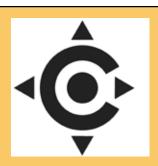




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Cover Photo: Lisa Hazel rides the Meadow Loop Trail in Durango, Colorado. The trail is in the Horse Gulch and Telegraph Trail System is easily accessible right from town. Photo by Dave Iltis

ADAPTIVE CYCLING Riding Blind

By Madison Baumann

On June 20th, 2005, my world turned upside down. I was eleven years old and on the precipice of what could have been the greatest summer of my life. We were set to kick-off the season with a road trip from Washington state to southern Utah, then head abroad with a trip to Europe. I was ready for an incredible adventure with my family and friends. But, it all came to a shattering halt.

All I remember is leaving our hotel in Park City, and then it is blank. We were in a car accident. We were hit by a dump truck, and I had taken on all the impact.

Fast forward two months. I was discharged from Primary Children's Hospital, blind in my left eye with only partial vision in my right and tasked with building a whole new outlook on life.

Because of my injuries, I was no longer allowed to play the contact sports like soccer, softball, and skiing that I had enjoyed throughout my childhood. And, my dreams of becoming a professional soccer player in the summer or a professional skier in the winter no longer seemed within reach. I had no idea what I was going to do with my life.

This is where my new journey began, leading me to the most amazing adventure ever - I just didn't

A summer later, and I was going crazy. My life and friendships had revolved around sports, and now I was stuck on the sidelines. I turned to books, trying to figure out what sports I could still play. That is how I found golf, which was my jumping off point. With golf under my belt, I was able to convince my mom to let me start skiing again, albeit at a much lower level than before. Five years later, I had been enjoying an active life of golfing, skiing, and looking for my next challenge. I



Madison Baumann (left) is riding stoker in the Summit Challenge with Laura Dusold as captain. Madison has a visual impairment and by riding a tandem through the National Ability Center, she will be able to participate in the 50 mile ride. Photo by Berin Klawiter

learned about the National Ability Center, or NAC, an adaptive center for individuals with differing abilities - Individuals just like me.

I moved to Utah, excited to get involved with the ski program at the National Ability Center. At first, I was only interested in skiing as a hobby. But then I discovered that, not only did the NAC have a high performance ski team for skiers with differing abilities, they also had openings

Continued on page 8











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COMMUTER COLUMN

Lindsey Edwards is a Recreational Cyclist Striving to be a Bike Commuter



Lindsey Edwards at her first BMX race. Photo courtesy Lindsey Edwards

By Turner Bitton

Lindsey Edwards is the Salt Lake County Regional Director at the YMCA of Northern Utah where she oversees youth development programming staff throughout the valley and help make the Y a successful leader in educating youth. Cycling West recently caught up with her to talk about her experience as an aspiring bicycle commuter – and a life-long BMX enthusiast.

Cycling West: Tell me a little bit about yourself. Are you from Utah? If not, what brought you here?

Lindsey Edwards: No, I am originally from Watauga, Texas. My husband and I served as Peace Corps volunteers in Uganda, East Africa. We then moved to New York City for graduate school. After living abroad, we knew we wanted to be in a place that offered real access to the outdoors, and Salt Lake City seemed to be perfect. We drove a U-Haul with everything we owned out here about 7 years ago and have fallen in love with Utah.

CW: What brought you to cycling? Is it a lifelong passion or something you picked up more recently?

LE: I have always loved riding my bike and learned how to ride at a

very young age. I started racing BMX at four and a half years old, and I loved the freedom it gave me as a kid to be able to ride through the neighborhood and be outside. I would say I took a break from riding through my young adult years but have recently found my way back to cycling.

CW: Do you consider yourself a commuter or more of a recreational cyclist?

LE: I would say I am a recreational cyclist striving to be a commuter. My goal is to commute to work 3 days per week and get a recreational ride on the weekend with my husband. I am more successful some weeks than others. I just try to turn pedals as often as possible.

CW: What does the route you talk to work look like? What's your favorite recreational ride?

LE: My commute to work is part trail and part city, so it is always interesting. My favorite recreational ride is to start near the Capitol, and ride through downtown. Then head east and go through Liberty Park. Ride to Parley's Trail, and ride through Sugarhouse Park. Then head back North to the Capitol through the west side of town. You get to pass the railroad station and new breweries. There is so much to see in a relatively short ride. It shows how special Salt



Lindsey Edwards celebrating the purchase of a new bike. Photo courtesy Lindsey Edwards

Lake City really is.

CW: I understand you were recently in an accident. Has that shaken your confidence at all? Any advice for other commuters?

LE: Yes, I did. I would not say that it shook my confidence because I was eager to get back on my bike once I got it out of the shop. I would say I have a deeper respect for riding now, though. As far as advice goes, I would say you can't be too careful. You can be doing everything right, and accidents still happen. I would also say that if you do wreck or have a scary experience, don't let it deter you from getting back on.

CW: What is your favorite piece of cycling equipment - other than your bike?

LE: My favorite piece of kit is my SON 28 dynamo hub with a Busch Moller front light. It is attached to my front wheel, and kinetically operates a front and rear light. So, I always have light when I am riding my bike. I was not always great about remembering to charge my lights before, and now I don't have to worry about it. My goal was to remove as many barriers to riding as possible. I wanted to make it as easy as possible to just go for a ride, especially as I was just getting back into riding.

CW: If you could wave a magic wand and fix one thing about cycling, what would it be and why?

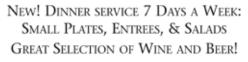
LE: Honestly, I would like to see more people cycle. Changing transportation changes the human. I am not suggesting that everyone ditch their cars, and only ride for transportation (although that would be cool). However, I would like to see more people being outdoors and riding. I feel like I can connect to the city on a different level by cycling through it, and Salt Lake City is a fun place

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.

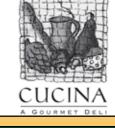
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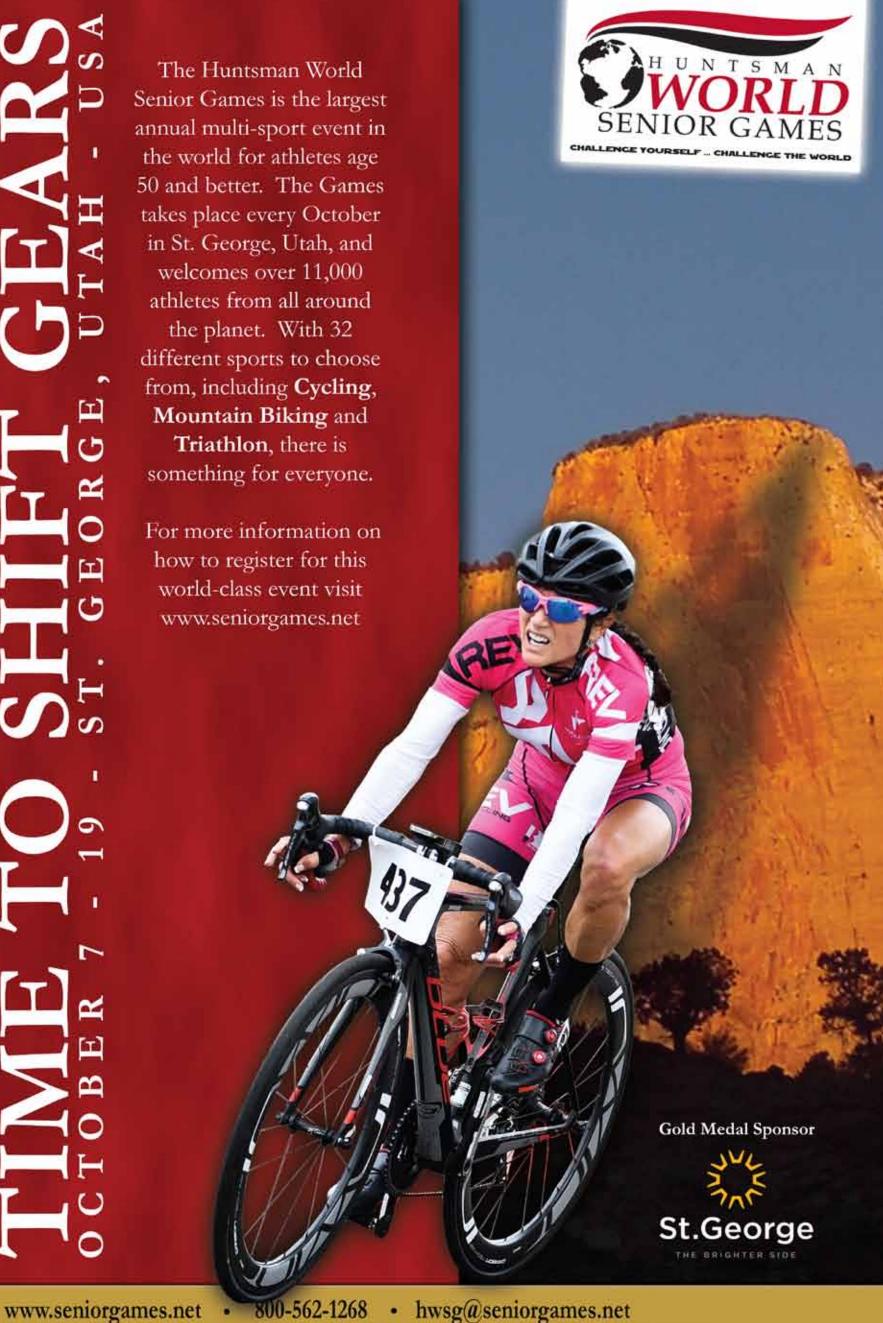
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SPEAKING OF SPOKES

4th Annual Potato Run (Or, The Ward Boys' Heritage Ride)



Paul Spilker, Ryan Whittaker, Nick Ward, David Ward, and Kimball Ward on the 4th Annual Potato Run from Ogden, Utah to Pocatello, Idaho. Photo by Nancy Ward

By David Ward

I am an Idaho boy at heart, having been born and raised in Tyhee, a small farming community sandwiched between Pocatello and the Fort Hall Indian Reservation. So when my brother, Nick, came up with the idea to do a one day ride to Pocatello, I was all in.

Nick and I have a small group of family and friends we ride with, affectionately known as the "Studs and Former Studs", a team name we adopted for the LOTOJA. "Studs" is for the young, strong guys, and "Former Studs" is for the guys like Nick and me who are way past our prime, if we ever had one. In truth, maybe we should use the term, "Never Were Studs". And on the topic of our team name, now that we have women participating in our group, we should probably include the term, "Studettes". Enough of the name stuff.

Anyway, Nick came up with this idea, and several of our team decided to do this as a training ride for the LOTOJA. So, we scoped out a route from north Ogden and on August 6, 2016, after begging some spouses to provide support, we held what turned out to be our 1st Annual Potato Run. Why "Potato"? Because Idaho is famous for its potatoes. Duh. And why "Run" instead of "Ride"? Good question. Probably because whoever came up with the name was euphemistically thinking of "making a run to Idaho for some potatoes". Anyway, the name has stuck, and I think we all like it.

So on this last July 20th, seven of us set out around 6:30 a.m. We made our way through Pleasant View and on to Highway 89. As we rode past the cemetery in Willard, I turned to my son, Kimball, and said, "Put your



hand over your heart. We are riding past your great, great, great grandfather's grave." George Welton Ward, a convert to the LDS church who emigrated from England, was sent by Brigham Young to settle the Willard area. So, a little piece of heritage.

From there, we rode through Brigham City and Honeyville, and on to Deweyville, a really nice stretch of rural beauty, where we turned and made our way to Tremonton and on to Riverside for our first stop. After fueling up, we rode on to Plymouth, crossed under 1-15 to the west side frontage road and continued north. Just before crossing the border into Idaho, we passed the small community of Portage. Hand over heart again, as Portage is where my grandmother, Marinda Irene John, was born and raised. A second little piece of heritage.

As we crossed the Utah/Idaho border, Nick celebrated our heritage by breaking out into the Idaho state song, "And here we have Idaho, winning her way to fame. . . ." I joined in, but needless to say it's hard to carry a very good tune with labored breath from pedaling our bikes. Our riding partners just smiled.

Just past the border is the small community of Woodruff. I again told my son to put his hand over his heart as we passed the home where my grandfather, Richard Alvin Ward, was born and raised. My great grandfather, George Ward, son to George Welton Ward, had moved from Willard to the Malad Valley. A third piece of our heritage.

As an aside, and another piece of our family heritage, my grandfather, then a young man, drove a horse and wagon from Woodruff to Portage to pick up my grandmother, after which they continued on to Logan



Become a member of the League of American Bicyclists: bikeleague.org/join

where they were married in the LDS temple. Family lore has it that when he picked her up, she was crying. He offered to call it off, but she declined, and here I am two generations later. As a further aside, Richard and Irene moved to Sterling, Idaho and later to Tyhee. And that is how Nick and I ended up being raised there.

Back to the ride. After Woodruff, we came to Malad where we had our second main stop. I have to confess, I had been having some intestinal issues since early on, and made a quick dash to a gas station to use the restroom facilities. After our feed stop, I had to make another quick dash to the gas station. Thankfully, my intestines then settled down for the rest of the day. Despite those issues, the legs were feeling really good, so it was kind of that odd situation of not feeling so well in one way, while my legs were going well.

From Malad, it was on up to Devil Creek Reservoir and then a scenic climb from there to the top of the Malad Summit. At that point, we got our only real downhill, about a one mile stretch of tuck and cruise. At the bottom of that hill, we swung to the west side of I-15 again and then angled across the valley to our final feed stop in Arimo.

Up to this point, we had mostly ridden through open farmland surrounded and divided by large stretches of mostly sagebrush. But for a southern Idaho boy, that is almost like riding through the promised land. The smell of sagebrush and alfalfa, the songs of meadow larks, the sound of sprinkler pipe in the fields and the vast stretches of semi-arid country mixed with large fields of potatoes, alfalfa, wheat, sugar beets and various other crops brought forth the sweet memories of my youth, and tender emotions of growing up among good people in this semi-arid yet fertile countryside.

More was yet to come, though. From Arimo, we swung back to the west side of the valley, crossing the Portneuf River and hooking up with South Marsh Creek Drive. This little used road, and little known except for the locals, meanders alongside Marsh Creek which flows alongside a black wall of ancient lava flows with rising mountains further behind. Between the road and creek is lush bottom land with grazing horses and livestock. Marsh Creek then flows into the Portneuf River, and we turned onto to the bordering West Portneuf Road, following this lush and idyllic scene which continued to unfold to us as our tiring legs pushed our bikes the final miles to the finish at Ross Park.

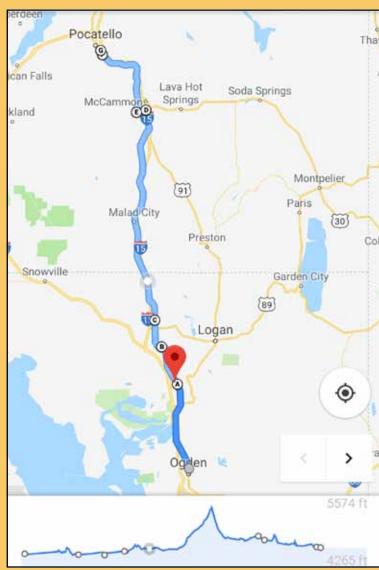
This year's annual Potato Run was a great ride, despite the lack of a good south wind to push us along. It was also a day of heritage, reflecting on the progression of my ancestors as the generations moved northward along this route to eventually settle in Tyhee. And it has been a day to enjoy the southeastern Idaho beauty which reminds me that my heart remains that of a boy who had the good fortune to grow up in this corner of Idaho.



Kimball and Paul on the Potato Run. Photo by David Ward



Kimball Ward on the bucolic roads of the Potato Run. Photo by Nancy Ward



A map of the Potato Run ride. Map by Google Maps





Riding Blind - Continued from page 3

for visually impaired skiers. I had found the right place for me.

The NAC quickly became my new family. Thanks to the help of the incredible instructors and coaches who guided my training, I was back to my old crazy skier ways of flying down the race hill.

I soon discovered that NAC also offered a large variety of outdoor recreation, ranging from cycling and whitewater rafting to rock climbing, archery and more. Many of these activities sparked my interest. After a long debate with myself, I decided to take the leap and try cycling for the first time in over 13 years. I went out on a tandem bike with my friend Tom. It was amazing! With Tom at the helm I was confident I wouldn't hit a pothole or fall off a curb that I was unable to see. It was just what I needed. And it lit a new fire inside me.

I decided to train for the NAC's Summit Challenge, an inclusive road ride for cyclists of all abilities that travels some of Summit and Wasatch County's most scenic roads. But, I still needed a buddy rider. I needed someone to lead the way on the tandem bike and pedal together with me



Madison Baumann (right) and Laura Dusold at the entrance to the National Ability Center. Photo by Berin Klawiter

for the 16-mile ride. And so, it began.

I asked around, looking for a reliable buddy rider until I found the perfect person. While chatting with coworkers, one of them, Laura Dusold, looked up from her desk and, without hesitation, said "I'm in."

Laura was ready to go all-in and cycle to the moon and back on the 100-mile loop for the Summit Challenge. As for me, I was not quite ready for that big of a climb. After much discussion we compromised on the 50-mile loop and began training.

To say that our first ride was a little nerve racking would be an understatement. We did manage to make it around the parking lot a few times, without falling, but that was it.

As you can probably guess, trusting somebody else to guide you on a bike is very challenging. When you are on your own bike you make all the decisions, where to ride, how fast to ride, how long to ride, and how much risk you are willing to take. When you are on a tandem bicycle, those decisions are not just up to you. Everything is up to the team. So, Laura and I took the slow and steady approach to our ride. For me, it was about learning to trust her to make the right choices on which path to take and at what speed to



Madison Baumann (left) and Laura Dusold training for the Summit Challenge in August. Photo by Berin Klawiter

take us. For her, it was about learning how to communicate to me what was happening. From a bump on the path to a sharp curve along the road, Laura has had to learn how to share what I need to know in order to help keep us both on the bike, and she is absolutely crushing it!

So far, we have only had one spill, which we recovered from quickly. And, we have enjoyed every single ride together. While in the saddle, we've discussed serious topics and shared silly stories to become great friends.

Come ride with us at the Summit Challenge on August 24th. Whether you are taking on the 16-mile, 50-mile, 80-mile, or 100-mile route, riding as a team or getting back on an adaptive cycle after years away from the bike, let's take this challenge on and shoot for the stars together!

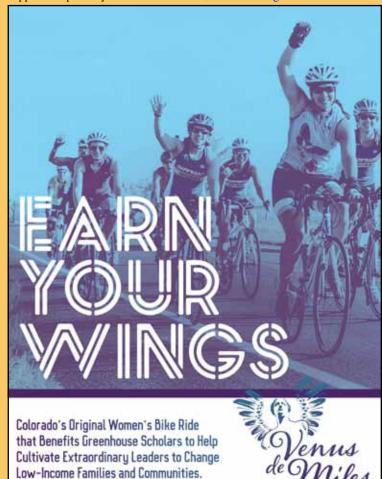
The Summit Challenge is a benefit road ride for the National Ability Center on August 24, 2019 in Park City Utah. To learn more, sign up or support adaptive cyclists like Madi

and Laura, visit summitchallenge100.

Ride information: August 24 -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

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CYCLING

The Story of Team Africa Rising



Cyclists and staff (Kim Coats is on the far left) at the Team Africa Rising Cycling Center in Musanze, Rwanda. The Sandy Grant Education Center provides education for cyclists. Doug Grant tells localemagazine.com, the center is "named after my wife who passed away from cancer in 2013. The Education Center is a huge benefit to the national team riders who previously had no access to secondary school." Photo courtesy Team Africa Rising

By Kimberly Coats

In 2006, Jonathan "Jock" Boyer landed in Rwanda. He came at the behest of Tom Ritchey and a donated plane ticket to help Tom run a bicycle race in a small Rwandan village. There was no big plan, a plan after the bike race, just do the race and go home and back to his life. Jock spent the next decade in Rwanda developing the Rwandan National Cycling Team.

The first Wooden Bike Classic was won by a young man wearing a much too old helmet with the strap fastened around his chin just below his lower lip. That young man was Adrien Niyonshuti, an incredible cycling talent. Together Jock and Adrien changed the world of cycling in Rwanda and beyond over the next decade.

In spring of 2007, Jock returned to Rwanda and began testing riders and by March had selected the initial five members of Team Rwanda Cycling. Two of those riders, Adrien and another cyclist, Rafiki Uwimana, headed to South Africa to race the

Cape Epic. Adrien and Jock were partners, and by the end of the 8-day grueling mountain bike stage race, they were 23rd in their category and 33rd overall amongst 468 teams who finished. The cycling world took notice

In 2008, Jock spoke with Douglas Ryder, who at the time ran a South African Continental Team, MTN Energade, and Douglas took Adrien and another Rwanda, Nathan Byukusenge. Adrien would stay with this team in all its variations eventually becoming the first Rwandan to race for a World Tour Team, Team Dimension Data.

During the early years, Jock rode and trained with the riders and slowly began to develop legitimate competitive cycling in Rwanda. By 2009, the original five had grown to 12-15 cyclists attending regular camps at the team's home base in Musanze, Rwanda, a small town in the northern part of the country. Jock also added staff, a French mechanic by the name of Maxime Darcel, and a volunteer who became the Director of Marketing and Logistics, Kimberly Coats. The team slowly began to



A Team Rwanda rider in the junior women's race in the 2018 African Continental Championships. Photo by Skyler Bishop

see small results, but for every little win, there were exponentially more obstacles.

In 2009, with the support and vision of the Rwandan government, the first UCI 2.2 Tour of Rwanda launched. Rwanda would see a home town winner until 2014, however, the race grew year over year as did the fan base and support.

For the first time in history, in 2010, Rwanda hosted the African Continental Road Championships. This was the Olympic qualifying race and a strategic plus for home country advantage. Adrien, who had been training, racing and living in South Africa was primed to become the first Rwandan to qualify for an Olympic cycling event. Unfortunately, a mechanical on the last lap caused him to miss the winning break, and the slot went to Dan Craven of Namibia.

However, just a few short months later, Adrien qualified at the 2011 African Continental Mountain Bike Championships held in South Africa.

He became the first Rwanda to qualify for the Olympics in mountain biking. It was a massive victory for Rwanda and put Rwandan cycling on the man.

When Adrien raced in London in 2012, he became the first Rwandan and first black African to finish an Olympic Mountain Bike event in the Games history. The road for Adrien was long and filled with loss and heartache. Adrien is a survivor of the 1994 Rwandan Genocide. He lost six brothers and 60 family members in a span of 100 days in 1994. To come from such desperate tragedy to the glory and achievement of the Olympics was nothing short of miraculous.

Adrien and Jock's story of finding each other and making it to the Olympics is told in the 2012 awardwinning documentary, Rising From Ashes.

Slowly, Rwanda began to move up the ranks in the Africa Tour. Year over year, the team started to secure stage wins. The Tour of Rwanda expanded and attracted more international teams. The team continued to grow, clubs formed, and young people who rode bikes now realized they could ride bikes professionally. They wanted to be the next Adrien Niyonshuti!

In 2014, a young man from a small town in Rwanda, who had tested with Team Rwanda Cycling three times before he was brought onto the team, became the first Rwandan to win a stage at the prestigious Tropical Amissa Bongo UCI 2.1 race in Gabon. Bonaventure "Bona" Uwizeyimana used to see Team Rwanda training along the road by his house and would jump on and ride as long as he could. He would come for regular testing camps but was always on the bubble. One day, he sprinted with Team Rwanda for the prime in a local village and won. Bona came to camp and never left. Bona later raced for the feeder team for Team Europear. He is the current Rwandan National Road Cycling Champion (2016 & 2019) and in 2018 became the first Rwandan to win the Tour of Cameroon. Bona is now the team captain of the first Rwandan UCI Continental Team, Team Benediction

At the 2014 Tour of Rwanda, a Rwandan finally took the Yellow in the General Classification. Valens Ndayisenga, a protégé of Adrien Niyonshuti's cycling academy became the first Rwanda to win the home race. After the victory, the Rwandan President, Paul Kagame, invited the team for an exclusive reception where he committed a fleet of new national race bicycles and earmarked our compound, Africa Rising Cycling Center, the perma-





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THE POWER OF BICYCLES



Team Rwanda at the 2018 African Continental Championships. Photo by Skyler Bishop



A Team Rwanda rider in the Elite women's race in the 2018 African Continental Championships. Photo by Skyler

Valens later went on with Bona to ride for Team Dimension Data Continental. He also rode for Team Tirol out of Austria and POCCL out of France. He repeated a win at the Tour of Rwanda in 2016 when he was riding for Team Dimension Data Continental.

In 2016, Adrien returned to the Olympics in the road cycling event in Rio and his compatriot from the beginning, Nathan Byukusenge, qualified for the XCO Mountain Bike event at the age of 37.

The Future of Team Africa

wife, Kimberly Coats, were poised to relinquish the day to day operations, funding and support of Team Rwanda Cycling to the government of Rwanda and the Rwandan Cycling Federation. The plan was always to build the team, infrastructure, and culture to eventually turn it over to Rwanda.

Rwanda became the success story from which to build Team Africa Rising. As Rwanda came from

nent home of Team Rwanda Cycling. nowhere to the top of the Africa Tour other countries began seeking our support. Team Africa Rising started working with countries, teams, and cyclists requesting our assistance. Our goal is to assist in developing UCI Continental Teams and to promote women's cycling on the continent. In 2019, Africa has seven UCI Continental or higher level teams versus three in 2018. Rwanda, Angola, and Guinea-Bissau have their first Continental teams in the history of the sport.

> In 2020, Team Africa Rising is working to bring the first Pan Africa women's team to races in Holland and Ireland, along with assisting Nigeria in launching their first UCI Continental Team.

Battle of the Gravel

Team Africa Rising also works on the grassroots level supporting and advising programs in Sierra Leone and Togo and with the national team of Benin.

Team Africa Rising is a 501(c)3 non-profit supported by grants, donors and people buying merchandise and participating in one of our

fundraisers. Our largest fundraiser it the 50 Mile Ride for Rwanda held for 13 straight years in Southern California. This event has raised over \$1 million since 2007. Based on the long-running success of the Ride





The Zambia team at the 2018 African Continental Championships. Team Africa Rising founder Jock Boyer is pictured in the center in orange. Photo by Skyler Bishop

for Rwanda, Team Africa Rising is developing another ride, Battle of the Gravel in Savery, Wyoming.

Battle of the Gravel will feature some of the members of Team Rwanda and possibly other African cyclists we work with on the continent. The event will feature three distances 21, 50 and 106 and will traverse 95 - 100% gravel roads for all three events. Team Africa Rising along with Boyer YL Ranch, Jock's boyhood summer home is hosting the event to raise awareness and funds for the cyclists on the African continent. The event is also supported by the Carbon County Visitor's Council to introduce tourists to this spectacular area of Wyoming.

Join us on Sunday, September 15th for the Battle of the Gravel, race

your heart out, enjoy the fantastic roads and scenery and support the young men and women of Africa in the pursuit of their dreams.

For more on Team Africa Rising, see: https://teamafricarising.org

Battle of the Gravel 2019 Event

September 15 - Battle of the Gravel, Savery, WY, South of Rawlings, WY, The race will start and finish at the Little Snake River Museum. Riders will start between 7 and 9 am and return to a BBQ, band and brews on the grounds of the Museum. 95 miles, Kimberly Coats, 307-383-7778, 530-744-8773, teamrwandacycling@gmail.com, <u>battleofthegravel.com</u>



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CYCLING AND THE LAW

Bicycle Deaths Spike Sharply in America's Largest City - What We Can Do to Stay Safe Here at Home.



Salt Lake City Mayor Jackie Biskupski and Salt Lake City Police Department Chief Mike Brown ride in the 300 South protected bike lane during the 2019 Bike to Work Day. Salt Lake City needs more protected bike lanes as does every city in the country. Photo by Dave Iltis

By Grea Hoole

CNN recently reported that seventeen cyclists have been killed in New York City this year alone. To put this in comparison, there were only ten deaths in 2018. In response, Mayor Bill de Blasio recently announced a \$58.4 million plan to improve bike safety in the city.

of adding 30 miles of additional protected bike lanes each year, with the goal of having 80 new miles of

such lanes by 2021 (for a total of around 162 miles). Protected bike lanes, which use a physical barrier to separate cyclists from motor vehicles, are far superior to painted lines on

A May 2019 report by the city transportation department found that there are 490,000 cycling trips made in a typical day in New York, and that number is expected only to grow. The improvements largely consist Cities along the Wasatch Front, likewise, continue to see an increase in cycling trips. This provides countless benefits, both to our community and

cyclists themselves. Unfortunately, as cycling trips increase, so do inju-

According to the latest statistics reported by the Utah Department of Health, each year in Utah an average of 372 cyclists are injured in crashes with motor vehicles. Five are killed. Nearly half of these injuries are suffered by children and young adults. Head injuries are the most serious type of injury and the most common cause of death for bicyclists. Bicycle helmets have been proven to reduce the risk of head and brain injury when a crash occurs by as much as 85 to 88 percent.

Suffice it to say, we should all wear a bicycle helmet every time we ride. There are also a number of other, common sense, measures we can take to stay safe out on the road. First and foremost, we need to be seen. All other safety tips typically boil down to helping us be seen. This is because nothing else really matters if motorists don't see us.

One thing to consider is using a white flashing light on the front of your bike and a red blinking light on the back every time you ride. Lights are required at night but they also greatly improve one's visibility during daylight hours. (By the way, failing to wear a helmet or use a bright white front light and a red taillight at night not only greatly increases your chances of accident and injury but may compromise your ability to obtain legal relief if you are injured.)

It is also critical that we be predictable. This means generally acting like a motor vehicle—driven be a smart person. We should follow the rules of the road. I came across a cyclist riding against traffic (including me) on my ride this morning. Not a good idea. Cars don't expect

traffic going the wrong direction. This means your chances of being seen are greatly diminished and your chances of getting whacked are greatly increased. Never do this, and teach your children likewise.

