The posse is long gone, but perhaps it would be best to get going on the ride. Start by heading east along Ruppe Avenue, on the north side of the ballpark. Turn right adjacent the northeast corner of the ballpark, onto Arizona Street, and head south. Note that the starting elevation is 4,979 feet. Arizona Street leaves Bisbee within one-quarter mile, heading gradually downhill. You are now on Bisbee Junction Road. At mile 0.75, bear right to remain on Bisbee Junction. The Bisbee Municipal Airport is on the left at mile 2.5.

You are now fully in Naco, which is an unincorporated border community. The Mexican border town is also named Naco. There is an international port of entry here. Naco bears the distinction of being the only town in the continental U.S. (i.e., not counting Hawaii) to have been aeri- ally bombed by a foreign force. It was in 1929, when the Escobar Rebellion came to Naco on the Mexican side. Don José Gonzalo Escobar, a general in the Mexican army, planned to overthrow the Mexican government. The rebels hired Irish soldier Patrick Murphy to drop bombs on government forces. His first two bombs were duds, but his third and ensuing bombs hit targets on the U.S. side of the border, destroying several buildings, and causing some road damage. Somewhat humorously, a crowd of several hundred had been gathering daily, some with picnic baskets, to watch the Mexican war from the comfort of the U.S. side. Several folks were hit with shrapnel and other fragments from Murphy's wayward bombs. No Americans were killed, but there were a number of injuries. After several days of this, Murphy was shot down by Mexican forces, on the Mexican side. He lived, escaped, and fled to the U.S., where he was quickly captured. After being held for a few days, he was released without being charged. After being defeated, Escobar also fled to the U.S., where he sought and was awarded asylum. How is that for forgiveness! Adding to the humor, U.S. military forces reacted slowly. Despite being only 38 miles away, Fort Huachuca's Buffalo soldiers finally arrived in Naco when the conflict was essentially over.

This is a general aviation airport with no commercial service. At mile 4.1, stay to the right – you are now heading west. Purdy curves to the right; you are now heading west. At mile 7.05, turn left to head south on Naco Highway, which has a good shoulder. After crossing a railroad track, the highway curves to the right – you are once again heading west, with the Mexican border immediately to the left. This is about as close as you can get!

At mile 8.7, the highway turns to the left – keep straight, which puts you on Towne Avenue.

Back to the ride, Towne Avenue bends 90o to the right in Naco, to head north, away from the border. Turn left onto Newell Street to head west; Newell then bends 90o to the right, becoming Wilson Road. This is the lowest elevation of the ride (4,591 feet). You are now 9.6 miles into the ride, leaving Naco. The road crosses a cattle guard. The shoulder is narrow, but traffic volumes should be minimal. The next 2.8 miles are gradual uphill, across the high desert. At the end of Wilson – there is another cattle guard here -- turn right onto Arizona State Highway 92 (AZ 92); you are now heading northeast, toward Bisbee. The highway has a good shoulder. Enter Bisbee at mile 14.15. You may be thinking that Bisbee is very large; it does sprawl, but the area is confined to a narrow strip between adjacent mountains, mines and quarries. The highway widens for a short segment near Naco Highway – the shoulder is lost for about 0.4 miles, but returns when the highway narrows. Pass School Terrace Road at mile 16.75 – this is the highest elevation of the ride (5,173 feet). AZ 92 takes you near Bisbee proper at mile 17.25, as it crosses under an elevated road. As you enter the traffic circle, stay to the right, and then immediately exit to the right, onto Bisbee Road. You are now heading southeast, toward

Warren. Follow Bisbee as it passes through Warren, perhaps noticing some of the fine Arts & Crafts bungalows. Bisbee becomes Douglas Street at mile 18.6; Douglas promptly curves to the left, becoming Ruppe Avenue. Warren Ballpark will then be on the right, where the ride ends.

Starting & ending point coordinates: 31.410583oN 109.880242oW

For more Utah 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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