

## **NUTRITION**

# The Athlete's Kitchen: Commercial Sports Foods: A Matter of Preference

### By Nancy Clark, MS RD CSSD

"I thought I was supposed to use gels during long runs. Can candy work just as well ..?"

"Are electrolyte tablets the best way to replace sodium loses from sweaty workouts?"

"I get diarrhea when I use some commercial sports foods...help!"

If you are among the many athletes who have no idea which commercial sports foods are best to support your workouts, welcome to the club! Advertisements have led many active people-from serious competitors to anyone who breaks a sweat—to believe that pre-workout drinks, energy gels, and electrolyte

commercial sports foods) are a nec- ing session, pre-workout products essary part of a sports diet. Guess what? Real foods can often work just as well.

While there is a time and a place for commercial sports foods, many athletes needlessly spend lots of money on them. The purpose of this article is to help you become an informed consumer, so you know what these products are (convenient, expensive)—and what they are not (essential for all exercisers). Whatever you do, test them during training, so you can learn if they settle well in your gut. You don't want surprises during competitions!

### **Pre-Workout Supplements**

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When you feel low on energy and

that promise explosive energy, sharp focus, and incredible results can be very tempting to buy. While simply eating a heartier breakfast, lunch, and pre-exercise snack can help prevent an afternoon droop, many athletes fail to appreciate the power of food. Instead, they look for "magic."

- The "magic" ingredient in most pre-workout products is caffeine. You could just as easily get stimulated with coffee or NoDoz. True energy comes with eating a pre-exercise banana, granola bar, or carb-based snack.
- The best pre-workout snacks digest easily and don't talk back to you. Standard supermarket foods (e.g., toast, oatmeal, animal crackers,

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a swig of maple syrup) are likely more familiar to your gut (less likely to cause intestinal upset) than unfamiliar commercial sport fuels.

- Some pre-workout products tout they are sugar free, as if sugar is evil for athletes. Sugar (carbohydrate) is a true energizer in comparison to caffeine, which is just a stimulant. Carbs + caffeine will offer a better workout (for those who tolerate caffeine, that is)!
- Some pre-workout products contain creatine, vitamins, beta-alanine, and/or other stuff that looks good on the label. The dose may be inadequate to make a significant difference in your performance. Do your homework to learn what is an effective dose.

products are poorly regulated. Who knows what the products contain. Claims that sound too good to be true should raise an eyebrow. Be sure your choice says NSF Certified for Sport or Informed Sport on the

During hard exercise lasting 1 to 2.5 hours, you'll perform better if you consume ~30 to 60 grams (120-240 calories) carbohydrate per hour. Take your choice of gel, sport drink, or gummi bears!

- During extended exercise lasting more than 2.5 hours (ultra-marathon, long bike ride), you want to target 60 to 90 g carb/h (240-360 calories), depending on the intensity of your exercise, your body size, sport, and intestinal tolerance.
- Most gels offer 100 calories (25 g carb) in the form of some type of sugar, such as maltodextrin, sucrose, fructose, or glucose. The Nutrition Facts on the gel's label can you help determine the right amount to consume.
- · Many athletes love the convenience of gels because they come

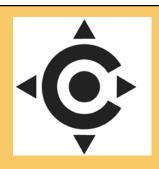
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### **CYCLING WEST**

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### **ROAD RIDING**

# Ride the Rockies: A Week of Challenging and Rewarding Cycling

By Anne Findlay

Riding out of Salt Lake, the mountain canyons draw me in with their beautiful pine and aspen forests, spectacular vistas, and challenging yet satisfying climbs. So, naturally, when my friends in Denver asked me to join them again at this year's Ride the Rockies – a 6 day road cycling tour through the Colorado Rockies – I could not resist. Even better, my friend Lisa Hamann from Cottonwood Heights wanted to join us. A week with good friends, beautiful mountains, and bikes? What more could I ask for?

This year's route, connecting the towns of Copper Mountain, Glenwood Springs, Basalt, Salida, Breckenridge and Golden, went right through mountains and towns I had long wanted to explore. (Each day, aside from day 5 in Breckenridge, where we stayed 2 nights, we would ride from one town to the next.)

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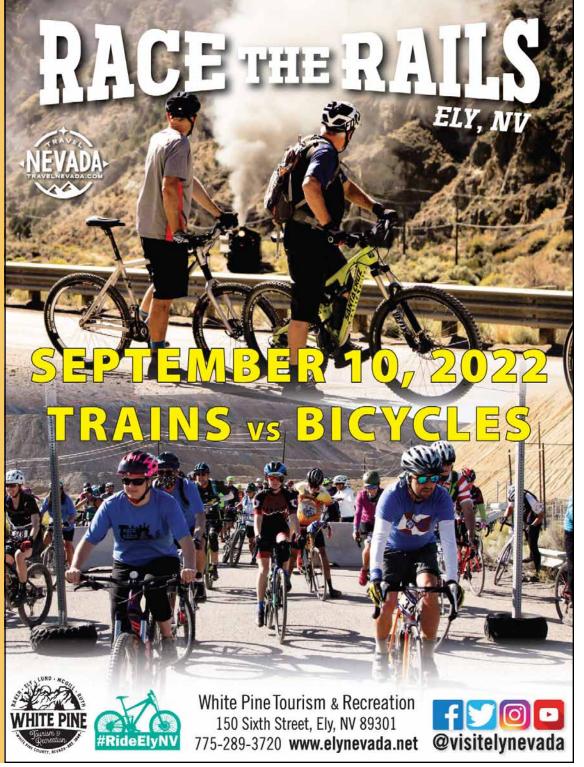


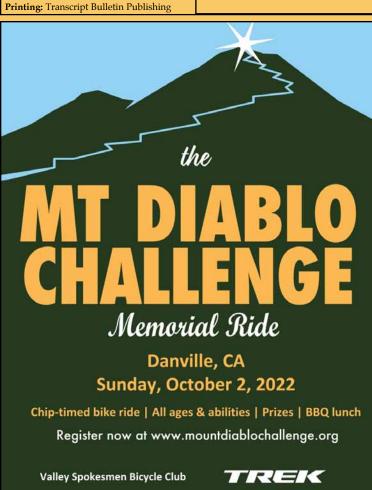
Anne Findlay enjoying the car-free ride up Loveland Pass on the last day. **Photo by Ryan Muncy Photography** 

Initially, I didn't give too much thought to the details, but saw lots of over-10,000' passes on the profile, and some pretty long days. I kept looking for the easy rides and, well, there weren't too many. Built into the schedule was a "rest day" ride on day 2 and another on day 5, with an option to add on a significant climb

and, oh, 40 miles. I was pretty sure I would not be adding on the extra 40. The rest of the rides were significant in climbing, miles, and often both, and the first and third days kicked things off with centuries.

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# Ride the Rockies - Continued from page 3

However, I like a good challenge, love riding my bike in the mountains, and figured I had time to train. Maybe, I could just view the whole thing as a super fun training camp week with friends? At elevation?

Initially, I had a little trepidation about signing up again after 2021, which faced some major challenges due in part to extreme heat, as well as the primary caterer falling through completely on the second day due to Covid (which affected people camping the most, but also some of the aid stations). Also, I was a little stressed by some of the 2021 descents (especially gravel descents) on my beloved but aging Colnago, with its underperforming rim brakes + carbon rims combo. I had to actually stop and let my rims cool off a few times on the loose gravel descent from Lizard Head Pass. I was not amused. But the vastness and jaw-dropping beauty of the Colorado Rockies that we rode through in 2021 just blew me away - I mean, these mountains are truly next level- and I wanted more! (And I finally upgraded my bike to one with disc brakes, which gave me a lot more confidence on the descents. Also, this year's course didn't have any challenging gravel sections.) After the event was sold to new management in November 2021, I was hopeful that improvements would be made to on-course rider support. In fact, after that new management fell through, the current director Bill Plock from 303cycling. com took over in April 2022, a mere two months before the event took place. At the time he took over, only one of 40 necessary permits was in place, and planning had been stalled since January essentially, so he had a daunting task ahead of him!

The tulips had already finished blooming when I looked again more closely at the route, again searching



Our group of women (Stephanie, Lesley, myself, Lisa, Catherine) riding out of Breckenridge along the Dillon Reservoir. Photo by Ryan Muncy Photography

Photography for something reassuring. Yikes, I was not ready! Life stressors (hello new puppy!) had taken a toll on my health and riding in 2021, and somehow, I had lost that little engine that I had come to rely on over these years. I was doubtful that I would be able to finish the event, let alone stay within reasonable distance of any of my friends. Although I had made some progress with regular indoor training throughout the winter with TrainerRoad, I needed a more personal approach; fortunately, I connected with Dave Harward and Breanne Nalder Harward from PLAN7 cycling and nutrition coaching. The training took me out of the canyons for a bit as I worked to significantly increase my cadence and build back my endurance. I had gotten in the habit of riding up the canyons almost every ride, which I loved for the scenery; however, my fitness at higher cadences had dropped, and it took some work on flatter routes to build that back. I also focused on proper nutrition on the bike (i.e., using an electrolyte drink and getting enough carbs), recovery from workouts, and throughout the rest of the day. As a person with type 1 diabetes, I had gotten into the habit of sometimes just eating to prevent

low blood sugar, rather than eating to support my workouts, which would leave me under-fueled during my rides and really hungry the rest of the day. It took more effort to dial in the proper amount of insulin. High blood sugar can also be a big challenge because it messes with hydration and electrolytes; because I was eating more, I had to actually increase some of my insulin rates on my pump.

And as a single parent with two young kids, the quality of my nutrition sometimes took a backseat to other obligations. Addressing all these changes would be critical to my success at Ride the Rockies, and I was really grateful to have expert help from Dave and Breanne.

The logistical planning for Ride the Rockies to get away without kids for a week was no joke. Fortunately, our fearless group leader, Lesley Anderson, is a master planner and secured our lodging for the week through the company Summit Cycles Solutions (SCS). SCS supports riders who opt to stay in hotels by transporting their luggage from hotel to hotel, or in their "Camping Elevated" tent section by setting up tents and air mattresses for riders at each location and dropping off lug-



Our group and others riding on the bike path along the Dillon Reservoir the last day. Photo by Ryan Muncy Photography

gage at the tents. (Free camping is also always available for those who don't mind doing it all themselves.) In addition to lodging, though, I would need to arrange childcare for the week, find someone to take care of our dog, and make sure I could get the time off work and take care of all the last-minute things that seemed like an ever-growing list. But after making arrangements with two babysitters, my mom, and enrolling my girls in a day camp for the week, I hoped things would be smooth sailing. Finally, the week before Ride the Rockies arrived! All this preparation was worth it to me because – let's get back to it – a week of riding every day with my friends in the mountains? I mean, come on! However, I wasn't sure I would actually make it out of the house. And the news of extra drama with the kids hitting my phone as we crossed over the Colorado state line made me question if I would get to ride at all. After several hours of worry, things were resolved, and I took a huge sigh of relief — it was time to get on my bike.

### **Ride the Rockies 2022**

### Day 1: Copper Mountain to Glenwood Springs: 110 miles, 4390' elevation gain

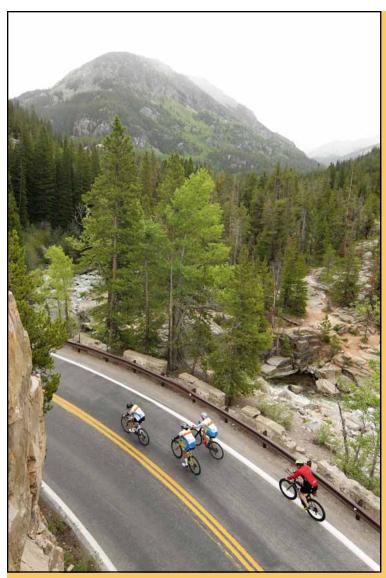
We had finally made it to the start of the ride, some last-minute bike mechanical drama notwithstanding. I was so happy to be riding at last with Lesley, Lisa and our other posse members, Stephanie Fowler and Catherine Collier. The early morning weather was chilly at nearly 10,000', but we started with a climb to Fremont Pass (11,391'), which was a good way to warm up and shake off my initial sluggishness. Surprisingly, I felt normal during the first 3-4 hours which we spent riding above 10,000', including cresting Tennessee Pass (10,423') and Battle Mountain (9,269'). The rest was "downhill" except for the 1000 more feet of climbing and massively strong and demoralizing headwinds - you know, the kind that make you work to ride downhill. It had become quite hot, and with the headwind and accumulated exhaustion, I bonked hard. We were all delighted to find a convenience store with icy drinks and a refrigerated beer cave to cool off in. I tried to muster my strength for the remaining ~30 miles we had at that point and was very grateful for Lisa who patiently pulled me along. The last 10 miles riding next to the absolutely raging Colorado River on the Glenwood Canyon bike path were spectacular, and in the shade. Happily, I started to feel better and truly enjoyed this part of the ride. (I also reflected on how Colorado had managed to put this trail next to a massive river and right alongside, and often below, I-70; Utah needs to do better.) I learned later from Bill Plock that the US Forest Service closes the bike path if there is a 30% or more chance of thunderstorms in the area, due to flash flood risk; we had lucked out with a good forecast. We learned later that there had been a small fire in the canyon after the riders went through, and there were two raft rescues on the Colorado River which had affected some riders getting through.

# Day 2: Glenwood Springs to Basalt: 31 miles, 2926' elevation

We started the morning out of Glenwood Springs on the Rio Grande bike path, taking a detour up a climb through some beautiful back roads that kind of reminded me of the Heber Valley-some rolling green hills and open areas, with mountains as a backdrop. We enjoyed a short stretch of packed dirt/gravel, the only gravel at this year's event. Along the ridge top, the winds picked up and were incredibly forceful, too strong to even grab a bottle for a drink. The wind was absolutely whipping up waves on the nearby lake. The descent back down to the Rio Grande trail was super sketchy and I think we were all relieved to get down safely to Basalt.

Initially, we had planned to ride another 27 miles (with significantly more climbing) to our hotels in Snowmass; instead, we opted to stop in Basalt, the official stop for the day,





Riders make their way up Independence Pass from Aspen. Photo by Ryan Muncy Photography

and take advantage of the shuttle service that had been arranged for riders staying in Snowmass. Before heading out, though, we stopped by to get much-appreciated massages from massage therapists who help support Ride the Rockies each year. Massages can be scheduled each day and are set up right next to the camping areas.

### Day 3: Basalt (Snowmass for us) to Salida via Independence Pass: 107 miles, 7140' elevation gain

After the winds of the first two days, I felt a little anxious about what the ride to Independence Pass, at 12,095' in elevation, would be like. I had heard that maybe the road was a little scary, maybe there was a cliff on the side, and what about those crosswinds. I was honestly a little shaken by the winds coming down to Basalt from the day before and kept studying the weather maps trying to reassure myself. It didn't help much. The weather also looked a little unstable and perhaps there would be rain? Needless to say, we spent a lot of time engaging in the cyclist's favorite quest of making the perfect clothing choices. After all the worry, the pass turned out to be one of my favorite rides ever, reminding me of some of the riding here in the Wasatch. It is a long climb at about 20 miles, but humane in steepness and spectacular in beauty. We had a little light rain early, and a few flurries near the top. Wind was often at our backs, although, at one hairpin turn, the crosswind was so sudden and strong that it very nearly blew me over. The view of an expansive mountain valley surrounded by the mountain peaks was the reward as we made the last stretch to the top.

Grateful to have my disc brakes for the descent, I enjoyed the views of the lush green grasses, trees, and rivers, as well as the tailwind down to Twin Lakes. We grabbed lunch at the welcoming Twin Lakes General Store, warmed up, and were on our way. The tailwind moved us along quickly through the subsequent flat and rolling sections; however, as we neared Buena Vista and alongside the highway to Salida, we were repeatedly buffeted by incredibly strong crosswinds. We all laughed later to see we had taken Strava trophies when we made the turn into Salida, with the winds at our backs. If we had only bothered to pedal! I would love to spend more time in Salida - we had a delicious dinner at a local restaurant and enjoyed watching the kayakers practicing in the rapids in the Arkansas River.