Finally, ride defensively, with making sure motorists see you being first in your defensive strategy. The best way to make sure a particular motorist actually sees you is to make contact with the motorist. Although you cannot always be 100% positive that a motorist who is looking at you actually sees you (I could tell you stories), you can be 100% positive that the motorist does not see you if he has not made eye contact with you. Track the eyes and live.

So, as we as a cycling community continue to push for more

biker-friendly infrastructure (like New York is implementing), don't forget to focus on what you can do individually to stay safe.

Reference: New York City's Green Wave Bike Plan can be found here: https://www1.nyc.gov/ office-of-the-mayor/news/368-19/ vision-zero-mayor-de-blasio-greenwave-bicycle-plan-address-cyclingfatalities---#/0

Greg Hoole is a cycling attorney and the director of the nonprofit Wheels of Justice. Many more tips to keep you safe while riding can be found on Greg's website: www.utahbikinglaw.

Federal Government Releases Bikeway Selection

It's quite technical but the Federal Highway Administration (FHWA) has released what it considers a comprehensive guide for transportation officials to measure trade-offs and determine what type of bikeway to build where. The Bikeway Selection Guide shows, for instance, how to consider auto traffic volume and speed and number of lanes. It discusses all the possibilities from narrowing and removing auto lanes to the preferred shoulder width on rural roads (10 ft.).

Among the many generalities: It's usually better to include a bike lane even next to parking, despite the possibility of dooring, which accounts for 5-10 percent of bicycle accidents. And generally, one-way bike lanes are better on two--way streets than two-way bike lanes on one side.

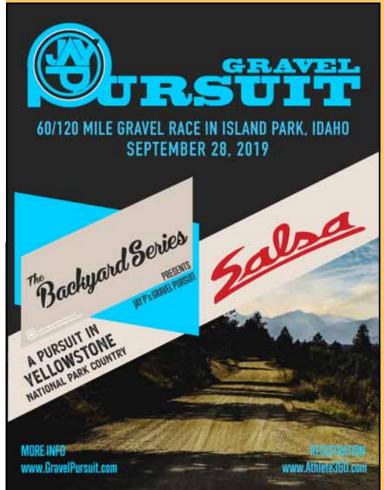
It is also worthwhile to provide protection at intersections and continue bike lanes through them. "Intersection approaches with mixing zones require motorists to yield to bicyclists before entering or crossing the bike lane. This clarity can be further enhanced with bicycle lane extensions through the intersections, green colored pavement, and regulatory signs. Research shows protected intersections have fewer conflicts and are therefore preferable, the guide says.

The manual discusses the many factors that should go into deciding whether to separate autos from bikes. If they can't do so, planners can consider other measures, such as reduced speed limits.

Bicyclists do tend to feel more comfortable on separated lanes.

View the Bikeway Selection Guide at: https://safety.fhwa.dot.gov/ ped_bike/tools_solve/docs/fhwasa18077.pdf

-Charles Pekow





CYCLING UTAH

RACE RESULTS



Mountain Bike Racing The Rage at Snowbird Intermountain Cup, Cross Country, Snowbird, UT, June 29, 2019

June 29, 2019
Place, Name, Team, Time
Lil' Shredders
15AWYER HORTIN ImpactDevo p/b Bountiful Bicycle
04:37.83
2 JACOB SCHAELLING 04:46.46
3 WILL BEARDSHALL 05:21.60
4 EMMA JOHNSON 05:29.16
5 KYKER FRANK Ten23 Racing 06:41.51
6 AUGUST UNESP 09:28.37

Shredders Boys (10-12) 1 TRE LUNDBERG Lunkheads 21:01

2 KADE JOHNSON 21:01.71 3 RYDER GOFF 21:25.55 4 SHAUN MEADE Skyline Riders 22:50.47 5 JULIAN SHOPE 23:29.87 Shredders Girls (10-12)
1 MCKENSIE SMITH 24:45 98

2 ASPEN FONGER 27:30.85 3 ELLIE HORTIN ImpactDevo p/b Bountiful Bicycle

SELLE MONTHY IMPACTATE OF THE ACTION OF THE 4 COOPER PETERSON 1:06:05.33

JH Girls (14 & Under)

1 MADELYNNE TAGGART 1:11:45.55

2 ADDISYN LUNDBERG Lunkheads 1:16:55.15

3 EMMA CALLAHAN 1:26:00.64

4 MONTANA LEONARD Summit Bike Club 1:30:22.38

5 SARAH SPENCER 2:06:30.27 JV Boys 1 THOMAS KRAUSE Barries Ski and Sports 1:14:05.89

2 LUKE ANDERSON Fezzari Factory Racing 1:14:57.16 3 ELIJAH TOPPER team portal 1:15:13.04 4 ISAAC HORTIN ImpactDevo p/b Bountiful Bicycle

1:16:07.03 5 WARD PHELPS 1:17:02.81 JV Girls 1 JANE HAllGHT Summit Bike Club 1:43:19.25 2 AVERY WALLIN ImpactDevo p/b Bountiful Bicycle

3 ASHLYNN WEBB 1:49:58.55 4 ANNA NIELSON Weber High MTB 2:01:19.72 5 ASHLEE STOKER 2:07:05.00 Varsity Boys 1 PORTER MITCHELL 1:38:23.00

2 STERLING JAMES Rouleur Devo p/b DNA 1:38:29.15 3 DYLAN FARCHILD 1:40:11.64 4 BRYCE EGLEY Rouleur Devo p/b DNA 1:40:59.61 5 ZANE LYON Summit Bike Club 1:43:59.31

5 ZANE LYON Summit Bike Club 1:43:593.1
Varsity Girls
1 SKYLER PERRY Rouleur Devo p/b DNA 1:29:59.28
2 KJERSTIN PHILLIPPS Maybird Reyes-Psych 1:42:12.48
MORGAN BETHERS Fezzari Factory Racing 1:45:52.35
4 JVY BALLEY ImpactDevo p/b Bountiful Bicycle

Novice Men 1 RICHARD MCCANN 1:38:02.43 2 SPENCER DOW 1:39:05.52 3 COREY UNGER 1:39:27.68 4 JASON VANDERWARF 1:39:53.11 5 RICKY GARDNER 1:41:30.77 Novice Women 1 ERICA ROGERS 39:10.99

Sport Women
1 CHRISTINE MULLINS Summit Bike Club 1:44:00.79

2 AMELIA PFEIFFER 1:44:11.55 3 HEATHER RAMSDELL 1:47:36.79 4 KELLY SCUDDER Bingham Cyclery Peak Fasteners

1:50:30.65 5 TARA FERGUSON 1:51:08.27 Freshman/Sophomore Boys 1 RUSH PETERSON 1:18:52.99 2 ETHAN ALTAMIRANO Rouleur Devo p/b DNA

3 STRYKER MELEHES 1:22:40.11

3 STRYKER MELEHES 1:22-40.11

4 MADDUX LENDARD Summit Bike dub 1:22-50.90

5 WALKER DUNBAR 1:24-19.81

Freshman/Sophomore Girls

1 ELIE CREECH Maybind Reyes-Psych 1:37:27-99

2 MAYCEE DHILM Rouleur Devo ph DNA 1-4110.83

3 20F PETERSON Summit Bike dub 1-47-56-65

4 CELSTE DAILEY 1-51:30.62

5 ABBY LOWRY Maybind Reyes-Psych 1:58-56.75

6 ASHUN MASSE 2-002-42-75

6 ASHUN MASSE 2-002-42-75

FORCH Men Open.

6 ASHUN MASS E 2002-4.25 Sport Men Open 1 JONATHAN ERIZ 1-25-23.17 2 CAMERON ANDERSON University of Utah 1:34:43.47 3 TREVOR GRAYSON 1-52:40.63 4 KELBY CALDWELL 2:34:32.78

Sport Men 35-49 1 DANIEL BOWEN 1:36:25.78 2 MIKE WINANS 1:37:57.35

3 SCOTT STANGER Intermountain Live Well 1:38:21.39 4 NATHAN BASTOW 1:40:43.43 4 mariana Bas JUW 1-10-03-8.43 5 MICHAEL GATES Bountiful Bicycle Racing p/b Nate Wade Subaru 1-143-32-8.4 6 JARED PAYNE 2-16-30-70 Sport Men 50-1 JAIMES KISIELWSKI 1:50-51.88 2 BOCOAN BALASA <u>UtahMountainBiking.com</u>

1:56:38.06 3 AARON MULLUNS Team Red Rock 2:04:35.58

3 AARON MULLUNS learn neu noch zur Expert Men Open 1 LOGAN DIEKMANN 1:45:05.11 2 KODY SANCHEZ Logan Race Club 1:50:33.70 3 TYLER MULLUNS Summit Bike Club 1:53:05.63 4 RYAN COBOURN 2:18:47.74

Expert Men 40-49

1 IOHN OSGUTHORPE Intermountain LiVe Well 2 CHARLES JENKINS 1:46:49.34

2 CHANCE STRING 1:40-95-95 4 MATT HUNT Spry Cycles 1:54:35.38 5 ERIC LANDON 1:55:30.69 6 LANCE BALLYTHE Bile Shoppe 1:57:28.45 Expert Men 50-59 1 80B SAFFELL Bingham Cyclery Peak Fasteners 1:48-53.20

1:40:33.2U 2 SCOTT ALLEN Hangar 15/Shimano 1:50:12.37 3 REED TOPHAM Bingham Cyclery Peak Fasteners

Expert Men 60+
1 LAWRENCE WOOLSON Bingham Cyclery Peak
Fasteners 1:42:18.41
2 DAVE MENDENHALL Team RedRock 1:48:06.87 B DENNY TYNAN Stay PC Cycling Storm Cycle

4 TIM FISHER 1:52:53.39 5 RANDY BANALES 1:55:36.87 6 RON PFEIFFER 1:58:07.03

Expert Women

1 MELANIE HENSON Colorado Womens Cycling Project
1:34:27.42

2 MADELINE TANNER Bountiful Bicycle Racing p/b Nate ru 1:36:24.70

Wade Subaru 1 Elite Men 1 JAMES DRISCOLL 1:47:43.39 2 BRENNON PETERSON 1:47:59.18

3 JUSTIN LINDINE ApexHyperthreads Pro Cycling

1:54:28.06 4 ANDREW CONOVER Spry Cycles 1:55:50.47 5 CHRIS HOLLEY 1:56:27.84 Elite Women 1 SARAH KAUFMANN 1:51:52.40

2 NICOL F TITTENSOR Jans Park City/Team Tittensor 1:53:27.71 3 KATELYN WILLIAMS 1:53:37.85

1:56:45.35 5 KC HOLLEY Kuhl Cycling 1:57:34.01

5 KC HOLLEY Kuhl Cycling 1:57:34.01
Singlespee Scheels 1:42:14.40
2 DANIEL NELSON Racers Cycle 1:44:18.79
3 MAX MCCUDREY 1:50:33.75
Crusher in the Tusher, Beaver, UT, July 13, 2019
Place, Name, Team, Time
Men 29 & Under
1 ANDREW CONOVER Spry Cycles 04:40:47.941
2 RYDER JORDIN Hangar 15 04:46:09.497
3 NIELS WHELEWIRGHT University of Utah
04:54:49.000

4 JAY RAINEY Ascent Cycling 05:33:00.163 5 NEIL KRULEWITZ 05:35:21.877

1 SAMUEL DEARDEN Zone Five Racing 04:38:25.033 2 ROGER ARNELL Johnson Elite Orthodontica

Women 35 & Under 1 AMY HEATON 05:57:10.038 2 SHAE GRIFFIN KELSON BIKES 06:08:42,757

2 SHAE GRIFFIN KELSOM BIKKS 06:08:42.751
3 AUJRA ALLIPA VIEW 106:0522-93.01
4 ALLY KEENAN Red Rock Bicycle 06:26:32.862
5 REBERAH BROMLEY 06:28:33.809
7 INATHAN MANWARING Johnson Elite Orthodor
04:37:45.101
2 SHAUN JOHNSON Cicada 04:52:24.356
3 ANDREW MCCUOSKEY Park City Bike Racing
04:57:42.469 04:52:42.469 4 FEDERICO SELIS 04:52:54.716

5 STEWART GOODWIN GOODWIN 04:59:06.359 Women 36-49

1 MARCI KIMBALL Plan7 DS 05:25:39.491

2 ANNE PERRY Bingham Cyclery 05:27:03.085

3 CHERELL JORDIN Braveheart Coaching Salt Lake

City 05:49:44.310 4 JILL CEDERHOLM KUHL 05:59:04.748 5 NANCY RUSSELL TOSH 06:00:01.667

Men 40-44
1 ERIK HARRINGTON RMCC 04:40:14.024
2 MAC BROWN Stay Park City Cycling 04:44:34.941
3 JON ROSE mad dog 4life 04:51:42.475
4 PRESTON EDWARDS Zone Five Racing 04:57:09:190
5 MATTHEW SADAUCKAS 04:57:43.172 Men 40-44

Men 45-49 1 GARY HOLT Groove/Subaru 04:44:50.831 2 TY HOPKINS 4Life 04:58:32.813 3 TODD HAGEMANN 04:58:56.464

3 TODD HAGEMANN 04:58:56.464
WILLIAM PANKONIN Mad Alchemy 05:00:52.396
5 ANDY WIESE Ride52 05:01:01.175
Men 50:59
1THOMAS COOKE X-Men 04:51:40.458
2 AARON JORDIN Hangar 15 04:56:44.047
3 RICH THURMAN Christ 05:04:44.102
4 LOUIE AMEBURU MadDog Racing 05:05:33.102
5 MIKE DONAHUE DaCat Racing 05:11:23.418
WORMEN 504.

5 MIKE DUNAHUE DaCat Racing 05:11:23.418
WOMEN 50+
1 LAURA HOWAT Kuhl Cycling 06:12:38.078
2 LISA NELSON Team Fatty 06:45:25.224
3 KAREN PRITCHARP Danaracer/Factor p/b Bicycle
X-Change 07:21:46.054
4 LYNN WARE PEEK 07:22:37.694

5 SUE STOKES Stages Cycling 07:28:00.957 1 WILLIAM KELLAGHER Excel Sports / Insight Design

US:34:2.5.41 2 DEAN G BUZBEE Team CSP-SBI 05:35:35.603 3 DAVID BENNER Coureur 05:54:42.966 4 JOHN LAUCK Bountiful Bicycle Racing 06:01:04.615 5 GREG BOWERMAN 06:04:47.983

Pro/Open Men
1 ALEX GRANT Gear Rush 04:15:08.119

2 EDDIE ANDERSON Hagens Berman Axeor

2 EDDIE ANDERSON Hagens Berman Axeon
04:18:08.539
3 ALEX HOWES EF Pro Cycling 04:19:19.360
4 JAINES DRISCOLL DNA Cycling/Mavic 04:19:51.691
5 ZACH CALTON Spy - Legacy Properties West
04:23:10.850
Pro/Open Women
1 EVELYN DONG Pivot Stans NoTubes 05:02:14.183
2 LAUREN STEPHENS Team TIBCO Silicon Valley Bank
05:10:18:07

3 SARAH MAX Argonaut/Enve 05:13:27.487 4 AMY CHARITY DNA Pro Cycling Team 05:16:56.185 5 AIMEE VASSE Blue Factory Team 05:22:20.310

Singlespeed 1 MILLARD ALLEN 05:08:03.181 T MILLARD ALLEN US.108.15.161 2 MATT CROWLEY QQQQ Racing 05:17:16.688 3 ANDREW FAST Bonk Breaker 05:31:34.349 4 HOLDEN ANDERSON DNA Cycling 05:50:12.639 5 BRYAN HULL SaltCycle-Kestrel Wellness 06:17:07.337

S BRYAN HULL SAIRLYGE-AESTER WRUINESS UD: 17:07.337
TAINDEM
1 KATIE NEWBURY 06:19-41.728
2 SAM YEMBURY 06:19-41.728
3 ANY ANDREWS Saturday Cycles 06:47:17.733
4 STEVE WASMUND Saturday Cycles 06:47:17.733
5 ADELAIDE SLAK Vechcib S Bicidetteria 07:18:04.315
6 SEAN SLACK Vecchib S Bicidetteria 07:18:04.315

Battle at North Fork, Intermountain 20, 2019

20, 2019
Place, Name, Team, Time
Lil' Shredders (9 & Under)
1 (RIFIRI) HAWKES 03:2:02
2 RYKER FRANK IE023 04:00.25
3 05CAR NELSON 04:17.93
4 ALEXIS LAMAY Bingham Cyclery Peak Fasteners
04:42:31

04:42.31 5 AVA FOX Team Fox 05:18.06 5 AWA FOL Redil IT 802 (51-806)

Shredders Boys (10-12)

1 KADE JOHNSON 15:41.74

2 TRE LUNIDBERG Lunkheads 16:45.83

3 ELI HAWKES 18:03.51

4 TANNER ANTINORI Summit Bike Club 18:05.76

5 SIMON NELSON 19:48.20

Shredders Girls (10-12) 1 ELLA BOEHME 24:56.01

27:38.31 4 HAYDEN BROWN 29:14.69 5 NELRAE PHELPS 29:27.70 6 MAYLEE BROWN 34:59.03 JH Boys (14 & Under)

1 JAXON MARSHALL Fezzari Factor Racing 36:46.39

3 HANNAH LAMAY Bingham Cyclery Peak Fasteners

2 MICHAEL KRAUSE Pocatello Pioneers 40:07.74 3 OWEN OKOLOWITZ Rouleur Devo p/b DNA 40:36.32 4 ZANE MINER 41:19.56 JH Girls (14 & Under)

1 MONTANA LEONARD Summit Bike Club 56:35.80

2 ADDISYN LUNDBERG Lunkheads 58:57.81 JV Boys 1 LUKE ANDERSON Fezzari Factor Racing 46:40.52 2 THOMAS KRAUSE Pocatello Pioneers 47:21.80 3 ELIJAH TOPPER Team Portal 47:31.51

5 TY DOWDLE 49:13.41 JV Girls 1 BROOKE MORTENSEN 1:00:34.90 2 AUNIKA KEMP Kuhl Cycling 1:02:28.30 3 ANNA NIELSON Weber High MTB 1:11:07.58

Varsity Boys 1 PORTER MITCHELL 1:20:59.14

Leviner Mitchett. 12/05/9-14 2 CARTER ANDERSON Spry Cycles 12/15/0.55 3 BRVCE FGLEY Rouleur Devo y/b DNA 1-23:31.93 4 MCAGAD FJAUSD 1:2435.88 5 BRYCE BENNETT Maybird Reyes-Psych 1:2458.35 Varsity Girls 1 MIA MENIOWE 1-30648.25 2 MORGAN BETHERS Fezzari Factor Racing 1:07:52.50

Novice Men 1 JASON VANDERWARF 58:14.28 2 SPENCER DOW 58:21.76

TOM PRELLER Rim Trail Bike and Hike 1:00:54.13 4 Sam Funtanilla 1:02:16.04

5 CAMRON JOHN 1:02:37.61 **Novice Women** 1 SARAH LAMAY Bingham Cyclery Peak Fasteners 1:34:27.96 Sport Women
1 CHRISTINE MULLINS Summit Bike Club

1:00:36.72 2 AIMEE LARKIN Maybird Reyes-Psych

1:03:02.46 3 HEATHER RAMSDELL 1:05:34.56 4 KELLY SCUDDER Bingham Cyclery Peak Fasteners 1:06:34.86 5 SERENA YOUNG 1:19:42.08 Freshmen/Sophomore Boys
1 MADDUX LEONARD Summit Bike Club

50:21.68 2 ETHAN ALTAMIRANO Rouleur Devo p/b DIAS 51:7.82 3 QUADE SORENSEN Team Portal 51:21.52 4 STRYKER MELEHES 52:51.09 5 JAXON WIGGINS 53:01.30 Freshmen/Sophomore Girls 1 ISABELLE BROWN 1:20:55.64

2 MCKINLEY BROWN 1:25:01.90 3 EMERY PEASE Ten23 1:34:34.11 Sport Men Open
1 CAMERON ANDERSON University of Utah

56:16.65 2 SETH SHEARER Rouleur Devo p/b DNA 56:34.48 R TREVOR GRAYSON 57:55.22 5 KELBY CALDWELL 1:21:07.34 **Sport Men 35-49** 1 NATE DOUGLAS 52:34.62

2 DANIEL BOWEN 56:48.16 3 DAVID W LAMAY Bingham Cyclery Peak Fasteners 56:51.83 4 DAN DRAPER Maybird Reyes-Psych 57:19:60 5 MARC MENLOVE 57:57.38

S MARK MENLOVE (57573/8
Sport Men SO+
1 DEREK ISRAELSEN Maybird Reyes-Psych 1:05:59.59
2 JAMES KISIELEWSB 1:08:23.74
3 ARADON MULLINS Red Rock Bicycle 1:21:26.34
Expert Men Open
1 JAMISON PEACOK 1:28:37.22
2 JON HOUK Red Rock Bicycle 1:32:45.04
3 TYLER MULLINS Summit Bike Club 1:33:29.08
4 LEO DA SILVA Wolf Creek Lodge 1:34:406.63
5 BRIAN ZIMMER Bingham Cyclery Peak Fasteners
13:51:0.85 6 RICHARD HAWLEY 1:51:43.65

ORICHARD HAWLET 15:145.05

Expert Men 40-49

1 TIM MATTHEWS Team Portal 1:22:45.48

2 CHARLES JENKINS Logan Race Club 1:27:04.84

3 ELLIS PERKINS 1:28:42.40

4 MATT BROWN 41:ffeMad Dog Cycles 1:29:16.04

Expert Men 50-59
1 BOB SAFFELL Bingham Cyclery Peak Fasteners 1:31:14.10 2 REED TOPHAM Bingham Cyclery Peak Fasteners

1:32:16.62 3 BRENT PEACOCK 1:35:19.67 4 MARK ENDERS 1:37:56.82 5 ALEX LIZARAZO 1:38:35.87 6 DARRELL DAZIO 1:36:35.87

6 DARKELL DAVD 1:46:48.29
EXpert Men 60+
1 DAVE MENDENHALL Team RedRock 1:04:27.08
2 RYAN SPANHHOWER Team Red Rock 1:06:04.48
3 DENNY TYNAN Stay PC (yding Storm Cycles
1:06:13.51
4 RANDY SANALES 1:08:23.34
Eliza Mon.

:IIte Men | JUSTIN DESILETS Bingham Cyclery Peak Fasteners 2 PORTER HAWKES ImpactDevo p/b Bountiful Bicycle 1:52:40.55 3 CHRIS HOLLEY 1:53:14.39

3.tHish HULLET 1:35:14:39 4.KYLER GiBB Rapid Cycling 1:54:25.17 5.GABE NOORDA 1:57:48:97 6.ARRON CAMPBELL Bountiful Bicycle Racing p/b Nate Wade Subaru 1:59:16.43 Elite Women 1 NICOLE TITIETHSOR Jans Park City/Team Tittensor

2 NATALIE QUINN ImpactDevo p/b Bountiful Bicycle

LAUREN ZIMMER Bingham Cyclery Peak Fasteners

3 EADREN ZIMMER BINGHAIT CYCLETY PE 1:36:49.17 Singlespeed 1 MILLARD ALLEN Scheels 1:37:10.85 2 JOHN MAXWELL 1:52:50.89

Road Racing Results UMC Criterium, Tooele, UT, July 19,

2019
Place, Name, Team
Master Men 55+
1 Paul Hughes Velosport Racing
Cat 3/4/5 Men
1 Thomas Pitcher Pavestone

2 Austin Anderson Velocause Centraal Cycling 2 Rick Kuykendall The Cyclery Race Team 3 TJ Stone Stay Park City Cycling

5 ID Stories Lady Arac Lify Cycling
4 Kevin Gibson ICE
5 James Rob Stratton NEBO Cycling
Cat 1/2/3 Men
1 Kaler Marshall Hangar 15 Bicycles
2 THOMAS GIBBONS Automatic Racin
3 Chaz Hogenauer Rio Grande 4 John Borstelmann Team Marc Pro n/b Gvm One 5 Cooper Rombold

Cat 3/4/5 Women

1 Ashley Kline Zone Five Racing
2 Aspen Dalton Porcupine/City Works
3 Rachael Gill

3 Rachael Gill Cat 1/2/3 Women 1 Natalia Franco Colavita 1 Natalia Franco Colavita Biale 2 Lauren Dodge Automatic Rac 4 Sophie Russenberger Point S Auto P/b Nokian Tvres

Salt Lake Criterium, USA Crits, Salt Lake City, UT, July 20, 2019

Men Pro/1

1 Justin WILLIAMS Legion of Los Angeles 1:13:45

5 Liz Apking Zone Five Racing

2 Tyler MAGNER Rally UHC Cycling 1:13:45 2 Tyler MAGNEK Kally UHC Cycling 1:13:45 3 Cory WILLIAMS Legion of Los Angeles 1:13:45 4 Scott MCGILL Aevolo Cycling 1:13:45 5 Thomas GIBBONS Automatic Racing 1:13:46

5 Thomas GIBBONS Automatic Racing 1:13:46

WOMEN Pro/1
Harriet OWEN Hagens Berman|Supermint 1:00:15
2 Emma BAST Levine Law Group p/b Huseby.com
1:00:16 1:00:16 3 Starla TFDDFRGRFFN Hagens BermanlSupermint

1:00:16
4 Sarah (ONEY LA Sweat 1:00:16
5 Heather FISCHER DNA Pro Cycling Team 1:00:16
Men Cat 1/2/3
1 Chris STUART TEAM CLIF BAR 1:00:05
2 Sald ASSALI Shama (Sycles 1:00:07
3 Ben STEVENSON Johnson Elite Orthodontics 1:00:11
4 tommy MONCUR Ascent Cycling p/b RB Health
1:00:17

5 Erik BROCKHOFF Cicada Racing Inc. 1:00:12



1 Ryan LEMONE 0:48:53 2 Tommy Kline 0:48:53 4 Nic PORTER 0:48:53

5 Austin ANDERSON Velocause Centraal cycling Men Cat 4/5 1 Michael SZCZESNY 0:40:08 2 Jeremiah NIEL SON Red Burro Racing 0:40:08 3 Kyle ZICK 0:40:09 4 Robbie HORSTMAN Donkey Label 0:40:10

4 Robbie HORSTMAN Donkey Label 0:40:10 5 Jesse Loper 0:40:11 Master Men 40+ 1 Tom BAIRD Bills Bike and Run 0:43:22 2 gavin STOBIE Johnson Elite Orthodontics 0:43:22 3 Bill HARRIS BBI-SIC 0:43:23 4 François IONES Methods to Winning Flite 0:43:23 5 Billy RAPPLEYE Zone Five Racing 0:43:23 Master Women Cat 2/3/4

1 Lauren DODGE 0:44:27 2 Rachel GEITER 0:44:27 2 Hadre VEHEN ON Zone Five Racing 0:44:27 4 Finn TAYLOR Specialized Wolfpack p/b Jakroo 0:44:28 5 Jamie LINDE Zone Five Racing 0:44:28

O-Town Throwdown Criteriu Ogden, UT, July 21, 2019 Place, Name, Team Pro-11/2 Men 11HONAS GIBBONS Automatic Racing 2 Rider unknown 3 Rider unknown 4 Kaler Marshall Hangar 15 Bicycles 5 Paul Wamer

Cat 1/2/3 Master Men 40+ 2 Andre Gonzalez Ski City Cycling 3 Alex Whitney Ski City Cycling 4 Aaron Olsen Ski City Cyclin Cat 4/5 Men

2 Matthew McGarry 3 Kevin Hashimoto 4 Curtis Cole Intermountain LiVeWell

Medical Center 5 Rob Van Kirk CT Velo

Pro/1/2/3 Wom 1 Liza Rachetto Hagens Berman|Supermint 2 Whitney Allison Hagens Berman Supermint Women's Pro Cycling Team 3 Harriet Owen

4 Sophie Andrews Point S Auto p/b Nokian Tyres 5 Erin Harris Team Upcycle Boise p/b St. Alphonsus Medical Center Cat 3/4/5 Women

Ophir Road Race, Ophir, UT, July 27, 2019

2 Taylor Edwards Zone Five Racing 3:01:05 3 Nathan Spratt Ascent Cycling p/b RB Health 3:01:15 4 Luke Gangi-Wellman Ascent Cycling p/b RB Health 3:01:35 5 Samuel Dearden Zone Five Racing 3:01:58

Cat 3/4 Men 1 James Bylund 3:07:51 2 Adam Jones Spry Cycles 3:18:49 Cat 4/5 Men 1 Kylen Solvik CU Boulder Cycling 3:11:44 2 Ben Raybould 3:11:47 3 Matthew McGarry 3:16:29 4 Neil Lande Stay Park City Cycling 3:20:10

4 Neil Lande Stay Park (trty Cycling 3:20:10 5 Jose Medina 2:20:23 Cat 1/2/3 Master Men 35+ 1 Matthew Wikstrom 3:08:53 2 David Bagley Zanconato Rading 3:13:01 3 Billy Rappleye Zone Five Rading 3:15:30 4 Jyler Kirk Porujne/Citywords 3:20:16 5 Daniel Thunell New Age Athlete 3:20:24 Cat 4/5 Master Men 35+ Michael Twohig Logan Race Glub 3:29:12 2 Chris Fry Killin Time Cycling 3:38:42 Michael Dahner

Master Men 70+ Larry Peterson Endurance360 2:12:23 Ken Louder VeloSport Racing 2:12:45

Master Men 55+ 1 Mark Schaefer Maddog Racing PB Hammer

Nutrition 3:17:28
2 Mike Gregg 4:06:34
Master Men 45+
1 Dwaine Allgier Zanconato 3:10:11
2 alan wheelwright Zanconato Racing 3:11:59
3 Christoph Heinrich KUHL Cycling Team 3:12:12
4 Kenneth Morris Ski City Cycling Team 3:15:03
5 Mark Rodel Rolf Factory Team 3:26:58
Pro/1/2/3 Women
1 Allson Frye Ski City Cycling 3:44:57 Pro/1/2/3 Women
1 Allson Frye Ski City Cycling 3:44:57
2 Liz Apking Zone Five Racing 3:45:17
3 Jamie Linde Zone Five Racing 3:46:21
4 Angela Howe Bingham Cyclery Peak Fasteners

5 Shannon Tuddenham Plan 7 DS 4-22-34 Master Women 50+ nise Higgison Nebo Peaks Cycles 4:08:33 Master Women 35+ 1 Anne Findlay Dowling RMCC 4:27:52

ADVOCACY

New Federal Transportation Bill Would Improve Cycling Nationally

Bv Charles Pekow

The next law governing federal support for biking cleared its first hurdle. But replacement for the FAST Act still has a long way to go. The Senate Environment and Public Works Committee approved the first draft of the America's Transportation Infrastructure Act (S. 2302). It would require a federal research plan on roadway design and safety to make transportation safer for "vulnerable users" such as bicyclists. The plan would have to include ways to design roads more safely, look and the relationship between traffic speed and bike safety etc.

The bill also calls for an Accessibility Data Pilot Program to improve transportation planning that would include connections to safe bicycling corridors.

The bill directs states to enact Complete Streets policies that would have to include bike trail connections between communities, business

Another program would provide a Formula Carbon Reduction Incentive Program for metropolitan planning agencies that would call on them to find ways to reduce single-occupancy auto trips with other means of transit such

And the bill would start a Disaster Relief Mobilization Pilot Program of grants to communities. Disaster relief plans would have to include use of bicycles and involve local bike/ped advocacy groups in planning. First responders and emergency workers could get trained in biking skills and maintenance, including the use of cargo bikes and ebikes.

Also, the bill would require a study of distribution and use of Recreational Trails Program money.

Finally, the bill would create a Center of Excellence on New Mobility and Automated Vehicles to fund research on matters such as bikesharing including ebikes

The League of American Bicyclists called the bill "great for biking and

People for Bikes issued a statement saying it "welcomes legislation that, if passed, would fund and modernize bike infrastructure, prioritize the safety of bicyclists and pedestrians, and recognize the environmental benefits of biking."

See the bill at:

https://www.epw.senate.gov/public/_cache/files/f/6/f6f0d0c3-cab8-45e7-8190-9f990f1912e6/9A501E331F83EC7892C29169B1228C68.substitute-amendment-to-atia.pdf

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TOUR DE FRANCE

Milestones: Eddy Merckx and the Tour de France That Almost Wasn't

CRONACHE DELLO SPORT

LA STAMPA Martedi 3 Giugno 1969

Merckx squalificato: requiem per il ciclismo

(Il fuoriclasse belga dovrà anche rinunciare al Tour)

Merckx Disqualified: a requiem for cycling. Image from page 17 of La Stampa, 3 June 1969 under Creative Commons License. Image by Editrice La Stampa informed; the Faema team directory incenze Giacotto and Vincenze Giacot

By Steven Sheffield

On the evening of Saturday June 28, 1969, a young Belgian cyclist just 24 years of age, dressed in the white and red colors of the Faema squad and wearing *dossard* 51, took his place on the start-line of the 56th Tour de France in the northern town of Roubaix on the border between France and Belgium; his first appearance. He would not win the Prologue time-trial that day, finishing second to Rudi Altig of the Salvarani team.

22 days later, on Sunday July 20, 1969, Edouard Louis Joseph Merckx—commonly known as "Eddy"—would step onto the top step of the final podium in Paris as the General Classification winner of the Tour de France in his first attempt, wearing the *maillot jaune* for a total of 19 of those days and winning 6 individual stages in the process, as well as being part of the Stage 1b team time trial winning squad.

Merckx would also finish in Paris as the winner of the Points Classification, the King of the Mountains Classification, the Combination Classification and the overall Combativity Prize. This was the first and only time that a single rider won all of the major classifica-

tions at the Tour de France. If it had been an official classification at the time, he would have also won the Best Young Rider award for those riders under the age of 26.

Fifty years later, Merckx's Tour de France record is well-known, becoming the second rider to win the Tour a total of 5 times—a feat which had only been accomplished by Jacques Anquetil prior to Merckx's career—collecting a total of 34 stage wins and wearing the *maillot jaune* a total of 96 days in the process, both of which are records which have yet to be broken. He also amassed 5 wins in the Giro d'Italia and 1 win in the Vuelta, giving him 11 total victories in the Grand Tours, another record which has yet to be broken.

And yet, Merckx almost didn't start the Tour that late June evening in 1969, and who knows what his career would have looked like had be not.

In 1967, while riding for the Peugeot-BP-Michelin squad, Merckx raced in the Giro d'Italia, finishing 9th overall, with two stage wins.

Later that summer, his Peugeot teammate Tom Simpson died on Mont Ventoux at the 1967 Tour de France, due to heat exhaustion exacerbated by amphetamines and alcohol. While Merckx was not at that Tour, when the news flashed across his television set during the evening news, Merckx became distraught. Simpson had been a friend and mentor to the young Belgian, unlike the hostility that Merckx had faced from his previous team leader Rik van Looy. He immediately decided to attend the funeral in England, the only rider from the European continent to do so. To this day Merckx is saddened that Simpson's name is so closely associated with doping, rather than for the Briton's accomplishments while alive.

After Simpson's death, the Union Cycliste Internationale (UCI), which is the governing body of the sport of cycling, implemented mandatory doping controls for the 1968 season. The 1968 Giro d'Italia would be the first major Tour to have regular testing, with results to be announced 15 days after the conclusion of the race.

After switching to the Faema team from Peugeot in the off-season, Merckx won the Giro d'Italia—his first of 11 total Grand Tour victories—taking another 3 stage wins. On June 15, 1968, the Italian Cycling Federation announced that 9 riders returned positive tests during the race. Merckx was not one of the offending riders.

Riders testing positive included

Italian stars Felice Gimondi and Gianni Motta, along with Gimondi, Motta, Franco Balmamion, Franco Bodrero, Raymond Delise, Peter Abt, Victor van Schil, Mariano Diaz, and Joaquin Galera. Balmamion's result was thrown out, as the substance he tested positive for had yet to be officially banned.

Gimondi's ban was overturned on July 15, because he claimed he had just used Reactivan, an over-the-counter stimulant appetite suppressant containing fencamfamine, which has similar properties to amphetamines but at about half the strength. At that time, Reactivan was still in the grey area between legal and illegal drugs. With the exception of Balmamion, all of the riders with positive tests served a ban of at least 30 days.

In 1969, Merckx started the Giro d'Italia as the overwhelming favorite, and by the rest day on May 31, he had won an additional 4 stages and wore the *maglia rosa*—the pink jersey—as the General Classification leader. Then his world fell apart.

On Sunday June 1, after the 16th stage from Parma to Savona won by Roberto Ballini, Merckx was called to Doping Control as the leader of the race. The following morning, Monday June 2, 1969, it was

announced that Merckx's test came back positive for fencamfamine, the same substance that Gimondi had used in 1968. Giro organizer Vincenzo Torriani was forced to exclude him from the remainder of the race, with no right to appeal.

Controversially, the results of the test were announced to the press even before Merckx himself had been informed; the Faema team director Vincenzo Giacotto and Vincenzo Torriani were accompanied by RAI Television crew, along with two reporters—Bruno Raschi from *La Gazzetta dello Sport* and Théo Mathy, from the Belgian RTBF television.

Immediately after the announcement, Merckx was interviewed by RAI's Sergio Zavoli in a state of collapse, lying on his bed in Room 11 of the Hotel Excelsior in Albisola Marina, sobbing in French, "I don't know what to say. I am sure I took nothing. I'm sure of it. I don't understand anything." It was the first time that a race leader had been found positive and kicked out of any of the major stage races.

The offense also came with an automatic 30-day suspension, which in this case would not expire until July 2, 4 days after the Tour de France was due to start in Roubaix, meaning he would not be allowed to start. It was a crushing blow. Merckx was convinced that it meant the end of his career, and that he was going to be sacked by his Faema squad.

Almost immediately thereafter, Merckx's supporters began a campaign to have his ban overturned; even much of the Italian media felt that Merckx was the victim of some sort of conspiracy to keep him from winning the Giro d'Italia for a second straight year. The Italian newspaper La Stampa went so far as to call the scandal a "requiem for cycling," while the headline in the Corriere dello Sport said that "Il ciclismo si sta suicidando (cycling is commiting suicide)." Bruno Raschi's report for La Gazzetta dello Sport concluded "I can believe that they've found Merckx drugged, but I'm sure that someone put the dope in his broth."

Two days previously, an unnamed support rider on Felice Gimondi's Salvarani team allegedly knocked on Merckx's hotel room and offered him a briefcase full of money to throw the Giro, and allow Gimondi to win, which Merckx declined.

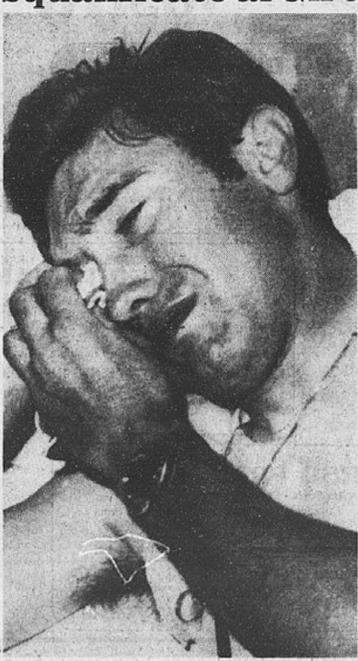
Because of this, suspicions were tossed around that Merckx had been intentionally drugged by someone spiking his food or drink with fencamfamine, or that his test samples had been tampered with, in order to get him thrown out of the Giro.

While situations like this seem less plausible in the modern era, in the early days of drug-testing, this was entirely possible. Riders would often accept hand-ups of food or drink from spectators on the side of the road. Teams did not travel with their own chefs or food supplies, and thus had less control over what they ate and drank at meals.

In fact, the entire drug-testing process was still in its infancy; it had been less than two years since Tom Simpson died at the 1967 Tour de France. Despite Simpson's death,



Il pianto di Merckx squalificato al Giro



Un fatto senza precedenti è accaduto al Giro d'Italia: a Savona Merckx, il corridore più forte di tutti, primo in classifica, è risultato positivo all'esame antidoping, che per regolamento si tiene al termine di ogni tappa. La vicenda è inspiegabile poiché l'asso belga non aveva alcun bisogno di ricorrere ad energetici proibiti in un tratto della gara non impegnativo. Le norme del Giro hanno imposto l'allontanamento e la squalifica del corridore. Nella foto: Merckx, piangente, dopo il provvedimento (Telefoto - I servizi dei nostri inviati a pagina 17)

A distraught Eddy Merckx sobs in his hotel room after being informed of a positive doping test at the 1969 Giro d'Italia. Image from page 1 of La Stampa, 3 June 1969 under Creative Commons License. The caption reads "An unprecedented event happened at the Giro d'Italia: at Savonna Merckx, the strongest rider of all, first in the standings, he was positive in the anti-doping test, which by regulation is held at the end of each stage. The story is inexplicable because the Belgian ace had no need to go to energy banned in a non-binding section of the race. The rules of the Giro imposed the elimination and disqualification of the runner. In the picture: Merckx, crying, after the inspection (Telefoto - The services of our correspondents on page 17)." Image from Editrice La Stampa S.p.A.

many still questioned whether testing were indeed tampered with. was necessary at all. No real staning a set list of banned substances. nor guidelines for counter-analysis of B-samples after a positive result.

At the 1969 Giro, testing was done in a mobile lab which followed the race from stage to stage; test equipment was not always well secured and could be knocked out of calibration by jostling and shocks from poor roads. Samples were also not sealed and secured in the same manner as they are today, so it is entirely possible that the samples

Merckx also had the support dards had yet to be implemented; not of the Belgian government, which even something as basic as establishing issued a statement stating the that tion" and that he was the "sacrificial victim of a criminal plot." Merckx's wife Claudine later estimated that her husband received over 10,000 letters of support, which took until the end of the Tour de France to answer them all, after enlisting the help of friends, family, and neighbors.

> On June 14, 1969, the Fédération Internationale du Cyclisme Professionnel (FICP), which governed the sport of professional

cycling under the auspices of the UCI, convened an extraordinary meeting in Brussels, after which they released a communiqué stating that

- · Accepted the results of the tests carried out by the Italian doctors
- Granted that the Italian Pro Cycling Union (UICP) had the right to suspend Merckx based on the test results
- Considered the "irreproachable record of the incriminated rider" and the negative results of tests that he had undergone in the past
- Doubted that Merckx voluntarily intended to dope, and
- Gave him the "bénéfice du doute" or "benefit of the doubt" and lifted his sanctions effective immediately.

This meant that Merckx would indeed be able to start the Tour de France just 2 weeks later, but also triggered many protests that he was being given preferential treatment because he was Eddy Merckx, not because he was innocent. At the Tour of Luxembourg, riders staged a mini-strike to express their discontent. 1968 Tour de France winner Jan Janssen declared that "the decision was an injustice towards ... lots of little riders who were punished without being able to defend themselves."

Merckx was also not entirely happy about the wording of the communiqué, as he felt that those 3 words ("bénéfice du doute") were vague. They didn't establish guilt or innocence, which meant that Merckx would always have that positive test hanging over his head.

Walter Godefroot, one of Merckx's friends and rivals on the Flandria squad, knew that Merckx was never more dangerous than when he was down. "When everyone else is hurting, they slow down. When Merckx is in trouble, he attacks," says Godefroot and so it was.

Merckx had been deeply wounded by the scandal and by the controversy surrounding its outcome, and threw himself into training over the next 14 days after being cleared to race; even riding à bloc for 40 kilometers on the morning of the Tour prologue, tranquille for another 40 kilometers in the afternoon, and then preparing for the prologue time trial that evening in Roubaix.

Merckx was always a prolific winner, but before the Savona affair, he raced with joy. He loved being on the bike, and he loved winning. But afterwards, Merckx lost his innocence and trust in people and the system around him. From that point forward, he always raced as if he had something to prove, which in a sense he did. Every time he won a race and was tested for doping, in his mind each negative test was another piece of evidence that he didn't need to dope in order to win.

It was during the 1969 Tour after one of Merckx's 6 stage wins, that Brigitte Raymond, the young daughter of Merckx's former teammate Christian Raymond, asked her father why Merckx always had to win. When the elder Raymond said that it was because Merckx was the best, Brigitte replied, "well, he's a real cannibal then." Her father found this

amusing and relayed the story to a couple of journalists. The nickname stuck. From 1969 forward, Merckx was known as "The Cannibal".

The rest is history.

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EVENT PREVIEW

Pedal the Plains 2019 is A 3 Day Road and Gravel Bike Event in Eastern Colorado



Pedal the Plains will travel through the farm country of Eastern Colorado in 2019. Here's a scene from the 2018 ride. Photo courtesy Pedal the Plains

By Dave Iltis

Pedal the Plains is a 3-day road ride in Eastern Colorado that will be held from September 13-15, 2019. The ride features a 3-day fully-supported option, with a one-day road or gravel century option too.

This year's ride travels through the Colorado communities of Holly, Lamar, and Springfield and celebrates Colorado's rich pioneer and agricultural traditions. We asked organizer Deirdre Moynihan of the Denver Post Community Foundation about the ride.

Cycling West: Tell us about the 2019 ride and the course. What are the highlights along the way? How many riders do you expect?

Pedal the Plains: The terrain is predominantly flat with some rollers

but no major climbs that is for sure. We travel through fields of corn, milo, wheat and cattle! It is very bucolic and peaceful. There are two options on Saturday: a Century and a 70 mile route so people seeking an additional challenge can find it. The route is very attainable to all with stops every

CW: Looks like you have lunches by the Future Farmers of America. What are the food and beverage highlights during and after the ride each day? How do you showcase local agriculture and culinary options?

PTP: We showcase them in a variety of ways. For example, the Colorado Egg Producers are at an Aid Station every day with hard boiled eggs. The Colorado FFA (Future Farmers of America) do lunch every day and source out local food to use. We always try to use the local crop



Pedal the Plains will travel through Eastern Colorado in 2019. Here's a scene from the 2018 ride. Photo courtesy Pedal the Plains

bit interesting because the local crop really is beef! The 2019 Route really travels through cattle country.

CW: Tell us more about the history of the area and the points of interest on the ride.

PTP: We are traveling to the far southeastern corner of Colorado this year and touching our wheels into Kansas as well. This area is full of history and stories of the wild west. For example, on Friday, we travel along what was the Santa Fe Trail. In 1821, the Santa Fe Trail became America's first great international commercial highway, and for nearly sixty years thereafter was one of the nation's great routes of adventure and western expansion. On Friday, we are also stopping at the Amache Camp, a Japanese internment camp based in Granada, CO during WWII. And that is just one day of the route emphasizing how much history there is in the area. Saturday and Sunday are equally as interesting in terms of showcasing the area. On Saturday, we will stop in Two Buttes named after the Two Buttes that can be viewed from the town. Two Buttes is one of the smallest incorporated

as much as possible – this area is a "cities" in the state. The population in the town is about 50, however many buildings and structures remain from its heyday when the population was around 2000. The town was founded under the formation of the dam at Two Buttes creek making Two Buttes Reservoir. Two Buttes was officially incorporated in 1911. Over the years the reservoir has evaporated and today it is used by local county residents for boating. There is also a local swimming hole called the Black Hole on the other side of the dam enjoyed by locals. Sunday will include stops at the gallery of Cowboy Poet and metal artist Bill "Three Feathers" Bunting, followed by a visit to the Colorado Green Project. So, through out the ride you will meet some of the great people of the Plains, learn the history and how they are surviving now.

> CW: Can you tell us about the beneficiaries of the ride?

PTP: The 2 key beneficiaries are: Colorado FFA: Integrated into the curriculum of over 100 high schools in Colorado, the Colorado FFA Foundation is the premier cocurricular leadership organization for students ages 14 – 18. Most members

of Colorado FFA do not come from a farm or ranch but have a desire to learn more about agriculture and the inspiring task of providing food and fiber to a growing population. Areas of focus are: premier leadership; personal growth; and career success through agricultural education.

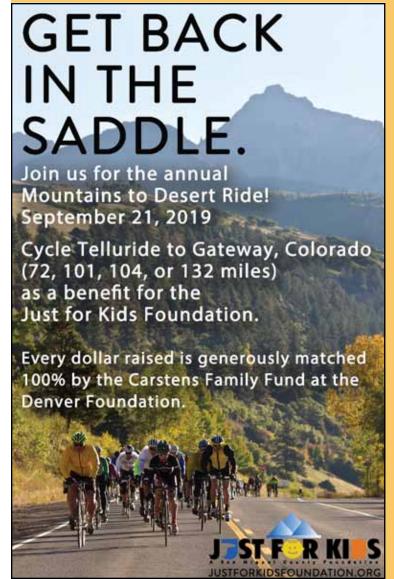
Colorado 4-H: Embedded in the CSU Extension Offices, 4-H is a non-profit designed for youth ages 5 through 18 years of age living in counties across the state. 4-H began over 100 years ago as an educational program for the rural youth of America. Their mission remains to empower young people to reach their full potential, working and learning in partnership with caring adults. Through projects in environmental science, rocketry, foods and nutrition, animal science, and photography, members of 4-H learn important skills such as leadership, ethics, decision making, record keeping, responsibility, and community service. The 4-H motto, "To make the best BETTER," is something that this non-profit strives to accomplish as it embarks on another century of service for America's youth.

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

PTP: One of the great parts of Pedal The Plains is the fun of the Host Communities at the end of each day. There is music, beer, ice cream sundaes, homemade pies, food from chuck wagons and real foot stompin' country fun. The whole community comes out to support the ride and celebrate. It is so much fun.

Event Details:

September 13-15, 2019 - Pedal the Plains, Kiowa, CO, PTP will take cyclists through the host communities of Holly, Lamar, Springfield. Celebrates the agricultural roots and frontier heritage of the Eastern Plains of Colorado. Learn about farming and ranching, while experiencing the culture, history and landscape of Colorado's high plains. The Tour incorporates interactive onroute experiences by staging rest stops on farms, posting educational points of interest and serving community meals composed of locally sourced food! 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, pedaltheplains.com





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CYCLING COMMUNITY

Mark Deterline, Former Cycling West Assistant Editor, Passes Away



Mark Deterline (1966-2019) in Alta, Utah in 2012 doing what he loved - riding bicycles. Photo by Dave Iltis

By Dave Iltis

Mark Deterline, our friend and former assistant editor for Cycling Utah and Cycling West, died recently at age 52 in Germany. We are incredibly saddened by Mark's passing and miss him tremendously already. Mark was a part of the evolution of Cycling Utah and Cycling West. He wrote and co-authored over forty articles for Cycling Utah from 2011 to 2016 on coaching, health, and technical topics. Each article was written with great care, and Mark fretted over every detail and word choice in order to make the story perfect.

Mark always wanted everyone to be their best and to take part in the greater whole. In his article Teamwork Matters (on the web here: http://www.cyclingutah. com/?p=2232), he concludes with, 'Hopefully this summary not only piques your interest and serves as motivation to get better educated about racing. It should also serve as a call to arms, as an affirmation of the exalted you role that you can play as an individual and as a member of a squad in our collective goal to elevate cycling in Utah and the West at every level, in women's, men's and junior racing."

He was a good friend, and provided advice and guidance to me during the changes in Cycling Utah and Cycling West over the years. Rest in Peace Mark. Mark's obituary is below.

Mark Stedman Deterline, 52, passed away on July 13th, 2019, after a prolonged illness. He left peacefully, able to say a gentle goodbye to his wife, who was with him. Mark was born in Palo Alto, CA on September 15th, 1966. He grew up in Palo Alto where he graduated from Palo Alto High School and was voted the most valuable player on the golf team. A gifted and diligent student and athlete, Mark was offered a golf scholarship at Brigham Young University. He opted not to play so he could focus on his studies. He majored in languages and received a master's degree in language education. He loved languages and loved to travel. After graduation he lived and worked in Switzerland, Germany, and Italy, studying German at the University of Constance. He spoke five languages, mastering some on

He met a wonderful woman, Nunzia Palmieri, in Italy and they were married on February 13, 1993. They lived in Salt Lake City and



Mark Deterline, camping with bicycles. Photo by Nunzia Shannon



Mark Deterline at the top of Passo del Bernina in Switzerland. Photo by Nunzia Shannon



Mark Deterline loved to ride. Photo by Austin Henderson

had two children, Alessio, born in Montebelluna, Italy, and Donatella, born in Provo, Utah. A loving father, Mark was supportive of their initiatives and projects. He was a great mimic and entertained the family constantly with imitations (of us others), foreign accents and anecdotal stories. After an amicable divorce Mark and Nunzia have stayed fast friends.

More recently, Mark married again in Germany, to a lovely woman, Kathy David, who was with him when he died.

Mark was also a gifted cyclist and cycling coach ("2TheFront"), mentoring his students with care and a deep knowledge of bicycles and cycling strategy. He was a category two racer, a top category for amateurs. As a racer, he was the consummate teammate and a strong mates win many races. He was often able to single-handedly control the peloton, allowing teammates up the road to excel and take the win. In his coaching career, he coached cyclists, triathletes, distance runners, crosscountry skiers, motocross racers and boxers. He helped people with training, bike fit, biomechanics, and performance testing. His interests in the sport ranged from tactics to fitness, tech to cross training (of which he was a huge proponent, especially in the winter).

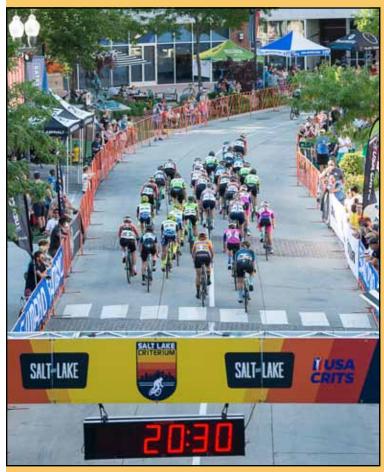
domestique, and helped fellow team-

He designed a people's racing bicycle when he worked for CMB, the well-known bicycle framemaker in Italy. He also worked in Italy for Campagnolo, the famous bicycle components manufacturer, doing international marketing, and in San Mateo for Richey, again in marketing. In Salt Lake City, Utah, he did marketing for Lineo, focusing on high-tech operating systems for mobile devices.

Mark wrote over forty articles for Cycling Utah and Cycling West. Additionally, over the years, he wrote for triathlon magazines Lava and Triathlete, and for the national cycling magazine VeloNews.

Mark was the beloved son of Bill Deterline, now deceased, and Lynne and Austin Henderson, the beloved brother of Brooke and Kimberly Deterline, and half-brother of Charlie Deterline. He was beloved by his family and friends, known for his sensitivity, empathy, generosity of spirit, and knack for making people laugh and feel loved. The family has been deeply touched and nearly overwhelmed by the outpouring of love from friends across his life.

Salt Lake City Criterium - A Photo Gallery by Dave Richards



The women's D1/Pro peloton passes under the finish line banner during the Salt Lake Criterium, USA CRITS series held at the Gateway Mall (Photo by Dave Richards, daverphoto.com)

Owen and Williams take wins in Salt Lake City Criterium

The first edition of the Salt Lake City Criterium was held on July 20, 2019 in downtown Salt Lake City. The race was a stop on the professional USA Crits series tour, an eleven event national series featuring the country's top criterium racers. The race was a 1.1 mile circuit passing through the Gateway Mall.

In the women's race, Harriet Owen (Hagens Berman/Supermint) won the field sprint to take the win, with Emma Bast (Levine Law Group p/b Huseby.com) in second and Starla Teddergren (Hagens Berman/Supermint) in third.

In the men's race,Legion of Los Angeles took over at the front to set up their team leader. The strategy here worked perfectly as it has at many other criteriums this year. National criterium champion Justin Williams of the Legion of Los Angeles beat Tyler Magner (Rally UHC Cycling) to the line, followed by his brother Cory Williams, also of Legion of Los Angeles in third.

-Dave Iltis

Note: See results on page 13.



Bold graphics overlook the women as they pass under at the Salt Lake Criterium, USA CRITS series held at the Gateway Mall (Photo by Dave Richards, daverphoto.com)



Harriet Owen (Hagens Berman/Supermint) wins the D1/Pro division of the Salt Lake Criterium, USA CRITS series held at the Gateway Mall (Photo by Dave Richards, <u>daverphoto.com</u>)



Two rider break during the Women's D1/Pro race at the Salt Lake Criterium, USA CRITS series held at the Gateway Mall (Photo by Dave Richards, <u>daverphoto.com</u>)



Angeles) current USA National Criterium Champion. Salt Lake Criterium, USA CRITS series held at the Gateway Mall (Photo by Dave Richards, daverphoto.com)



Men's D1/Pro riders line up at the start of the Salt Lake Criterium, USA CRITS series held at the Gateway Mall (Photo by Dave Richards, daverphoto.com)



Fading evening sunlight reflects off the Men's D1/Pro peloton during the Salt Lake Criterium, USA CRITS series held at the Gateway Mall (Photo by Dave Richards, <u>daverphoto.com</u>)



Justin Williams (Legion of Los Angeles), Blake Anton (Marc Pro Cycling) & Sam Lear (Palmetto State Medical) called up at the start of the Men's D1/Pro Salt Lake Criterium, USA CRITS series held at the Gateway Mall (Photo by Dave Richards, daverphoto.com)



Legion of Los Angeles tearm riders in tight formation setting up the win for Justin Williams. Salt Lake Criterium, USA CRITS series held at the Gateway Mall (Photo by Dave Richards, <u>daverphoto.com</u>)



ButcherBox Cycling riders lead the pack past the fans during the Salt Lake Criterium, USA CRITS series held at the Gateway Mall (Photo by Dave Richards, daverphoto.com)



Veteran announcer Dave Towle has a quick word with Cory Williams and brother Justin (Legion of Los Angeles) after taking 3rd & 1st respectively at the Salt Lake Criterium, USA CRITS series held at the Gateway Mall (Photo by Dave Richards, daverphoto.com)

PROLOGUE

August 12, 2019

Snowbird

UTAH

TOUR OF UTAH

Larry H. Miller Tour of Utah Where to Watch Spectator Guide



The 2019 Tour of Utah returns to N. Utah and will have 6 exciting stages and a prologue. The crowds and finish are shown here in Stage 4 of the 2018 Tour of Utah, Salt Lake City, Utah. Photo by Dave Iltis

By Jackie Tyson

2019 marks the 15th year for 'America's Toughest Stage Race," seven days of heart-pounding racing in northern Utah from Aug. 12 to 18. This year, 17 men's professional teams will log 477 miles in the UCI 2.HC cycling stage race, and cover 37,822 feet of elevation gain. It is the sixth year for the Tour to be sanctioned as a 2.HC-rated (Hors Categorie) stage race by the Union Cycliste Internationale (UCI), making it one of the premier events for professional cycling teams in North America.

All seven days will be covered nationally by FOX Sports (FS2) as well as international programming including Eurosport in Europe, Supersport in South Africa, Fubo in Canada, and ESPN in South America. It continues as the only UCI stage race in the North America that offers a free, live webcast from start to finish for the entire week, thanks to Tour Tracker powered by Adobe. All the national cycling media provide coverage each day as well.

Whether it is the Tour de France or the Tour of Utah, cycling is one of the most unique professional sports on the globe as access to the field of play is free for spectators. The best way to see the suffering on climbs, to feel the whirl of speed at finish lines, and to experience the kaleidoscope of activities in each host community is to attend the race in person.

Listed below are all the familyfriendly, free activities associated with the Tour of Utah, from the Team Presentation held before race week to some of the favorite spots along all the courses to watch the pros.

Note: all times are MT and subject to change.