# Day 4: Salida to Breckenridge: 79 miles, 6013' elevation gain

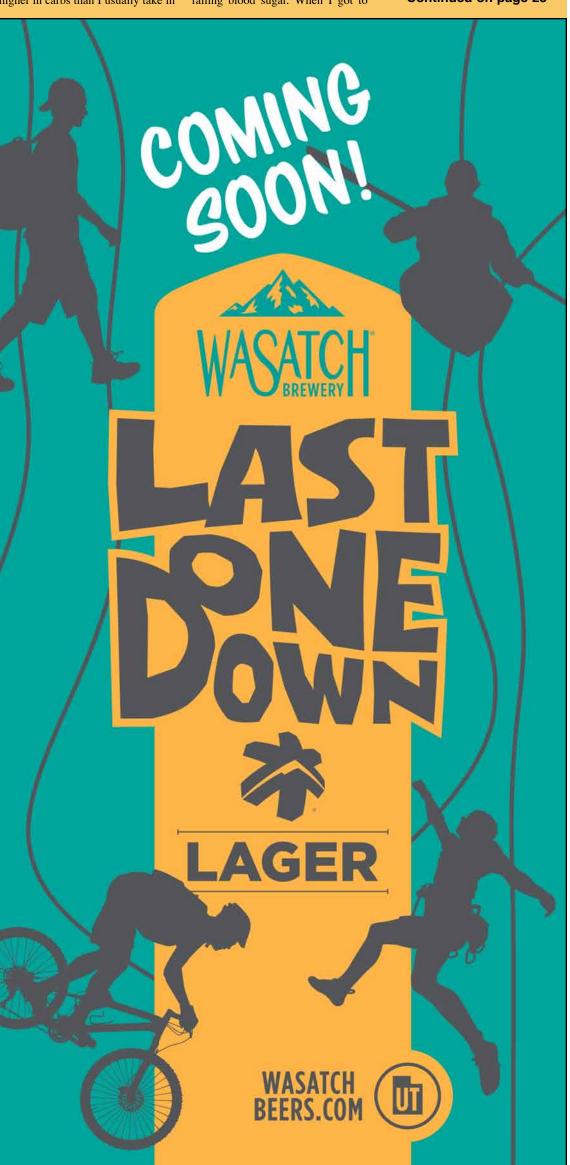
The ride north out of Salida was beautiful, with more favorable winds and cooler temps. We backtracked to Buena Vista and this time I was able to enjoy the scenery a bit more, as we passed by some of the Collegiate Peaks 14ers in the area and an interesting mountain called Chalk Mountain that had big patches of, well, white chalk. Although I enjoyed the terrain (mostly gradual climbing), I did not enjoy riding alongside the highway, which we did for almost the entire ride that day. I don't know if there would have been an alternate way to get up to Breckenridge, but I was just counting down the miles until we got off the highway, only to turn onto... another highway. We picked up lunch at the rest stop in Fairplay wow, two huge buttermilk pancakes

never tasted so delicious. Every day along the ride, they set up a tent at one of the rest stops to sell eggs, burritos, tacos, and pancakes. Another longtime RTR caterer set up at the rest stops to save riders from the heat with their fruit smoothies. YUM. The pancakes + syrup were a lot higher in carbs than I usually take in

all at once, so I took a small amount of insulin to cover it, which can be a risky move due to the dramatically increased potency of insulin during exercise. It turns out, I guessed wrong and had to eat a lot more than I wanted to get through the climb up to Hoosier Pass, due to repeatedly falling blood sugar. When I got to

the summit at 11,542', I was feeling a little spaced out – maybe the elevation or maybe just from too much insulin – and I just needed to get down. I was ready to be done for the day, and ready to be away from cars.

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## **ROAD RIDING**

# Little Red Riding Hood: A Mother and Daughter's Perspective



Ellen Guthrie and Lia Westermann at Little Red Riding Hood 2022. Photo courtesy Ellen Guthrie

### By Ellen Guthrie & Lia Westermann

Little Red Riding Hood is one of the Best Women-Only Events in the United States

There's a fairy tale called Little Red Riding Hood that most people have read: a little girl wearing a red cloak goes to visit her grandmother, and, on the way, a big bad wolf finds out from the naive girl where she is going. As she picks flowers, he goes to grandma's house and locks the grandmother in the closet. When the girl gets to grandma's house, the wolf is dressed up as the grandmother in bed and tries to eat the little girl. Well, Little Red Riding Hood, the bike event, won't eat anyone up. On

the contrary, it feeds everyone a lot of tasty food!

Little Red Riding Hood is a non-competitive women's only cycling event held in Cache Valley, Utah. It was started in 1999 by Alice Telford and Sue Schalow and has been held every first weekend of June since 1999 (except for during the peak of Covid). When Little Red was founded, there were only 185 women riding., Over 3,500 women rode in the event in 2022. This event raises money for women's cancers (specifically breast and ovarian cancer) and a portion of everyone's fee is donated to the Huntsman Cancer Foundation.

As a women-only event, we have ridden this together as mother (Ellen) and daughter (Lia) for quite a few years. Not only is it a great day

on the bike, celebrating women, but it supports a very worthwhile cause. Here's our perspectives.

Ellen: There are five separate

routes folks can ride. Because there are varying distances, women can choose whatever route they desire. During the ride, one is able to see various types of locomotion: e-bikes, road bikes, mountain bikes, gravel bikes, and even outdoor Elliptical bikes! There are loops that are 17 miles, 30 miles, 45 miles, 70 miles, and 100 miles long. We like to do the 100-mile route. Little Red is fully-supported: there is mechanical support with mechanics at the start/ finish and every rest stop, there are well-stocked rest stops throughout each route and lunch is also provided, and there are roving support vehicles to help with flats and mechanical problems. The choices for snacks are truly endless at Little Red! This year there were Oreos with either Nutella or peanut butter topped with a banana, yum. Lia's favorite snack at the rest stops is a bunch of Red Vines. She usually has a sizeable wad in the pocket of her jersey most of the day!

Lia: Little Red is a very popular event and attracts female riders all across North America. As such, there is a lottery to get in. The ride is usually on the first Saturday in June, and Friday evening before the event there is a Theme Party (each year there is a different theme, this year's theme was Ride Into

the Wild) with live music, vendors, great food, a costume contest, and lots of decorations! Saturday's ride ends with a finish line celebration. The celebration starts with cheers at the finish line, a refreshing cool wipe, lime spritz drink and a cute bracelet to commemorate the annual theme. After you finish riding, there's always a delicious dinner available, an ice cream bar, shopping at the vendor's tents for unique bike related clothes, gear, and art. There's also lots of smiling and laughing!

One of my favorite aspects of this event is how many women there are riding and the diversity of all the riders: there are competitive racers, road bikers, mountain bikers, women who don't compete, women from all over the country, and women who even do this event on outdoor elliptical bikes! Everyone is so friendly, and you end up meeting people from all over the continent. There are women of all sorts of shapes, sizes, and colors, and all women are welcome to do this event. The camaraderie is amazing, and all the ladies are cheering each other on, even if they don't know one another. Everyone is out there to help each other and make new friends!

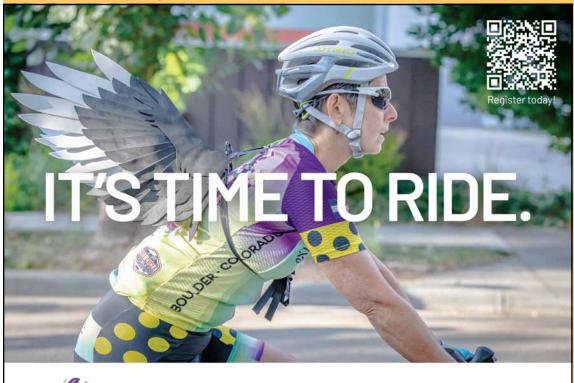
I also love doing this event especially because my mom and I have always done it together. She is my biggest role model and I have always looked up to her, not just as an incredible cyclist, but as a person in general. She got me into biking as a young girl and I feel this event has only made our bond stronger to be



Lia Westermann and Ellen Guthrie at Little Red Riding Hood 2022. Photo courtesy Ellen Guthrie

able to ride together and celebrate having a great day on bikes together. Each time we do this event we show up early in the morning, and even though I am tired, I am still extremely excited for the day ahead. We get our bikes ready and head over to the venue to get coffee and breakfast. Then we start our 100-mile journey that is Little Red! I always look forward to doing this event every year. The event is very lowstress and low-key, and the aid stops with all the snacks that are supplied make the event even better! All of the routes are relatively flat and easy, and whichever one someone chooses to do, I have no doubt that they will have an incredible and memorable experience, without having to deal with the big bad wolf!

If you would like to learn more or are interested in the lottery to get in, go to <a href="www.lrrh.org">www.lrrh.org</a>





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## **RANDONNEURING**

# What is a Randonneur? Apparently, I Am!



Salt Lake Randonneurs. Riders left to right: Pete McCain, Matt Bell, Kelly McPherson, Kyle Butt, John McCain, Ken Moss, Steve Wasmund, Amy Andrews, Jeremy Lamoreaux, Brady Smith. Photo courtesy Ken Moss

### By Kelly McPherson

In July, I am planning to do this crazy ride starting on July 11 in Canada and riding my bike along I89 until I reach Mexico on July 28 over 1750 miles later. My riding partner, Shem Flitton and I are using the ride to raise funds for Huntsman Cancer Institute. If you would like to donate, we would LOVE it, and you can do so by clicking on the link below. <a href="https://hope.huntsmancancer.">https://hope.huntsmancancer.</a> org/diy/krazykelly If you would like to follow our adventure, follow us on <a href="https://www.facebook.com/">https://www.facebook.com/</a> Rideon89 or https://ride89.org/ In preparation for riding 100-150 miles a day for almost 3 weeks, I need to get a lot of training in. I need to do a lot of long rides! Someone pointed me towards the Salt Lake Randonneurs. https://www.facebook. com/SaltLakeRandos

What is a Randonneur? A Randonneur is a rider who rides ultra-long distances along a prescribed course that is not marked and has no aid stations. This is a completely self-supported ride fueled by what you bring or what you pick up at gas stations along the way, usually at least 200k in distance.

I figured that this style of riding would be good training for Ride89 in July. Our local Salt lake Randonneurs have a schedule of events on their website <a href="https://www.saltlakerandos.org/">https://www.saltlakerandos.org/</a> I couldn't ride the first one due to scheduling conflicts, but was able to ride the second one on May 7, the Wasatch Front/Antelope Island 200k/300k Brevet. Being new to this

style of riding and not having ridden more than 70 miles this year so far, I wisely chose the 200k.

I began doing research on randonneuring and found that there wasn't much out there to find. Having done some really long rides in the past, I started to think about what I would need to bring and prepare for to ride 125 miles unsupported. All of the rides that I had done of that length in the past were supported with SAG vehicles, course markings and aid stations at regular intervals along the course. I was fairly sure I could do the distance, but I was worried about getting lost or running out of food and water or having a mechanical that I wasn't able to fix.

I began by buying some new bags for my bike as I would need to carry most of what I would need as stopping at every gas station would just slow me down. I chose a Rockbros Bike Frame Bag which was significantly larger than one that I had previously been using. I also got a Wildken Big Saddle Bag that was much larger than my current seat bag and had the benefit of being able to carry another water bottle.

Then I set myself to the task of figuring out what food to bring. I've never been really good at my nutrition and tend to bonk at about 60 miles. This is something I really needed to get nailed down if I am to be successful with Ride89. I put together a spreadsheet that helped me calculate how many calories I was going to need for the expected duration and how many of which foods I would need to meet that calo-

rie goal. I played with a lot of foods, but finally came across what I think will work. It's a combo of salted caramels, golden double stuff Oreos, Rice Krispie treats, PB&J sandwiches and two-bit chicken, sweet potato, and rice pies. Yum!

The next task I needed to complete was to finally figure out how to download a map to follow on my Wahoo Elemnt Bolt. I am embarrassed to say that after almost 20 years of riding, I still didn't know how to do this. All of my courses have been self-designed, had someone to follow or were clearly marked. Gratefully, it isn't all that hard once you find and read instructions.

The night before the Brevet, I nervously prepared and packed my food, water bottles and extra electrolyte drink mix. I packed extra tubes, co2, bike tools, ChapStick, allergy pills, ibuprofen, and a host of other things that I wouldn't want to be stranded without. I checked and double checked my map on my Elemnt.

I woke up incredibly early the morning of the Brevet to load my bike and drive to our starting point, a Maverick in North Salt Lake. It was a small and interesting group. Sleek road bikes were few in favor of heavier bikes with mud guards. I had been nervous that the large bags that I had put on my bike would look silly to the other riders. They did. They were way too small compared to their large handlebar bags and panniers.

They were friendly and every one of them made a point of getting to

know my name and chatting with me for a bit. It was nice!

Most of the group was doing the 300k, but we all started out at the same time and rode fairly casually over back roads by the airport and then through downtown Salt Lake. We got stopped at EVERY single light on our way up to Emigration Canyon, but no one seemed to really care. It was going to be a long day and patience was crucial.

The flip point for the 200k was at the top of Emigration while the 300k continued up Big Mountain and onto destinations eastward. A couple of guys saw me coming up the climb as they were coming down, flipped to chat with me at the top and then ride with me for the rest of the course. Wow! That would never happen in some of the races I have been in.

The 200k course took us back through downtown, onto Jordan River Parkway trail for a short bit and then Legacy Parkway for a long way and then up to Antelope Island. We turned around part of the way out to the ranch and headed back the way we came. It was 125 miles total and really was a lot of fun. I would totally do this again.

I learned a few things. First, 125 miles is a long way and I need to do a lot more of these in training for July's Ride 89 ride. Getting more calories in made riding the distance a lot easier. Carefully planning things rather than just throwing what I have on hand in my jersey pockets made it so I didn't bonk. Yeah! I also learned that my Rockbros frame bag

was nice to fit everything in, but it got in the way of my knees when I stood. Maybe the handlebar bags the others were using would be better? My larger saddle bag was really nice but putting a water bottle in it made it rub on my rear tire. I either need to leave the bottle out or put on a fender. It rubbed enough to wear a hole in the bag. I loved the map on my Elemnt. It was perfect! I had come prepared to have Ridewithgps loaded on my phone and an earbud so it could talk to me, but I was worried it would wear my battery down too quickly. I am glad I didn't need to use it. I don't like using earbuds when I ride anyway.

Overall, I am intrigued by this style of riding. Due to scheduling conflicts, I won't be able to do any more Salt Lake Randonneur events this year, but likely will next year as well as try a few others in other areas. It looks like fun and like it might be a style of riding that I could be relatively good at.

Again, if you are curious about our Ride 89 event in July, please feel free to follow us at <a href="https://ride89.org/">https://www.facebook.com/</a> Rideon89 or donate at <a href="https://hope.huntsmancancer.org/diy/krazykelly">https://hope.huntsmancancer.org/diy/krazykelly</a>

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





## **MOUNTAIN BIKING**

# Pay to pedal? Wyoming to explore mountain bike user fees



The Johnny Behind the Rocks Trail System provides mountain bikers with a high desert experiences in a compact area. Photo by Leslie Kehmeier, Mapping Manager, International Mountain Bicycling Association. Creative Commons License

# By By Katie Klingsporn, WyoFile.

Idea is still early in development, and officials say public feedback will help shape it. Bikers have concerns.

(June 21, 2022) — Wyoming officials are considering implementing user fees on mountain bikers to raise funds for trail building and maintenance as the activity surges in popularity.

The idea is still in its nascency, with no details on what form the fees would take. That's by design, said Dave Glenn, deputy director of State Parks, Historic Sites, Trails and Outdoor Recreation Office. His office intends to collect feedback from mountain bikers and other members of the public before it

starts shaping proposals.

"We don't want to have this thing cooked when we go out there," Glenn said. "We really want to listen to folks. We really want to get their input, and frankly, if they don't want it, we'll back off."

The need does exist, Glenn said, and user fees can help sustain the activity's growth in the state — a fact he said has been demonstrated by tax and fee models applied to motorized groups, hunters and anglers.

Mountain bikers, however, say the state needs to be thoughtful to avoid singling out groups or taking too narrow of an aim.

As an avid biker, author of the guidebook "Wyoming Singletrack" and the executive director of Wyoming County Commissioners Association, Jerimiah Rieman has

feet in both the biking and government worlds. Though he's a proponent of user fees, he said, he wants Wyoming officials to be broad-minded as they approach the issue.

"I appreciate that they're going to start the conversation," he said. "I think that they're going to face a lot of questions and frankly, I think they need to think bigger."

The discussion comes as visitation to Wyoming's public lands trends upward. If the state is indeed rolling toward the sky-high visitation levels that have overwhelmed other places in the West, some say, it should act early to manage users and alleviate impacts.

### Skin in the game

New trails are the No. 1 most-requested item from State Parks by residents and non-residents, Glenn said. And the agency that oversees outdoor recreation in the state wants to create them.

"Our big job is really to educate, disperse and concentrate these folks" who recreate in Wyoming, he said. "And I see the concept of trails as a great way to disperse people throughout the state."