PRE-RACE FESTIVITIES

Tour of Utah Team Presentation Saturday, Aug. 10, teams introduced at 4:30-6 p.m. Activities begin 12 p.m.; live music 6:30-8:30 p.m. Snowbird Resort, 9385 S Snowbird Center Trail, Snowbird 84092 stage next to Aerial Tram and The

The annual Team Presentation will be held on Saturday, Aug. 10 at Snowbird Center, on the Plaza Deck between the Aerial Tram and The Forklift restaurant. The first of 17 teams will be introduced at 4:30 p.m. The event is free to the general public. Limited hospitality tickets will be available for \$125 per person, which include reserved seating, food/ beverage service and VIP access to athletes. The top riders from each team will be interviewed by one of the race announcers. Spectators are encouraged to bring a camera to capture photos of favorite athletes. Stay for live music following the program.

A full assortment of activities and local vendors will be part of the festivities at Snowbird Center on Saturday. Some lucky fans will go home with a prize from several Tour of Utah giveaways, including bicycles, overnight stays at Snowbird Resort, and other items. VIPs can enjoy a hospitality area at Fork Lift with plenty of amenities. Stay after the formal introduction of teams and riders for Snowbird's Cool Air Concert Series. The Low Down Brass Band is the headliner, playing from 7-8:30 p.m. Dan Weldon is the opener playing from 6-6:45 p.m.

EVERY DAY DURING RACE WEEK

What's New?

Ford Fan Zone - A reserved space will be available at finish lines

on a first-come, first-serve basis for 200 spectators for all seven days of racing. Fans will receive complimentary merchandise from Ford and the Tour of Utah. It is fun and it is free. Sponsored by Ford.

LEGEND

Ford Fan Parade - Official Ford Tour vehicles will drive along the course at designated finish line areas to give away complimentary merchandise to spectators each day. Check the web site for details.

BISH RV's Ride with a Team -

Ever want to see and hear what goes on inside an official team vehicle before a day of racing? Join one of the Tour of Utah teams in their RV and ride from the start to the finish of Stage 3. Winners not only get to watch the race from the team RV, they'll also get VIP Hospitality passes for both the start and the finish lines as well. The contest launched mid-July. One lucky winner will receive this exclusive access, along with VIP passes to the stage.

Ford Eco-Sport Lease Contest -Race fans can enter a Ford contest at all Tour of Utah Street Team events, and at the KUTV 2 Lifestyle Expo during the first five days of racing (Prologue and Stages 1 to 4). On Friday, Aug. 16, 10 lucky winners will be selected to attend Stage 6 in Park City. On Monday, Aug. 19, one overall winner will receive a two-year lease on a Ford Eco-Sport, along with Yakima bike racks and two bicycles.

Ford Caravan Vehicle Sale -Don't miss your exclusive chance to purchase one of the Tour of Utah official Ford vehicles. Ten of the official Ford Eco-Sport vehicles will be available for purchase post race, complete with bike rakes and a bicycle. Visit <u>www.tourofutah.com</u> for more details and sale location.

Generation Autograph Alley -Spectators will be allowed to interact with the professional athletes as they walk along Autograph Alley to the Sign-In stage. Race announcers will interview athletes from the stage, providing insights before the highspeed action commences. All photos and signatures are free for spectators. There is no Rider Sign-In on Aug. 12 for the Prologue, but grab a spot near the Start House to see each individual in the race against the clock. Sponsored by Wildlife Generation.

KUTV 2 Healthy Living Expo-Plan to arrive early to any of the seven finish line host venues and spend some time at the KUTV 2 Healthy Living Expo. This free, interactive festival area and sponsor showcase serves as a gateway to the finish line every day. It provides an array of interactive exhibits, official Tour merchandise and live entertainment, including jumbo television screens to watch the race unfold as it heads to the finish. Listed below are the street addresses for each day's finish line of the race, and the hours for the KUTV

Monday, Aug. 12 Snowbird Resort - 12 p.m. to 4 p.m.

2 Healthy Living Expo:

100 Little Cottonwood Canyon (Iron Blosam parking area) Tuesday, Aug. 13 North Logan

City - 11 a.m. to 4:30 p.m. 2799 N. 300 E. (next to George S.

Eccles Ice Center) Wednesday, Aug. 14 Powder Mountain Resort - 12 p.m. to 4:30

6965 E Powder Mountain Rd, Eden (next to Sky Lodge/Hidden Lake Lodge)

Thursday, Aug. 15 North Salt Lake - 12 p.m. to 4:30 p.m.

1110 E Eaglewood Dr (Eaglewood Golf Club) Friday, Aug. 16 Salt Lake City -

4:30 p.m. to 8:30 p.m. 315 E Capitol Blvd. (southeast

lawn area of Capitol) Saturday, Aug. 17 Canyons Village at Park City Mountain - 1 p.m. to 8 p.m.

4000 Canyons Resort Dr., Park City (public area at top of Cabriolet

free Summer Concert Series with The Honey Hounds begins 6 p.m.

Sunday, Aug. 18 Park City - 11 a.m. to 4 p.m.

250 Main St.

America First Credit Union Fan Favorite - Each day during the race fans can cast votes online for their favorite athletes in various categories, such as best climber or most promising rookie. The athlete who receives the most votes each day will be recognized as the America First Credit Union Fan Favorite and receives a special award jersey. One fan will be chosen in a random drawing from ballots cast to receive a Tour of Utah gift bag and \$100 Visa gift card, courtesy of America First Credit Union. It's a win-win contest.

Podium Award T-shirt Giveaway - At the conclusion of each day's race, top athletes will be recognized in an awards ceremony with special jerseys, such as the Larry H. Miller Dealerships Leader jersey and Utah Sports Commission Sprint jersey. These winners will autograph limited-edition, replica T-shirts for each award jersey and toss them into the crowd. Fans are encouraged to catch one-of-a-kind Tour of Utah SWAG (stuff we all get).

Sprint to the Finish Kids' Bike Races presented by University of Utah Health - Children ages five to 12 have the opportunity to race their bicycles near the finish line used by the pros at six race locations. Two great reasons to participate - it's free and it's fun! To participate, a parent or guardian must sign a waiver at the University of Utah Health exhibit in the KUTV 2 Healthy Living Expo. Make sure each child brings his or her helmet, closed-toe shoes and a bicycle! Registration ends 15 minutes prior to each race (times listed are start times):

Sprint to the Finish Locations

Tuesday, Aug. 13 -- North Logan City (1:30 p.m.)

Wednesday, Aug. 14 -- Brigham City (1 p.m.)

Thursday, Aug. 15 -- North Salt Lake (1:30 p.m.)

Friday, Aug. 16 -- Salt Lake City

Saturday, Aug. 17 - Canyons Village at Park City Mountain (3

Returning Favorites Rider Sign-In and Wildlife

p.m.)

Sunday, Aug. 18 -- Park City (1 p.m.)

RACE WEEK
Monday, Aug. 12
Prologue presented by
Zions Bank
Snowbird Resort
3.3 miles (5.3 km) – 656
feet of climbing
Start Time 12:30 p.m.
Finish Time 3 p.m.
Start/Finish Location 100 Little Cottonwood
Canyon, Snowbird, UT
84092

It is only the fifth time since the Tour began in 2004 that a Prologue, a short individual time trial, will be held on the opening day of competition. Snowbird Resort will see the return of the Tour for a 12th time, this year hosting the overall start for the first time. The time gaps may be small, but it will set the stage for a great week of racing. Last year's Prologue was held in St. George.

This 3.3-mile (5.3 km) race against the clock will go vertical in Little Cottonwood Canyon for the first half of the course, using Entry 2 to travel north on Little Cottonwood Canyon Road (S.R. 210) and then snaking around The Cliff Lodge on Bypass Road. Once back on Little Cottonwood Creek Road, each cyclist will put on the afterburners for the 1.5-mile descent to the finish line. located at Entry 2 behind The Lodge at Snowbird Resort. Spectators will have excellent viewing opportunities along Entry 2 to see the riders pass in both directions. The Start House and the Finish Line for the Prologue will be positioned along The Strip of Entry 2 outside Snowbird Center. Team Parking and hospitality will also be located in this area.

Tips:

Entry 2 will close to resort traffic beginning at 5 a.m. Monday to allow for race setup.

Little Cottonwood Canyon Road (S.R. 210) will remain open to all traffic until 11:30 a.m.

There will be a full closure of S.R. 210 between Snowbird Entry 2 and the northernmost intersection at Alta Bypass Road between 11:30 a.m. and 3 p.m. NO traffic will be allowed to pass north of Entry 1, south of Collins Road, or along Alta Bypass Road during this time.

For any spectators arriving after 11:30 a.m. in the northbound direction along S.R. 210, vehicles will be directed to Snowbird Entry 1 for

parking

The KUTV 2 Healthy Living Expo will be located in the Pond Lot, behind Iron Blosam Lodge (9121 E Snowbird Center Dr.).

In addition to the Expo (open 12 - 4 p.m.), all activities at Snowbird Resort are available (admission fees apply) for the Mountain Coaster, Alpine Slide, Mountain Flyer, Vertical Drop, Bungee Trampoline, Climbing Wall, Kid's Inflatables and more.

Tuesday, Aug. 13
Stage 1
North Logan City
86.9 miles (139.9 km) –
4,310 feet of climbing
Start Time 12:30 p.m.
Finish Time 3:45-4 p.m.
Start/Finish Location 2800 North at 300 East,
next to Meadow View
Park

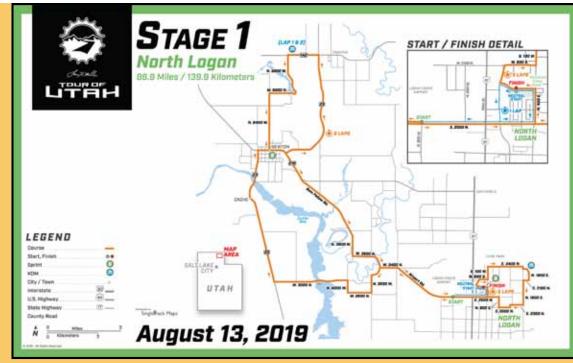
While the Cache Valley in northern Utah will host the Tour for a third time, it is a new territory for Stage 1 for the inaugural start and finish in North Logan City. The 86.9mile (139.9-km) course traverses the western slopes of the Bear River Mountains for 4,310 feet of elevation gain. The route will pass less than 10 miles south of the Idaho State line, with two Utah Office of Tourism King of the Mountain (KOM) contests outside Trenton. Spectators in downtown Newtown will see the race pass through three times, the first pass being a Utah Sports Commission Sprint line, then two more circuits around Little Mountain.

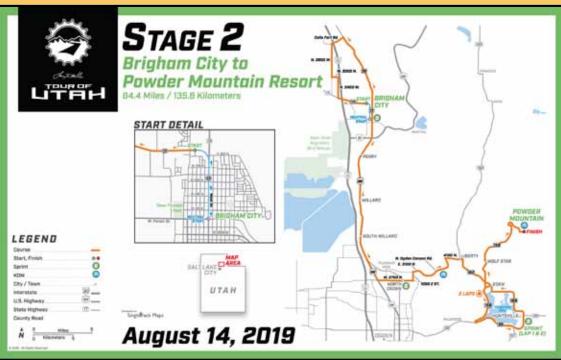
After the final pass through Newton, the race will follow Sam Fellow Road to Airport Road and reenter North Logan City for five fast and furious finishing laps. Rolling in a clockwise direction, the cyclists will pass the finish line area at Meadow View Park on each lap, which is 7.2 miles (11.6 km) in length. Notable on this first of five laps will be the final Sprint and KOM points of the stage. Each swoop around the circuit should take 15-18 minutes to complete, providing spectators with a full hour of action in downtown North Logan City.

Tips:

The start/finish line is located next to Meadow View Park on E 2850 N, near Green Canyon High School parking/ball fields and the Real Salt Lake Training Center.

On northern end of route, the peloton will pass through Newton





three times. The first pass will be between 1-1:30 p.m. The next two passes will complete 11.8-mile circuits through northern Cache County.

Back in North Logan City, the final hour of racing will feature five circuits of 7.2 miles each. Each lap should take 15-18 minutes to complete traveling in a clockwise direction: 2800 North, Wolfpack Way, W. 600 South, S. 100 West, E. 200 South/E. 3400 North, N. 1600 East, 3500 North/N. 1800 East, E. 3100 North, N. 1600 East, E. 2300 North, E. 2200 North, N. 800 East, E. 2500 North, N. 400 East and back along 2800 North. (see map for specific course).

At the start of the first lap of the finishing circuit, a Utah Sports Commission Sprint will be contested next to Meadow View Park on 2800 North at race mile 51.1. The race is expected to pass between 2:25 to 3:10 p.m. On that same lap at 3500 North on Mahogany Ridge, a Utah Office of Tourism KOM will be contested at race mile 53.8. The race expected to pass between 2:30 to 3:15 p.m.

The KUTV Tour of Utah Lifestyle Expo will be located next to the George S. Eccles Ice Center. The Lifestyle Expo will be open from 11:30 a.m. to 4 p.m. on Tuesday and will provide food and beverage for purchase, VIP Hospitality area, live race coverage on a jumbo television screen and interactive displays.

Wednesday, Aug. 14
Stage 2 presented by
Monster Hydro
Brigham City to Powder
Mountain Resort
84.4 miles (135.8 km) 7,316 feet of climbing
Start Time 12:20 p.m.
Finish Time 3:45-4 p.m.
Start Location - 1 South
Main St, Brigham City,
UT 84302

Finish Location - 6965 N Powder Mountain Rd, Eden 84310 (in front of Hidden Lake Lodge)

Look out for a wild west showdown for the finish on the 8,900-foot summit of Powder Mountain. What used to be called the Queen Stage of the Tour is now the Monster Hydro stage. It has been five years since the Tour introduced the massive ascent on one of the steepest roads in Utah. State Route 158 connects the town of Eden to Powder Mountain Resort, featuring gradients rising to 16 percent and a new paved section to Hidden Lake Lodge at the summit. The 8.6-mile scale will pack a punch to the legs and lungs of the best climbers in the world for the

Stage 2 finish.

Stage 2 presented by Monster Hydro begins for a second time in Brigham City, with festivities in front of the stately Box Elder County Courthouse. The race will make a 34-mile loop through the northern section of the county, and approximately 45 minutes later will pass through Brigham City again, moving southbound on Main Street. A Utah Sports Commission Sprint line will be contested at the West Forest Street intersection.

South of Brigham City, the race will charge over the North Ogden Divide for a Category 2 Utah Office of Tourism KOM and circle the Pineview Reservoir twice, rolling in a counter-clockwise direction. Sprint points will be awarded on both laps through Huntsville, using State Route 39. From there it is the final push to the summit of Powder Mountain.

Tips:

The night before Stage 2 p/b Monster Hydro, Brigham City will have a downtown event with bar-bque, games for children, face painting, photo booth and a live concert by Code Blue Revival. Festities begin

Continued on page 24



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Tour of Utah Guide - Continued from page 23

at 5:30 p.m., concert begins at 7 p.m.
Brigham City offers two chances
to watch the Tour on race day - the
start and a Utah Sprint Commission
Sprint line.

A Utah Sports Commission Sprint line will be contested in North Ogden in front of the North Branch of the Weber County Library located at E. 2600 North and 500 East at race mile 34. The race is expected to pass this area between 1:33 to 2:05 p.m.

The race will use 1050 East to travel east on E 3100 North and North Ogden Canyon Road.

A Utah Office of Tourism King of the Mountain (KOM) climb will be contested across from the trailhead parking lot at the top of North Ogden Canyon Road at race mile 38.7. The race is expected to pass this area between 1:45 to 2:20 p.m.

S.R. 158 to Powder Mountain Resort will open to all vehicles from 10:30 a.m. until 2 p.m., or until the public parking lots are filled. Once parking is full at the resort, the road will be closed to ALL public traffic. The road will reopen after 4:30 p.m.

Parking is NOT permitted along S.R. 158; towing will be enforced.

There is no public parking at Hidden Lake Lodge. Three Shuttles will be making loops from the parking area at Timberline Lodge to the finish line area at Hidden Lake Lodge until 2:45 p.m. Expect 10-15 minutes between shuttles.

The KUTV Tour of Utah Lifestyle Expo will be located in front of the Hidden Lake Lodge at Powder Mountain Resort. The KUTV 2 Lifestyle Expo will be open from Noon to 4 p.m. on Wednesday and will provide live race coverage on a jumbo television screen and interactive displays.

Local vendors will be part of the KUTV 2 Lifestyle Expo, as well as face painting and live music. Food and beverage will be available at Hidden Lake Lodge.

Thursday, Aug. 15 Stage 3 presented by BYUtv Antelope Island State

Park to North Salt Lake 85.9 miles (138.8 km) – 5,895 feet of climbing Start Time 12:20 p.m. Finish Time 3:45-4 p.m. Start Location - Fielding Garr Ranch, Antelope Island Rd., Antelope Island State Park Finish Location - Eaglewood Golf Course, 1110 E Eaglewood Dr at Eagle Way, North Salt Lake 84054

The Tour begins for a fourth time at Antelope Island State Park. From the drop of the flag at Fielding Garr Ranch, the race is on! There are no neutral miles on Antelope Island this year. Departing northbound on Fielding Garr Ranch Road, there will be 13.6 race miles on the island. The race is expected to cross the 7-mile causeway and reach the mainland between 1-1:20 p.m. It will then wind through the communities of West Point, Layton, Kaysville, Fruit Heights and Farmington.

Riders will vie for two Utah Sports Commission Sprint lines in northern Davis County in Layton and Fruit Heights. The first Sprint will be contested on Fairfield Road at the intersection of E. Maple Way at race mile 40.1. The race is expected to pass between 1:45 to 2:10 p.m. Continuing southbound through Fruit Heights, the second Sprint line will be on Mountain Road at the intersection of Hilda Drive at race mile 44.4. The race is expected to pass between 1:55 to 2:20 p.m.

There are three Category 3 climbs in the final 29 miles. The first is a punchy KOM up the Bountiful Bench, contested on Bountiful Blvd. just past the intersection of Moss Hill Drive at race mile 55.9. The race expected to pass between 2:15 to 2:55 p.m. The route follows a new southbound stretch of Bountiful Boulevard for finishing circuits in North Salt Lake for the first time. A right turn on Indian Springs Road will take the peloton on 3.75 laps of a 6-mile circuit in North Salt Lake.





Laps 2 and 3 of the full circuit will feature KOM contests at the intersection of Eagle Ridge Drive and Eaglepointe Drive/Mont Clair Drive. Before a fourth full lap is completed, the stage winner will be decided in front of Eaglewood Golf Course.

Tips:

Antelope Island State Park opens at 6 a.m. and the \$10 admission fee will be waived for Tour of Utah

fans. Parking is available for spectators at Fielding Garr Ranch in the Equestrian Parking lot.

Access to visitor parking will close at 11:15 a.m. After that time, visitors will be allowed to park in the pullout area along the east side road or park along the Davis County Causeway, or use parking areas along the north loop.

Access to the island will close at 12 p.m. The causeway will remain open until 12:45 p.m.

Free T-shirts will part of the festivities at Antelope Island State Park (while supplies last).

The finishing circuits in North Salt Lake will follow a counter-clockwise direction: From Indian Springs Rd. the finishing circuit will include E. 3100 South, Orchard Drive, Eagle Ridge Drive and Bonneville Shoreline Trail/Bountiful Blvd.

The KUTV Tour of Utah Lifestyle Expo will be located in the main parking lot of the Eaglewood Golf Course. The Lifestyle Expo will be open from Noon to 4 p.m. on Thursday.

The Expo will provide VIP Hospitality area, food and beverage vendors, and live race coverage on a jumbo television screen. Interactive activities include a long drive contest, a slip 'n slide for children, and live music.

Friday, Aug. 16
Stage 4 presented by
America First Credit
Union
Salt Lake City
53.8 miles (86.5 km) 4,460 feet of climbing
Start Time 5:55 p.m.
Finish Time 7:45-8 p.m.
Start/Finish Location 315 E Capitol Blvd, Salt
Lake City, UT 84103

Salt Lake City hosts the Tour for a 12th time this August. The traditional circuit course is back for a third time, the same course that was first introduced in 2013 and used again in 2017. This 6.7-mile (10.8km) circuit moves in a clockwise directon around The Avenues and Capitol Hill neighborhoods for eight laps. The route passes through City Creek Canyon, offers the high-speed descent of N. Virginia Avenue to go around Reservoir Park, and hits the severe incline on N. State Street. The State Street climb, between North Temple and 300 North, is a great place to see the pro cyclists tackle the steepest section of the course. The start/finish line is on East Capitol Boulevard next to the Utah State Capitol campus. Intermediate sprints at the start/finish will provide bonus points on laps 3, 5 and 7. It is a tough,







punch course with 4,460 feet of elevation gain, and no rest for the legs with two days left in the mountains.

Tips:

Visit team parking and Wildlife Generation Autography Alley to get photos and signatures from athletes prior to the race start. This will be available from 5-6 p.m. near the start/finish line on East Capitol Blvd.

There are eight laps of the circuit and each lap is expected to take 20 minutes to complete.

Like past years, the race will pass Reservoir Park on three sides on each circuit, allowing for multiple opportunities to see the pros up close and at high speed.

Pedestrians are welcome to walk the course. However, we request that you stay on the sidewalks, and do not impede the movement of local residents, police and course marshals who will be using the respites between circuits to move people in and out of the neighborhoods.

The KUTV2 Healthy Living Expo will be located on the lawn next to East Capitol Blvd., with free admission from 4:30 to 8:30 p.m.

Use a GREENbike to reach the course. Check the website for bike stations near the course - https://greenbikeslc.org/station-map.

Use Utah Transit Authority's TRAX Blue Line or Green Line for easy access to course from the City

Center stop (100 S. Main Street).

Saturday, Aug. 17
Stage 5 presented
by University of Utah
Health
Canyons Village at Park
City Mountain
85.1 miles (137 km) –
5,236 feet of climbing
Start Time 2:30 p.m.
Finish Time 5:45-6 p.m.
Start/Finish Location 4000 Canyons Resort Dr,
Park City, UT 84098

For the first time in race history, Canyons Village at Park City Mountain will host both a stage start and finish. Stage 5 presented by University of Utah Health will begin by rolling along Old Ranch Road to familiar territory in Summit and Wasatch counties in the shadows of the Uinta Mountains. Sprint lines in Kamas and Hoytsville are bookended with KOM lines near the Jordanelle Reservoir and up the often-traversed Browns Canyon. The race will pass Rockport Reservoir two times on Saturday using S.R. 32, and will also pass through Wanship two times.

Moving in the eastbound direc-

tion on S.R. 248, the first Utah Office of Tourism KOM will be contested at the Summit County line at race mile 13.8, passing between 3 to 3:15 p.m.

A Utah Sports Commission Sprint will be contested in Kamas, at E. 100 South at race mile 21.4. The race is expected to pass between 3:15 to 3:35 p.m.

After the first pass through Wanship, the race will make a 13-mile loop in a clockwise direction, following W. Hoytsville Road to Hobson Lane to S. Hoytsville Road. A Utah Sports Commission Sprint will be contested in Hoytsville, at Creamery Lane at race mile 46.3. The race is expected to pass between 4:10 to 4:45 p.m.

A Utah Office of Tourism KOM line will be contested along Browns Canyon Rd. at race mile 61.4, passing between 4:40 to 5:15 p.m.

Look for a possible General Classification shakeup in the final six miles. The race will travel the full length of Olympic Parkway on a twisting climb that passes the nordic jumps and bobsled track at Utah Olympic Park. Riders will cross the top of Utah Olympic Park for the first time and face a blazing downhill on Bear Hollow Drive. A Utah Office of Tourism KOM line will be contested at Utah Olympic Park at race mile 76.6, passing between 5 to 6 p.m. The final push is vertical along Canyons Resort Drive and

High Mountain Road to the finish line in the heart of Canyons Village at Park City Mountain. Following the award ceremonies, the after-party for Stage 5 will include a free concert featuring Honey Hounds as part of the annual Summer Concert Series.

The amateur ride for the Tour of Utah, The Ultimate Challenge presented by University of Utah Health, will also take place on Saturday. The start and finish for two ride options will also be hosted by Canyons Village at Park City Mountain, with the 94-mile route beginning at 10:30 a.m. and the 44-mile route beginning at 12:30 p.m. Riders in The Ultimate Challenge will tackle public and private roads in Summit and Wasatch counties that will be used by the professionals for Stage 6. For more about The Ultimate Challenge, visit www.rideultimatechallenge.com.

Tips

The start for the Tour of Utah race will begin at 2:30 p.m. from the heart of Canyons Village at Park City Mountain. The route will follow Canyons Resort Dr., Frostwood Dr., Cooper Lane, and Sun Peak Dr. to cross Highway 224 and continue on Old Ranch Rd.

To reach Olympic Parkway for the final climb at Utah Olympic Park, the race will use Highland Drive and Newpark Blvd. to cross S.R. 224 at Kimball Junction and turn left on Olympic Parkway. Expect the race to pass the Newpark area from 5 to 5:45 p.m.

Free parking is available at the Cabriolet parking lot. The Cabriolet lift will take guests into Canyons Village at Park City Mountain for the start, finish and event activities.

Additional offsite parking with free public transportation access is available at the Ecker Hill Park & Ride transit stop (via the Jeremy Ranch exit off I-80).

Public transportation and use of the Park City and Summit County Bike Share Program is recommended.

Limited parking is permitted along Olympic Parkway between the Quinney Welcome Center at Utah Olympic Park and the gatehouse at the top of the climb.

No parking is permitted along Bear Hollow Road.

Sunday, Aug. 12
Stage 6 presented by Utah Sports
Commission
Park City
78.2 miles (125.94 km) –
10,009 feet of climbing
Start Time 12:30 p.m.
Finish Time 3:45-4 p.m.
Start/Finish Location –
250 Main St, Park City,
UT 84060

The overall finish for the Tour of Utah returns to Park City for a seventh time. It is the 10th year Park City has served as a host city. This proven course was first introduced in 2012 with the epic climb of Empire Pass, and the make-or-break descent

on Marsac Avenue to the finish line on Upper Main Street. The route may only be 78.2 miles (125.9 km) in distance, but it is the 10,000 feet of climbing and the final downhill section that will determine a champion.

On Sunday, the route will reverse direction in Browns Canyon, which will lead to a Sprint line in Kamas. The Sprint line will be contested at the intersection of E. Center Street and 300 East at race mile 20.5, with the race expected to pass this area between 1:15 to 1:30 p.m. Then an aspen tree-lined, 2.1-mile KOM follows in the private community of Wolf Creek Ranch, a Category 2 climb that reaches a maximum pitch of 22 percent. A technical descent into Wasatch County will allow the riders to regroup through Heber City before the final Sprint line in Midway. This Sprint will be contested at W Main Street and N 100 West at race mile 61.9. The race is expected to pass this area between 2:25 to 3 p.m.

Expect an all-out assault for the climbers will take place on the sevenmile climb along Pine Canyon Road, with pitches from 10-20 percent gradient. The Hors Category summit of Empire Pass is the final KOM, and the highest point of the race for the week at 9,700 feet above sea level. The Empire Pass KOM will be contested at race mile 72.7, expected to pass between 3:05 to 3:50 p.m. A blistering descent down Mine Road to Marsac Avenue leads to the finish in front of historically massive crowds along Upper Main Street in Park City.

Tips

The KUTV 2 Healthy Living Expo will be located along Main Street.

Community Chalk Art will take place on Main Street beginning at 1:30 p.m.

Spectators are encouraged to arrive early and get a viewing spot on Main Street in Park City for the start and finish.

Free spectator parking will be available at Park City High School, Treasure Mountain Junior High, Park City Mountain Base Area, and Cabriolet parking lots. Free Park City Transit buses will be available at bus stops near each of these parking lots for a free ride to Main Street.

Additional offsite parking with free public transportation access is available at the Ecker Hill Park & Ride transit stop (via the Jeremy Ranch exit off I-80).

Limited paid public parking (\$20/vehicle) will be available in the China Bridge parking structure. Access to China Bridge parking structure will be from Marsac Avenue only. Because China Bridge exits onto the race course, no vehicle parked in China Bridge will be allowed to exit between 3-5 p.m.

Spectators are encourage to carpool, walk, or bike to the event. A free bike valet will be available on Swede Alley across from the Old Town Transit Cener.

Public Transit within Park City will be supplemented to provide buses at a higher frequency between satellite parking areas and the Old Town Transit Center. 26

CALENDAR OF EVENTS

Utah BMX

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

Legacy BMX — Farmington, UT, Indoor bmx racing at the Legacy Events center 151 South 1100 West, Farmington, UT, Practice Wednesday 6:00- 9:00; Race Saturday May through September, Kevin , 801-698 1490, kevin@klikphoto.net, Ibmx.com, rad canyonbmx.com/Rad Canyon Legacy

Advocacy

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

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

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

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

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

632-8215, lukas@mooseknuckleralliance.org, mooseknuckleralliance.org

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

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

Parley's Rails, Trails and Tunnels (PRATT) — Salt Lake City, UT, PRATT is a 501 (c)(3) nonprofit organization, run by volunteers. The mission of the Parley's Rails, Trails and Tunnels (PRATT) Coalition is to assist city, county, state and federal agencies and other public and private partners in completing a multi-use trail along 1-80 via Parley's Creek Corridor and the Sugar House Rail Spur to connect the Bonneville Shoreline Trail with the Provo/Jordan River Parkway, Juan Arce-Larreta, 801-694-8925, 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@

Calendar Guidelines:
Listings are free on a space available basis and at our discretion.
Submit your event to:
calendar@cyclingutah.com
with date, name of event, website, phone number and contact person and other appropiate information

Let us know about any corrections to existing listings!

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@ogdencity.com,

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

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

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

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

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

Bike Walk Montana — Helena, MT, Statewide blcycle advocacy organization, Taylor Lonsdale, 406-449-2787, bznbybike@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@ saltlakevalleytrailssociety.org, saltlakevalleytrailssociety.org

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

org, tytap.org, tetonbiketest.org

Bike Orem — Orem, UT, The Orem Bicycle
Coalition exists to cultivate a more bicycle
friendly community in Orem so that more
residents will be able and excited to ride
in our community. We do this by encouraging bicycle safety, accessibility, inclusivity,
and infrastructure to the community and
its residents. Come join usl 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, noemall@cyclingutah.com, facebook.com/groups/SLCCM/

Beehive Bike Polo Club — Salt Lake City, UT, Weekly hardcourt and grass bike polo. Tuesdays at 8pm, Saturday affernoons. Check out the Beehive Bike Polo Club on Facebook for location., Chuck Heaton, 801688-7268, heatpolocompany@gmail.com, facebook.com/groups/189631497724953/, beeliyebikepolo wordpress.com

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

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

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

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

August 31-September 1, 2019 — Outside Bike & Brew Festival, Santa Fe, NM, There are mountain and road rides, skill clinics, a Festival Expo and bike art show, bike demos, poker ride, beer dinners, concerts, movies and morel, Tim Fowler, 505-209-5760, tim@ outsidesantafe.com, outsidesantafe.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@cyclingutah.com, worldcarfree.net

Mountain Bike

Tours and Festivals

August 3, 2019 — South Boundary Big Ride, Angel Fire, NM, The South Boundary BigRide is an absolutely stunning 40 mile mostly singletrack 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 vlews 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@ ZlaRides.com, zlarides.com

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



EMAIL: DEVIN@TETONBIKEFEST.ORG

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roads, Rita Naylor, 406-475-3085, <u>rbnmontana@amail.com</u>, vork38special.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 tytap.org. Includes 2019 demos, group rides, skillis clinics, shenanigans, kids activities, music and libations. TVTAP, 208-201-1622, info@tetonbikefest.org, Devin Dwyer, 208-201-1622, devin@tetonbikefest.org, grandfarghee.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

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 longl, Jack Morrissey, 949-226-5729, jack.morrissey@Emeraldexpo.com, Interbilke.com/events/northstar-free-ride-festival/

ride-festival/

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

September 21-22, 2019 — Trek Dirt Series Mountain Bike Camp, Angel Fire, NM, Co-ed Mountain Bike Camp for beginner to advanced levels, focusing on skill development and trail ridaling, 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), <u>register@dirtseries.com</u>, Elli Petersilie, <u>elli@dirtseries.com</u>, <u>dirtseries.com</u>

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

September 22, 2019 — Monarch Crest Crank, Sailda, CO, A mountain bike event along one of the top mountain bike trails in the nation. The Crest Crank will be the final day of Sailda Bike Fest, which includes several events for cyclists of all abilities and their families. End Bike Fest weekend with us for this bucket list ride followed by an after party at Riverside Park open for Crest Crank cyclists and the public. Your entry fee will include the ride, a guide, breakfast snacks, a shuttle to and from downtown Sailda, and an after party in Riverside Park, featuring live music, free lunch, libations, a goodle bag, silent auction, and more. Entry fee and individual fundraising efforts will raise money for The Alliance, a nonprofit organization with a mission to empower individuals beyond domestic and sexual violence., Monica Gutierrez, 719-539-6738, director@ailiancechaffee.org, Becky Rupp, crestcrank@gmail.com, monarchcrestcrank.com

September 27-29, 2019 — Albuquerque MTB Festival, Albuquerque, NM, 12 hour race, 2 hour race, and weekend long mtb festival, Seth Bush, 505-554-0059, EiCapitan@ ZiaRides.com, ziguides.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@dirtseries.com, Elli Peterslille, elli@dirtseries.com, dirtseries.com

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

October 5-6, 2019 — Trek Dirt Series Mountain Bike Camp, Fruita, CO, Women's Mountain Bike Camp for beginner to advanced levels, focusing on skill development and trail riding, for cross country and downhill riders. Skill

instruction ranges from basic front wheel lifts and switchback turns to technical climbs, descents, drops, jumps and more, Cynthia Chung, 604-484-6238 (Canada), register@dirtseries.com, Elli Petersille, elli@dirtseries.com, dirfseries.com

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

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@ yidamtb.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, dirf jump comp and costume party! The festival is a fundraiser for local trails and the bike park!, Tracy Bentley, 435-259-4688, info@chilebikes.com, moabhodown.com, chilebikes.com,

November 8-10, 2019 — Roam Bike Fest, Sedona, AZ, Roam Bike Fest is a three day gathering (aka 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 unsucky fun., Ash Bocast, 530-521-8913, hello@hisisroam.com, roambikefest.com, thisisroam.com

May 1-3, 2020 — MECCA Spring MTB Festival, Green River, UT, 34th 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, biketheswell.org

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, races@euclidoutdoors.com, John Woodruff, 801-223-4044, 801-223-4049, Johnw@sundance-utah.com, Josey Apostol, 435-203-3239 (Wasatch), 801-223-4849 (Sundance, races@weeklyraceseries.com, weeklyraceseries.com

April 30-August 27, 2019 — Mid-Week Mountain Bike Race Series, Wasatch Front, Wasatch Back, Salt Lake Valley, UT, Tuesday nights, starting April 301 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' racel, Phil Sarnoff, 385-831-1515, psarnoff@bikeutah.org, Jackle Baker, 385-831-1515, infl@midweekmtb.com, midweekmtb.com

June 12-August 28, 2019 — Mt. Ogden Midweek Race Series, Snowbasin Resort, UT, Courses change every two weeks. Courses set the prior weekend for pre riding. Fun races, great prizes. Registration-spm-6:30pm at 6:12zly Center, Race Start: promptly at 6:30. Cash and prizes each week. Beg, sport, expert, pro classes. No race June 6th and July 3rd, Tim Eastley, 801-620-1004, 801-620-1045, teastley@snowbasin.com, snowbasin.com/mfogdenraceseries

Regional Weekly

MTB Race Series

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

July 10-August 7, 2019 — Ten Dollar Downhill, Whitefish, MT, Wednesday downhill, Josh Knight, 406-862-2900, info@sklwhitefish.com,

July 11-August 8, 2019 — Thursday Night Race Series, Whitefish, MT, cross country series, Josh Knight, 406-862-2900, info@skiwhitefish.

Utah Mountain

Bike and Gravel

<u>Racing</u>

August 2-3, 2019 — Abajo (Blue Mountain) Enduro, Monticello, UT, Two day, three stage race in the Abajo Mountains by Monticello Utah. Stage 1 starts at 3:00 PM on Friday. A shuttle will be provided from the end of each stage to the start of the following course or to the parking area for the stage. Stages announced May 2019, Dustin Randall, 435-590-2741, Info@roamutah.com, roamutah.com/abajoenduro

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

August 17-18, 2019 — Flyin' Brian Downhill and Dark Hollow Super D, Go-Ride Gravity Series, Brian Head, UT, Practice opens on Friday, August 12 at noon. The downhill is on Saturday, August 13. Dark Hollow Super D is on Sunday, August 14., Ron Lindley, 801-375-3231, info@utahdh.org, go-ride.com, utahdh.org.

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

August 17, 2019 — Dirty Arts Gravel Grinder Fondo, Helper, UT, The Fondo is a 62 mille ride on pavement, gravel and dirt roads. The route takes you through central Carbon County exploring some high desert vistas and the foothills of the Manti La-Sal mountains. 5,000' of climbing and 5,000' of descending consisting of 2 main long climbs with plenty of short climbs. Enjoy the Helper Arts & Film Festival afterwards for food, drink and fun, if you have the strength. Start: Historic Conoco Station, Mark Jesperson, 435-637-2453, mark@castlecountrycycling.com, Ed Maingren, 435-637-2453, ed@castlecountrycycling.com, castlecountrycycling.com, castlecountrycycling.com,

August 17, 2019 — Eagle Point Mini Enduro, Beaver, UT, 3 stage enduro mitb race total of about 7 miles with 692' ascent and 1037' decent. Course opens at 8:00 am for pre ride and flist racer on course at 10:00 am, Lane Tucker, 435-438-3719, 435-438-3700, info@SkiEaglePoint.com, eaglepointresort.com/blog/archive/201807/eagle-pointmini-enduro-2018

mini-enduro-2018

August 17-October 19, 2019 — Utah High School Cycling League, Utah High School Cycling League, Utah High School Cycling League Race Series, Various Locations, UT, Utah High School Cycling League is an interscholastic mountain bike race series that offers racers from 7th grade to 12th grade. We offer 4 races for each of our three Regions and one State Champs event. Utah league races are the culmination of months of fun and practice on school-based mountain bike teams all over the state. Grades 7-12 participate in individual and team scoring, Join or start a team in your area. The Utah League has 3000+students on 90+ teams across the state participating, Lori Harward, 801-502-8516, 801-885-6884, lori@utahmtb.org, Brooke Howard, 385-227-5741, brooke@utahmtb.org, utahmtb.org

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

September 14, 2019 — Kokopelli 100, Moab, UT, 103.6 mile, point to point mountain bike race from the Colorado border to Moab, Solo riders, or 8 person teams., Mark Jensen, 503-970-1215, mark@kokopelli100.com, kokopelli100.com

September 15, 2019 — Tour des Suds, Park City, UT, 7-mile mountain bike climb from City Park, to the top of Guardsman Pass with a 2,700ft elevation gain., Ginger Ries, 435-649-6839, ginger@mountaintralis.org, mountaintralis.org

September 28, 2019 — Antelope Island 50K MTB Race, Antelope Island, UT, 5th edition of Antelope 50k Mountain Bike Race will be held at White Rock Bay Trailhead, Antelope Island State Park. There will be 3 race distances: 50k, 25k, and 15k. This is an MTB race on double and single track with varying elevation and some technical stretches on the 50k and 25k distances. Start time 9:00 AM, Packet pickup 7:30 AM., Wynn Hall, 801-941-4255, wynnhall@gmail.com, Matt Hall, 801-648-4659, matt@enduraevents.com, enduraevents.com

September 28, 2019 — Eden Epic, Eden, UT, On the trails above beautiful Ogden Valley, the Eden Epic is a truly "epic" mountain bike adventure. With a focus more on the adventure than the finishing times, this is an epic

adventure that has a place for those looking to push themselves., Clay Christensen, 801-234-0399, info@enduranceutah.com, edenepic.com

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October 14-15, 2019 — Huntsman World Senior Games Mountain Biking, St. George, UT, Must be 50 years or older. Three events: hill climb, downhill, and cross country. Expert, Sport and Beginner Skill Divisions., Kyle Case, 800-562-1268, 435-674-0550, bwsg@seniorgames.net, seniorgames.net

October 25, 2019 — Red Bull Rampage, Virgin, UT, Downhill, slopestyle and freeride MTB athletes will converge on the demanding terrain of Virgin, Utah to compete for glory in one of the biggest tests of skill and guts in the world. 14th annuall, Red Bull, 310-393-4647, noemail@cyclingutah.com, Chris Worden, 310-393-4647, chris.worden@us.redbull.com, redbull.com/us/en/blke/events

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

Regional Mountain

Bike and Gravel

Racing

ID, WY, MT, NV, AZ,

NM, CO, MT, OR, WA,

and Beyond

August 1-4, 2019 — Downieville Classic, Lost Sierra Triple Crown, Downieville, CA, All mountain, cross country, and downhill races, Live music, premium beer, food vendors and anall-weekend mainstreet industry expo top off the event, mountain bike festival, Greg Williams, willie@sierratralis.org, downievilleclassic.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. Sat Urday
will be split practice by category. Pro/
JuniorX seeding Saturday evening. Sunday
racing all categories, Scott Tucker, 360-7974288, scott@nwcup.com, nwcup.com

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-TARGHE ext. 1309, will
ilams@grandtarghee.com, grandtarghee.
com/pierres-hole-50-100-mountain-bike-

August 3-4, 2019 — Pomerelle Pounder DH. Go-Ride Gravity Series, Albion, ID, Two USAC sanctioned downhill races in two days. Ron Lindley, 801-375-3231, info@utahdh.org



Riding the Goose is not a Euphemism.



www.mooseknuckleralliance.org



- Darren Lightfield, 208-608-6444, wildrockie
- August 3, 2019 South Boundary Big Ride Angel Fire, NM, 40 mile singletrack race and ride, Seth Bush, 505-554-0059, <u>ElCapitan@</u>
- 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% chipseal/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, joe@
 pancakeride.com, pancakeride.com
- August 3, 2019 Eagle Enduro, Revolution Enduro Series, Eagle, CO, Stop 4 at Eagle CO is the series Finale for the 2019 Revolution Enduro. This new venue for the series will be a big one day back country race 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 Look for course maps to be released in July., David Scully, 970-846 5012, david@revolutionenduro.com, revolu
- 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-triathlong accounting communications.
- August 10, 2019 Leadville Trail 100, Leadville Race Series, Leadville, CO, Leadville Trail 100 is one of the most notorious and chal-lenging bike races in the world. 100 mile out-and-back., Paul Anderson, 719-219-9364, <u>lifetimefitness.com</u>, <u>leadville</u>
- August 10, 2019 Steamboat Stinger, Mountain Town Challenge Series, Steamboat Springs, CO, Beginning at 8:00am at the Howelsen Hill Ski Alea in the assudant at the Howelsen Hill Ski Area in the heart of Steamboat Springs. The course takes a 50 mile singletrack detour into the beautiful backcountry of Routh County with a total of roughly 3,500ft elevation gain before returning to the transition/finish area. Solo and due team options available, Nate Bird, 866-464-639, nate@honeystinger.com. Jordan Edwards, 866-464-6639.
- 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,
- August 17-18, 2019 Big Mountain Enduro/ ugust 17-16, 2019 — big Mountain Endulo).
 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
- August 17-18, 2019 12 and 24 Hours of Flathead, Kalispell, MT, A non-profit race to provide awareness and adaptive equipment to individuals living with paralysis and other life altering disabilities. Race features both bloycle and hand cycle courses. Held in Herron Park., Tia Celentano, 406-261-1769, info@24hoursofflathead.org., 24hoursofflathead.org, facebook. .org,
- August 18, 2019 Palisades Gravel Fondo, Jackson , WY, Held at Palisades Reservoir, 25 miles from Jackson, 60 and 100 mile options, Palisades Reservoir is in a scenic valley with forested hillsides rising from the water to

- the towering snowcapped mountains which form the background and has about 70 miles of shoreline., Forest Dramis, jacksonholecycling@gmail.com, jhcycling.org
- August 18, 2019 SBT 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, Montana Enduro Series, contact@montanaenduro.com, Christine Wike, christine@montanabloyclegulid.org,
- August 24, 2019 Big Sky Biggie, Big Sky, MT, 30 and 50 Mile races on Saturday. 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, Short-Track event on August 23, the Friday night before offering a family-friendly venue and fun race for children and adults., Natalie Osborne, 907-223-0858, <u>natalie@bigskybiggie.com</u>, natalie@bigskybiggie.com
- August 24, 2019 Lake City Alpine 50. Lake City, CÓ, This lung-busting race will take you by the iconic Lake San Cristobal before you by the iconic Lake San Cristobal before climbing through the alpine tundra to the two of the highest passes in Colorado: Cinnamon Pass (12,640 feet) and Engineer Pass (12,800) feet. The race will feature over 7,500 feet of climbing through some of the most incredible sections of the San Juan Mountains. This is a USA Cycling sanctioned event. benefit the Town of Lake City and the Lake Fork Valley Conservancy., Michael Fleishman, mike@lakecityalpine50.com,
- August 24, 2019 Salt River Challenge, Alpine, WY, A one-day challenging race course in Wyoming's incredible backcountry, Taunya Lofgran, 801-671-9798, saltrivermtb@gmail. rivermtb.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-mille Gravel Grinder (or 50-mille option) mountain bike race & ride in the scenic Pioneer Mountains of Central Idaho, with renown mountain bike champion and endurance athlete Rebecca Rusch. The weekend activities are centered around giving back to Rebecca's favorite local, national and global cycling charities. Join the "Queen of Pain" on this beautiful route that ends in a great down-home party with food, festivities, music, and libations, Colleen Quindlen, 254-541-9661, colleen@ rebeccarusch.com, rebeccasprivateIdaho. August 29-September 1, 2019 — Rebec peccarusch.com, rebec
- 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 distances options, including 20 or 50 miles. Elevation gains of over 1,000 or 2,000 feet (depending on course). Ashlee Sack, 719-248-6376, coordinator@joinFAR.
- September 1, 2019 Powderhorn Enduro, Revolution Enduro Series, Powderhorn, CO, one day, lift service race, David Scully, 970-846-5012, david@revolutionenduro.com, revolutionenduro.com
- 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, janbea@gmail.com, Martyn Pearson, 575-654-3966, martynpearson56@gmail.com, signalpeakchallenge.com, nmoss.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, leadvilleraceseries
- September 7, 2019 Wvo 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 Ferlisi, landercycling@gmail.com, Mike Dicken, 307-332-2926, jurasgmail.com, Scott Van Orman, wyo131gravel@gmail.com 307-349-4987,
- 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. Kyle Horvath, 775-289-3720, kyle. horvath@elynevada.net <u>elynevada.net, elynevada.n</u>
- 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.
- September 14-15, 2019 -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 morningl. Niesey Heckart, 307-761-1741, niesey@laramieracing.com. two-- Two Moon 24
- September 15, 2019 Junior Enduro Revolution Enduro Series, Crested Butte CO, For ages 10-17, David Scully, 970-846
- September 15, 2019 Battle of the Gravel, Savery, WY, South of Rawlings, WY, The race will start and finish at the Little Snake River Museum. Riders will start between 7 and 9 am and return to a BBQ, band and brews on the grounds of the Museum. 95 miles, Kimberly Coats, 307-383-7778, 530-744-8773, teamrwandacycling@gmail.com, battleoftheagravel.com
- September 15, 2019 Double Dip Downhill, Whitefish, MT, Josh Knight, 406-862-2900, info@skiwhitefish.com, skiwhitefish.com/
- September 15, 2019 Sunrise Ski Resort Enduro, Sunrise Ski Resort, AZ, MBAA, 480 442-4229, racing@mbaa.net, mbaa.net
- 442-4229, <u>Tacingembad.net</u>, <u>mbad.net</u>

 September 15, 2019 <u>High Desert Screamer MTB Race</u>, 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, 505-670-4645. Laphagagangli com. April, Strayers 4665, <u>janbea@gmail.com</u>, Andy Stravers, 505-862-2442, <u>SquashBlossomClassic@gmail.</u> com, nmors.org
- September 21-22, 2019 Rendezvous Enduro Montana Enduro Series, Teton Village, WY Montana Enduro Series , contact@mon Series , <u>con</u> , Christine Wike.
- September 28, 2019 JayP's Backyard Gravel Pursuit, JayP's Backyard Series, Island Park/West Yellowstone, ID, 60 or 120 miles near Yellowstone National Park on Forest Service roads. It's an incredible time of year to be in this area and visit YNPI, Jay Petervary, 307-413-2248, Jaypetervary@gmail.com, gravelpursuit.com
- September 28, 2019 Grinduro, Lost Sierra eptember 28, 2019 — Grinduro, Lost Sierra Triple Crown, Quincy, CA, 62 miles of pavement, gravel, and singletrack with a TON of climbing and twisty descents. Most of the ride is casual, there are four timed sections that are designed to cater to specific strengths. Grinduro racers and spectators are treated tothree days of camping, live music (including a late-night DJ), beer, awe-some food, and campfires., Greg Williams, willie@sierratralis.org, grinduro.com
- eptember 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 September 28-30, 2019 Hours of Albuquerque from 7am to on Saturday. The course for the 12 Hours of Albuquerque is 11+ miles of fast, fun, occa

- Albuquerque, Seth Bush, 505-554-0059,
- September 28-29, 2019 Flagstaff Enduro, Flagstaff, AZ, MBAA , 480-442-4229, racing@
- September 29, 2019 Horny Toad Hustle MTB Race, New Mexico Off Road Series, Las Cruces, NM, Jan Bear, 505-670-4665, janbea@gmail.com, Dave Halliburton, 575-312-5991, gotdlirfnm@gmail.com, hornyt-oadhustle.com, manss or
- October 4-6, 2019 Monarch Crest Enduro, Rocky Mountain Enduro Series, Salida, CO, 5 stage epic backcountry enduro in the San Isabel and Gunnison National Forests, Keith Darner, 719-221-1251, keith@chocolate-bunprycalustions 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, Dave Castro, dcastro@epicrides.com, epicrides.com
- epicrides.com, epicrides.com

 October 5, 2019 Road Apple Rally MTB Race, New Mexico Off Road Series, Farmington, NM, The Road Apple Rally began in 1981 as a competition between horses and bicycles, it has since become a bicycle only race and stands as the longest running annual mountain bike race in the Unitled States. Biring the family for a day of fun and try the children's riding obstacle course. This celebrated mountain bike race features five divisions: Beginner, Pro, Expert, Sport, Single Speed. The Beginner course is a 15 mille loop, all others ride the full 30 mille Road Apple Rally course. Both courses feature the whoops, where you spend more time in the air then on the ground! Course terrain also includes short climbs, flats, sandy arroys and sharp corners. Jan Bear, 505-670-4665, janbea@gmail.com, Leslie Mueller, 505-599-1184, imueller@fmtn.org, fmtn.org/277/Road-Apple-Rally, nmois.org
- October 5-6, 2019 Glorieta Cyclocross, Glorieta, NM, New Mexico-El Pass Regional XC Championship, Glorieta Camps, Jan Bear, 505-670-4665, |anbea@gmail.com,
- October 12, 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 with then go by time (or first over the start finish line)., Brian Cyr, 406-563-5538 ext. 15, info@ society.com, anacondatralischers-of-disco/
- Prescott Enduro, Prescott October 13, 2019 -A7, MBAA, 480-4 480-442-4229
- October 18-20, 2019 USA Cycling Collegiate
 Mountain Bike National Championships,
 Durango, CO, Collegiate National
 Championships and Montana High School
 Championships, Chuck Hodge, 719-4344200, Chodge@usacycling.org, Chad Sperry,
 chad@gorge.net, Ben Horan, 312-502-5997,
 https://doi.org/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001/10.001 il.com, usacycling.org
- October 26, 2019 Prescott 6er, Prescott, AZ, 6 hour and 12 hour mountain bike race on a 9 mile loop with solo, duo, junior, masters and singlespeed categories, Breanna Bissell, 480-734-0558, info@mangledmomentum. 48U-/34-0558, info@r com, prescott6er.com
- October 26, 2019 Mount Lemmon Gravel **Grinder**, Óracle, AZ, 3rd Annual, 40, 50, 60 mile options on the back gravel roads of Mt. Lemmon with elevation gains ranging from 3,000 to 8,000tt. 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,
- October 27, 2019 Kingman Enduro, Kingman AZ, MBAA, 480-442-4229, racing@mbaa.net
- November 2, 2019 Showdown at Usery Pass, Phoenix, AZ, 8 hour cross country race on an 11 mille loop, solo, duo, quad, and relay options, free kids races, Two Wheel

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- Jones , events@twowheeljones.com, mes-
- November 8-10, 2019 Bootleg Canyon Gravity and Demo Fest. DVO Suspension. Gravity and Demo Fest, DVO Suspension Alchemy Bikes, Trucker Co, Boulder City NV, Please join us at our 6th annual Bootleg NV, Piedse Join us at out of nathrala 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, downhilling.com.
- November 16, 2019 12 Hours of Fury lovember 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, leremy@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. busin, 5U5-554-0059, <u>ElCapitan@ZiaRides.com</u>, <u>ziarides.com/event</u>-register/dawn-dusk-arizona
- January 4, 2020 6 Hours in the Papago powered by SRAM, Tempe, AZ, 6 hours in the Papago will test you like never before. Get ready for a highly entertaining course to kick off your racing season. Ride solo, with a friend or on a team to tackle this looped course in Tempe's infamous Papago Park to rack up as many laps as possible., Jeff Frost, 928-380-0633, <u>canisbleu@gmail.com</u>, 12hoursinthepapago.com
- January 17-19, 2020 DVO Nevada State anuary 17-19, 2020 — DVO Nevada State Gravity Championships, DH, Enduro, and DS, DVO Winter Gravity Series at Bootleg Canyon, Boulder City, NV, Open practice on Friday, Saturday, and Sunday. Irailis hand built by the late Brent Thompson, gnarly on the top half and fast open ridge tops for the 2nd half. Free On-site camping with bathroom/shower facility. Cash purse for the pros and prizes from our sponsors for all amateur categories and age brackets for placing 1st, 2nd, and 3rd., Downhill Mike, 518-524-9805, info@downhillmike.com, downhillmike.com

Utah Weekly

Road Race Series

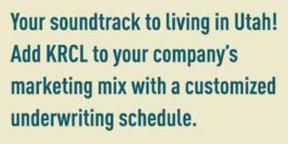
- Utah Criterium Series Locations TBD, Utah Crit Series, West Valley City, UT, Saturdays at 11 am in March Tuesdays at 6pm, April through September, A and B at 6, C and D at 7 pm, Locations TBD, Marek Shon, 801-209-2479, utcritseries@gmail.com, utah-criteries.com critseries.com
- Utah Crit Series, Salt Air Time Trial Series – Salt Lake City, UT, Every other Thursday April - September, I-80 Frontage Road West of the International Center, Marek Shon, 801-209-2479, utcritseries@gmail.com, utah-
- DLD (DMV) Criterium Utah Crit Series, West Valley City, UT, Weekly Training Crit at the Driver's Training Center, 4700s. 2780W., A flite 6 pm, B flite between 6:45 and 7:05, Call for information regarding C flite. Wednesdays April April August, Marek Shon, 801-209-2479, utcritseries@gmail.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,
- Logan Race Club Thursday Night Time Trial Series — Logan, UT, Thursdays. TI 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@

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Utah Road Racing

- August 3, 2019 Goshen Circuit Race, UCA Series, Goshen, UT, 5.7 mile loop with a couple of punchy rollers and about 375 feet of up and down each lap on paved farm roads in southern Utah County., Jared Eborn, 801-599-9268, |ared@extramileractions.com.extramileractions.com.extramileractions.com.extramileractions.com.extramileractions.com.extramileractions.com.extramileractions.com.extramileractions.com.extramileractions.com.extramileractions.com.extramileractions.com.extramileractions.com.extramileractions.com.extramileractions.com.extramileractions.com.extramileractions.com.extramileractions.com.extramileractions.com.extramileractions.com.extramileractions.com.extramileractions.com.extramileractions.com.extramileractions.com.extramileractions.com.extramileractions.com.extramileractions.com.extramileractions.com.extramileractions.com.extramileractions.com.extramileractions.com.extramileractions.com.extramileractions.com.extramileractions.com.extramileractions.com.extramileractions.com.extramileractions.com.extramileractions.com.extramileractions.com.extramileractions.com.extramileractions.com.extramileractions.com.extramileractions.com.extramileractions.com.extramileractions.com.extramileractions.com.extramileractions.com.extramileractions.com.extramileractions.com.extramileractions.com.extramileractions.com.extramileractions.com.extramileractions.com.extramileractions.com.extramileractions.com.extramileractions.com.extramileractions.com.extramileractions.com.extramileractions.com.extramileractions.com.extramileractions.com.extramileractions.com.extramileractions.com.extramileractions.com.extramileractions.com.extramileractions.com.extramileractions.com.extramileractions.com.extramileractions.com.extramileractions.com.extramileractions.com.extramileractions.com.extramileractions.com.extramileractions.com.extramileractions.com.extramileractions.com.extramileractions.com.extramileractions.com.extramileractions.com.extramileractions.com.extramileractions.com.extramileractions.com.extramileractions.com.extramilerac ing.com, extramileracing.c
- 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 roughest stage indee, 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 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@utah-tourdedonut.org, utahtourdedonut.org
- 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,
- Multiowerourabor.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 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 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, Hoodoo500.
- August 31, 2019 West Mountain Road Race UCA Series, Benjamin, UT, 100 Miles of roll ing terrain around West Mountain in Utah County, Jared Eborn, 801-599-9268, jared@
- 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, hwsg@seniorgames.pet_seplogames.pet
- 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,

Regional Weekly

Road Race Series

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). Scoting is best 2 of 4 times,
May 15 at 6:30 pm, 7:00 pm, June 12, July
10 and July 31Hill Climbs: Park at Cherry
Springs, Crystal start at Cherry Springs
and Scout start at bottom of Scout Mtn
Rd. Scoting 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 IT bike, Eddie Merckx style), Single
Speed, and Clydesdale (210 lbs+) and
Athena (150 lbs+), Peter Joyce, 208-2823912, joycpete@isu.edu, Tony Chesrow,
435-671-2506, hebermtsports@yahoo.com,
Idahocycling.com May 15-August 14, 2019 — ICE BAR Time Trial/