But trails aren't cheap. The going rate is about \$20,000-\$50,000 per mile, according to Glenn. Despite modern efforts to design and build trails that are more sustainable, paths also generally require ongoing maintenance.

There are already some sources of funding for trail building. They include the state's roughly \$2 million-a-year Recreation Trails Program, which is funded through off-highway-vehicle fuel taxes, and a Land Water Conservation Fund of \$2.3 million, but those monies can be used for things other than trails. The Wyoming Department of Transportation has a granting program for alternative transportation, though priority is given to Americans with Disabilities Act retrofitting. Wyoming also secured more than \$14 million in ARPA and other tourism funds for outdoor recreation, though those are expected to be one-time expenditures.

The idea of mountain bike user fees, Glenn said, comes as the state searches for a self-regenerating source of funding.

Much of the access and trails funding currently comes from the motorized community and the hunters and anglers who pay things like excise taxes, he said. The motorized community, for example, pays the fuel tax that helps fund non-motorized projects through RTP grants.

"And I hear that a lot from the motorized community because they're going, 'Wait a minute, we're paying for this through our gas tax in Wyoming to build non-motorized trails?" Glenn said. It's time for the non-motorized community to "have skin in the game," he said.

The idea also comes as mountain biking becomes a growing economic engine for Western communities, a fact demonstrated in towns like Moab, Utah. According to a 2021 Outdoor Foundation report, Americans' participation rate in outdoor recreation reached the highest

point on record in 2020. Mountain/road/BMX biking was No. 4 on the list of most popular outdoor activities, with 52.7 million participants.

Part of that can be attributed to modern trails that are built specifically for mountain bikers, said Outdoor Recreation Office Manager Patrick Harrington.

Before taking his position, Harrington was superintendent at Curt Gowdy State Park, which has become Wyoming's poster child for mountain biking's explosive popularity.

The state started expanding Curt Gowdy's trail system in 2006, and annual visitation was roughly 50,000 during that time. The park now boasts 35 miles of mountain biking trails. In 2021, Gowdy saw 535,000 visits, according to visitation reports. Roughly 60% of those visitors came to use the trails, Glenn said.

### **Tried before**

A state sticker-fee proposal was put forth a few years ago but did not survive. Only a fraction of the potential funds were earmarked to go back into trails, Rieman recalled. That cost the measure his support, he said.

That proposal's demise gives Glenn and Harrington more reason to shape the next iteration with ample public input, they said.

"Our interest now is in how do we get [communities'] input up front so that we walk up to the table with 500 people behind this all saying 'this is a good idea for multiple user groups," Harrington said. "We just really want to get behind what the communities want in the outdoor rec world."

"I would way rather see parking fees, and maybe that would at the very least encourage people to carpool to the trailhead."

—RIO ROSE, MOUNTAIN BIKER

Rieman will want to know what the administrative element would look like, how fees will be collected and who will have to pay, he said.

"This is a very novel idea of imposing a fee on a specific user group at state parks. I think they're simply going to have to answer a lot of questions," he said. "I also am interested, frankly, in something that's more comprehensive than just the state parks."

The danger, Rieman said, is that this proposal could actually "get in the way of a bigger and more comprehensive solution."

Though he has suggested it could be applied to state parks, the concept is not necessarily limited to those places, Glenn said. It could look like a variety of options, from stickers to taxes or entry fees.

He does see an advantage in piloting it in state parks, though. "I think there's a lot of opportunity there to do it within our parks, expand the systems we have and then build new systems as well."

Rio Rose owns the Bike Mill shop in Lander and has been heavily involved with trail building in that region. He's been mountain biking in Wyoming since 2003, and has experienced first-hand the need for funds to build new trails.

"This proposal, it's something that I think is a really great conversation and it needs to happen," he said. But his personal contention with a userfee, he said, is that it could single out mountain bikers.

"We're not the only people using these trails. We're not the only people causing damage to these trails," he said. "But we are about the only people doing work on them and pushing to get them put in.

"And so seeing mountain bikers singled out as a user group, where we have to pay to play but nobody else does, rubs me the wrong way," Rose said. "I don't think anybody in the mountain biking community is opposed to paying a fee to use trails. I think everybody in the mountain biking community clearly is opposed to being singled out as a user group."

Rose feels there are better solutions that could tap a broader base of users. "I would way rather see parking fees, and maybe that would at the very least encourage people to carpool to the trailhead."

Act now or be overrun?

Glenn floated the idea to the Legislature's Joint Travel, Recreation, Wildlife & Cultural Resources committee in May, and also brought it up to the Wyoming Trails Advisory Council that month. If it moves forward, he told WyoFile, the Legislature wouldn't consider making it an interim topic until next year.

"That gives us a year to go out and shake the tree a little bit," he said

The Outdoor Recreation Office plans to hold listening sessions around the state. "It will be very broad," Harrington said. "We'll hit all the major outdoor rec communities and probably several of the smaller ones, with lots of advertising behind it."

During the trails council meeting, Glenn said that when Moab was first inundated with bikers, it didn't have the infrastructure to handle the demands.

"We're at that cusp right now in Wyoming," he said. And while the state doesn't have the ability to simply turn people away, he said, "what we do have control over is how we manage these people when they come in."

Bert Miller of Cody, who chairs the trails council, told the group he favors the idea of bike user fees. Wyoming, he said, is "actually a little bit behind the eight-ball on it, because this all came fast."

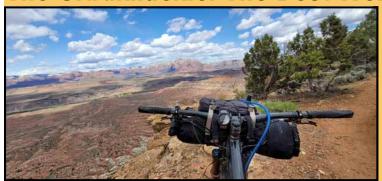
Katie Klingsporn is WyoFile's managing editor. She is a journalist and word geek who has been writing about life in the West for 15 years. Her pieces have appeared in Adventure Journal, National Geographic Adventure and Patagonia's Cleanest Line blog.

WyoFile is an independent nonprofit news organization focused on Wyoming people, places and policy.



### **BIKEPACKING**

# The Ultraknuckle: The Best Worst Idea Ever?



Solo view from Gander. Photo by Lukas Brinkerhoff

### By Lukas Brinkerhoff

"Are you friends with the guy wearing the yellow trash bag?"

We are at the Catholic Thrift Store in Hurricane conveniently located across the street from the Main Street Café. It's been raining off and on for the past hour or so and we've just finished up passing

an hour of that tucked in to said café warming up and eating some well-deserved lunch. Rain was in the forecast, but only one of us brought winter gloves and those were not waterproof. After warming up and thinking the rain had stopped, we all walked out just in time for it to start drizzling again and made our way to the thrift store to see what we could do about some gloves and possibly

SEPTEMBER 2-4,

2022

Grand Tanghee Resont





Water refill out of the Virgin to get us home. Photo by Lukas Brinkerhoff some warmer clothes.

Her question made all of us break out laughing as we knew exactly who she was talking about and could only answer honestly, that yes, we were friends with that guy.

The Ultraknuckle is not your ordinary bikepacking route or event (it's not a race). Starting at the Mooseknuckler Cycling Alliance Social Lounge on a Thursday at 5:30 pm (we gotta sneak in work that day), it takes or drags, followers over some of the chunkiest terrain in Southwestern Utah only to end up right back where it started by Sunday. As most good things are, it was hatched over a couple of beers, was first deemed the worst idea ever and then, of course, the best idea ever.

It still hasn't been determined which it is.

John Taylor is sitting waiting for me in the dirt. The ride started with 6 and we lost 2 Thursday night. Over the course of the weekend, we had ridden together, alone, in duos and every other combination as different rider's strengths were emphasized by the terrain. I am just finishing up Gander alone and this meet up means we are about to drop Grafton on loaded hardtails. One of the many highlights of the route.

Taking the lead, John drops in and we are quickly in flow mode dodging rocks, rolling through rough sections, and even managing the drops. About 2/3 of the way down and we see two teenagers pushing their bikes up the trail. There's not

much of a chance for us to stop and luckily, they step out of the way. As

we bomb passed them, the one in the lead turns to his buddy and yells, "They're on hardtails!" At 215ish miles, the distance isn't insane for three days and one eve-

ning. However, the route can be described as convoluted, contrived, and challenging. Attempting to wrap as many killer trails as possible into a weekend will do that. Starting off with a mile or so of pavement, it hits dirt by jumping on the chunky red sandstone of City Creek. Follows that same sandy formation over T-Bone then climbing a couple thousand feet around Lange's Dugway and then heads over to Ice House for a ripper of a descent and another one of the downhill highlights of the route. For this year's edition, this

From there, it continues over to Prospector through the Harrisburg Gap following singletrack around the lake. Then there's some questionably legal dirt roads for a backway into Hurricane. To gain some elevation it climbs up the Hurricane Cliffs (first hike-a-bike) on the Goulds Connector and then follows Goulds to the base of Little Creek (second hike-a-bike and camp two). Then it's Little Creek, Gooseberry, Gander, and Grafton to check off most of the mesas. A section of always windy pavement over to Guacamole. And ends with an "easy" ride up the Hurricane Cliffs (camp three), JEM and Dead Ringer to get to dirt roads that will take you back to St. George.

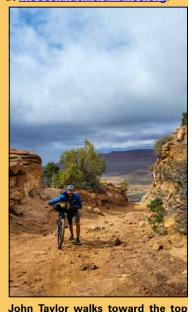
At least those are the highlights. Sunday breaks with clear skies and cooler than expected temperatures. Pete, our trash bag wearing friend, wakes up with a serious fever and John's knee gives him a hard no for the rest of the route leaving two of us to attempt to finish.

At the top of the Honeymoon Trail Drop, I stop. I can see Little Creek behind me, all the St. George valley and I can't help but feel a bit amazed by this whole thing. My body hurts but I can't help smiling and feeling privileged to have a weekend to wander around the desert with some good friends, riding bikes and hobo camping wherever we feel like it. I snap a couple photos and drop in. If this section of "road" wasn't so isolated, this would be a popular downhill shuttle.

My legs are toast as I make it to what turns out to be the last section of singletrack on the route, the Airport Trails. I look around hoping no one is watching and step off my bike. Under normal circumstances, I would never walk this, but, embarrassingly enough, I find myself pushing my way up the rutted grade and cursing this whole damn thing. Then I'm stoked to be on pavement, spun out and whistling to myself as I wind myself through town. I pass the turn off to Kentucky Lucky Chicken and give it a hard no. Another half hour and I roll into the Lounge thankful this thing is over.

A few hours later and the Alliance is gathered to celebrate. Was the Ultraknuckle a good idea? After one beer, no, but after a couple of beers. Well, that's how we got here. I guess we'll have to try again next year to find out.

Lukas Brinkerhoff blogs about mountain biking and life at mooseknuckleralliance.org.



of the mandatory hike-a-bike up to Little Creek. Photo by Lukas Brinkerhoff









## **CYCLING AND DOGS**

# A Dog Attacks You While Cycling, What Do You Do?



The result of a dog attack while cycling. Photo by Heather Casey

### By Heather Casey, CSCS, Pn2

Aggressive attacks can happen anywhere to anyone. A peaceful cycle through town can very much turn into a run for your life, and dogs with a rabid agenda could very well be the reason. Unless you have experienced this exact situation before, no one really anticipates being attacked by a dog or multiple dogs while riding their bike. If it happens to you, you would be part of the unfortunate recipients of the 1% of injuries caused by dogs to cyclists. Despite this seemingly low percentage, it is not a pleasant thing to experience, so let us treat this situation with care.

Wondering how this article exists in the first place? On June 1, 2022, I left my house in Salt Lake City by bike—excited to take an easy spin through downtown to Memory Grove. The plan was to ride up City Creek for the first time of the summer season. That excitement would soon burst, for I only made it to the meditation chapel in Memory Grove before I got attacked by two dogs. This would make me part of the unfortunate 1% of cyclists who have been attacked by dogs. Now that the worst is past, I have a lot to share and I will do

my best to recall the experience and provide some helpful tips in case you, a friend, or a loved one is ever in a situation not dissimilar to mine.

It was a beautiful summer evening, the park was crowded, and there were people and dogs everywhere enjoying the night. I left the road and crossed over a bridge to ride up to the meditation chapel. I did not second guess hopping off the bike for a short moment to spend a moment of gratitude at this particular spot, as I always have in the past. It was simply routine to me. However, right after riding my bike over the bridge, as I got near the off-leash area called the Freedom Trail, two cattle dogs-shepherd mixes about 50 pounds apiece-were approximately 25 yards on the trail, and I rode my bike to the trailhead sign to dismount and sit by the creek.

Immediately, I saw the dogs running in tandem toward my area in my periphery, but I did not think much of it. Having experience with all-size dogs, I simply thought that the dogs were going to herd me. As I have already established above, this was not going to be the case this time. As the first dog bit at my left cycling shoe, I started to become curious but not yet alarmed. I honestly thought the dogs were going to herd me and I could ride on or they would go back to their owner. Just when I thought they were herding me, the other dog came around my back and latched onto my right calf puncturing deeply into my muscle.

This entire attack lasted approximately 90 seconds. Lasting thoughts and impressions from these long 90 seconds? This might come as a shock to some, but don't expect anyone to help you in an emergency situation. Bystander syndrome or whatever you wanna call it, but a lot of people will be frightened to see an animal attacking a human or another dog. They will most likely stay rooted in their places and will not help you. In my case, I felt like I was in a fishbowl watching other people watching me being attacked. I fought off the dogs with my titanium frame bike. I pushed them off with the bike

several times. I would soon realize afterward how glad I am that I never reached down and used my hands! Save your hands and use the bike as your weapon.

Adrenaline is running high at this point in the attack. No pain. Just fight or flight. It's a weird feeling but instincts kick in and sometimes you just know what to do. I can tell you confidently that if I had mace or any type of defense weapon with me I would not have had the time to react nor the inclination to use it. Your bike is your best weapon.

As already mentioned, you might witness bystander syndrome and it could understandably make you feel embarrassed or frustrated. Remember, you cannot expect everyone to always act like an adult. Sometimes even if you as the victim are literally bleeding, you would have to be the one to act and step up for yourself. Once it was over, the dogs retreated and I commanded the owner to get the dogs on a leash immediately. This would prove to be a relief because the dogs tried to attack me a second time before getting them on their leashes.

The following information is rather important. You are dealing with your health and a legal matter. Save this for future reference in case you or a friend needs it:

1. No matter what the dog owner says or offers to do, it is your responsibility to report the bite. There are two reasons why bite reports must be filed. The first is rabies control. Our local public health authorities need to investigate if rabies could have been transmitted to the victim. Check with your local and state laws. (Salt Lake County, Utah municipal code 8.06.210 - Animal bites Reporting requirements). Secondly, the health authorities track the data and trends in animal bites to people within the community. In 2021, there were 5,184,057 emergency department visits for bicycle-associated injuries, and dogs are involved in 35,254 (0.67%) cases. Approximately 1% of injuries to bicyclists are associated with dogs; one-half of them sustained a bite. Rabies from dog bites can be fatal

if not immediately apprehended.

In my case, I called 911. Each case is highly personal. If there is no reason to call 911, you may report the incident by calling animal control. Most likely, the Animal Control officer will want to see the wounds. I had already been treated by EMTs prior to the Animal Control officer's arrival. In my case, I was able to show photographs and a video with a close-up view of the punctures. The animal control officer relied on seeing these photographs to determine the number of bites and categorize each bite by type and severity. Apparently, there are differ-

ent types of bites! Punctures, gashes, gashes with scratches, and other varieties exist in the world of dog bites.

2. Get medical care from a professional. In my case, I was treated by EMTs at the scene where they irrigated the punctures and dressed them with a sterile bandage. A few hours after the attack, I made sure to consult with my primary physician who wrote a prescription for Augmentin—a combination of amoxicillin and clavulanate potassium. Amoxicillin is a penicillin antibiotic that fights bacteria in the body. Clavulanate potassium is a beta-lactamase inhibitor that helps prevent certain bacteria from becoming resistant to amoxicillin. Together, they function in Augmentin as a prescription antibiotic used to treat many different infections caused by bacteria. You can decide whether or not taking antibiotics is the right course of action for you with the assistance of a medical practitioner. It is typically advised as preventative care to lessen the risk of infection in cases where the puncture holes are at least half the length of the animal's tooth.

- 3. Make sure to take pictures and videos of your wounds every day to track their healing progress, ideally starting before they are cleaned. Documentation provides details and visuals that can serve as a reference for future cases where memory would not be reliable enough.
- 4. Speak to a few trusted legal professionals. In my case, I spoke with two lawyers. The experiences were different from one to the next. One was an injury lawyer that wanted to sign me up right away and the other was an attorney that represented cyclists. I appreciated both of their time and wanted to do my due diligence with research prior to choosing how to handle any potential for filing a case as I did not want to do anything hasty.
- 5. Regardless of whether you choose to use a lawyer—you have rights! Utah is a "100% liability to the dog owner" state. This means that if your dog injures another human or animal, you are 100% liable (Utah code 18-1-1 Liability and damages for dog injury.)[Note: Check the code for your state]. It doesn't matter where you are, what you are doing, or whether or not the dog was on an off-leash trail.
- 6. Give it rest to reduce your stress. There aren't many good decisions made in haste, and there's no reason to be in a hurry, except 1. Reporting the bite, and 2. Getting medical care. I will not get into all



the details about how I make my own choices in life, but I will share that I did not file a lawsuit against the owners. They willingly offered to pay for my medical care, and fortunately, there were not many costs involved.

- 7. In addition to the medical care recommended by your doctor, there are some over-the-counter supplements you can take to assist in your speedy recovery and reduce the chances of long-term scarring. I used Arnica Montana topically around any skin that did not have an open puncture to reduce bruising. I also took Arnica Montana orally which is available over the counter.
- 8. Reduce exercise or any strenuous activity and keep the area clean. For me, this meant no open water swimming or pool swimming for a couple of weeks and no high-impact exercise, like running or plyometrics.
- 9. Lots of self-care is important during the healing process. We all heal differently and it's important to respect and honor what your body needs. One of the most important things I did for myself two weeks after being attacked by two dogs was to visit a shamanic healer. As I said, we all believe in different things and heal in different ways. It was important to me to heal my energy channels in order to move forward in a positive manner.

### Conclusion

Another thing I realized as I wrote this article was the fact that I have a long history of being in the 1% group. Every professional that I have ever encountered who has told me, "Oh there's only a 1% chance of (insert phenomena) happening" alarms me because I know I'm the unfortunate one percent, always! Hopefully, this experience of mine will spare you from being a part of the 1% statistic of dog attacks while biking. It's useful information and you never know when you might be able to share this with others.

Heather Casey and her husband Pat own Peak State Fit Performance Center located in Salt Lake City, UT where they specialize in bike fitting, coaching, and nutrition services. Heather is a 5 X Ironman finisher including Ironman World Championships in Hawaii. Heather's professional experience includes NSCA, Certified Strength and Conditioning Specialist, Precision Nutrition Master level sports nutritionist, 500-hour Yoga Instructor, PNOE Metabolic Health Specialist.



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### **MOUNTAIN BIKING**

# A Roadie Tries Mountain Biking



Jamie Morningstar and her daughter enjoy the views of Mount Timpanogos while riding. Photo by Sasha Morningstar

### By Jamie Morningstar

I'm a roadie. Well, actually I'm a cycle commuter and an occasional road biker. Six years ago, I tried out mountain biking with some friends, followed them on a too-hard trail, wrecked, and ended up in a fetching orthopedic boot-and-crutches combo for a few months. At that point, I decided that perhaps mountain biking was not my sport and stuck with the road.

But last year my daughter wanted to sign up for her high school mountain bike team and, never one to give up the opportunity to spend time with my kid or buy a new bike, I decided to try MTB out again. Without really knowing what I was signing up for, I certified as a NICA Level 1 coach so I could ride along with the team and committed to being an assistant ride leader. And suddenly I was riding with the team three days a week!

And I had an amazing first MTB season. I am so impressed with NICA (National Interscholastic Cycling Association, the high school mountain biking organization) and their emphasis on kids having fun, growing, finding community, and challenging themselves. The fellow coaches were super supportive of this enthusiastic-and-skill-free mom, the kids were a blast to ride with, I got to hang out with my daughter even more, and I even got a new bike out of the deal. Win. I had an amazing first MTB season and both my daughter and I are definitely coming back for more this summer.

That said, I did, and do, have a lot to learn. I spent the majority of my summer with spectacularly bruised legs and brake-gripping fear of basically every turn and descent. So, if you're new to mountain biking or just considering trying it out, here are a few lessons and pointers I took away from my first year as a mountain biker.

Mountain biking is definitely an exercise in finding the boundary between letting go and being reckless. Your wheels need to be rolling in order to grip, which means if you're grabbing brake your tires

actually aren't performing their best. So, if I'm panicking and braking, I'm actually causing my tires to be able to corner less effectively, causing me to panic and brake even more. You can see the vicious cycle

This letting go is challenging for me. I like being in control. And if I feel like things are out of control (which they basically always are when mountain biking downhill), I try to double down on the control. Yes, the life metaphors here abound.

This phenomenon is also true in road biking - all tires corner better while rolling - but it's way more exaggerated in MTB. For me, the hardest part of beginning mountain biking has been trusting myself and my bike and letting go a little. It's been a wonderful lesson in trusting my body and bike, finding my edge, pushing it, and having a blast.

Mountain biking is really strenuous. Mile for mile, mountain biking is way harder than road biking. As somebody who has done many (casual) century rides and commutes to work by bike every day, I thought I was in acceptable cycling shape. I was wrong. Mountain biking is a whole different kind of hard from road riding, or at least the kind of road riding I do.

I don't know that there's much to do about this one - you either build up the strength over time or buy an e-mountain bike (and those e-bikes are awesome! That's a pretty sweet option!). I think the key to this lesson is a little self-love. If you find yourself climbing up one of our beautiful Utah trails coughing gunk out of unused corners of your lungs and wondering just how hard you can push before your heart actually explodes, you're in good company. You're not doing anything wrong; you're just adjusting. Give yourself a little grace, shrug, and smile. If you end up hike-a-biking up a hill or five, just enjoy that you're challenging You just have to let go a little. your body in a whole new way.

> You're allowed to wear your road kit on the trail. I was worried about proper uniform when I started mountain biking. Over the years I've amassed quite the collection

of cycling kit - would I get laughed off the trail if I wore spandex? Did I need to buy super ugly MTB-style sunglasses? What gloves were right for mountain biking?

I have good news for you if you share these concerns - mountain biking is pretty forgiving attire-wise. Although many mountain bikers will wear baggies, it's perfectly acceptable to wear the clothes and even the helmet you have from road biking. Over time, you may choose to get MTB-specific gear, but you don't have to spring for a whole new cycling wardrobe in the beginning. For example, I eventually decided that I didn't like the way my road cycling glasses felt while on the bumpy trail and I did get a pair of fabulously futuristic MTB shades that still make my children cringe every time I put them on. But I didn't have to start that way, and I still wear a lot of my road kit, gloves, and accessories on the trail.

Do wear long pants and long sleeves in the beginning. Always wear gloves. Perhaps you're more coordinated than I am. Perhaps you'll fall less. But I fell a lot during my first season riding a mountain bike. It was usually nothing spectacular, but I did fall. I wish I had figured out earlier that it was just smarter to wear long pants and long sleeves on the trail. More skin coverage would have saved me a lot of mid-grade scuffs and scrapes. And always wear gloves and eye protection on the trail (or on the road, for that matter).

Flat pedals are completely acceptable. Another area of angst for me when beginning to mountain bike was the question of clipless pedals. Right or wrong (probably more of the latter), there's an expectation in road cycling that once you get "serious," you'll switch over to clipless pedals. There's a certain cachet to walking around like a duck after exiting your bike.

However, after my catastrophic mountain biking injury of five years' earlier, I was extremely nervous about clipping in. You'll imagine my delight that flat pedals are perfectly acceptable on mountain bikes. Yes, there's still extra respect given to those wearing cleats, but the pressure just isn't the same in MTB circles to swap over to shoes you can't walk like a normal human in. In fact, mountain bike shoes are amazingly comfortable and present a delightful skater vibe to my mind. So, worry not, you can wear sneakers and use flat pedals while mountain biking

Enroll in a clinic to accelerate your confidence. Professional help is not that expensive and will help you learn good base skills and confidence that will serve you well for many seasons. Most resorts offer group lessons, and you can also sign up for independent group clinics in

This is also a stark difference between road and mountain bik-



Jamie Morningstar practices a successful log bridge crossing (over and over again). Photo by Stephen Morningstar

ing. Yes, sure, you can get coaching for road biking and racing, but there isn't really a clinic or lesson culture around road biking. Not so with mountain biking! Group clinics, private lessons, and MTB camps abound. A quick online search for lessons in your area will yield a variety of options that are well worth the investment in building your confidence and skills.

Redoing a route is surprisingly

fun. Another difference between road and mountain biking has been the fun of riding the same route repeatedly. Sure, on the road I have my favorite rides (usually the ones most convenient to my house), and I have never been one to disparage routine. But on mountain biking there's a different kind of delight to re-riding a tricky section of trail over and over, learning the turns, gaining confidence, and learning how to navigate the route just right.

What you learn on a mountain bike will help you in your other cycling disciplines. I've been amazed by how much stronger and more skilled a cyclist I've become as a result of my foray into mountain biking. Skills that I thought I understood as a roadie, such as bikebody separation, cornering, and body position, are so much more exaggerated on MTB.

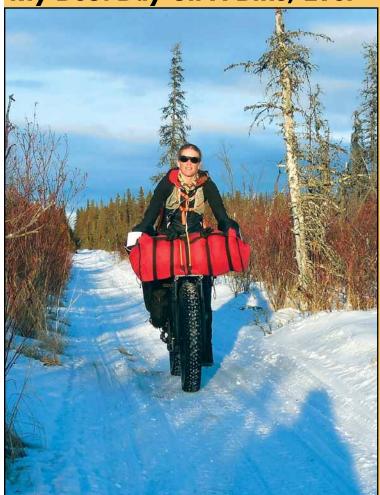
If you're a roadie who's flirting with the idea of trying out mountain biking; do it! The hills and the learning curve are steep, the views are fabulous from the trail, and you'll be a stronger cyclist and happier human for your time on knobby tires.

Jamie Morningstar is an avid cycle commuter, a passable roadie, and a spectacularly uncoordinated mountain biker who lives, works, and rides in Utah Valley.



### **BIKEPACKING**

# My Best Day On A Bike, Ever



Jill Homer riding toward Unalakleet on the Iditarod Trail. Photo by Mike Beiergrohslein.

### **By Jill Homer**

The Iditarod Trail connects the Yukon River to the Norton Sound via an eighty-mile overland traverse known as the Kaltag Portage. The geography here resembles a crinkled piece of paper, with small mountains rippling across every horizon. Travelers follow the path of least resistance along the Kaltag River, where the trail wends in and out of steep embankments on a gradual rise to a pass. Beat told me the Kaltag Portage was one of his favorite segments of the Iditarod Trail — high tundra where everything is sparse, except silence.

I rolled away from Kaltag at first light, when the sky was still a gray pall. I struggled to engage even my lowest gears as I pedaled through a suffocatingly thick forest. My breathing was disproportionately labored for this meager effort.

"It's just a morning funk," I assured myself, ignoring the similarities to the early stages of every other physical shutdown I'd experienced in the past year.

Despite the respiratory angst, I felt a thrilling buzz of anticipation. This electric sensation hearkened back to Friday night adventures as a teenager, riding shotgun along State Street and stretching my arm out the open window, as far as I could

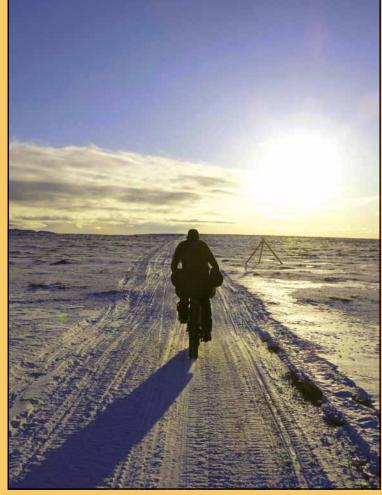
reach into the summer night. It was the feeling that anything and everything could happen, and not even the stars could predict what life-altering experiences my friends and I would forge before the neon-lit darkness faded to dawn.

My life had changed a fair amount since my greatest adventures encompassed dragging the main strip of downtown Salt Lake City in a Chevy Cavalier, but this adolescent zeal returned each time I ventured beyond the edge of my known universe. I believe outdoor adventures are a fountain of youth for many reasons, but the most prevalent is their preservation of childlike joy.

I'd ventured far beyond my pessimistic expectations, and every bend in the trail was a new triumph. The Kaltag River was laced with open leads that burbled menacingly, but every crossing was spanned by an ice bridge. After pedaling across four of these bridges without incident, I felt invincible. The trail climbed to the cusp of tree line, and the thick forest gave way to spindly black spruce, which gave way to bare, rolling hills.

Each crest brought a steep

descent, which I hadn't encountered in days. Now that my numb right hand was almost rigid, I no longer had the dexterity to steer or the strength to press the rear brake lever. As a result, my descending skills were severely compromised. I clasped the front brake and held on for my life as the rear wheel fishtailed dramatically, stirring up clouds of snow. I managed three lucky drops, but on the fourth hill, I lost control at twenty miles per hour. The front wheel plunged into a snow bank, flipping my body over the handlebars and tossing me into a hollow more than six feet off the trail. I was buried face-down in a drift, thrashing violently amid an exhilarating rush of adrenaline. After freeing myself and crawling back to the trail, I shook like a wet dog. My coat, hat, and boots were packed with snow, and the explo-



Mike Beiergrohslein rides on the Unalakleet River. Iditarod Trail. Photo by Jill Homer

sion of powder evoked a maniacal laugh. Nothing could touch me! I was unstoppable!

At noon I ate the last of the protein snacks I'd scavenged in Galena. I managed to cover twenty-two mostly uphill miles in four and a half hours, so traveling sixty more to the village of Unalakleet seemed like a feasible goal for the day. It felt unreal — the possibility that later that evening I'd return to the village where I started my ill-fated bike tour a year earlier, and left vowing never to return. Of course, I'd have to put in a hard effort if I wanted to reach Peace on Earth Pizza at a reasonable hour. The carrot of a hot pizza and even more enticing, fresh salad and fruit juice — pulled me forward. I concentrated on rhythmic breathing and visualized a cartoon-like depiction of proteins replenishing my depleted muscles. This is another

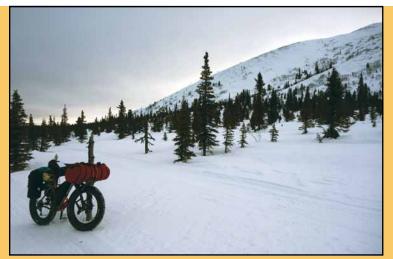
benefit of a childlike mind — the uninhibited hope that imagining something will make it true.

In the golden light of mid-afternoon, I descended through a charred
forest toward a pyramid-shaped peak
known as Old Woman Mountain.
Iditarod legend tells the story of
an old woman who ascended this
mountain against the wishes of village elders, who believed such an
arduous task was too dangerous for
a woman. Because of her defiance,
she was swept away in an avalanche,
never to be found. Now her spirit
haunts this desolate valley, cursing
travelers so they too can never leave.

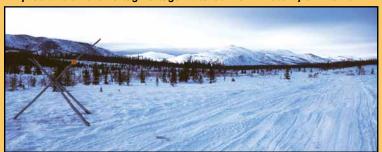
Iditarod mushers tell of sudden bouts of crushing fatigue and inexplicable urges to slow down or rest when passing beneath the Old Woman's mountain. Legend holds that the ghost also has the power to generate terrible storms. A shel-







My fat bike on the Kaltag Portage. Iditarod Trail. Photo by Jill Homer



A trail-marking tripod on the Kaltag Portage on the Iditarod Trail. Photo by Jill Homer



Old Woman Mountain. Iditarod Trail. Photo by Jill Homer

ter cabin was built here to protect travelers from weather that reportedly is among the worst in Alaska. According to musher superstition, if an offering is left at the cabin for the Old Woman, she will spare the traveler. Otherwise, she will curse them with bad luck until Nome. Women are said to be especially susceptible to her curse, so I came prepared with an extra Snickers bar to sacrifice.

After several decades, the Old Woman cabin had fallen into disrepair, to the point where it could provide neither shelter nor respite for any traveler. The roof was collapsing, plywood walls were punched full of holes, and the door was missing. The interior was filled with garbage — empty food containers, rusted gasoline canisters, and snowmobile parts. As I approached the cabin with my chocolate offering in my hand, I was loathe to add to the garbage pile.