Regional Road Racing

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

and Beyond

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

- frank@georgescycles.com, idahosenior-
- August 4, 2019 Arizona State Time Trial 20K ugust 4, 2019 — Arizonia siaise inine inine Championships, Picacho, AZ, Arizona State Individual Time trial, 20K. Course out & back, flat, flirst ride start 6:30 AM, rider go off in 30 seconds intervals. USA Cycling State awards., Joey Luliano, jiullano88@g com, tucsonmasters.org, azcycling.org
- August 8-11, 2019 USA Cycling Masters Road National Championships, Colorado Springs, CO, Chuck Hodge, 719-434-4200,
- 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, nvelkovelo@gmail.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./13/20m. It will be held in conjunction ft./4,302m. It will be held in conjunction The Broadmoor Pikes Peak Cycling Will Climb gran fondo fun ride, The Sports Corp , 719-634-7333, info@thesportscorp. org, Jeff Mosher, 719-634-7333 Ext 1005, ieff@thesportscorp.org, usacycling.org, PikesPeakCyclingHillClimb.org
- August 17, 2019 Bogus Basin Hill Climb ID, 42nd Annual, Mike Cooley, 208-782, mcooley@georgescycles.com 343-3782
- August 18, 2019 Double Eagle Time Trial Series, Albequerque, NM, 20k, Phil Neis, <u>elonRace@gmail.com</u>, <u>eche</u> nmbra.org
- August 24, 2019 Las Campanas Classic Road Race, Santa Fe, NM, New Mexico Regional Road Race Championships, 8.8 mile circuit, 17-70 miles, Tom Egelhoff, 505 995-3612, <u>tegelhoff</u>
- September 1, 2019 Kitt Peak Time Trial, Tucson, AZ, 11.6 mile hill climb time trial up Kitt Peak, 3400' vertical., Donald Melhado, 520-325-7978, dmelhado@cox.net, azcy-
- September 8-14, 2019 World Human Powered Speed Challenge (WHPSC), Battle Mountain, NV, 20th annual host-ed by the IIHPVA. Current record is 89.59 Classes: Men's, Women's, Juniors in Open, Multi-track, tandem and Arm Power. International cyclists from around the world will gather on \$R305, 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-mille 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 Lonelliest Road in America. Robert Panzera, 917-543-2670, robert@ccsd.com, Jo Panzera, jo@ccsd.com, the508.com
- September 15, 2019 Mt. Graham Hill Climb, Safford, AZ, 8 am, mass start, Nippy Feldhake III, 520-747-2544 , nippy-mr-smarty-
- September 28, 2019 Bear Lake Monster Cross, St. Charles, UT/ID, A Dirt Fondo along Cross, St. Charles, U1/ID, A DIIT Forda along the back roads of the Bear Lake Valley. Starting and finishing at St. Charles, Idaho, the race tours the foothills and backcountry of the Bear Lake Valley with approximately 70 miles of dirt and gravel and just enough pavement to get you where you're going. A cut off exists for those looking for closer to 60 miles Oveloross or Mountain Bikes to 60 miles. Cyclocross or Mountain Bikes are your best options. Race it, ride it, love it. Jared Eborn, 801-599-9268, jared@eracing.com, racebearlake.com
- September 28, 2019 Man vs Machine, Williams, AZ, The Grand Canyon Railway, in partnership with Grand Canyon Racing, will fire up its steam engine 4960 a 310-ton behemoth built in 1923 to take on hundreds of intrepid bloyclists on a 53-mile course that will climb 2,023 feet starting at the South Rim of the Grand Canyon to iconic Williams, AZ, finishing on historic route 66. PJ Borman, 602-296-8313, info@grandcanyonracing.com, grandcanyonacing.com
- October 5-6, 2019 Nevada Senior Games, Las Vegas, NV, Cycling competition for age groups: 50-94. 5 and 10k time trials, 20 and 40k road races, I-15 & US-93, 10 miles north of Las Vegas, Tim Jones, 702-994-6205, Itjones@cox.net, nevada.fusesport.com, seniorgames.net

Utah Road Touring and

Gran Fondos

- August 3, 2019 CF Cycle For Life, Coalville/ Morgan, UT, Fully supported, beautiful ride with five route options 20,40, 60, 80 and 100 miles. All funds raised go to the Cystic Fibrosis Foundation., Laura Hadley, 801-532-2335, 801-558-8310, Inadley@cff.org, Patti Balli, 801-532-2335, pballi@cff.org, fightcf. cff.org
- August 3, 2019 Punisher Ride, Powder Mountain, UT, 116 Miles and 11,000 feet of climbing. Starts in Eden and finishes at Powder Mountain. Yep, it's gonna hurt., Jared Eborn, 801-599-9268, jared@extramileracing.com, extramileracing.com
- August 10, 2019 Ride for the Kids, Syracuse, UT, 100% of monies raised go to the MAKE-A-WISH UTAH FOUNDATION. Ride to Antelope Island. Ride options: 25/50/100 miles, depending on skill level of the rider. Ride times available at www.rcwilley.com/ride Ride begins at Syracuse RC Williey, 1693 W. 2700 S. Syracuse, UT. Breakfast, lunch and dripks will be provided Tons of prizes given drinks will be provided. Tons of prizes given away in raffle., Devin Kingsbury, 801-663 3267, devin.kingsbury@rcwilley.com , Brent 3267, <u>devin.kingsbury@rcwilley.com</u>, Brent Jones, 801-774-2801, 801-645-0247, <u>brent</u>.
- 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@eoge-ar.com, saltiakerandos.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 ride. 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 Ulintas. 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 Duchesne County that has very minimal traffic. Free ovenight 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, toxyredden@gmail.com, tothemoonandbackevents.com
- August 23-25, 2019 Haute Route Utah, Cedar City, UT, Three-day social/competitive event (2 road stages, 1 hill-climb) featuring timed-segment racing, pro-level mechanical and nutritional support, poststage massages, ider briefings and great food, Gretchen Brett, 719-287-8489, contact northametic allowed with the contact and themetic allowed the contact and themetic and the contact and themetic and the contact and themetic and the contact and the contac
- August 24, 2019 Cache Valley Century Tour, Richmond, UT, 35, 60, or 100 mile options. Proceeds benefit Common Ground, a Logan, Utah non-profit. Funds support their adaptive cycling program. Richmond to Preston, Idaho and back through scenic terrain. Great last century before LoToJal, Bob Jardine, 435-713-0288, 435-757-2889, info@cacheValleyCentury.com, Sammle Macfarlane, 435-713-0288, Sammle@cgadventures.org, CJ Sherlock, 435-713-0288, 435-757-2889, info@cachevalleycentury.com, 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 Chollenge 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 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, whitney/ediscovernac.org, summitchallenge100.org, discovernac.org

- Renge ruu.org, aiscovernac.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, cmcwilliams@sevier.utah.gov, trailadaysutah.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 assy@planetultra.com, planetultra
- September 14, 2019 Wonder Woman Ride, Payson, UT, Join us for the 10th annual fully supported all women's blke ride, choose between the 15, 30, 70 or 100 mile options. Remember that every woman is a wonder woman!, Mahogani Thuston, 801-318-1420, wonderwomanide@amail.com, Carolina wonderwomanride@gmail.c Herrin, 385-218-9070, herrin.c
- September 14, 2019 9.90:Road.Pedal, Scofield, UT, Mark Jesperson, 435-637-2453, mark@castlecountrycycling.com, Ed Malmgren, 435-637-2453, ed@castlecountrycycling.com, castlecountrycycling.com, castlecountrycycling.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 , <u>nrpalmer@comcast.net</u>, Tom Jensen, 801-475-7488 tom.jensen@scouting.org, trappertrails.org/
- September 20-21, 2019 Salt to Saint Relay eptember 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, salttosaint.com
- September 21-22, 2019 Moab Century Tour, Moab, UT, The Moab Century Tour, Moab, UT, The 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 Nastyl"), to carving down red rock canyons, and finishing along the Colorado River, this event has landscape worth training for! Live music, beverages, great food awalf you at the post-ride party. Join us in September when temperatures cool down, the fall follage 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@skinnytieevents.com. can participate., Beth Logan, 435-260-8889, 435-260-2334, info@skinnytireevents.com, skinnytireevents.com
- September 21, 2019 Goldilocks Utah, Goldilocks Bike Ride, Provo, UT, Goldilocks is a women only bike ide, with a gorgeous route starting at Utah State Park and beau-tiful fall weather! With 100, 80, 60, 40, and 20 mile route options, Goldliocks has a route that is 'just right' for everyone!, Randy Glbb 801-222-9577, randy@goldliocksride.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, gregh@teamwheelsofjustice.org, aintnomountain-highenough.org
- October 12, 2019 SoJo Marathon Bike Tour, SoJo Race Series, South Jordan, UT, SoJo isn't just for runners! Our non-competitive Bike Tour offers a beautiful ride that begins in Daybreak and continues along the Oquirith Mountains before winding through Herriman and South Jordan, Janell Payne, 801-253-5203, ext 1411, jpayne@sjc.utah.
- October 26, 2019 Fall Tour de St. George St. George, UT, Tour around southern Utah and see some of the most scenic views as 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 miler ide. This event is one of our best Gran Fondos in southern Utah., Joey Dye, 435-674-3185, ioey@redrockbicycle.com, Margaret

Gibson, 435-229-6251, margaret@redrockbicycle.com, Ryan Gurr, info@spingeeks.com,

Regional Road Touring

and Gran Fondos

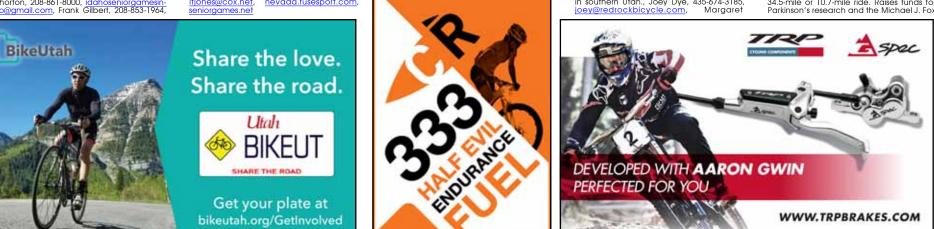
ID, WY, MT, NV, AZ, NM, CO, MT, OR, WA,

and Beyond

- 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@coppertiangle.com, Scott Olmsted, scottyo@clippedinevents.com, Amanda Knutson, 515-681-6036, amanda@clippedinevents.com, coppertiangle.com
- August 3, 2019 Tour de Big Bear, WIN Real Estate Group, Sariol 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, oigbearcycling@gmail.com tourdebig-
- August 10, 2019 Le Tour de Koocanusa, Libby, MT, Fully supported 83 or 44 mile bike ride which tours the breathtaking shoreline of Lake Koocanusa. Ride finishes with a Blues Festival Finale. Fundraiser for Search & Rescue. Starts at 8 am., Dejon Raines, 406-291-3635, dejonraines@hotmail.com, Pam Boyke, 406-293-3556, info@letourdekoocanusa.com
- nusa.com, letourdekoocanusa.com

 August 10-11, 2019 Bike MS Wyoming's Bighorn Country Classic, Bike MS, Sheridan, WY, Bike MS has become a rallying point of the MS movement creating a community of shared commitment determined to end MS. Bike MS is a weekend that allows people to come together and celebrate being part of a movement by and for the 400,000 Americans living with MS. This two-day, fully supported ride covers rolling plains, mountain climbs, scenic vistas, and historic towns including Buffalo, Story, Big Horn, Ranchester, Dayton and many more! We offer a challenge for novice and experienced cyclists alike. Alexis Johnson, 303-698-5403, alexis.bradley@nmss.org, Molly palmer, 307-433-8664, 855-372-1331, molly. nmss.org, bikemswyoming.org
- palmer@nmss.org, blkemswyoming.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 Portneut 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, 208317-2225, dgeorge@victoryofidaho.com,
 4PGF.com
- August 10, 2019 The Broadmoor Pikes Peak Cycling Hill Climb, Colorado Springs, CO, This is an epic hill climb on Pikes Peak America's Mountain, starting at 9,390 feet and finishing 12.42 miles later at 14,115 feet. There is a timed race and gran fondo, with waves starting at 6:15 am. 4725 feet of elevation gain. The Sports Corp., 719-634-7333, info@thesportscorp.org, Jeff Mosher, 719-634-7333 Ext 1005, jeff@thesportscorp.org, PikesPeakCyclingHillClimb.org
- August 17, 2019 HeART of Idaho Century Ride, Idaho Falls, ID, 25, 62, and 100 mile options. Entry fees cover entry, t-shirts, fully stocked rest stops, and post ride BBG. Route is flat to rolling, easy to moderate difficulty. Benefit for the Art Museum of Eastern Idaho, Mlyai Griggs, 208-524-7777, 208-766-6485, mabe@iheartmuseum.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 and 303-459-5473, venus@greenhousescholars.org, venusdemilles.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, Intellegiate the endougles 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



- September 1, 2019 West Elik Bicycle Classic, Gunnison, CO, 34-46 mile north rim Black Canyon, 52 mile Raghorn, or 134 mile West Elik Bicycle Classic routes options available. This ride is fully supported with optional fundraising to help stop type 1 diabetes by donations to research and treatment. Bikes and Books for Kids will also benefit. Gran Fondo., Jeff Hillis, papeveling@gmail.com. westelkbi-
- 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., Kyle Horvath, 775-289-3720, kyle horvath@elynevada.net, elynevada.ne
- September 7, 2019 American Diabetes Association's Tour de Cure Colorado, Parker, CO, Tour de Cure is an incredible expe-rience for cyclists, runners, walkers, and extreme ninjas! All routes end back at the extreme ninjasi All routes end back at the Salisbury Park Festival where community members are invited to join in the fun. If you have diabetes you are the VIP of the day. Route options of 5K Walk/Run, 20K Ride, 50K Ride, 100K Ride, 100 Mile Century Ride, and Xtreme Obstacle Course, Lindsay, Mark, Megan, Sasha , 720-855-1102 x7010, LPhelan@diabetes.org, MTaylor@diabetes.
- 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, Curlis Fong, 800-565-2704 775-771-3246, †gff@bikethewest.com, biketh-ewest.com
- September 13-14, 2019 Grind de Galena, Pocatello, ID, 100 miles, 2 day group ride, Danielle Bagley, 208-339-2043, barriesev-
- ents@gmail.com, barriessports.com

 September 13-15, 2019 Pedal the Plains, Klowa, CO, PTP will take cyclists through the host communities of Holly, Lamar, Springfield. Celebrates the agricultural roots and frontier heritage of the Eastern Plains of Colorado. Learn about farming and ranching, while experiencing the culture, history and 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 rooklet. challenging for the gravel expert or rookiel Proceeds from Pedal The Plains benefit The Denver Post Community Foundation in sup-port of the Colorado FFA Foundation and Colorado 4-H., Delidre Moynihan, 303-954-6/U4, dmoynihan@denverpost.com, ride-therockies.com
- therockies.com

 September 14-15, 2019 Bike MS: Cycle the Silver Valley, Bike MS, Coeur d'Alene, ID, Bike MS: Cycle the Silver Valley is an unforgettable, one- or two-day journey through the ancestral lands of the Coeur d'Alene nation on a "Rails to Trails" path almost completely off of roadways. What makes this ride so special? As many as 200 riders will cruise along looping routes that start and finish at the Silver Mountain Resort. Full meals, generous amenities, stunning landscapes, fully stocked rest stops and spirited festivities are all included., Melissa spirited festivities are all included., Melissa Matthews, 801-424-0112, Melissa.Mathews@

and Nevada 150K ride options, Start: Bowers Mansion Regional Park, Washoe Valley, NV. Challenging course, fully equipped ride stops, SAG, water bottle, maps, post ride BBQ, priceless views, camaraderie and an unbeatable sense of accomplishment., Don Iddings, 775-393-9158, ride@ediblepedal100.org, ediblepedal100.org org, ediblepedal 100.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 Oimsted, <u>scottyo@clippedinevents.</u> Amanda Knutson, 515-681-6036, <u>aman</u> clippedinevents.com, tourdevineyards.c
- September 21, 2019 Mountains to the Desert **Bike Ride**, Telluride, CO, 16th Annual, Ride from the beautiful mountains of Telluride to the incredible desert landscape of Gateway CO for the Just for Kids Foundation! Choose your distance (72 miles, 101 miles, 104 miles or 132 miles) and pass through golden aspens and brilliant red canyon walls to our destination at Gateway Ca Katie Geissler, 970-708-0566, Canyons Resort. forkidsfoundation.org, justforkidsfoundation.org
- September 21, 2019 Cycle Magic Valley, Twin Falls, ID, This 5th annual ride features timed sections for the 30, 62, and 100 mille categories. Age bracket medals will be awarded for each division. The century riders can claim KOMs and QOMs for 2 timed hill climbs and participate in a TI section. The riders in the 30 and 62 mile categories will have one oritical TI section. section. Ine flags in the 30 and 32 mile categories will have one optional TI section. Additionally, a family friendly 12 mile ride will be led. Along the courses their will be rest stops, a BBQ at the finish line, full support, T-shirts, and swag bags. First ride will begin at 8 a.m., Denise Alexander, dalexander@
- sptember 22-28, 2019 OAIbkan,
 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.

 900-565-2704, 775-771-3246, September 22-28, 2019 — OATBRAN, Lake
- September 22, 2019 Gran Fondo Taos-Mora-Angel Fire, Taos, NM, 8:00 am start. 105, 84, or 46 miles. Five aid stations. Beautiful scenery. Ride for fun, ride for time; all riders welcome! Proceeds from this event will go to the Taos Sports Alliance, whose goal is bringing more sporting opportunities to Taos County youth. Start/finish for all three distances is at the Taos Youth and Family Center, 407 Paseo del Canon East, Taos NM, 87571, Registration: newmexicosportsonline. com/Cycling/GRANDFONDO-Taos,-Mora-Angel-Firel-2018/67872. Jennifer Buntz, 505. 306-1443, dukecity/2. Jennifer Buntz, 505.
- 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, micah.rice@ocgroup.com, hauteroute.org
- September 28, 2019 Tri-States Gran Fondo, Mesquite, NV, 112 miles, 7,500ft of climbing, three States Nevada, Arizona, Utah, all in one spectacular day of cycling, Fully supported / Chip Timed, Deborah Bowling, 818-889-2453, embassy@planetultra.com, 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@clippedipevents.com tourofthemoon.com

- September 28-28, 2019 Fall Blaze, Durango, CO, This fully supported tour offers 37, 60, and 100 mile options with a party and entertainment at the center of campus finish line. All proceeds go to the Fort Lewis College Cycling Scholarship Fund awarded to men and women team members with a 2.5 GPA who are active in the community. , Gaige Sippy, 970-259-4621, director@ironhorsebicycleclassic.com, durangofalibiaze.com
- September 28, 2019 Venus de Miles, Wilmette, IL, 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 24-mile course, and a 64-mile metric century course. All courses go through the North Shore. This event is put on by and fully benefits Greenhouse Scholars, an education nonprofit that cultivates extraordinary leaders to change low-income families and leaders to change low-income families ar communities., Greenhouse Scholars, 30 459-5473, venus@greenhousescholars.org venusdemiles.com/illinois/
- October 5, 2019 West Yellowstone Old Faithful Cycling Tour, West Yellowstone, MT, West Yellowstone to Old Faithful and back, 60 miles past golden aspen, bugling elk, majestic bison, gurgling geysers, and steaming hot pots, supported ride., Toni, 406-646-7701, 307-899-3367, westyellowstonecycleour@gmail.com, cycleyellowstone.com
- October 5, 2019 No Hill Hundred Century Bike Tour, Fallon, NV, 30-mile, 60-mile, and 100-mile tour, fully supported. Event swag, gift bags, lunch (for metric and century riders), post event lunch at noon for all riders. Check in and start 7:00-8:30 am, Churchill County Faligrounds, David Ernst, 775-423-7733, 775-427-6679, demst@Churchillcounty.
- 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@ vahoo.com. pinkribbontour.org <u>yahoo.com</u>, <u>pinkribbontour.org</u>
- October 5, 2019 Levi's Gran Fondo, Santa Rosa, CA, 8.8 to 117 mile options, Raises money for Kings Ridge Foundation to help at risk youth., Bike Monkey , info@bikemonkey. net, truckeedirtfondo.com
- October 12, 2019 Park to Park Pedal Extreme Nevada 100, Callente, NV, Road blike ride starting and ending at Kershaw Ryan State Park. Cyclists visit the towns of Caliente and Ploche, 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, 775-728-8101 oloring/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, Nano 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
- Cotober 26, 2019 Goldilocks Vegas, Goldilocks Bike Ride, Las Vegas, NV, The only women exclusive ride event in Nevada. Cyclists can choose from a 20, 40, 60, 80, and 100 mille ride all featuring downhill, flat, and rolling terrain in Red Rock Canyon. , Randy Gibb, 801-222-9577, randy@goldilocksride.com, aodillocksride.com/ <u>ocksride.com</u>, <u>goldilocksride</u>
- October 27, 2019 Day of the Tread, Albuquerque, NM, The 13th Annual Day of the Tread features a 9 mile family ride, trial runner family ride, a 12 mile ride on the Rail Runner; along with 26, 50, 64, and 100 mile routes with Tandem options on the 26, 50, 64, and 100 mile routes. Participants will receive free admission to Oktoberfest set to happen at Albuquerque's Clvic Plaza., Joanie Griffin, 505-261-4444, jafffin@sunny505.com, dayofthetread.com dayofthetread.com
- 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, 818-888 701 Ext. 106 Info@procethese 888-7091 Ext. 106, info@projecthero.org, r2r.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 liming; 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

- 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, scottio lunatictriathlon.com, lunatictriathlon.com n.com, lunati
- August 10, 2019 Jordanelle Triathlon, TriUtah Points Series, Park City, UT, 21st annual, Enjoy everything from the wildlife and board-walks 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@friutah.com. triutah.com and Woodiana., biog 6044, <u>race@triutah.com</u>
- August 10, 2019 XTERRA Indian Peaks, XTERRA America Tour, Eldora, CO, time trial start on a chilly 1000 meter swim, followed by a 600 meter run to the transition area, a

very hilly but beautiful 22km bike ride on the roads and single track of the Eldora Nordic Center, and finally a 7km run on the eastern trails of the Eldora Nordic Center, Paul Karlsson, 303-960-8129, info@digdeepsports. com, diadeepsports, com

- August 10, 2019 Kids Tri Harder, Idaho Falls, ID, 13 and under kids triathlon, Michael Hayes, 208-521-2243, michael@pb-perfor-mance.com, idahofallsidaho.gov/638/Kids
- August 10, 2019 Rexburg Youth Triathlon, Rexburg, ID, at Riverside Park, Two skill level categories for 5-12 year olds, Bob Yeatman, 208-359-3020, 208-716-1349, boby@rex-burg.org, Jeff Crowther, 208-372-2395, jeff. crowther@rexburg.org, rexburgraces.com/ youth_triathlon/
- August 11, 2019 Steamboat Triathlon, Steamboat Springs, CO, Sprint and Olympic distances, at Lake Catamount, Triathlon, Duathlon, Aquabike, Lance Panigutti, 303-408-1195, lance@withoutlimits.com
- August 17, 2019 TriathaMom, Riverton, UT, Jugust 17, 2019 — Trathamom. Investion, u., 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, gottrathamom.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, bigblueadventure.
- 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., Math Seeley, 406-871-0216, 406-883-9264, seeleyspeedwagon@gmail.com, polsontriathlon.com
- August 17, 2019 Stansbury Days Triathlon, Stansbury Park, UT, Sprint triathlon, unofficial Stansbury Park, UT, Sprint triathlon, unofficial distances: Swim 500m, Bike 20k, Run 5k. Start 7 AM. Swim is open water in Stansbury Lake, starts at Stansbury Park Club House, Elliot Morris, 801-647-8383, emorris53@hotmail. lorris, 801-647-8383, <u>emorris53@hotma</u> om, Hillary Luke, 435-840-3290, HillaryLuke@ vahoo.com, stansburydaystri.com
- August 18, 2019 XTERRA Wild Ride Mountain Triathlon (American Tour Points), XTERRA America / Wild Rockles Series, McCall, ID, Ponderosa State Park at Payethe 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. Klas triathlon (tentative) to follow-2 different lengths, 13 and under., Darren Lightfield, 208-608-6444, wildtrocklessenall@yahoo.com, wildtrocklessreping com xterraplaget com
- August 18, 2019 Outdoor Divas Triathlon, Longmont, CO, Union Reservoir, Sprint, women only triathlon, Lance Panigutti, 303-408-1195, lance@withoutlimits.com, without
- August 24, 2019 Boulder Sunset Triathlon, Boulder, CO, Scenic course, sweet swag and all for a good cause! Includes olympic, sprint, duathlon, Aquablike, 10k, and 5k, Craig Towler, 318-518-7303, info@bbsctri.com, Michelle Lund, michelle@bbsctri.com, bbsctri.com
- August 24, 2019 Race on the Rock, Rock Springs, WY, The 6th Race on the Rock hosts Olympic, Sprint, and a possible long course Triathlon. Specialty and youth divisions at Flaming Gorge Reservoir., Tracl Clepiela, 307-922-1840, tclepiela723@yahoo.com, reconstructed weakly company. 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@blg-blueadventure.com, Klley McInroy, Kiley@bigblueadventure.com, bigblueadventure.com
- September 2, 2019 Murray Youth and Family epremoer 2, 2019 — Murray Yourn and ramily Triathlon, Murray, UT, A youth and nov-ice triathlon for ages 5-85. Distances fol-low USAT recommendations for each age group. Novice adults compete at the same distance as 11+ age groups. Please see Murray City Recreation, call 801-264-2014. or jo@agegroupsports.com for details, Ju Garuccio, 801-566-9727, 801-557-6844, jo@agegroupsports.com greatbasincoaching
- September 2, 2019 South Davis Labor Day Triathlon, South Davis Racing Series, Bountiful, UT, Start at 8:00 am, Swim 350 yds; Bike 12.02 mi; Run 5k, relay: Split the Sprint between 2-3 racers, Novice: Swim 150 yds; Bike 2.5 mi; Run 1.5 miNovices start at: 8:45amLocation: South Davis Recreation Center; 550 N 200 W, John Miller, 801-298-6220, john@southdavis-recreation.com, Cindy Hunt, 801-298-6220, clady@southdavis.creation.com com southday.
- September 7, 2019 Salem Spring Triathlon, RACE TRI, Salem, UT, Utah Triathlon State Championships, 800 meter swim, 12.5 mile Championships, blke, 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 7-8, 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@xterrapianet.com, xter-<u>raplanet.com</u>,

Late Summer 2019

- September 7, 2019 Brine Man Triathlon, TriUtah Points Series, Syracuse, UT, 4th annual. This event not only boasts a spectator friendly swim, a bike course you've only dreamt of and a fast/ flat run, but this year it's also the home of the first ever Olympic Course Utah State Triathlon Championship. Sprint, Olympic, and Long Courses, Brogg Sterrett, 702-401-6044, race@triutah.com, triutah.com Sterrett, 70 triutah.com
- September 7-8, 2019 XTERRA Fruita Triathlon and Desert's Edge Triathlon Festival, XTERRA America Tour, Fruita, CO, The Desert's Edge Tri Festival brings you two days of racing, a weekend of camping with other triathletes and their fans, and a fun end to the Colorado Tri Season. Desert's Edge weekend includes your choice of XTERRA Sprint (not eligible for points) or XTERRA Tri on Saturday, your choice of Sprint or Olympic Saturday, your choice of Sprint or Olympic distance road tri's on Sunday!, John Klish, 970-744-4450, 573-366-3681, madness@ adracingcolorado.com, Dom, madracingcolorado.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 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, joe@onhillevents.com, bearlakebrawl.com, onhillevents.com
- September 14, 2019 Tahoe Big Blue Adventure Race, Truckee, CA, A multi-sport event in which teams and individuals participate and compete in kayaking or stand up paddling, mountain blking, 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@bigblueadventure.com, bligblueadventurie. Kiley McInroy om, bigbluead
- September 15, 2019 Harvest Moon Triathlon, Boulder, CO, Long course, at Boulder Reservoir, Triathlon, Duathlon, Aquabike, Lance Panigutti, 303-408-1195, lance@with-<u>outlimits.com</u>, <u>withoutlimits.co</u>
- 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, mchalle@bbsctri.com, Michelle Lund, mchalle@bbsctri.com
- September 22, 2019 Oktoberfest Triathlon, Longmont, CO, Union Reservoir, Sprint, Lance Panigutti, 303-408-1195, lance@withwithoutlimits.co
- 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, Aquablike, and 10k, 5k, Boulder Beach, Lake Mead, Craig Towler, 318-518-7303, info@bbsctri.com, Michelle Lund michelle@Distriction. Michelle Lund, <u>mich</u>
- October 5, 2019 Nevada Senior Games Triathlon, Las Vegas, NV, The sprint race of the Las Vegas Triathlon is Nevada's qualifying event to the 2019 National Senior Games for triathletes ages 50 or better, Boulder Beach, Lake Mead N. R. A., Tim Jones, 702-994-6205, Itjones@cox.net, Bonnie Parish-Kell, 702-373-5293 , bparishkell@slowpokedivas.com, NevadaSeniorGames.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. pet senjorgames net <u>net</u>, <u>seniorgames.net</u>
- October 26, 2019 Southern Utah Triathlon, Hurricane, UT, Sprint and Olympic. Held at Quali 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, loe@onbillevents.com. southern utah in the 70's content traithly southern utah.
- October 26, 2019 Pumpkinman Triathlon RBSC 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 welcomet, 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 dis-tance triathlon which includes a 5K Run, 12 Mile Blke, 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, 23/0, 8U1-0/8-4U32, shaun@t3triath Parker Goodwin, 801-769-3576, parl

Cyclocross Series

September 4-25, 2019 — Back 2 Basics Cyclocross Series, Golden, C.O., Wednesdays: A mid-week cyclocross race series designed to promote cross racing to the new rider and to challenge the experienced racer. Course change each week and we try to increase the technical and physical challenges each week to help our riders move smoothly in to the





cross season. Categories offered: Men C (Cat 4-5, Jr. Men13-14), Men B (Cat 3-4, Jr. Men15-18), Men A (Cat 1/2/3, Jr. Men 1-18), Women B (Cat 4/5, Jr. Wm. 13-14), Women A (Cat 1/2/3, Jr. Wm 15-18), SS, Newbie Women (never raced cross). Held at Lookout Mtn. Youth Services Center. 2901 Ford Street, Golden, Colorado. Just South of the roundabout at Johnson Rd. and South Golden Rd. 5 pm. Free registration for Newbie Women but must pre-register and buy a one day license., Lee Waldman, 720-313-5312, lwaldman3@gmail.com, racedirectorsolutions.com/EventRegistration/EventRegistrations/3098

September 7-November 16, 2019 — Shimano Cyclo X Cyclocross Series, Boulder, CO, 6 event cyclocross series at various locations, Lance Panigutti, 303-408-1195, lance@withoutlimits.com, withoutlimits.co/cyclo-x-series

September 14-December 14, 2019 — Utah Cyclocross Series, Utah Cyclocross Series, Various, UT, Utah's weekend cyclocross series., Marek Shon, 801-209-2479, utcrit-series@gmail.com, utcx.net