"Let her haunt me," I thought, placing the candy bar back in my top tube bag. "She can't slow me down."



a new Bureau of Land Management shelter cabin that also bore the Old Woman's name. Although superstition wouldn't allow me to believe that an ancient ghost would just pick up and move to a nicer location, I pondered leaving my Snickers bar there to ensure a smooth trip into Unalakleet. Two men on snowmobiles were just pulling up when

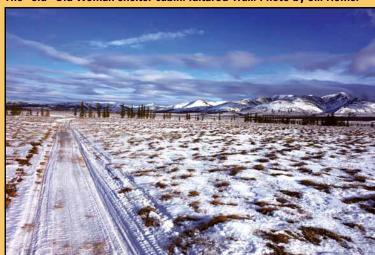
I arrived. One introduced himself as Kevin Keeler, a BLM employee whose Facebook page I followed for the latest trail updates. The other was a Native man from Unalakleet who was joining Kevin for a few days of work on the Iditarod Trail. As I paused to talk with them, I mindlessly gnawed on the frozen candy bar I'd intended to leave inside the cabin. This was only my second encounter with non-cycling humans on the trail - my first being the state troopers on the Yukon — and I enjoyed conversing with them. Kevin was particularly interested in my raggedy clothing system. The layers on my legs looked like a homeless person had cobbled together scraps of fabric from a dumpster.

"These aren't pants, they're actually primaloft shorts and homemade overboots," I explained. "I use these detachable knee warmers because my knees are always cold, but I open the zips on my shorts because my thighs are always warm. I have to wear a hood over my balaclava to keep my ears and face warm in the wind, but open up my jacket to vent the heat from my core. Sometimes my butt is cold but my back is scalding. I'm always running both hot and cold somewhere."

"That makes sense," said Kevin, who was thickly bundled up in a one-piece snowmobile suit and full-face helmet. Although driving a snowmobile is far from a sedentary activity, snowmobilers aren't as prone to sweating and can afford to wear heavy insulation. I envied them for this. Human technology allows us to wander through the harshest climates on Earth, but biologically we're built for life on the savanna. Our bodies' ultra-sensitive cooling system remains active even when our survival depends on staying warm and dry. While engaged in strenuous exercise, I needed to somehow vent moisture and retain heat at the same time — an impossible task because it defies the laws of physics. Since there's no way to strike a balance, I was forced to



The "old" Old Woman shelter cabin. Iditarod Trail. Photo by Jill Homer



The Iditarod Trail heading west toward Unalakleet. Iditarod Trail. Photo by Jill Homer

reach compromises. Those compromises took me from overheated to shivering in the ten minutes I spent resting at the new Old Woman cabin.

"Sorry to run, but I'm getting really cold just standing here," I said. "I should go."

Kevin told me Unalakleet was thirty-seven miles away. I looked at my watch  $-4:30~\mathrm{p.m.}$ 

"I wanted to hit the pizza place by nine," I announced. "I'm going to have to book it."

I bid them goodbye and continued pedaling down the winding trail along Old Woman Creek, with the menacing north face of Old Woman Mountain directly overhead.

"Those avalanche gullies look like they're right on top of me," I thought. Steady wind emitted a highpitched hum — eerily similar to a siren. I regretted eating the Snickers bar that should have remained in the derelict cabin. But the infusion of sugar and the conversation with real, living people gave me a needed boost. Spinning the pedals faster, I imagined a specter in a tattered caribou-skin robe, floating over my head. My childlike state of mind gave weight to this fantasy, until I was looking over my shoulder

Continued on page 14



### My Best Day On A Bike, Ever - Continued from page 13

every time a gust of wind screeched through the trees.

"Old Woman, go away, go away, go away," I chanted.

The screeching intensified as the valley opened up and the forest again diminished. With no trees to block the wind, whistling gusts slammed into my back and pushed me down the trail. At thirteen or fourteen miles per hour, the landscape suddenly went silent. It's always a little unsettling to hit wind speeds on a bicvcle — sounds are muted and the air becomes calm. It feels as though time has stopped. You can see that you're still moving forward, but inside this invisible bubble, everything is eerily still. It's an otherworldly state that can mean only one thing: an incredible tailwind. As it turned out, the Old Woman was trying to push me away.

I pedaled as hard as I was physically able, straining to remain inside this wind-speed bubble. As the valley opened up, snowpack diminished until the ground was a patchwork of brown tussocks and sugary clumps of snow. Wooden tripods marked the trail, which was barely discernible from the uneven landscape, yet felt smooth underneath my tires. Rounded mountains towered over the southern horizon, cast in gold and silver light in the late afternoon. To the north was a thin strip of spruce trees snaking down the valley — the corridor of the Unalakleet River. Exhilaration surged through my veins, and I pedaled until my legs and lungs were searing with hot blood and cold air. I didn't fret because I truly was unstoppable. The Old Woman was on my side.

Progress came to a screeching halt when I dropped onto the river and approached a sheer rise on the other side. The river bank was only five feet high, but so steep that it might as well have been a wall. My numb right hand no longer contributed to pushing efforts, and all seventy-something pounds of the bike pressed against my chest. As I struggled to shove it forward, I heard a loud "Wooooo" from behind.

"I wondered when you'd catch up to me," I said without glancing backward. My poorly anchored left



Evening on the Unalakleet River. Iditarod Trail. Photo by Jill Homer

foot inched down as I spoke. "You picked a bad time. This is going to take all night."

Without a word Mike pressed both hands against my butt and shoved. I was so startled that I lunged toward the lip of the river bank. I might have taken offense, but it was clearly the most logical thing for him to do in that moment.

"Uh, thanks," I said. "These steep banks always get me. If I ever do this race again, I'm going to make sure I get a whole lot stronger." This was a lie on multiple levels.

"No problem," Mike said. "How far do you think it is until Unalakleet?"

"Probably about twenty miles."
"So two hours?"

"Maybe for you," I said. "The tailwind is dying, and so am I. The sun starts to set and suddenly everything shuts down."

"I love riding in the evening," Mike said. "I finally feel awake."

"I don't know about you, but pedaling all day makes me kind of tired," I said. "Did you make it to Kaltag last night?"

"Yeah. I got in around midnight. I followed bike tracks to that apartment and knocked on the door, but no one answered. I looked through all the windows, but all I saw was this big dude in his underwear, and decided to get out of there. Luckily Doug got up and let me in the school."

"Oh, I'm sorry," I said. "I did not hear you at all."

Mike shrugged. "It all worked out. I checked out the place in the morning. Looked nice in there."

I blushed. "It was pretty decked out. Too bad you didn't get there earlier. I went to sleep around ten thirty."

We remounted the bikes and started pedaling. "You go ahead," I said. "I started before eight and I'm guessing you left around noon ... so yeah, tell the pizza guys I'll be there in an hour."

He passed with a devilish grin on his face. "Race you?"

Mike was strong and highly foodmotivated. I doubted I could hold his wheel for a minute, but sprinted toward him anyway. Beside the trail, wind had carved intricate designs in the snow that reminded me of a plaster mosaic. The sun lingered just over the horizon, casting a metallic glow across the valley. A long shadow stretched from Mike's silhouette, until it looked like I was chasing a phantom. The Old Woman's wind had become a gentle breeze, caressing a patch of skin on the back of my neck. Mike and I raced as though Unalakleet were the end of the trail. We strained as though pizza was the ultimate reward. And we smiled as though the coast - the brutally exposed sea ice, the North Wind, and all of the hardest parts of the Iditarod Trail - was behind us, not ahead. Fatigue was consumed by fire, until everything about this evening was intoxicatingly perfect. I decided this was my best-ever day on a bike. I say that frequently, but this was truly it.

Mike still beat me to Unalakleet by more than twenty minutes. I lost ground after the trail meandered onto purple river ice, where I pedaled delicately and watched a salmon-colored sunset fill the entire sky. Three miles from Unalakleet, I descended a final hill and saw a twinkling strip of lights strung along the black, open ocean. "The Coast," I breathed out. I'd returned.

With nearly seven hundred residents, Unalakleet is not only large enough for a real airport, but also several restaurants. Peace on Earth Pizza had taken to supporting the Iditarod races by offering floor space and pizzas any time of the day or night. Fresh ingredients are expensive out here. Large pizzas cost forty dollars for the works, but are worth every penny.

Thanks to Mike's and my impromptu race, we both arrived during proper business hours and put in an order for a large vegetarian, two full-plate salads, and Odwalla smoothies. I took the rare Wi-Fi opportunity to pull out my phone and check e-mails, making it through two before I forgot how to read and mindlessly clicked on bookmarks. I announced to Mike that I was checking the weather.

"Friday in Unalakleet," I read out loud. "Highs around five above. Northwest wind twenty to thirty miles per hour. Shaktoolik. Highs zero to five above. North wind thirty miles per hour."

I looked up and let my jaw quiver for a few seconds.

"So that's good?" Mike interjected.

"That's bad!" I yelled. "I saw a better forecast in Unalakleet last year — remember I told you about the short trip where I almost got mowed off the sea ice? If they say it's blowing thirty in town, it's gusting to fifty on the ice. And a northwest wind is going to be right in our face all through the Blueberry Hills."

"After the last few days, I'm getting pretty used to headwind," Mike said.

"Those were like ten miles an hour, gentle breezes," I said. "This is like ... we're going to die."

"Ah, it will be fine," Mike said. "Don't be such a pessimist."

"It's best to be a pessimist," I said.
"I'm either right, or I'm pleasantly surprised."

We polished off our pizza while continuing to surf the Internet on our phones. I don't recall reading anything or enjoying a single bite of the formerly anticipated pizza and salad. All I remember is the leaden taste of doom.

Jill Homer is a freelance editor and writer in Boulder, Colorado. She enjoys exploring the world around her on two feet or wheels, and writes about her adventures at jilloutside.com.

This essay is part of "Into the North Wind," which is her memoir about setting the women's cycling record on the Iditarod Trail in 2016. The book is available on Amazon, and the audiobook was just released on Audible





## **WOMEN IN CYCLING**

# An Interview with Triathlete Melissa Coles



Melissa Coles, triathlete. Photo by LaRee Holcomb

### By Anthony J. Nocella II, Ph.D.

Anthony: Could you tell me how you got into cycling and if any women supported you in the beginning?

Melissa Coles: In college I sold my first car and bought a road bike and road my bike to work. It was an 18-mile commute to my job. My mom is one of my biggest supporters. She is always encouraging me to believe in myself and work hard.

AN: Tell me a bit about your racing history, such as your podiums and other accomplishments, including the teams you have ridden and raced for?

MC: My passion is with triathlons so that is where my focus is. The first one I joined is the Salt Lake Tri Club in 2017 and for the last 3 years I have been fortunate to be a part of Team Zoot as well. I have had the opportunity to take part in many local races here in Utah. In 2016 I was able to get my first

Overall female podium. In 2017 I received a couple podium spots as well in the local smaller triathlons. I also completed my first 70.3 in St. George Utah. 2018 I completed my first full Ironman in Tempe Arizona. 2019 I did several local small races here in Utah and was able to podium at each one making me 1st overall female in my age group at the end of the season for all of Utah.

2020 was a bit rough on the racing schedule but I did manage a couple. I did a 70.3 and ranked 1st Overall Female and a 140.6 Bear Lake Brawl coming in 2nd overall Female.

2021 I broke my foot in late February and had surgery to repair a Jones Fracture but was able to come back and race in September placing 1st overall Female at the South Davis rec triathlon and 2nd overall female at the Brineman Triathlon just 5 days later

in many local races here in Utah. AN: As a competitive cyclist can In 2016 I was able to get my first you tell me how your personal life or

family life is shaped to support your racing and training?

MC: We try to schedule rides and exercise in general right alongside with family time. I do many workouts in the morning and then try to be home as many nights a week as I can. I also love having my kids join me on workouts when it's possible. I could not do this without the love and support of my family. They are my biggest cheerleaders!

AN: When training and racing with other women what are some key differences that you see as the best part of the women's cycling culture?

MC: Anytime I am able to train with other women there is a certain level of enthusiasm and excitement that I find to be contagious, and I love being able to cheer each other on and support each other in our goals!

AN: In your opinion, how can the industry, race promoters, and bicycle shops be more inclusive to women and girls, besides hiring them as is much needed?

MC: I know that I go to certain

bicycle shops because I have built relationships with the owner and staff. They are smaller bike shops, but I feel more comfortable and learn more from them then the bigger bike shops.

AN: How can the general community support upcoming girls who want to be elite racing cyclists like you, and what do you have to say to young girls?

MC: I feel like we need more bike shops promoting all women's group rides. Stop giving women the short end of the stick. The public needs to push for gender equality. Last big race the prize money was a joke for women vs men. Tell the big races that these kinds of things are not ok. This sends a signal to all women in cycling that we are not important or worth investing in.

Anthony J. Nocella II, Ph.D. is a full-time professor at Salt Lake Community College, author of numerous books, trail runner, triathlete, competitive cyclist, and in his free time works at Hangar 15 Bicycles Millcreek.

### Bicycle Collisions More Likely on Less-Traveled Roads

The most bike crashes don't necessarily occur in the most well-traveled routes. That's what Pittsburgh found out when the city overlayed data on where collisions take place with data on where cyclists most often ride. It's not the heavily trafficked corridors but the less-ridden roads that lack a stop sign or bike lane or involve a blind curve or some other danger where riders are more likely to get smashed.

Pittsburgh used information collected by Streetlight Data, an analytics firm that measures where people ride by tracking devices such as cellphones. The City Department of Mobility and Infrastructure is using the data to prioritize safety projects.

Details: <a href="https://learn.street-lightdata.com/bike">https://learn.street-lightdata.com/bike</a>-and-pedestrian-safety-pittsburgh

-Charles Pekow

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**evo Salt Lake** 660 S 400 W Suite 300 Salt Lake City, UT 84101 385-379-3172

## **Gear Rush Consignment** 53 W Truman Ave. South Salt Lake, UT 84115 385-202-7196

**Go-Ride.com** Mountain Bikes 2066 S 2100 E

# 2000 S 2100 E Salt Lake City, UT 84108 (801) 474-0081

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

**Highlander Bike** 333 S. Highland Drive Salt Lake City, UT 84106 (801) 487-3508

### Hyland Cyclery

3040 S. Highland Drive Salt Lake City, UT 84106 (801) 467-0914 Jerks Bike Shop

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

**Level Nine Sports** 625 S 600 W Salt Lake City, UT 84101 801-973-7350

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

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

# **Trek Bicycle** 247 S. 500 E. Salt Lake City, UT 84102 (801) 746-8366 elebito seem

**Salt Lake Ebikes** Salt Lake City, UT 84105 (801) 997-0002

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

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

**Level Nine Sports** 2927 E 3300 South Salt Lake City, UT 84109 801-466-9880

### Sports Den

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

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

**Wasatch Touring** 

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

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

# Go-Ride.com 12288 S. 900 E. Draper, UT 84020 (801) 474-0082

South and West Valley

## Hangar 15 Bicycles 762 E. 12300 South

Pedego South Jordan 651 W South Jordan PKWY South Jordan, UT 84095 801-206-9202 ealers/south-jordar

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

### Lake Town Bicycles

1403 W. 9000 S. West Jordan, UT 84088 (801) 432-2995

## **REI** (Recreational Equipment Inc.) Sandy, UT 84070 (801) 501-0850

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

## **UTAH COUNTY**

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

Bike Peddler 3600 Ashton Blvd Lehi, Utah 84043 801-756-5014 bikepeddlerutah.co

# Eddy's Bicycle Barn 550 W State Rd #2 Lehi, UT 84043 801-503-7872

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

Hangar 15 Bicycles 1678 East SR-92 Highland/Lehi, UT 84043 (801) 901-6370 Pedego Electric Bikes 4161 N. Thanksgiving Way, #205 Lehi, UT 8411184043 801-405-7383

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

# Meadows Shopping Cente 356 N 750 W, #D-11 American Fork, UT 84003 (801) 763-1222

Trek Bicycle Store of American Fork

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

<u>Payson</u> **Ride' N Bikes** 36 W. Utah Ave Payson, UT 84651 (801) 465-8881

# Provo/Orem/Springville

Al's Cyclery / Al's Sporting Goods 643 East Univers Orem, UT 84097 435-752-5151

# Hangar 15 Bicycles 1756 \$ State Street Orem, UT 84097 385-375-2133 hangar15bicycles.com

Hangar 15 Bicycles 877 N. 700 E. Spanish Fork, UT 84660 (801) 504-6655

### Level Nine Sports 644 State St Orem, UT 84057 801-607-2493

Mad Dog Cycles Orem, UT 84057 (801) 222-9577

## Racer's Cycle Service

Mobile Bike Sho Provo, UT (801) 375-5873

**Taylor's Bike Shop** 1520 N. 200 W. Provo, UT 84604 (801) 377-8044

### CYCLINGWEST.COM

## **ARIZONA**

### **Cave Creek**

**Flat Tire Bike Shop** 6032 E Cave Creek Rd Cave Creek, AZ 85331 480-488-5261

### <u>Flagstaff</u>

### **Absolute Bikes**

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

### <u>Sedona</u>

### **Absolute Bikes**

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

### **Thunder Mountain Bikes**

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

## **CALIFORNIA**

### **Box Dog Bikes**

494 14th Street San Francisco, CA 94103 415-431-9627

### **Tour of Nevada City Bicycle Shop**

457 Sacramento St. Nevada City, CA 95959 530-265-2187

# **Dr. J's Bicycle Shop** 1693 Mission Dr. Solvang, CA 93463

## **COLORADO**

### <u>Fruita</u>

### **Colorado Backcountry Biker**

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

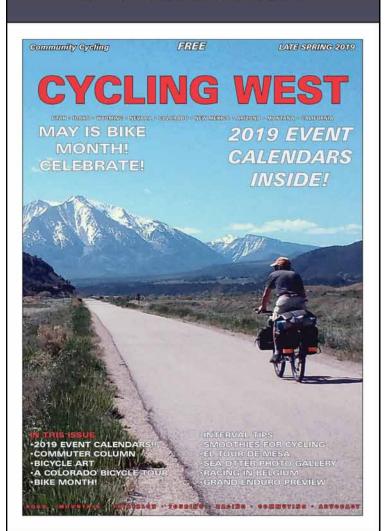
### Over the Edge Sports

970-858-7220

## **WYOMING**

Jackson Area

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### Fitzgeralds Bicycles

500 S. Hwy 89 Jackson, WY 307-201-5453

### **Hoback Sports**

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

### **Hoff's Bike Smith**

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

The Hub 410 W Pearl Ave Jackson, WY 83001 307-200-6144

**Teton Bike** 490 W. Broadway Jackson, Wyoming 83001 307-690-4715

**Teton Village Sports** 3285 W Village Drive Teton Village, WY 83025

### Wilson Backcountry Sports

1230 Ida Lane Wilson, WY 83014 307-733-5228

# IDAHO

### <u>Boise</u>

### **Bob's Bicycles**

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

### **Boise Bicycle Project**

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

### **Custom Cycles**

facebook com/Custom-Cycles-1071105139568418

### **Eastside Cycles**

3123 South Brown Way Boise, ID 83706 208 344 3005

George's Cycles 312 S. 3rd Street Boise, ID 83702 208-343-3782

### George's Cycles

515 West State S Boise, ID 83702 208-853-1964

## **Idaho Mountain Touring**

Boise, ID 83702

### Ridgeline Bike & Ski

10470 W. Overland Rd. Boise, ID 83709 208-376-9240

### Spokey Joe's Bikes & Gear

2337 S. Apple St Boise, ID 83706 208-202-2920 spokeyjoe.com

### TriTown

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

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

## **Victor/Driggs**

**Fitzgeralds Bicycles** 20 Cedron Rd Victor, ID 83455

### Habitat

208-787-2453

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

### **Peaked Sports**

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

### <u>Idaho Falls</u>

### Bill's Bike and Run 930 Pier View Dr

Idaho Falls ID

Dave's Bike Shop 367 W Broadway St Idaho Falls, ID 83402 208-529-6886

## Idaho Mountain Trading

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

### <u>Pocatello</u>

### **Barries Ski and Sport**

624 Yellowstor Pocatello, ID 208-232-8996

### **Element Outfitters**

222 S 5th AVE Pocatello, ID

### **Element Outfitters**

Pocatello, ID 208-232-8722

### **Rexburg**

**Sled Shed** 49 East Main St Rexburg, ID, 83440 208-356-7116

## <u>Twin Falls</u>

### **Epic Elevation Sports**

208-733-7433

### Spoke and Wheel

Twin Falls ID83301 (208) 734-6033

### **Cycle Therapy**

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

### <u>Salmon</u>

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

### Sun Valley/Hailey/Ketchum

### Durance 131 2nd Ave S Ketchum, ID 83340

208-726-7693 **Power House** 

Hailey, ID 83333 208-788-9184

Sturtevants 340 N. Main Ketchum, ID 83340 208-726-4512

**Sun Summit South** 418 South Main S Hailey, ID 83333 208-788-6006

The Elephant Perch 280 East Ave Ketchum, ID 83340 208-726-3497

## **NEVADA**

### **Boulder City**

**All Mountain Cyclery** 

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

### <u>ELY</u>

## Sportsworld

Ely, NV 89301 775-289-8886

## Las Vegas

## **Giant Las Vegas**

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

### **Las Vegas Cyclery**

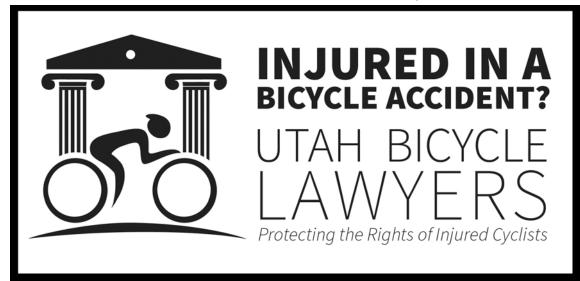
Las Vegas, NV 89147 (702) 596-2953

## **NEW MEXICO**

**Bosque Mobile Bicycle Repair** 

**Fat Tire Cycles** 421 Montaño Rd NE Albuquerque, NM 87107

505-345-9005



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## **WESTERN STATES**

# **CALENDAR OF EVENTS**

### **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 appropriate information

Let us know about any corrections to existing listings!

### **BMX**

RAD Canyon BMX — South Jordan, UT, Indoor and outdoor BMX racing. Location: 5200 W, 9800 South, Practice Tuesday 6:30-8:30, Race Thusday, Registration 6:00-7:00, Race at 7, May through September (practices starting in April with additional practices on Tuesdays through May), Dallas Edwards, 801-803-1900, radcanyonbmx@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, Irbmx com, radcanyonbmx.com/Rad Canyon Legacy Outdoor Schedule 2014.pdf

### Advocacy

Bike Utah — UT, Utah's Statewide Advocacy Group. They work on education and other bike related advocacy., Jenn Oxborrow, 385-831-1515, jenn@bikeutah.org, bikeutah.org

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

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

netrail.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@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, southernutahbicycle@illiance.om, southernutahbicycle@illiance.

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, <u>president@bikegaba.org</u>, <u>bikegaba.org</u>

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

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

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

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

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

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, 801-22-9577, randy@maddogcycles.com, bikeorem.weebly.com

### Events, Swaps,Lectures

August 2-3, 2022 — Big Gear Show, Park City, UT, Bike and Outdoor gear show for retailers only, Lance Camisasca, <u>lance@thebiggearshow.</u> com.

September 22, 2022 — World Car Free Day, Everywhere, UT, Ride your bike and leave the car at home!, None , noemall@cyclingutah. com, worldcarfree.net

September 23-25, 2022 — North American Handmade Bicycle Show NAHBS, Denver, CO, NAHBS showcases the talents of individuals around the world whose art form is the bicycle. It aims to be a meeting point both online and in person for frame builders and cycling enthusiasts looking for custom-made bikes, for the sharing of ideas, and the promotion of a special industry with a rich history dating back to 1819, Don Walker, 502-265-1122, don@handmadebicycleshow.com, nahbs.com, facebook.

October 7-9, 2022 — Northern Utah Trailfest, Ogden, UT, The NUT is a fall celebration for all trail users! NUT Trail Run and Mountain Bike Race on Saturday, October 8th as they compete to complete the most course laps in 3, 6 or 9 hours. Camp for the weekend or spend the day at North Fork Park as trail users of all ages and abilities come together to enjoy tasty food, live music, and testival activities at Cutler Flats Base Camp. Experience the beauty of fall foliage and share in the excitement and camaraderie of the NUT by participating in free festival activities and educational opportunities including guided hikes, stargazing, vga, and more.. Kelli Barkerna, 801-393-2304, kelligöttnu.org, weberpathways.org

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### **Gravel Races**

### and Rides

July 9, 2022 — The Crusher in the Tushar p/b The Creamerie, Life Time Grand Pfix, Beaver, UT, 70 gruelling miles exploring Southern Utah's Tushar Mountains on a mix of dirt, gravel, and asphalt. Features 10,000+ of climbing traversing Utah's highest and most scenic roads. Join us for the original mixed-surface gravel and road classicl, Treva Worrel, crusher@ltevents.zendesk.com, tusharcrusher.com

July 9, 2022 — Joe Cosley Pancake Ride Gravel Grinder, Whitefish, MT, Back to the Salish Mountain Range, sticking to the north end, featuring some hidden gems that are sure to turn your crank. The ride is limited to 50 individuals. Once the participant cap is reached, that's it. There will be no wait list, or substitutions. Brad Lamson, joe@pancakeride.com, pancakeride.com

July 10, 2022 — Torreon-Tajique Twice Gravel Race, Tajique, NM, Hawke Morgan, 505-259-6885, hawke@bodracing.com\_bodracing.com

July 16-17, 2022 — Ochoco Gravel Grinder Prineville, OR, Chad Sperry, grinderinfo@break awaypro.com, oregongravelarinder.com

July 23, 2022 — JayP's Backyard Fun Pursuit Grovel Ride, JayP's Backyard Series, Island Park/West Yellowstone, ID, Gravel ride near Yellowstone National Park on Forest Service roads. It's an incredible time of year to be in this area and visit YNP! 30, 60, 120 mile routes, Jay Petervary, 307-413-2248, <a href="arXiv:aypetervary@gmail.com">aypetervary@gmail.com</a>, gravelpursuit.com

July 23, 2022 — Crooked Gravel, Outside Events Cycling Series, Winter Park, CO, Want to ride the high alpine gravel of Grand County? Check out Crooked Gravel in Winter Park. Choose between two separate courses, a 30 mille or a 67 mile ride, that tackle over 5,000 vertical feet on long and winding climbs, earning wide-open descents under the Colorado sky. New in 2022: The 67-mile long course will be a timed segment with a \$5,000 cash purse up for grabs., Tracy Powers, eventsupport@outsideinc.com, events.

July 23, 2022 — The Rift Gravel Race Iceland, Hvolsvöllur, Iceland, The Rift is a 200 km (125 miles) off-road blke race through the dark lava fields in the highlands of Iceland. It traverses the continental rift between North America and Eurosia - a rift that grows one inch every year. The growth is evident with vast lava fields all around creating a surreal landscape. A landscape that is remote, rugged and unpredictable!, The Rift , 011-354-626-3332, info@therift.bike, therift.bike

July 31, 2022 — Stagecoach Gravel Tri, Steamboat Springs, CO, 0.5 mile swim, 16 mile gravel ride, 4 mile gravel run. Can substitute a SUP leg instead of the swim.Also Gravel Aquabike, Lance Panigutti, 303-408-1195, lance@withoutlimits.com.withoutlimits.

August 6, 2022 — Dirty Bear Gravel, Big Bear Lake, CA, 50 mile gravel ride, part of the Tour de Big Bear, Chris Barnes, 951-970-6720, 909-878-0707, bigbearcycling.com/tour-de-big-bear-cycling-west/, bigbearcycling.com/tour-de-big-bear-cycling-west/, bigbearcycling.com

August 13, 2022 — Morganzo 55 Gravel Grinder, Belgrade, MT, Gravel grinder, 55 miles, unsupported, Start time: 8am, Location: corner of Dry Creek Rd & Theisen Rd just north of Belgrade, MT, Sheli Thomas, thomasshellit@gmail.com, Kirk Ahlberg, info@morganzo55.com, montanacycling.net, morganzo55.com,

August 14, 2022 — SBT GRVL Gravel Grinder, Steamboat Springs, CO, 6:30 am on Yampa Street, Steamboat Springs, CO. Four distances: 37/64/104/142 miles with 2000/4000/6000/9000 feet of climbing, respectively. Mixed surface with the majority on hard packed gravel roads, Any Charity, 970-215-4045, <a href="mailto:linkbooks.org/linkbooks.org

August 19-20, 2022 — Gravel Worlds, Lincoln, NE, Self-Supported, Grassroots Style Gravel Race, 50K, 75 mile, 150 mile, 300 mile options, Craig Schmidt, info@gravel-worlds.com, gravel-worlds.com

August 20, 2022 — Cedar City Fire Road 100 Gravel Grinder, Cedar City, UT, 100K or 60K options - with over 80% dirl! Chip timed. Prizes for top finishers, Deborath Bowling, 818-889-265, embassy@planetultra.com, gravelgrinder.com

August 20, 2022 — Cimarron Challenge, Cimarron, NM, 78 and 66 mile gravel races, Erin Tawney, 918-691-9616, Erin schusterl 2@gmail.com, facebook.com/cimarronchallenge

August 21, 2022 — The Last Best Ride Gravel, Whitefish, MT, 48 and 78 miles, Jessica Cerra, ridewhitefish@gmail.com, thelastbestridemt.

August 22, 2022 — Big Sky Spectaculaire Gravel Race, Bozeman, MT, An 895 mile single-stage, self-supported competitive adventure bike ride around Southwest and Central Montana. 373 miles of gravel in 15 segments. Time bonuses available, Big Sky Spectaculaire, bssheadquarters@gmail.com, bigskyspectaculaire.com

August 27, 2022 — Wasatch All-Road Bicycle Race, Ventum Racling, Heber , UT, The Wasatch All-Road features the toughest climb in gravel and postcard views in Utah's hidden gem, Heber Valley. The event will offer three challenging distances, local food, entertainment, and a \$10,000 prize purse split evenly between the male and female open categories. Jeff Louder, leff@thewasatchallroad.com, thewasatchallroad.com

August 28, 2022 — Battle of the Gravel, Good Dirt Ride, Savery, WY, The Battle of the Gravel will host 3 self-supported distances - a 21, 68 and 91 miles (we will have water/drink mix/snacks along the way & with the motos). The event will start and finish at the Boyer YI. Ranch with a BBQ dinner to celebrate the finish. The ride is semi supported with three stops. Lodging and camping available at the Boyer YI. Ranch and in the town of Baggs (20 miles). All proceeds go to support our work with Africa cyclists at teamafricarising.org. Kimberly Coats, 307-383-7778, 530-744-8773, team.wandacycling@gmail.com, battleofthegravel.com

August 31-September 4, 2022 — Rebecca's Private Idaho Gravel Grinder and Festival, Ketchum, ID, Lifestyle, mountain bike and outdoor festival over Labor Day Weekend. The cornerstone of the two-day event is a 100-mile Gravel Grinder (or 50-mile option) mountain bike race & ride in the scenic Pioneer Mountains of Central

Idaho, with renown mountain bike champion and endurance athlete Rebecca Rusch. The weekend activities are centered around giving back to non-profit organizations that foster diversity, equity, and inclusion in cycling. Join the "Queen of Pain" on this beautiful route that ends in a great down-home party with food, festivities, music, and libations, Colleen Quindlen, 254-541-9661, colleen@rebeccarusch.com, rebeccasprivateIdaho.com

September 3, 2022 — Fistful of Dirt Gravel Grinder, Cody, WY, A gravel bilke race of grand proportions. With the Good (22 Miles), The Bad (65 Miles), or The Ugly (105 Miles), there will be a distance fit for everyone. Free gournet burgers and beer on Friday for participants during packet pick-up. The race is Saturday followed by a dang good after-party featuring food trucks and live music., Janie Curlis, 307-213-0756, howdy@fistfulofdirt.com, fistfulofdirt.com

September 9-11, 2022 — Helena Ales for Trails and Last Chance Graveler. Helena, MT. Support the local trails with a selection of microbrews on Friday then ride on Sunday. This event takes riders on an adventure over beautiful ribbons of gravel in the scenic mountains south of Helena. From smooth and fast to primitive mountain roads this route has it all. 95% gravel, 93 mile course, Ira Miller, events@helenaunitedcycling.com. lastchancegraveler.com

September 9-November 11, 2022 — Helena Ales for Trails and Last Chance Graveler, Helena, MT,

for Trails and Last Chance Graveler, Helena, MI, September 10, 2022 — WYO 131 Gravel Grinder, Wyoming Gravel Grinder Series, Lander, WY, Hosted by the Lander Cycling Club. Three distances to choose, 40, 70, and an epic 10K elevation 131-mile course, ensures there's a course for everyone. Cash prize purse. Explore the red desert, historic mining towns, and subalpine terrain near Lander, WY, Each course offers breathtaking views, lots of wildlife, and an epic adventure in gorgeous Wyorming. After parity sponsored by Melvin Brewing, Gwen Robson, 307-330-3002, wyo131gravel@gmail.com, wyo131.com

September 10, 2022 — Gunni Grinder , Gunnison, CO, An epic 118 mile race/ride starting in and finishing near downtown Gunnison, CO and foliows some of Gunnison County's most challenging, remote and scenic gravel and dirt roads. If you don't have the miles but still want a chalenge, The Gunni 60 (sh) and Gunni 30 will give riders a taste of what gravel riding in Gunnison County is all about. Although some paved roads are necessary, the vast majority (about 90%) of the course will be on gravel and dift roads. Some of these roads receive little to no maintenance and can change drastically after heavy rains and/or snowfall. Riders are encouraged

to be fully prepared for any and all conditions. The route is remote and therefore, will include signage to help prevent riders from getting off course., Joel Grimmett, 512-751-8940, Joel@racerevolutions.com, thegunniginder.com

September 10, 2022 — Fitzgerald's Joyride 400, Idaho Folls, ID, 400 mile gravel bikepacking event from Fitzgerald's in Idaho Falls to Joyride Bicycles in Logan, UT and back., Kevin Emery, kevinsemeny@gmali.com, facebook.com/Fitzgeralds-Joyride-Formerly-pioneer-400-416571 4058322587

September 10, 2022 — Ride the Cog, Hayden, CO, fundraiser for the Hayden Museum, Hayden Museum , 970-276-4380, haydenmuseum@zirkel.