September 14-December 21, 2019 — Southern Nevada Bicycle Coalition Battleborn CX Series, SNBCBCXS, Various, NV, 9/14-15 - Beatty, NV, 10/26 - Las Vegas, NV, 11/16 - Las Vegas, NV, 12/20-21 - Las Vegas, NV, Aaron Smith, asmith138@gmail.com, Nthan Grill, 702-418-8184, teamhammersawcx@gmail.com, Facebook.com/teamhammersawcx

September 17-January 12, 2019 — New Mexico Cyclocross Series, Various, NM, 9.17.19 bcdracing CX @ Pine Flat (Alba,)9.24.19 bcdracing CX @ Pine Flat (Alba,)10.1.19 bcdracing CX @ Hays (Alba,)10.5-6.19 NMCX Cyclocross Bonanza (Glorieta)10.8.19 bcdracing CX @ Hays (Alba,)10.13.19 Oak Flat CX (Alba,) -tentative10.15.19 bcdracing CX @ Hays (Alba,)10.22.19 bcdracing CX @ Sunnyslope (Alba,)11.3.2019 NMCX Lake CX (Glorieta)11.10.2019 NMCX race @ Flesta Cross (Alba,)11.16.2019 NMCX race @ Flesta Cross (Alba,)11.30.2019 NMCX Santa Fe Bike Fiesta (Santa Fe)11.30. 2019 NMCX -tentative12.1.2019 NMCX -tentative12.1.2019 NMCX -tentative12.1.2019 NMCX -tentative12.1.2019 NMCX Farms - tentative1.12.2019 NMCX Farms - tentative1.12.2019 NMCX Frockett Howard, crockett.howard@comcast.net, nmcyclocross.com

October 6-November 17, 2019 — Inland Northwest Cyclocross Series, Inland Northwest Cyclocross Series, Various, ID/WA, October 6 Potlatch, IDOctober 13 - Coeur d'Alene, IDOctober 27 - TBANovember 3 - TBANovember 10 - Walter's Fruit Ranch, Mead, WANovember 17 - Riverside State Park, 7 Mile Airstrip, Spokane, WA FINALS, Maria Emde, 509-953-9924, 509-939-0552, maria@emdesports.com, Michael Gaertner, mike@verticalearth.com, emdesports.com/inland-nw-cyclocross.html

October 12-December 21, 2019 — Arizona Cyclocross Series p/b SRAM, Various, AZ, October 12, Gilbert; October 26 Sedona; November 9, Gilbert; November 23, Phoenix; Nov. 30- Dec. 1, Oracle; December 21 Gilbert, Jeff Frost, 928-380-0633, canisbleu@gmail.com, Mark Bibbey, mbibbey@hotmail.com, graross.com

October 12-November 30, 2019 — 4 Corners Cyclocross Series, Various, CO/NM, 10.12.19 Race #1 @ Grand Imperial Hotel (Silverton, CO)10.26.19 Race #2 @ Shaeffer Ranch (Pagosa Springs, CO)11.2.19 Race #3 @ Joe Rowell Park (Dolores, CO) 11.9.2019 Race #4 @ Whiskey Cross (Aztec, NM)11.16.2019 Race #5 @ Parque de Vida (Dolores, CO)11.30.2019 Race #6 Squawker Cross @ Fort Lewis College Stadium (Durango, CO), Crockett Howard, crockett.howard@comcast.net, cycling.fortlewis.edu/4ccx/,nmcycling.org/

Cyclocross

September 14, 2019 — Utah Cyclocross Series Race, Utah Cyclocross Series, Ogden, UT, Ogden Cyclocross Partk2599 A Ave, Ogden, UT 84401, Marek Shon, 801-209-2479, <u>utcritseries@gmail.com</u>, Utah Cyclocross Series , <u>utcx.net@gmail.com</u>, <u>utcx.net</u>

September 21, 2019 — Utah Cyclocross Series Race, Utah Cyclocross Series, Draper, UT, Draper Cyclocross Park 1455 Highland Dr, Draper UT 84020, Marek Shon, 801-209-2479, utcritseries@gmail.com, Utah Cyclocross Series, utcx.net@gmail.com, utcx.net

September 21-22, 2019 — Avimor Cyclocross, Boise, ID, Douglas Tobin, <u>douglas@tobin-coaching.com</u>, <u>byrdscycling.com</u>

September 28, 2019 — Eagle Island Cyclocross, Eagle Island State Park, ID, Eagle Island State Park is the area's best cross venue so come enjoy it! The park is eight miles west of Boise. Take US 20/26 to Linder Road and follow the signs. This is the 12th Annual event which benefits the Idaho Humane Society., Brad Streeter, 208-866-3384, brad.streeter@ gmail.com, parksandrecreation.idaho.gov/ cyclocross-eagle-island-state-park

September 28, 2019 — Utah Cyclocross Series Race , Utah Cyclocross Series, Kearns, UT, Thomas Jefferson Jr High5850 S 5600 W, Kearns, UT 84118, Marek Shon, 801-209-2479, utcritseries@gmail.com, Utah Cyclocross Series , utcx.net@gmail.com, utcx.net

October 5-6, 2019 — Waffle Cross, Waffle Cross Series (IWCX), DOC Idaho Superprestige, Boise, ID, Held at the Eagle Sports Complex; supports a different charitable benefactor each weekend so come on out and enjoy the dirt, grass and pavement as well as beer from Payette Brewing and waffles from Bob's Red Mill. Saturdays race will be an late afternoon-early evening race in conjunction with a food truck rally. goo.gl/maps/Mmh80, Brian Price, 208-908-5421, brianp@catapult3.com, Cory Bolen, corybolen@yahoo.com, Idahowafflecross.com, eagleblkepark.org

October 5, 2019 — Talbott's Orchard Crit Cross, West Slope Cross Cup Series, Palisade, CO, Come test out a new concept: a crit on dirt roads/double tracks around the orchard trees. Think crit on dirt! Plenty of opportunities to draft and push the edge! Race starts at 10 a.m., John Klish, 970-744-4450, 573-366-3681, madness@madracingcolorado.com, madracingcolorado.com

October 5, 2019 — Utah Cyclocross Series Race , Utah Cyclocross Series, Ogden, UT, Weber County Exhibit Hall1000 N 1200 W St, Ogden, UT 84404., Marek Shon, 801-209-2479, utcritseries@gmail.com, Utah Cyclocross Series , utcx.net@gmail.com, utcx.net

October 5-November 17, 2019 — River City Bicycles Cyclocross Crusade, Varlous, OR, Race #1 & 2: Alphenrose in Portland, ORRace #3: Cascade Locks in Cascade Locks, ORRace #4: Heron Lakes in Portland, ORRace #5 & 6: Deschutes Brewery in Bend, ORRace #7: Rainer at Rainer High School, ORRace #8: Barton at Barton County Park, ORRace #9: Kruger's at Sauvie Island in Portland, OR, River City Bicycles Cyclocross Crusade, Info@crosscrusade.com, crosscrusade

October 6, 2019 — Talbott's Orchard Cross, West Slope Cross Cup Series, Palisade, C.O., New location, John Klish, 970-744-4450, 573-366-3681, madness@madracingcolorado. com, madracingcolorado.com

October 12, 2019 — Utah Cyclocross Series Race, Utah Cyclocross Series, Ogden, UT, Fort Buenaventura Park2450 A AvenueOgden, UT 84401, Marek Shon, 801-209-2479, utcritseries@gmail.com, Utah Cyclocross Series , utcx.net@gmail.com, utcx.net

October 12-13, 2019 — US Open of Cyclocross, Boulder, CO, Held at Valmont Blke Park, Lance Panigutti, 303-408-1195, lance@ withoutlimits.com, Barry Lee, 720-244-8228, 720-409-7048, blee1216@icloud.com, withoutlimits.co

October 19, 2019 — The Cube Cyclocross, Rexburg, ID, A fun, high-quality, small town cyclocross event. Held at Rexburg Nature Park, Klás' Race 10:00, "8" Race 11:00, "A" Race 12:00, Dave Anderson, 208-313-2021, dandersonmmh@gmail.com, rexburgcube.com

October 19, 2019 — Utah Cyclocross Series Race, Utah Cyclocross Series, Salt Lake City, UT, Clayton Middle School1471 S 1800 Esalt Lake City, UT 84108, Marek Shon, 801-209-2479, utcritseries@gmail.com, Utah Cyclocross Series , utc.net@gmail.com, utc.net

October 19-20, 2019 — WestSac GPCX, West Sacramento, CA, WestSac GPCX, wscxgp@ outlook.com, norcalcx.org/

October 25, 2019 — Creepy Cross, West Slope Cross Cup Series, Grand Junction, CO, The only night cyclocross race in western Colorado with plenty of grass with fun and fast obstacles. Not to mention the pirate ship and pirates operating the canon. Costumes encouraged with a playground nearby! Race starts at 4:00 p.m., John Klish, 970-744-4450, 573-366-3681, madness@madracingcolorado.com, madracingcolorado.com

October 26, 2019 — Utah Cyclocross Series Race, Utah Cyclocross Series, American Fork, UT, Art Dye Park573 E. 700 N, American Fork, UT 84003, Marek Shon, 801-209-2479, utcritseries@gmail.com, Utah Cyclocross Series , utcx.net@gmail.com, utcx.net

November 2, 2019 — Utah Cyclocross Series Race, Utah Cyclocross Series, Kaysville, UT, Barnes Park, 950 W, 200 N., Kaysville, UT 84037 8:00 a.m. - 5:00 p.m., Marek Shon, 801-209-2479, utcritseries@gmail.com, Utah Cyclocross Series , utcx.net@gmail.com, utcx.net

November 2-3, 2019 — Turkey Cross, Waffle Cross Series (IWCX), DOC Idaho Superprestige, Boise, ID, Held at the Eagle Sports Complex; supports a different charitable benefactor each weekend so come on out and enjoy the dirt, grass and pavement as well as beer from Payette Brewing and waffles from Bob's Red Mill. https://goo.al/maps/Mmh80, Brian Price, 208-908-5421, brianp@catapuit3.com, Cory Bolen, corybolen@yahoo.com, idahowafflecross.com, eaglebikepark.org

November 9, 2019 — SICX Sandy Point, Southern Idaho Cyclocross Series, DOC Idaho Superprestige, Boise, ID, Cash payout will be for the women and men cat 1/2 fields.

, Alex Phipps, 208-841-4120, alex01phipps@gmall.com, cxidaho.com

November 9, 2019 — Utah Cyclocross Series Race, Utah Cyclocross Series, Midway, UT, CX State Championship Soldier Hollow 1370 West Soldier Hollow Lane, Midway, UT 84049, Marek Shon, 801-209-2479, utcritseries@gmail.com, Utah Cyclocross Series , utcx. net@gmail.com, utcx.net

November 9, 2019 — Bengal Cross, Pocatello, ID, Meet at Bartz Field at Idaho State University at 10 am with B class starting at 11 am for 45 minutes and A class starting at noon for 50 minutes. Additionally, there will be a fund raiser for the Idaho Food Bank so please bring food or monetary donations to help those trying to make ends meet, Peter Joyce, 208-282-3912, joycpete@isu.edu, bengalcross.athlete360.com

November 9-10, 2019 — Cross of the North, Fort Collins, CO, Held on the grounds of New Belgium Brewing, Cross of the North , 970-208-4275, racedif@crossofthenorth.com, crossofthenorth.com

November 10, 2019 — SICX Sandy Point, Southern Idaho Cyclocross Series, DOC Idaho Superprestige, Boise, ID, Cash payout will be for the women and men cat 1/2 fields. , Alex Phipps, 208-841-4120, alex01phipps@gmail.com, exidaho.com

November 16, 2019 — Salty Cross Day 1, West Slope Cross Cup Series, Fruita, CO, A local favorite at Little Salt Wash Park with new course layouts every year. This event promises great racing fun in the whoops, grass, and trees. Race starts at 9:00 a.m., John Klish, 970-744-4450, 573-366-3681, madness@madracingcolorado.com, madracingcolorado.com

November 16, 2019 — Utah Cyclocross Series Race, Utah Cyclocross Series, Cedar City, UT, Cedar City West Mid-valley Road, Cedar City, UT 84721, Marek Shon, 801-209-2479, utcritseries@gmail.com, Utah Cyclocross Series, utcx.net@gmail.com, utcx.net

November 16-17, 2019 — Avimor Cyclocross State Championship, Bolse, ID, Douglas Tobin, douglas@tobincoaching.com, byrdscycling.com

November 17, 2019 — Salty Cross Day 2, West Slope Cross Cup Series, Fruita, CO, Warm-up with the 5k Cross Country Running Race if you choose; then, jump onto your bike

Send your feedback and letters to the editor to:

dave@cyclingutah.com

for the cyclocross races. We'll mix it up by changing the course slightly. Race starts at 9:00 a.m., John Klish, 970-744-4450, 573-366-3681, madness@madracingcolorado.com, madracingcolorado.com

November 21-24, 2019 — 2019 Single Speed Cyclocross World Championship, Santa Clara, UT, SSCXWC19-Utah - This desert oasis, with a spectacular red rock back drop, will provide a course and race experience like none you've imagined. Southern Utah is home to Zion National Park, awesome gravel riding, rock climbing, hiking, and mountain biking to keep you busy., Cimarron Chacon, 970-759-3048, info@groraces.com, gropromotions.com/sscxwc19-ut/

November 23, 2019 — Utah Cyclocross Series Race, Utah Cyclocross Series, Ogden, UT, Weber County Exhibit Hall 1000 N 1200 W St, Ogden, UT 84404, Marek Shon, 801-209-2479, utcritseries@gmail.com, Utah Cyclocross Series, utcx.net@gmail.com, utcx.net

November 30-December 1, 2019 — Kringle Cross, Waffle Cross Series (IWCX), , DOC Idaho Superprestige, Boise, ID, Held at the Eagle Sports Complex; supports a different charitable benefactor each weekend so come on out and enjoy the dirt, grass and pavement as well as beer from Payette Brewing and waffles from Bob's Red Mill. https://goo.gi/maps/Mm80, Brian Price, 208-908-5421, brianp@catapult3.com, Cory Bolen, corybolen@yahoo.com, Idahowafflecross.com, eagleblikepark.org

November 30, 2019 — Utah Cyclocross Series Race, Utah Cyclocross Series, Centerville, UT, Community Park, 1350 N 400 W Centerville, UT 84014, Marek Shon, 801-209-2479, utcitseries@gmail.com, Utah Cyclocross Series , utcx.net@gmail.com, utcx.net

December 7, 2019 — Utah Cyclocross Series Race, Utah Cyclocross Series, Kaysville, UT, Barnes Park 950 W 200 N, Kaysville, UT 84037, Marek Shon, 801-209-2479, utcrifseries@ gmail.com, Utah Cyclocross Series , <u>utcx.</u> net@gmail.com, utcx.net

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December 7, 2019 — SICX Sandy Point, Southern Idaho Cyclocross Series, DOC Idaho Superprestige, Boise, ID, Cash payout will be for the women and men cat 1/2 fields., Alex Phipps, 208-841-4120, alex01phipps@gmail.com, cxidaho.com

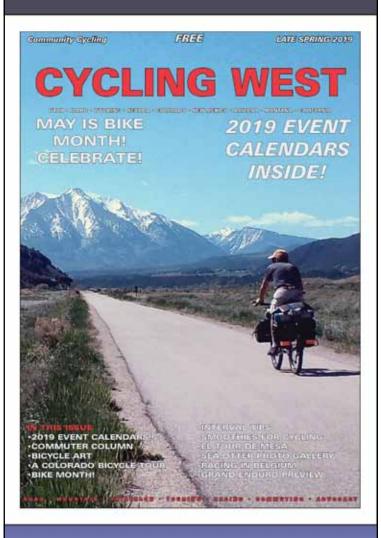
December 8, 2019 — SICX Sandy Point , Southern Idaho Cyclocross Series, DOC Idaho Superprestige, Boise, ID, Cash payout will be for the women and men cat 1/2 fields. , Alex Phipps, 208-841-4120, alex01phipps@gmail.com, exidaho.com

December 8, 2019 — Rocky Mountain Cyclocross Championships, Longmont, CO, Colorado welcomes the best from Utah, Wyoming, Montana, Arizona, and New Mexico to battle it out for the title of Regional Champion. Held at Sandstone Park, the battle ground consists of tight grass, fast flowing pavement, sidewalk transitions, run ups, and even more grass to showcase those off camber technical skills. The Championships are open to racers from across the region. Start order is based on USAC ranking., Brook Watts, 303-684-9170, 303-907-3133, brook@bastallc.com, Lance Panigutti, 303-408-1195, lance@withoutlimits.com, withoutlimits.co/rocky-mountain-cyclocross-champions

December 10-15, 2019 — USA Cycling Cyclocross National Championships, Tacoma, WA, Elite and amateur cyclocross national championships, Chuck Hodge, 719-434-4200, chodge@usacycling.org, usacycling.org

December 14, 2019 — Utah Cyclocross Series Race, Utah Cyclocross Series, American Fork, UT, Art Dye Park 573 E. 700 N, American Fork, UT 84003, Marek Shon, 801-209-2479, utcritseries@gmail.com, Utah Cyclocross Series , utcx.net@gmail.com, utcx.net

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BICYCLE INDUSTRY

How the Bicycle Customer can Save the Bike Industry, Support Employees, and Save the Planet

By Anthony J. Nocella II, Ph.D.

So many cyclists around the world are in environmentalists, especially here in Salt Lake City. Yes, riding a bicycle is better than driving a car, but there is much more to bicycling than just riding them. As an environmental studies scholar and long-time cyclist, I figured I would write a column that interweaves those two areas together. The bicycle industry is global and as a result, because of the manufacturing, shipping, and selling of bicycles and bicycles parts the industry causes a considerable ecological impact, economic exploitation, all while advocating for ecological conservation. In this article, we will look at: (1) unity in the bicycle industry, (2) living wage, and (3) ecological impact.

Unity - The bicycle industry could learn a thing or two from the outdoor industry, which recently boycotted the state of Utah for their Outdoor Industry Association's annual convention, which brought over ten million dollars a year to

Intersections

and pedestrians.

Utah. The reason is because the stat of Utah plans to allow energy con panies to mine uranium and extra oil and gas in the Bear Ears Nationa Monument, a million acres in sout western Utah. Bear Ears Nationa Monument was created and protecte by President Obama, but in 201 Utah Governor Gary Herbert signe a resolution to President Trump overturn the designation. This uni cation by many outdoor companie is something that is in desperate nee in the bicycle industry, such as th bicycle industry needing to protes the tariffs, which President Trum signed into place that will increase the price of many bicycles, which will as a result put some bicycl manufacturers out of business ar cause some bicycle stores to go ban rupt. Moreover, the unification bicycle companies encouraging cu tomers to buy bicycles and bicycl parts at a bicycle shop is essential for the bicycle industry and community to survive. For years, bicycle shops were pseudo youth community centers. Bicycle shops today are not merely stores, but community centers to meet fellow cyclists and talk

Bicycle	Sourcing	Manufactur
Material		-ing
Steel	Easy and	Simple to
	local	manufacture
Aluminun		A lot of
	and	energy and
	complex	water to
		manufacture
Titanium		Complex
	and rare	
Carbon	Chemical	High motor
Fiber	and	High water use and high
riber	highly	energy use
	toxic	energy use
Table 1. The Environmental Factors of		
to employees about the latest gear.		
The bicycle industry also needs uni-		
fication on supporting bicycle manu-		
facturers and parts makers that do		
	_	
not have a universal manufacturers		
suggested retail price (MSRP) to		
implement one in order to support		
the bicycle shops.		

of Bicycle Frame Production

Living Wage - When shopping for a bicycle, I am sure the salesperson never speaks about the living wage of the employee at the bicycle manufacturing plant in Taiwan. Are the employees building, selling, and designing the bicycles making a living wage? This is an important question to ask. If a buyer of a bicycle is concerned about this, the best purchasing decision is buy a bicycle in a country with strict minimum wage laws such as the United States, Canada, England, and Italy. Further, ask the bike shops if they are paying for insurance, dental, and providing a living wage to their shop employees. Of course, this is difficult, but bike shops should strive to do this and

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A DIFFERENCE

Environmental Conservation

Shipping

All over

the world

All over

the world

Most

Handmade

and often

in the U.S.

Most in

Taiwan

limited

5 to 10

years

Not

limited

5 to 10

Disposal

Recyclable

Recyclable

Recyclable

Not easily

Lightness

Heavy

Light

Lighter

Lightest

Affordable

Expensive

Highly

Expensive

Most

expensive

- Now let us move onto the last topic of this article environmental conservation. There are five factors in determining if a bicycle is ecologically sustainable or not -(1) the sourcing of the material to build the bicycle, (2) the manufacturing of the bicycle, (3) the life of the bicycle, (4) the shipping of the bicycle, and (5) disposal of the bicycle. Most bicycles are made of four materials (1) steel, (2) aluminum, (3) titanium, and (4) carbon fiber. Of course there are other materials such as bamboo, which Calfee bicycle uses, which might be the most environmental, but for this article we will only look at the main four. From the chart below, carbon, used by most major bicycle companies, is the most expensive and ecological destructive, while aluminum, also used by most companies, is almost as stiff and light as carbon, is not as expensive and is readily recycled. There is titanium, which often is used by handmade companies such as Seven, Moots, No. 22, and Twinsix, which is not stiff, rather it is forgiving and a responsive smooth ride. Because it is used almost exclusively

by handmade companies titanium is often more expensive than carbon, but lasts forever. Finally, steel is the cheapest of all materials, not as rigid as aluminum and carbon, and is the most ecologically sustainable - but it can rust, which titanium does not. For more analysis on the four materials, see Table 1.

Stiffness

Not stiff

Very

Extre-

mely

Stiff

Repairing

Cheap

Expensive

Highly

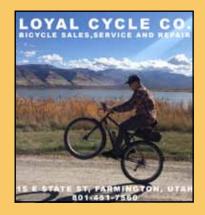
Expensive

Most

Expensive

The most environmentally sustainable way when purchasing a bike is to buy a used bike, ideally steel or titanium, as they will last the longest. Further, some bicycle manufacturers such as Moots (and many bike shops too) run their factory on solar panels, recycle all of their materials including paper, cardboard and metals, and have a community garden. Additionally, Moots and Chris King, for example, give back to the community by financially supporting nonprofit environmental protection organizations.

There is a lot to think about when buying a bicycle, besides how it rides. Do your homework, get online, make some phone calls, and ask many questions - the bicycle industry, employees, and the world are count-





The researchers used their method in Minneapolis and found that lowincome and minority neighborhoods fared worst. When armed with the data, planners can take action. The study points out that historical data won't tell you everything: it found the same risk factors at locations with no crashes as those with a history of them. Note: the research was done in a large city and factors may differ in

other communities.

Study Shows Looks at Bike Crash Risk at

Researchers at the University of Minnesota have developed a new way

to determine bicycle and pedestrian crash risk at both intersections and

mid-block. They say using their methodology can help planners mitigate

risks to both groups. What makes matters more complicated is that many

factors go into the equation (the most obvious being the number of people

using the roads) and that the factors determining danger differ for cyclists

Look at the report at: http://www.cts.umn.edu/Publications/ ResearchReports/reportdetail.html?id=2804

-Charles Pekow





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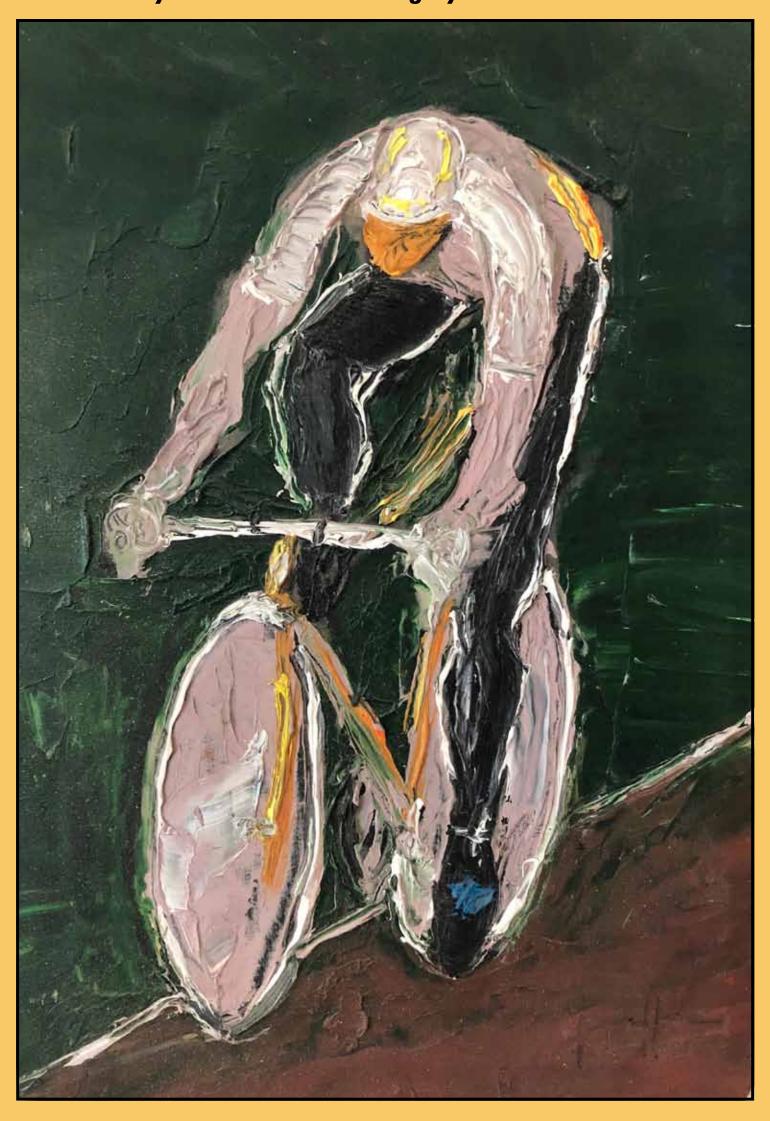


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EVENT PREVIEW

Sevier County to Host Second Annual Rooster Ride on August 24, 2019



A rider at the 2018 Rooster Ride. Photo by Chuck Hawley

By Dave Iltis

The Sevier Valley Rooster Ride will be held in Richfield, Utah on August 24, 2019. The ride travels through the backroads of Sevier County, and features beautiful scenery and few cars.

We asked organizer Chad McWilliams of Sevier County a few questions about the ride.

Cycling West: Tell us about the ride. What are the courses like, and what are the highlights?

Rooster Ride: We have teamed up with Jorgensen's in Richfield for our annual what we are calling the 'Rooster Ride". This ride will be tough to beat with our clean air and beautiful scenery with almost zero traffic. The ride will take you around the Sevier Valley from little town to little town. Where the locals will be there to take care of you in one of the six aid stations. Test yourself with a Century ride that offers over 4,000 feet of climbing in one of the most scenic canyons in all of Utah. While out riding you can stop at the aid station at the Fremont Indian State Park and take a quick photo of some the Fremont Indian rock art. This event will become one of the premier cycling events in south central Utah.

CW: What support will you have

RR: The guys at Jorgensen's along with Cliff with keep you nourished and hydrated with 6 fully stocked aid stations. They will also help make any last-minute adjustments the night before at packet pick up.

CW: When people visit Richfield for the event, where can they stay or camp?

RR: We have tons lodging options in the Sevier Valley. Richfield is the host city and the start and finish line of the Rooster Ride. With over 20 hotels to choose from, you can find the place that is right for you. For those that want a chance to be outdoors we offer tons of camp sites

and RV camping at places like the famous Big Rock Candy Mountain and Fremont Indian State Park and KOA right in Richfield. You can find all this by going to sevierutah.net

CW: Tell us a little about the history of the area.

RR: Located in scenic Sevier Valley, Richfield is one Utah's best-kept secrets. Why is it called the "Rooster Ride?": Way back in the day Sevier Valley was one of the premier pheasant hunting areas of Utah. You too can hunt for your own epic riding experience by "Riding the Rooster". Sevier County is also known as "Utah's Trail County" with over 2,000 miles of the best off-road adventures and located here is the word famous Paiute ATV/UTV trail

system

The first recorded inhabitants of Trail Country were the Fremont Indians and the century ride will take your right past an area where you can see from your bike their way of life. So after you come Ride the Rooster you will want to come back and find your new favorite trail.

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

RR: The 1st 100 riders to register will get a pair of custom Rooster Ride socks. All Rooster riders will get a medal and tee shirt and lunch of their choice from one of the many food vendors that will be joining us. For more information and to register go to traildaysutah.com also follow us on Facebook for updates: Sevier Valley Rooster Ride. So while you are off riding the family can enjoy "Trail Days" that will be going on at the same time. They will be able to enjoy golf and air shows, a relay run. There will food and live entertainment durning the day while you are off riding so they are not stuck waiting in the hotel.

Ride Details: 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

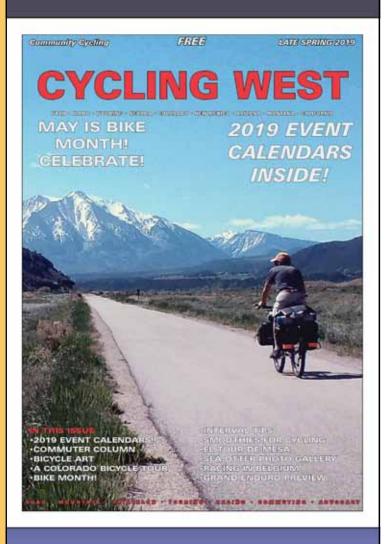


A rider at the 2018 Rooster Ride. Photo by Chuck Hawley

Utah. Event will be chipped, with fully stocked rest stops, great swag and lunch. Metal and Tee Shirt provided. 33 mile option has a 800 ft gain, 1,163 ft gain for the 55 mile

option, and 4,061 ft for the 100 mile option., Chad McWilliams, 435-893-0457, 435-421-2743, cmcwilliams@sevier.utah.gov, traildaysutah.com/sy-rooster-ride/

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THE ATHLETE'S KITCHEN

Sports Nutrition: What's the Latest on Carbohydrates?