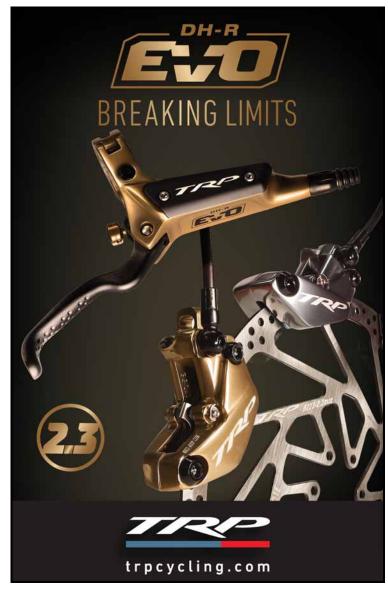
September 11, 2022 — Walla Walla Grit, Walla Walla, WA, This Grit has three course lengths which include long, medium, and short routes. The long course starts at 6 a.m., medium begins at 8 a.m., and the short course commences at 9 a.m., Michael Austin, 509-386-1149, 509-525-4949, mike@allegrocyclery.com, Kathyrn Austin, 509-964-8951, kathyrn@allegrocyclery.com, tourofwallowalla.com

September 17, 2022 — Mammoth Tuff (Gravel), Mammoth Lakes, CA, The short course is around 45 miles with 2,000 feet of climbing and will circle the famous caldera. The long course is around 100 miles with 8,000 feet of elevation gain and travels through the Volcanic Tableland formed by the Long Valley Caldera. , Amanda Naumann , mammothtuff@gmail.com, mammothtuff.com

mothfuff.com

September 17, 2022 — West End Gravel Rush, Nucla, CO, Colorado's West End is an unspoiled and unknown corner of Colorado. Once bustling with mining activity, the area is now a riders dream with a vast network of quiet and minimally travelled gravel roads. It's high desert canyon country, surrounded by big mountain views and dark skies at night. This is a first year, grassroots event where the entire community chips in- no UCI points, no worlds ambitions, or big podiums, but there will be a great post-ride party and some good of fashion desert welidness. Come make a weekend of it and see what the West End has to offer! 45miles, 4000' climbing, 75 miles, 7000' climbing, firm Tait, westendgravelrushio gmail.com, thewestendgravelrushiocom

September 17, 2022 — Salida 76, Salida, CO, 2 options: Race it like you stole it. Timing and prizes for age and pro categories, Party Pace - No timing, no pressure. Cut-offs still apply, but go on, enjoy yourself; 76 miles of spectacular gravel, views, and friendly competition, 3 stocked aid stations, Full SAG and support, Finish food, beer and party at Riverside Park, Jennifer



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Barbour, 303-503-4616, jen@teamevergreen.org, Kim Nordquist, 303-249-6168, kim@teamevergreen.org, Morgan Murri, 303-475-6053, morgan@desertgravel.com, sallda76.com, teameverareen.org

ergreen.org

September 23-24, 2022 — Belgian Waffle Ride Cedar City, QUADRUPEL CROWN OF GRAVEL,
Cedar City, UT, The "Hell of the South", 78%
Gravel (106 miles), 22% Paved (30 miles), In
the heart of Southern Utah allowing riders
to see a wild variety of unique countryside.
Course goes through the Parowan Gap and
past petroglyphs left by the areas past native
inhabitants, along with prehistoric dinosaur footprints., Michael Marckx, 760-815-0927, mmx@
MonumentsofCycling.com, Brooke Twiftcheli,
Ibrooke@cedarcity.org, belgianwaftleride.bike

September 24, 2022 — Chino Grinder p/b Lauf, Chino Valley, AZ, Endurance Cycling Event-Gravel road cycling adventure with 150, 115, 62, 44 and 25 mile options, AZ Gravel Rides, 480-452-9767, AZGravelRides@gmail.com, azgravelrides.com, chinogrinder azgravelrides.

September 24, 2022 — The Crippler, Cañon City CO, 65 Miles, 5000 Feet of Climbing, a Colorado-style gravel road race that will provide AMAZING scenery with panoramic views while simultaneously pushing your limits for climbing and descent, the crippler or

October 1-2, 2022 — October Trek, Weiser, ID, 2 day mountain bike gravel ride, 86 mile ralis-to-trails conversion trail from New Meadows to Weiser, Idaho. Supported ride with meals and camping., Ron Hundahl, 208-566-1025, 208-253-4433, octobertrek@gmail.com, Pat Trainor, 208-253-4433, 208-557-7447, biheron@ctweb.net, weiserrivertrail.org/octobertrek.html, kotabe.com/ectoberkekinformation.

October 1, 2022 — Boise Gravel Gala, Boise, ID, 61, 80, and 105 mile gravel options, Chris Stuart, biker1stu@hotmail.com, boisegravelgala.com

October 8, 2022 — Salty Lizard 100, Wendover, UT, Blasting around the West Desert for fun and profit, this race is only an hour and a half west of Salt Lake City. The Salty Lizard 100 showcases the best of Wendover's amazing gravel roads with views of towering peaks and the Bonneville Salt Flats. Circling the Silver Island Range, the 106-mille route gives riders of all abilities the chance to check off an early-season century or experience a well-supported day out in the desert with friends. , Robert Kennedy, 319-551-6174, stupidponytide@angali.com, saltylizard100.com

October 8-9, 2022 — Rexy, Queen of the Desertl, Fruita, CO, Rexy has two distance options: 200 milles beginning in Fruita, Co and ending In Moab and 90 milles beginning in Cisco, Ut and ending in Moab. Either way, it's Moab for Halloween! The 200 has both a solo option or a relay team option. The relay team can be from 2-4 riders and either all women or an open team. The route is 90% prime gravel terrain (this is NOT the Kokopelli trail) and a small amount of old hwy 50, Morgan Murri, 303-475-6053, morgan@desertgravel.com, desertgravel.com

October 15, 2022 — Hammer Road Rally, Shaver Lake, CA, A ride with options for most ability levels with each route beginning and ending at Shaver Lake. There are four options: a 27.5 mile free untimed route, 34 mile untimed route, 53 mile timed route, and 85 mile timed route. Within the 53 mile option lies a 2000 paved climb, while the 85 mile option features a 15 mile gravel climb from Stump Springs Road to Kaiser Pass with a total of 30 miles of gravel. Clemence Heymelot, 707-560-1122, into@bikemonkey.net, harmeroadrally.com

October 15-16, 2022 — Belgian Waffle Ride Kansas, QUADRUPEL CROWN OF GRAVEL, Lawrence, KS, The Hell of the Mid-West, which will take place near Halloween. Punctuated by dozens of off-road sectors over a route throughout the northeast region of Kansas, this gives the event its unique complexion combined with an extended length from 111 miles last year to 130 miles this year, Michael Marckx, 760-815-0927, mmx@MonumentsofCycling.com, belgianwaffleride bike

### Mountain Bike

## Tours and Festivals

July 9, 2022 — Wildflower Trailfest, Powder Mountain, UT, A non-competitive, women only mountain bike ride. All ages and levels wel come. Come join us for a day of fun on Powder Mountain!, Nick Bowsher, 801-610-9422, info@wildfloweroutdoor.com, wildfloweroutdoor.com

July 16, 2022 — Pedal for the Park, Leadville, CO, A fundraliser for our new blike park project, Cloud City Wheelers , info@cloudcitywheelers.com\_cloudcitywheelers.com\_

August 19-21, 2022 — Outerbike Crested Butte, TENTATVIVE, 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@westernsplift.com, outerbike.com

splitt.com, outerbike.com

September 2-4, 2022 — Wydaho Rendezvous Teton Mountain Bike Festival, Teton Valley, WY/ID, Ride epic cross country and lift-access downhill trails, improve your mountain biking skills with clinics hosted by professional coaches at a great price, join group rides, enjoy discounted lift pass access and meet people who love bikes just like you. Don't forget that Wydaho also hosts the largest adaptive bike festival component in North America, with support of two great local adaptive organizations! Wydaho is celebrating 12 years as a family-friendly, grassroots gathering right here in the Tetons, TVTAP , 208-201-1622, info@tetonblkefest.org, Tony Ferlisi, 208-201-1622, grandfarghee.com

September 16-18, 2022 — Albuquerque Dirt Fiesta MTB Festival, Albuquerque, NM, 12 hour race, 2 hour race, and weekend long mitb festival, Seth Bush, 505-554-0059, <u>ElCapitan@ZiaRides.com,</u> zlarides.com

September 16-18, 2022 — Caliente MTB Festival, Caliente, NV, 3rd Annual! Once again, but now with a whopping 20+ miles of NEW singletrack! Food, raffles, shuttles, music, games, shenanigans, and more., CAMBA, 775-549-5992, callententh@amail.com

September 16-18, 2022 — Chuska Challenge Mountain Tour, Tour de Rez Cup, Red Valley, AZ, The Navajo Nation's premier mountain bike event of the year, taking place the final weekend of September in the Chuska Mountains. The Chuska Challenge Tour includes 35-mile and 20-mile noncompetitive options, offer riders some awesome riding in some of the most beautiful country in Dine' Bikeyah. The competitive Mountain Bike Race includes avariety of routes and distances, and includes awards for top riders. There will be a Skills Course set up for riders to play on throughout the weekend, and there will be a Youth Race on Saturday. On the Sunday of Chuska weekend, there will be a 55-mile and 35-mile Arizona Endurance Series event on the Cove Classic route, Tom Riggenbach, 928-429-0345, chuskaman@yahoo.com, navajoyes.org, runsignup.com/Race/AZ/Red Valley ChuskaChallengeMountainBikeRde

September 18, 2022 — Monarch Crest Crank, Salida, CO, Mountain bike event along one of MBA's Epic mountain bike trails with proceeds going to the local nonprofit organization: The Alliance, which helps victims of domestic and sexual abuse. There will be a post-ide party in Salida's Riverside Park featuring live music, free lunch, libations, and games with space limited to 100 riders, Monica Guiterrez, 719-539-6738, director@dilancechaftee.org, Becky Rupp, crestcank@gmail.com, monarchaest-crank.com

September 30-October 2, 2022 — Outerbike Moab, 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@westernspirft.com.outerbike.com.

### **Utah Weekly MTB**

### Race Series

April 27-August 3, 2022 — Weekly Race Series, WRS, Sundance, Wasatch County, UT, Wednesday nights, April-August. Venue atternates between Wasatch County sites and Sundance, 5:30 pm Racer check-in and 6:30 pm prompt start time. Pros/Experts Intrace time, Sports 50mins, Beginners 30-40mins, WRS Races, 435-200-3239 (Wasatch), 801-223-4849 (Sundance), races@weeklyraceseries.com, weeklyraceseries.com

May 10-August 11, 2022 — Mid-Week Mountain Bike Race Series, Wasatch Front, Wasatch Back, Salt Lake Valley, Utah Valley, Ut, Tuesday and Thursday nights. Locations 18D. Fun, competitive mountain blike racing for all ages and abilities. XC races and Mini Enduro races, Jenn Oxborrow, 385-831-1515, enn@blikeutah.org, Trilby Cox, 385-831-1515, trilby@midweekmib.com, midweekmib.com

### **Regional Weekly**

### MTB Race Series

May 24-August 10, 2022 — Gallatin Valley Summer Series, Bozeman, MI, Weekly series that includes road races, time trials, criteriums, mountain blike races and more, Alex Lussier, lussiera@hotmail.com, Phil Rotherman, phil@rothconst.com, Mollie McKlernan, mollie.mcKlernan@gmail.com, Patrick Wessel, patrickwessel@yahoo.com, gallatinvalleybicycleclub.org

July 27-August 24, 2022 — Humday Downhill Series, Whitefish, MT, Wednesday downhill, Josh Knight, 406-862-2900, info@skiwhitefish.com, skiwhitefish.

### Utah Mountain

## Bike Racing

July 16, 2022 — The Rage at Snowbird ICUP, Intermountain Cup, Snowbird, UT, XC race Snowbird has done a great job with some new trails and creating trails for real MTB racing with a great mix of fast flowy single track, service roads, and a few short technical sections to keep you on your toes. 5-25 miles, 570' elevation gain per lap. Beginning just above the Tram Plaza at Snowbird Center on the dift road, this 5.1 mile course offers up approximately 570ft of climbing per lap. Margaret Gilson, 435-229-6251, margaret@redrockbicycle.com, intermountain-cup.com

July 16, 2022 — El Doce at Pow Mow, Powder Mountain - Eden, UT, 12/6 Hour Mountain Bike Race at Powder Mountain, Utah. Solo, Duo and 3-4 Person Teams. 15.2 mi course lap with roughly 1900' elevation gain, 12 hours. Limited to 400 riders. Eric Bauman, 801-399-1773, etic@goalfoundation.com, Clairesse Miljour, 801-399-1773, claire@goalfoundation.com, eldoceut.com

August 5-6, 2022 — Abajo (Blue Mountain) Enduro, Monticello, UT, Two day, three stage race in the Abajo Mountains by Monticello Utah. Stage 1 starts Friday afternoon. 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., Dustin Randall, 435-590-2741, info@communic.com/publicedure.

August 6, 2022 — Powder Mountain ICUP, Intermountain Cup, Powder Mountain, UT, 360° panaramic views all along the course, and promises fast and excitling riding with a starting elevation of 8,200 feet and a maximum elevation of approximately 8,900 feet. 7-mile lap of the network with approximately 1,400 feet of climbing starting from the Timberline Lodge, Margaret Gibson, 435-229-6251, margaretia redrockbicycle.com, intermountaincup.com

August 13, 2022 — Soldier Hollow Gold Cup, Heber, UT, Join us at Soldier Hollow for a fun filled day of Mountain Bike racing, Routes include a 6.1 mile loop and an 8.1 mile loop, USA Cycling sanctioned race on the American Mountain Bike Calendar (AMBC), Todd Hageman, sohobikefest@gmail.com, utaholympiclegacy.org/event/soldier-hollow-usac-race-xco-august-13-2022

August 20, 2022 — Odyssey at Brian Head Endurance, Intermountain Cup, Brian Head, UT, Margaret Gibson, 435-229-6251, margaret@ redrockbicycle.com, intermountaincup.com

August 20, 2022 — Mountain Madness Bike Race, Vernal, UT, Relay race through the Ashley National Forest Race begins at Iron Springs Campground and ends at Remember the Maine Park., Quin , 435-781-0982, Quind@uintahrecreation.org, uintahrecreation.org

August 27-28, 2022 — Big Mountain Enduro, Big Mountain Enduro Series, Brian Head, UT, Revered for its incredible gravity fed descents, technical single track, and access to hundreds of miles of scenic back country trails beyond the resort boundaries, Brian Head's liff served terrain is accessible to beginner through advanced level riders. This is the only BME race that does not include an e-bike category for 2021., Brandon Ontiveros, brandon@bigmountainenduro.com, bigmountainenduro.com

September 3, 2022 — Park City Point 2 Point, Park City, UT, A true point 2 point racel 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, racepoint2point@gmail.