By Nancy Clark MS, RD, CSSD

Too many of today's athletes believe carbohydrates are "bad." If that's true, what does the latest sports nutrition research say? The following studies, presented at the American College of Sports Medicine's 66th Annual Meeting (Orlando FL, May 2019) indicate sports scientists agree that carbohydrates (grains, fruits, veggies; sugars, starches) can be health and performance-enhancing sport foods. As you may (or may not) know, ACSM is a professional organization for sport science researchers, exercise physiologists, dietitians, doctors, and health-care providers for athletes (www.ACSM.org). Here are some answers to questions posed by ACSM researchers.

• Does sugar cause diabetes?

No. The problem is less about sugar, and more about lack of exercise. Most fit people can enjoy a little sugar without fear of health issues. Muscles in fit bodies burn the sugar for fuel. In unfit bodies, the sugar accumulates in the blood. Fitness reduces the risk of developing Type 2 diabetes.

In a 6-week training study to boost fitness, 35 middle-aged men with over-weight or obesity did either endurance cycling, weight lifting, or high intensity interval training. Regardless of kind of exercise, all types of training improved the bodies' ability to utilize glucose with less insulin.

These subjects had blood glucose levels within the normal range at the start of the study; their glucose levels improved with exercise. While we need more research to fine-tune the types of exercise that best manage blood glucose, rest assured that living an active lifestyle is a promising way to reduce your risk of type 2 diabetes.

 Can natural foods replace ultraprocessed commercial sport drinks and foods?

Yes, standard (natural) foods can be fine alternatives to commercial sport fuels. Look no farther than bananas! In a study, trained cyclists who enjoyed bananas (for carbs) plus water (for fluid) during a 46 mile (75 km) bike ride performed just as well as those who consumed a sport drink with an equivalent amount of carbs plus water.

Natural foods offer far more than just fuel; they contain abundant bioactive compounds that have a positive impact on health and performance. For example, after the ride with bananas, the cyclists had lower levels of oxylipins (bioactive compounds that increase with excessive inflammation) compared to the sport drink ride. Athletes who believe commercial sports foods and fuel are better than standard foods overlook the benefits from the plethora of bioactive compounds found in real foods.

• Are potatoes—an easy-to-digest sports fuel—a viable alternative to

commercial gels?

Yes. In a study, trained cyclists ate breakfast and soon thereafter competed in a 2-hour cycling challenge that was then followed by a time trial. For fuel, the subjects consumed either potato puree, gels, or water. The results suggest 1) both emptied similarly from the gut, and 2) potatoes are as good as gels for supporting endurance performance.

The cyclists completed the time trial in about 33 minutes when they ate the potato or the gel. This is six minutes faster than with plain water. Any fuel is better than no fuel!

• Is fruit juice a healthful choice for athletes?

Yes, fruit juice can be an excellent source of carbohydrate to fuel muscles. Colorful juices (such as grape, cherry, blueberry, orange) also offer anti-inflammatory phytochemicals called polyphenols. In a study, subjects did muscle-damaging exercise and then consumed a post-exercise and a bedtime protein recovery drink that included either pomegranate juice, tart cherry juice, or just sugar. The protein-polyphenol beverages boosted muscle recovery better than the sugar beverage.

• Does carbohydrate intake trigger intestinal distress for ultra-marathoners?

Not always. During a 37 mile (60-kilometer) ultra-marathon, 33 runners reported their food and fluid intake. They consumed between 150 to 360 calories (37-90 g carb) per hour, with an average of 240 calories (60 g) per hour. This meets the recommendation for carbohydrate intake during extended exercise (240-360 calories; 60-90 g carb/ hour). The majority (73%) of runners reported some type of gut issues. Of those, 20% of the complaints were ranked serious. Interestingly, the GI complaints were not linked to carbohydrate intake or to gut damage. In fact, a higher carbohydrate intake

potentially reduced the risk of gut injury. (More research is needed to confirm this.) Unfortunately, runners cannot avoid all factors (such as jostling, dehydration, and nerves) that can trigger intestinal problems.

• We know that consuming carbohydrates during extended exercise enhances performance, but does it matter if endurance athletes consume a slow-digesting or a fast-digesting carbohydrate prior to extended exercise?

Likely not, but this can depend on how long you are exercising, and how often you want to consume carbohydrate. Well-trained runners consumed 200 calories of carbohydrate in UCAN (slow-digesting) vs. Cytocarb (fast-digesting) prior to a 3-hour moderate run during which they consumed just water. At the end of the run, they did an intense sprint to fatigue. The sprint times were similar, regardless of the type of pre-run fuel.

That said, the slow digesting carb provided a more stable and consistent fuel source that maintained blood glucose concentration during the long run. Hence, endurance athletes want to experiment with a variety of beverages to determine which ones settle best and help them feel good during extended exercise. A slow-digesting carb can help maintain stable blood glucose levels without consuming fuel during the run. Fast-digesting carbs need carbohydrate supplementation throughout the exercise to maintain normal blood glucose.

Concluding comments: These studies indicate carbohydrates can help athletes perform well. To be sure your muscles are fully fueled, include some starchy food (wholesome cereal, grain, bread, etc.) as the foundation of each meal. Consuming carbs from just fruit or veggies will likely leave you with inadequately replenished muscle glycogen. Think

twice before choosing a chicken Caesar salad for your recovery meal.

Nancy Clark, MS, RD counsels both casual and competitive athletes at her office in Newton, MA (617-795-1875). Her newly

updated Sports Nutrition Guidebook is now available in a new sixth edition. For more information, visit www.NancyC-larkRD.com. For her popular online workshop, visit Nutrition-sportsExerciseCEUs.com.

Federal Funding For Bikeshare is Focus of New Rill

Once again, Rep. Earl Blumenauer (D-OR) has introduced legislation to clarify that bikeshare is eligible for federal grants. Blumenauer, perhaps Congress' greatest cycling advocate, introduced the Bikeshare Transit Act of 2019 (H.R. 4001) which would allow federal money to be used to build bikeshare stations and buy and replace equipment. The law would apply to the Congestion Mitigation and Air Quality program and other federal funding for mass transit. Currently, federal law doesn't mention bikeshare and local authorities don't know if they can use federal money for it.

The bill was referred to the Transportation and Infrastructure Subcommittee on Highways and Transit.. It picked up two immediate cosponsors. Blumenauer introduced the bill in 2017 but Congress didn't act.

Read Blumenauer's statement here: https://www.congress.gov/congressional-record/2019/07/25/extensions-of-remarks-section/article/E990-1-Charles Pekow

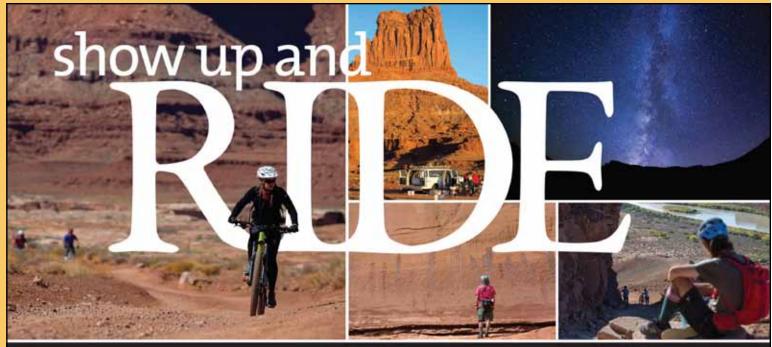
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GRAVEL RACING

Evelyn Dong, Alex Grant Win 9th Edition of the Crusher in the Tushar



2019 Crusher in the Tushar Race Winner Evelyn Dong chases Lauren Stephens. Photo by Cathy Fegan-Kim

By Steven Sheffield

Beaver, Utah (July 13, 2019) More than 600 riders, including a number of current and former U.S. professional national champions, descended on Utah's Tushar Mountains for the ninth annual Crusher in the Tushar gravel race. 69 miles and 10,500 feet of climbing later, after one of the fastest races to date it was professional mountain bikers Alex Grant (Gear Rush) and Evelyn Dong (Pivot-Stan's No Tubes) who crossed the finish line

Open fields that were particularly stacked this year with notable road

Those fields included recently crowned U.S. national road champions Alex Howes (Education First Pro Cycling), Travis McCabe (Floyd's Pro Cycling) and Lance Haidet (Aevolo Cycling) and perennial favorites Alex Grant (Gear Rush) and Jamey Driscoll (DNA Cycling-Mavic), along with 2018 winner Zach Calton (Summit Bike Club) and three-time winner Rob Squire (Hangar 15). The women's field was also stacked with talent including

reigning "Queen of Kanza", Amity Rockwell, along with Hanna Muegge and Amy Charity, both of whom race for the Utah-based DNA Pro Cycling

Pro-Open Men's Race

LeRoy Popowski (Juwi Solar) went for the early flyer as has been his style every year that he has done the race, along with Noah Granigan (Floyd's Pro Cycling) and Mat Stephens (Panaracer), opening a good gap on the rest of men's field by the time they reach the top of the first climb at Betenson Flat.

The main contenders stayed together for the first climb, but the group started to splinter on the descent of the Col d'Crush, reeling in Popowski and Stephens in the process. By the time the riders reached the pavement at the bottom of the Col d'Crush descent into Junction, there were several groups on the road.

Once the leaders hit Circleville, the various lead groups had merged back into one large group heading onto Doc Springs Road, also known as "the Sarlacc Pit". Through the Pit, riders dropped out of the group one by one, until there were only six riders still together making the turn back onto the Col d'Crush for the climb: Alex Grant, Alex Howes, Eddie Anderson (Axeon-Hagens Berman), Zach Calton (Summit Bike Club), T.J. Eisenhart (Araphoe-Hincapie), and Lance Haidet (Aevolo).

Once again, the men's race came down to the aptly dubbed "Col d'Crush". Just after the climb started, Haidet and Eisenhart were dropped. Shortly thereafter, Driscoll was also gapped off the lead group but managed to keep them in sight. Grant launched the decisive attack about halfway up the 2500 ft. climb, dropping fellow leaders Howes and Anderson.

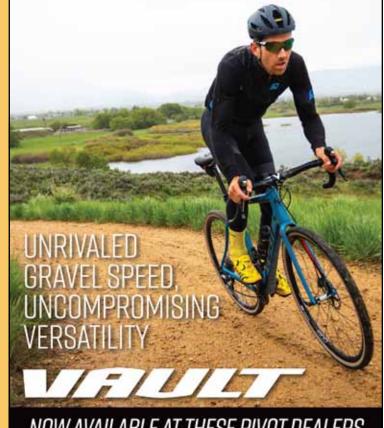
39 year-old Grant, a stalwart of the US professional mountain bike scene, sealed the deal on the Col's steep upper switchbacks, opening up a lead of more than a minute and a half at the KOM/QOM line. Still 13 miles and several climbs from the



Most riders opt not to stand or are not able to stand as they climb Col d' Crush but Lauren Stephens made it look easy. Photo by Cathy Fegan-Kim

finish line Grant continued to twist the knife, coming across with a finishing time of 4:15:08, after initially going up the wrong side of the finish

chute fencing, and having to backtrack to officially cross the line, some three minutes before Eddie Anderson (in 4:18:08) and with Howes a fur-



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Alex Grant (Gear Rush) on Big Flat, as he soloes towards the finish. Photo: Steven L. Sheffield.

ther minute adrift in 4:19:19.

Rounding out the 5 rider podium was James Driscoll in fourth, and Zach Calton in fifth.

"Two years I've done [the Crusher] I've had flats, two years I've had catastrophic bonks, and last year I had a pretty good year," said Grant. "This is my sixth time racing, and I finally got the win. Honestly, this was like a dream, like 'maybe I'll win the Crusher someday, maybe not.' I'm so pumped to win it, it was a super-fast day out there, tons of strong riders."

"That was a war of attrition all day. Lived up to expectations would be an understatement, I think it exceeded them for sure. It was really hard, doing 10,000 feet of climbing in really only two climbs is no joke, said Anderson. "On the last climb of the Col d'Crush, Alex (Grant) & Alex (Howes) sort of rode away from me and I knew I couldn't hold that tempo so I just rode my own pace, and eventually bridged back up to Alex (Howes), and just kept throttling it to the finish."

"Oh man, it was tough," said freshly-crowned U.S. road champion Howes. "I was down at sea level before this, so coming back [to altitude], at the bottom of the Col d'Crush, I was feeling like a real champion, and then we hit a certain altitude and I just detonated. I'm actually pretty surprised I held on for third. It's a funny thing at altitude, it's like a bad dream. You

just watch people ride away, and there's just nothing you can do. Hats off to Eddie and Alex, both of them rode great."

Pro-Open Women's Race

The women's race took shape when Lauren Stephens, who set a blistering early pace, latched on to the Pro Men's group as they passed the women's field, and stayed away for most of the day.

Feeling the efforts of her early work, Stephens started fading back just after cresting the race's notorious KOM/QOM. Stephens was eventually caught by Evelyn Dong after the final feed zone with 10 miles to go, From there, Dong cruised to the win, opening up an eight minute gap over the course's final miles, to finish in 5:02:14. Stephens had done enough to secure second in 5:10:18, with Sarah Max (Argonaut-ENVE) following in third, three minutes later in 5:13:27.

Rounding out the women's podium was Amy Charity (DNA Pro Cycling Team) in fourth and Aimee Vasse (Blue Factory Team) in fifth.

"I definitely didn't expect to win coming into this, having never ridden this course before," said Dong. "It's my first time. A lot of my training is like this, high altitude riding, this is what I love to do. In that sense, this pretty much feels like home."

"It's an absolute honor and thrill to have some of the country's top pro riders add the Crusher to their sched-

ules," said race founder and director Burke Swindlehurst after the race. "But what really fills me with pride and gets me emotional is seeing the weekend warriors-some of whom walked many of the climbs-come across the line hours after the pros have finished. I have crazy respect for anyone who crosses that finish line, and it's seeing those folks achieve their goals that is the most rewarding part of this job."

Pro/Open Men

Place Name Team Time 1 Alex Grant Gear Rush 04:15:08 2 Eddie Anderson Axeon-Hagens

Berman 04:18:08 3 Alex Howes EF Education First

04:19:19 4 James Driscoll DNA Cycling-

Mavic 04:19:51 5 Zach Calton Summit 04:23:10 6 TJ Eisenhart Araphahoe-Hincapie

Racing Team 04:24:27 7 Lance Haidet Aevolo 04:24:28

8 Gage Hecht Aevolo 04:29:43 9 Travis McCabe Floyd's Pro

Cycling 04:31:11 10 Luke Gangi-Wellman Ascent Cycling 04:33:15

Pro/Open Women

Place Name Team Time Evelyn Dong Pivot-Stan's NoTubes 05:02:14

2 Lauren Stephens Team TIBCO-Silicon Valley Bank 05:10:18

Sarah Max Argonaut-ENVE 05:13:27

4 Amy Charity DNA Pro Cycling Team 05:16:56



Amity Rockwell (2019 Dirty Kanza winner) descends the Col d' Crush Photo by Cathy Fegan-Kim



Riders climb back up the Col d' Crush. Photo by Cathy Fegan-Kim



The Pro men's field split into several small groups on the Highway 153 descent into Junction. Photo by Steven L. Sheffield

05:22:20 6 Mindy Caruso Nero Veloce p/b

Michael Thomas Coffee 05:23:50 7 Scotti Lechuga Fearless Femme 05:28:41

8 Hanna Muegge DNA Pro Cycling Team 05:31:03

9 Amity Rockwell Easton Overland 05:37:00

5 Aimee Vasse Blue Factory Team 10 Kae Takeshita Panaracer-Factor p/b Bicycle X-Change 05:51:41

> [Editor's Note: Tim LeRoy at the Lyman Agency contributed to this report.]

For more results, see page



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RIDE OF THE MONTH

San Francisco Bay Area's Carquinez Strait Loop is a 22.9 Mile Ride with 1200'

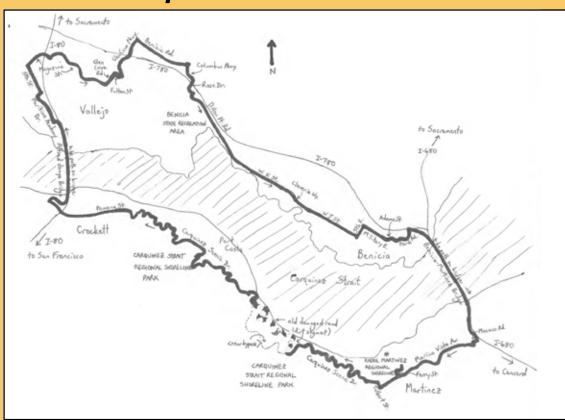
of Climbing

By Wayne Cottrell

The Carquinez Strait Loop - a mild play on words - is a fun northern California ride that crosses two bridges in the northern Bay Area. The clockwise loop is 22.9 miles in length. Do not be fooled by the apparently short distance(!). The highest elevation reached is 250 feet above sea level, and the lowest is just four feet, but there is just over 1,200 feet of climbing in between. Some of the climbs are short, steep spurts. The featured segments of the ride include two bridge crossings, and an optional half-mile of off-road. One of the bridge crossings is not for the squeamish, as the experience can be unsettling to riders with acrophobia.

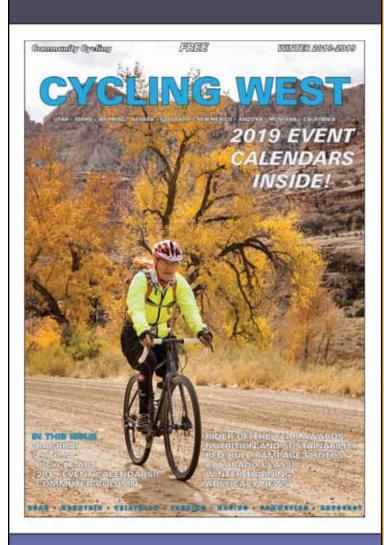
Ready for the challenge? Note that the route details may seem com-

plex, but the objective is simple; that is, ride as close to the shoreline as possible on one side of Carquinez Strait, cross a bridge, then, ride near the shoreline on the other side of the Strait, cross a second bridge, and then ride near the shoreline to complete the loop. There are no roads along the shorelines, though, so the route uses inland options. Start the ride at Radke Martinez Regional Shoreline, located on the northern edge of the city of Martinez. Martinez is located 35 miles to the northeast of San Francisco, in California's Bay Area. To get there from San Francisco, take the I-80 freeway to the East Bay, crossing the Bay Bridge. Stay on I-80 as it turns to head north. After passing through several cities, exit to State Highway 4 (CA 4) and head east. Exit at Alhambra Avenue, turn left, and head north toward Martinez'



The Carquinez Strait Loop is a fun northern California ride that crosses two bridges in the northern Bay Area and covers 22.9 miles with 1200 feet of climbing. Map by Wayne Cottrell

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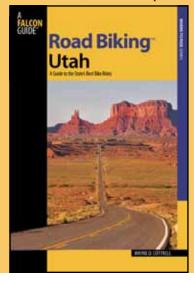


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waterfront. Enter the shoreline park from Ferry Street. Turn right on Joe DiMaggio Drive, followed by a left on Court Street. Park in the lot off of Court, on the left. Legendary pro baseballer Joe DiMaggio was born in Martinez (1914), hence the street name. Martinez had an estimated population of 38,400 in 2018. The city is the seat of Contra Costa County; the majority of the employed population works for the county government.

From the lot, exit the park by heading north on Court, which curves to the right to become Joe DiMaggio. Next, turn left on Ferry Street to cross the railroad tracks (note that the park is separated from the city by the tracks). Turn right at Marina Vista Avenue - behind you is the city's compact commercial district, which is worth a visit. Next, turn right at Talbert Street. At Foster Street, hang an easy left onto Carquinez Scenic Drive, and tackle the ride's first climb (8.7% grade, just over one-tenth of a mile). From here, Carquinez Scenic Drive twists and winds through Carquinez Strait Regional Shoreline and private lands, with the Strait to your right, and bluffs to your left. When I rode this, the scenic drive was lightly-used by motor vehicles, as a 1.9-mile portion



of it had been closed since a 1983 mudslide took out part of the road. That segment had always been passable to hikers and bikers on a narrow dirt segment, though. As of this writing, construction was in progress on a paved bypass of the damaged segment. True die-hards might continue to use the old dirt segment, however, to sustain a 35-year tradition. After snaking and rolling along Carquinez Scenic Drive to the 2.5-mile mark, with a number of short climbs and descents (average 4.5% grade), the road enters a hairpin curve. The new bypass starts here - stay to the right for the old, damaged road. The dirt segment is only about one-half mile in length, narrowing to singletrack for a stretch. The damaged road, now back on rough pavement, continues to mile 4.3. Beyond the barriers, "normal" riding resumes (the barriers might remain once the bypass is complete). From here, the road climbs to the highest elevation of the entire ride, at 250 feet above sea level. A quick descent follows, including an awkward crossing of Reservoir Street; use caution here, as the sight distance is poor. At mile 5.7, the road curves to the left; the community to the right is Bull Valley, part of the small settlement of Port Costa (population 200). The town was, at one time, the nation's busiest

Carquinez Scenic Drive continues to wind and twist its way across the valley. Note that, intermittently along the road, there are trailheads, all of which are worth exploring. At mile 7.55, after a 900 bend, the road enters the community of Crockett, becoming Pomona Street. Crockett had a population of 3,100 in 2010 and is, perhaps, still reeling from a longtime association with C&H Sugar. The company at one time employed about 95% of the town's residents, but business began to decline in the 1960s. The local refinery finally shut down in 2017. The ride through Crockett is a straight

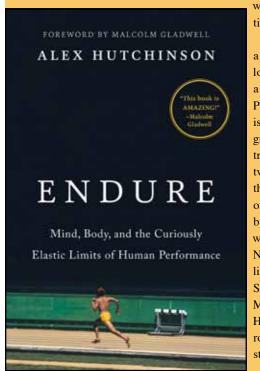
shot on Pomona Street, first on a gradual descent, and then a gradual climb, through the small commercial district. After just one mile, the street passes under the massive I-80 freeway structure. One-quarter mile later, at the intersection with the freeway ramps, move right onto the walkway, after crossing the intersection. Turn right and ride along the walkway, which, after curving to the left, adjacent the ramps, continues onto the Carquinez Strait Bridge. The bridge consists of two spans, one for northbound and one for southbound traffic (although the official orientations are eastbound and westbound). The bike path uses the westbound span, which is the Alfred Zampa Memorial Bridge, where motor vehicles will be moving in the opposing direction, separated by a barrier. Prior to the Zampa span's completion in 2003, it was not possible to bicycle across the bridge(!). OK, I was a little uncomfortable on this crossing, perhaps because the railing to the left is open, with a clear view of the water, which is 156 feet below. The path's surface is opaque, though.

Touchdown comes after 1.05 miles - you are now in the city of Vallejo, in Solano County, 10.9 miles into the ride. Vallejo had an estimated population of 121,900 in 2018, and is associated with the California Maritime Academy, Six Flags Discovery Kingdom (formerly Marine World-Africa USA), and Mare Island Naval Shipyard (decommissioned in 1996). Stay on the path as it parallels I-80, and then veers away, abruptly depositing you onto Maritime Academy Drive, adjacent the Academy. From here, the fact that Vallejo is Solano County's largest city is evident in the busier streets. The next four miles of the ride cross the city. Maritime Academy curves to the right; cross busy CA 29 at the traffic signal, and then turn left onto 5th Street. At the end of the

Continued on page 39

BOOK REVIEW

Book Review: How Far Can Humans Push Themselves? Endure: Mind, Body and the Curiously Elastic Limits of Human Performance Takes a Look



By Lou Melini

How far can we push ourselves? What is stopping us from pushing further? In Endure, you probably won't find the absolute perfect answer to those questions, but you

tion about those questions.

Alex Hutchinson is a former national-team long distance runner, Cambridge-trained Physicist and a journalist, one of 2 journalists granted access to Nike's training project to break two-hours for the marathon time. The Forward of the book is written by Malcolm Gladwell, who had 5 books on the NY Times best selling list. (I read 4 of them.) So of you are a fan of Malcolm Gladwell, Mr. Hutchinson's book mirrors Mr. Gladwell writing

Mr. Hutchinson takes you back over the past century to discuss case studies, science and success stories involving human endurance. He then brings in modern day physiologists to discuss the questions of human endurance and how far can we push ourselves. Can the Nike training project break

will gain a lot of informa- 2-hours for the marathon. (They simply set the record by tolerating missed by 25 seconds though not an official record and the project will retry later this year).

> Chapter 5 is titled "Pain". In this chapter, cyclist Jens Voigt is featured, famous for his response to leg fatigue by saying; "Shut-up, Legs!. Shut-up Legs is the title of his book where he states; "I learned to set my pain threshold higher than other people's". Mr. Voight gives credit to his ability to endure pain to make him a successful cyclist. In the same chapter, Eddy Merckx, perhaps the most famous cyclist in history, set the 1-hour world record in 1972. At the end of the world record; "he couldn't move, he couldn't speak" When he could speak he said; "it had been terrible. No one who had not done it could know what it was like".

Much of the chapter discusses the science of pain to show how elite athletes can tolerate pain more than non-elite, though most of us probably knew that if one saw Merckx race. At the end of the chapter, Jens Voight is again featured as he also set the hour record. The question of suffering again came up. Did Mr. Voight

pain more than the others that set the record before him? Do elite athletes have the capacity to suffer more or does their training push them to be able to tolerate greater levels of pain? Read the book.

With additional chapters titled Muscle, Oxygen, Heat, Thirst, Fuel, Training the Brain and Belief, the reader of this book will find an immense amount of data, studies, case studies, and athlete examples backed by 24 pages of "notes" at the end of the book. Interviews with notable physiologists such as Tim Noakes add much to the book. There is a lot to digest and I will find myself rereading sections to obtain a better understanding of the concepts.

After reading the book the question of what is primarily stopping us from pushing further, the mind or the body is never fully answered. Having completed 2 10-weeks rides across the U.S. and a 25-week walk on the Appalachian Trail, my vote is the mind is the controller of pushing the limits. In Mr. Hutchinson's book, the mind is given a lot of credit. After reading the book I

thought that a statement by physiologist Michael Joyner in the chapter, Belief, summed up what most athlete's know, "All the blandishments of modern sports science-altitude tents and heart-rate-variability tracking and bioengineered sports drinks and so on- amount to minor tinkering compared to the more elemental task of pushing your mind and body in training, day after day, for years.

There are a lot of books on the market that discuss how to improve human performance, endurance and success in sports and life. I've read a few such as Fast after 50 by Joel Friel, The Pursuit of Endurance by Jennifer Pharr-Davis (who once held the record for fastest time completing the Appalachian trail, and Grit by Angela Duckworth (a non-sport book but relevant to success) Endure is good read and would be an excellent complement to any training manuals that may adorn your book shelf.

Endure: Mind, Body, and the Curiously Elastic Limits of Human Performance By Alex Hutchinson 2018; HarperCollins Publishers ISBN: 9780062499868

Carquinez Strait continued from page 38

5th, turn right onto Magazine Street. Magazine crosses over I-80. At Lincoln Street, bear left to remain on Magazine. After a little over one mile, Magazine makes a hard left, becoming Glen Cove Road. Next, turn right onto Fulton Drive, then left on New Bedford Drive, and then another left onto Glen Cove Parkway. Glen Cove crosses over I-780; next, turn right onto Benicia Road. This awkward segment is downhill (3.7% grade); control your speed, because there is a retail center on the right, with plenty of turning vehicles. Ride safely along this 0.9-mile segment. At the end of Benicia, turn right onto Columbus Parkway, followed by a right turn onto Rose Drive. Rose crosses over I-780, and then becomes a freeway ramp - whoa; rather than riding onto the freeway, turn right onto the connector road.

At the end of the short connec-Dillon Point Road and enter the Benicia State Recreation Area. The passage through this park is pleasant, with few motor vehicles. After riding through a large parking lot, leave the park and enter the city of Benicia (now at mile 14.0). Turn right onto West K Street. West K climbs very gradually past Benicia residences. Bear right onto Claverie Way, and then turn left onto West J

Street, to continue crossing the city. Benicia had an estimated population of 28,300 in 2018, and is best known as a former California State capital (for just one year, from 1853 to 1854). The city's historical sites and commercial district are worth visiting. Turn left at 5th Street, followed by a right onto Military East. Adjacent the old Benicia Arsenal - another historical site worth visiting - Military splits into three roads. Take the middle road, which is Adams Street, passing through a corner of the Arsenal. Turn left at Park Road, and climb the steepest hill of the entire ride (10.2% grade). The climb is short. Keep straight to the I-780 freeway. Underneath the structure, turn right onto the bike path (mile 19.35). The path runs underneath the freeway for a stretch, and then crosses a ramp - keep straight, and then curve right onto the Benicia-Martinez Bridge. The path is notably more comfortable than that on the Carquinez Strait Bridge, given the height and secure feeling of the barriers and railings. The bridge was built in 1962, and was critical in making Benicia more accessible. The ride across is a net downhill; in fact, the touchdown point is at the lowest elevation of the ride, at just four feet (at mile 21.3). Turn right onto Mococo Street. After a short segment, turn left to cross the railroad tracks, followed by a right onto Marina Vista Avenue. Shell Oil has a very large refinery along this stretch, as evidenced by

all of the tanks, and heavy industrial feel. (The refinery may have transferred ownership by the publication of this). Continue on Marina Vista as it makes a couple of turns, and then enters central Martinez. Continue to Ferry Street; turn right to cross the railroad tracks, returning to Radke Martinez Regional Shoreline. Continue to the parking lot to conclude the ride.

Starting & ending point coordinates: 38.019875oN 122.137297oW

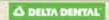
For more Utah rides, see Road Biking Utah (Falcon Guides), written by avid cyclist Wayne Cottrell. Road Biking Utah features descriptions of 40 road bike rides in Utah. The ride lengths range from 14 to 106 miles, and the book's coverage is statewide: from Wendover to Vernal, and from Bear Lake to St. 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





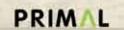


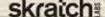


















For more information: pedaltheplains.com