September 11, 2022 — Tour des Suds, Park City, UT, Presented by Level Crossing Brewery, this is a 7-mille mountain bitke allmb starting at City Park. Go hard and treat if like a legit mtb race (yes, there are awards) or a crazy costume party on bikes. Either way, it's 2,700 of vert straight up to the finish line at the top of Guardsman Pass. No e-bikes please. Ginger Wicks, 435-640-1168, ginger@mountaintrails.org

September 17, 2022 — 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

October 7, 2022 — Stupid Pony, Eagle Mountain, UT, Prepare to ride bikes and have a punished butt for 200 milles from Eagle Mountain to Wendover on the historic Pony Express Trail., Robert Kennedy, 319-551-6174, stupidponyride@gmail.com, salfylizard100.com

gmal.com, sainyiledra lou.com

October 8, 2022 — Northern Utah Trailfest Mountain Bike Race, Ogden, UT, The NUT is a fall celebration for all trail users! NUT Trail Run and Mountain Bike Race on Saturday, October 8th as they compete to complete the most course laps in 3, 6 or 9 hours. Camp for the weekend or spend the day at North Fork Park as trail users of all ages and abilities come together to enjoy tasty food, live music, and festival activities at Cutler Flats Base Camp. Experience the beauty of fall follage and share in the excitement and camaraderie of the NUT by participating in free festival activities and educational apportunities

including guided hikes, stargazing, yoga, and more., Kelli Barkema, 801-393-2304, kelli@tfnu.org, weberpathways.org

October 10-11, 2022 — 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, hwsg@seniorgames.net, seniorgames.net

November 5-6, 2022 — 25 Hours of Frog Hollow, Frog Hollow Endurance Series, Hurricane, UT, The longest one day race: this event is held annually over the Fall Back time change, giving an extra bonus hour. The atmosphere is all about friends and fun. There is always a huge costume contest, vendors, midnight pie, and late stories around a fire. Choose from Solo, Duo, 4 person, 5 person or a team of 10, Cimarron Chacon, 970-759-3048, info@groraces.com, 25hoursinfroghollow.com

### Regional Mountain

Bike Racing

ID, WY, MT, NV, AZ,

NM, CO, MT, OR, WA,

### CA and Beyond

July 8-10, 2022 — NW Cup Downhill Series (Whitefish), Northwest Cup Downhill Series, Whitefish, MT, Downhill race. Held ad 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

July 9, 2022 — Galena Grinder , Knobby Tire Series, Galena Lodge, ID, XC/Marathon, 40 mile loop; Pro/Expert/S\$, 25 mile loop; Sport/Clydesdale, 20 mile loop; Beginner, 10.5 mile loop; and Youth with a 5 mile loop. , Alex Phipps, 208-841-4120, alex01phipps@gmail.com, twistedturtleracing.com

July 9-10, 2022 — Keystone Enduro, Revolution Enduro Series, Keystone, CO, David Scully, 970-846-5012, david@revolutionenduro.com, revolutionenduro.com

July 10, 2022 — Silver Rush 50, Leadville Race Series, Leadville, CO, At 10,000-12,500 feet above sea level, this challenging 50 mile out and-back course takes racers through the historic mining district on Leadville's East side. This race is known for its long, lung-burning climbs and racky, steep terrain. Solo or Tandem 50m. Leadville Trail 100 Qualifier, Paul Anderson, 719-219-9364, panderson4@lifetimefitness.com, leadvilleraceseries.com

July 13, 2022 — Mid Week Melee - Race 2, Bear Creek Lake, CO, Three distances to choose from including: the Elite Mini Course (1.3 miles), Short Course (4.3 miles), and Long Course (4.8 miles), Dave Muscianisi, 303-817-6523, events@rattlerracing.com, rattlerracing.com/event/midweek-melee-2/

July 13, 2022 — Pennsylvania Gulch Grind Breckenridge, CO, Jeff Westcott, 970-390-4760

July 15-17, 2022 — NW Cup Downhill Series (Silver Mountain), Northwest Cup Downhill Series, Kellogg, ID, Downhill race. Held at Silver Mountain Bike Park. Friday will be open practice. Saturday will be split practice by category. Pro/JuniorX seeding Saturday evening. Sunday racing all categories, Scott Tucker, 360-797-4288, scott@nwcup.com, nwcup.com

July 16, 2022 — Tahoe Trail 100, Leadville Race Series, Northstar, CA, Ride 50K or 100K of rocky summits, breathtaking pine forests and beautiful Lake Tahoe views. 100K riders can qualify for the Leadville Trail 100 MTB, Josh Colley, 719-219-9357, youpholiacontact@gmail.com, Todd Jackson, 530-546-1019, todd@blgblueadventure.com, tahoetralimtb.com, youphorlaproductions.com

July 16, 2022 — Tahoe Trail, Leadville Race Series, Northstar Village, CA, Leadville Qualifier. The Tahoe Trail 100 offers athlets a 2-loop, 50 kilometer course filled with beautiful views of Lake Tahoe., Paul Anderson, 1719-219-9364, panderson4@lifetimefitness.com, leadvilleraceseries.com

July 16-17, 2022 — Big Mountain Enduro, Big Mountain Enduro Series, Durango, CO, BME Stop #4: The BME comes to Winter Park in 2021. Taking place on August 28th-29th, this ever-popular event will feature Purgatory Bike Park downhill terrain and high alpine singletrack which is made for hard core mountain bike enthusiasts, Brandon Ontiveros, brandon@bigmountainenduro.com, bigmountainenduro.com

July 18-26, 2022 — USA Cycling Mountain Bike National Championships, Winter Park, CO, Mountain bike national championships and high school cycling festival, Chuck Hodge, 719-434-4200, chodge@usacycling.org, usacycling.org

July 20, 2022 — VRD Town Mountain Bike Race Series: Beaver Creek Blast, Vail Town Series, Beaver Creek, CO, Vail Recreation District Sports , 970-479-2280, sports@vailrec.com, vailrec.com/ sports-activities/vail-race/mountain-bike-racing/ davas-dash

July 23, 2022 — Butte 100 Races, Butte, M., Continental Divide Trail, Single Track, Big Sky Country, 100 and 50 mile options, and a Sorini 25 mile option. 14th Annual, Stephanie Sorini, 406-490-7632, stephaniesorini@butte100.com, butte100.com

July 23-24, 2022 — Brundage Mountain Cross Country, Knobby Tire Series, McCall, ID, Cross country Saturday and DH MTB race on Sunday, Alex Phipps, 208-814-4120, alex01 phipps@gmail. com, twistedturtleracing.com



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- July 23, 2022 Winter Park Sunrise to Sunset, Outside Events Cycling Series, Winter Park, CO, Race the sun and gear up for the Sunrise to Sunset trail race in Winter Park, Colorado this summer. The 12-hour event is all about balancing camaraderie and challenge. Ride the singletrack course as a relay or race solo., Tracy Powers, eventsupport@outsideinc.com, events.
- July 23, 2022 Tamarack Trail Party, Trail Party, Tamarack, ID, Downhill race, Trail Party,,
- July 27, 2022 Summit Mountain Challenge: Copper Mountain Melee, Breckenridge, CO, XC, Jeff Westcott, 970-390-4760, westy@mavsports. com, mavsports.com/copper-mt-melee
- July 29-31, 2022 Leadville Stage Race, Leadville Race Series, Leadville, CO, 100M (100 miles over three days), Team Option. Experience the legendary Leadville Trail 100 course over three days. Push the pace to see what you're needed of sures the stages to see what you're made of, or use the stages to prepare or qualify for the Leadville Trail 100 in August. This is one amazing party, with daily stage prizes, raffles unmatched swag, food, beer and live music. Paul Anderson, 719-219-9364, panderson4@lite-timefflress.com.leadvillergesseries.com.
- July 30, 2022 Laramie Range Epic, Laramie, WY, Ladrine kunge Epic (Formerly the Laramie Enduro) will have two course options, 30/60lsh miles. 80% singletrack from smooth and flowy to steep and technical. Choose the One & Done to do one lap, or, the Laramie Range Epic to do two laps. Aid stations with fresh food, water and expression autition. wo ups. Aid stations with fresh food, water and performance nutrition. Legendary after-party with live music, awards, cash pay-outs, raffled free refreshments and warm, fresh food! Limited on-course camping and room specials, Dewey Gallegos, 307-742-5533, lieracedirector@gmail.com, juramilerangeepic.com
- July 30-31, 2022 Steamboat Springs Enduro, Revolution Enduro Series, Steamboat Springs, Revolution Enduro Series, Steamboat Springs CO, Saturday racing will start with a shuttle ride to access new never raced trails for 3-4 Stages in the back country. Sunday August 19, will be three Stages with lift and pedal transfers at the three Stages with lift and pedal transfers at the Steamboat Bike Park and Forest Service trail system, David Scully, 970-846-5012, david@revo
- July 30, 2022 Race Rendezvous, XC Mountain Bike Race Series, Winter Park, CO, XC race There is a category for everyone from junior rid-Jen Miller, 970-726-1570, imiller@winterparkresort. com, winterparkresort.com/things-to-do/com petition-center/summer-programs/winter-park classics-bike-race-series
- August 3, 2022 VRD Camp Hale Hup, Vail Town Series, Red Cliff, CO, Vail Recreation District Sports , 970-479-2280, sports@vailrec.com, vail-rec.com/sports-activities/vail-race/mountain-bike-racing/camp-hale-hup
- August 5-6, 2022 Trestle Gravity Series: Races 1 and 2, Trestle Gravity Series, Winter Park, CO, Jen Miller, 970-726-1570, [miller@winterparks-cot-com/things-to-do/ <u>sort.com, winterparkresorr.com/mings-ro-ao/</u> competition-center/summer-programs/trestlegravity-series
- August 6, 2022 Pierre's Hole MTB Race, National Ultra Endurance Series, Alta, WY, 12th Annuall Registration opens February 21, 2022. The 100 K category will be capped at 250 racers and the 50 K category at 300 racers. There will not be a 100-mile race this year The racecourse is on an IMBA Epic trail at Grand Targhee. The 100 k is a NUE marathon series race, Andy Williams, 800-TARCHEE ext. 1309, awilliams@grandtarghee.com, grandtarghee.com/pletreshole-50-100-mountain-bike-race/
- August 6-7, 2022 Emerald Mountain Epic Mountain Town Challenge Series, Steamboat Springs, CO, 52 mile singletrack in the beautiful backcountry of Routh County with a total of roughly 3,500ff elevation gain before returning to the transition/finish area. Solo and duo team options available. Eli Campbel mtnepic.org, emeraldmtnepic.org
- August 6-7, 2022 Tamarack Twister & Enduro Knobby Tire Series, Donnelly, ID, Cross country on Saturday and enduro race on Sunday at a beautiful venue. Cross Country race, Fast and flowy, Alex Phipps, 208-841-4120, alex01phipps@agmoll.com\_twistedfuttlearcing.com
- August 6, 2022 Party at Paja, Trail Party, Los Alamos, NM, Downhill race, Trail Party , , trail
- August 6, 2022 Snowmass 50, Snowmass, CO. This race will highlight a 25 mile singletrack loop ascending 5000 feet. Solo competitors will have the option of 1 or 2 laps while teams of 2 can race 1 lap each. Aspen Snowmass. 970-923-1227, contact@aspensnowmass.com, aspensnowmass.com/while-you-are-here/events/audi-power-of-four-mountain-bike

- August 6, 2022 Maah Daah Hey 100, Medora, ND. The Maah Daah Hey 100 race course takes you across one of the most majestic single-track adventures in the world, with miles of uninterrupted trail through the heart of the rugged Badlands. Make no mistake, this event will push competitive riders to their limits while gliving every participant an experience they will remember for the rest of their lives., experienceland.org
- August 6, 2022 Colorado State MTB Championship, Bailey, CO, The course delivers everything you would expect from a XC mountain bike race. It's a 5 mile world cup style course packed with soild climbing, twisty turns, short technical sections, and fun descents. Dave Muscianisi, 303-817-6523, events@rattletracing.com, rattlerracing.com/event/fangdango/
- August 7, 2022 Race Montana Triathlon, Great Falls, MT, Sprint and Olympic Distances along with the option of a solo or team triathlon. Long and short events are offered for youth participants. Beginner adults can sign up for "Try A Tri" Triathlon (100-meter swim, 3-mile blike, and I-mile walk/run). All participants get a free pass to the Electric City Water Park on the day of the event., Ron Ray, 406-761-2222, info@racemt.
- August 10, 2022 Summit Mountain Challenge: Soda Creek Scramble, Breckenridge, CO, XC and Enduro only options with timed and untimed sections., Jeff Westcott, 970-390-4760, westy@mavsports.com, mavsports.com/soda-creek-scramble/
- August 13-14, 2022 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, go-ride.
- August 13, 2022 Leadville Trail 100, Leadville Race Series, Leadville, CO, One of the most notorious and challenging blike races in the world. 100 mile out-and-back. Paul Anderson, 719-219-9364, panderson4@lifetimefitness.com, leadvillugraceseries.com
- August 13-14, 2022 12 and 24 Hours of Flathead, Kalispell, MT, A non-profit race to provide awareness and adaptive equipment to individuals living with paralysis and other life altering disabilities. Race features both bicycle and hand cycle courses. Held in Herron Park., Tia Celentano, 406-261-1769, into@24busstffutbead are 24busstffutbead. ursofflathead.org, 24hoursoft ook.com/24HoursOfFlathead
- August 13, 2022 Enduro Pescado Whitefish Enduro, Montana Enduro Series, Whitefish, MT, Montana Enduro Series , contaci@mon-tangenduro.com, Eric Sivers, eric@montanabi
- August 13-14, 2022 Oak Flats MTB Race, New Mexico Off Road Series, Albequerque, NM, Well marked course with a separate kids course and equal pay. Family oriented, spectator friendly, with unique hand made trophies, a positive atmosphere and more. Fast, flowy course with a little bil of everything for everybody. Event Saturday: Cat 3, Cat 2 & Short track for Pro and Cat 1; Sunday:Juniors, Kids, Pro & Cat 1, Jan Bear, 505-670-465, janbea@gmail.com, Par, 505-730-2615, parmenides.orpinel@gmail.com, mnors.org, oakflatsmitb.com
- August 14, 2022 Colorado Trail Race, Duran CO. The Group Start for the 2022 CTP is and GO, The Group Start for the 2022 CTR is going to be Sunday, August 14th, 4:AM, Waterton Canyon TH/North Terminus of the CT. Group Start will again be limited to 74 iders., Jefe Branham, WOOMEDNEENLAND, COM. <u>JWOOKIEONE@HOTMAIL.COM</u>, <u>jwookieone.</u> <u>com</u>/2022-colorado-trail-race
- August 17, 2022 VRD Town Mountain Bike Race Series: Berry Creek Bash, Voll Town Series, Edwards, CO, XC Race, Vall Recreation District Sports , 970-479-2280, sports@vallrec.com, vall-rec.com/sports-activities/vall-race/mountain-bike-racing/davos-dash
- August 20, 2022 York 38 Special, York, MT, Ride 38 or 76 miles on single track, gravel, and Forest Service roads through breathtaking scenery in the Helena National Forest gaining 3000 in the Helena National Forest Passaue . debbievork vertical feet!, York Fire Rescue ,<u>"deb</u> 38special@gmail.com, <u>york38special.</u>org
- August 20-21, 2022 Snowmass Enduro, Revolution Enduro Series, Snowmass, CO, Encompassing thousands of feet of descent, you won't want to miss this liff served, two day, gravity filled Enduro. , David Scully, 970-846-5012, david@
- August 20-21, 2022 Idaho Senior Games, Eagle D. Held at Eagle Cycle Park, Cross Country and Hill Climb events, Mike Thornton, 208-861, 8000, <u>Idahosenlorgamesinto@gmail.com</u>, Katle Hedrich, 951-733-5198, <u>Katle@omnigaevents</u> com, Stewart Hindman, 208-461-8877, <u>Idahosg</u>
- August 27, 2022 Big Sky Biggie, Big Sky, MT, 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 chal-lenging) pleces of single-track, double-track, gravel roads and the occasional paved seg-ment, Natalie Osborne, 907-223-0858, natalie@
- August 27, 2022 La Tierra Torture Mountain Bike Race, New Mexico Off Road Series, Santa Fe, NM, fast and flowy course, Jan Bear, 505-670-4665, janbea@gmail.com, nmors.org, core-crew.
- August 27, 2022 Lake City Alpine 50, Lake City ugust 27, 2022 — Lake City Alpine 50. Lake City, CO, This lung-busting race will take you by the iconic Lake San Cristobal before climbing through the alpine tundra to the two of the highest passes in Colorado: Cinnamon Pass (12,640 feet) and Engineer Pass (12,800) feet. The race will feature over 7,500 feet of climbing through some of the most incredible sections of the San Juan Mountains. This is a USA Cycling sanctioned event. benefit the Town of Lake City and the Lake Fork Valley Conservancy, Michael Fleishman, mike@lakecityalpine50.com, lakecityalpine50.com, la
- August 27, 2022 King of the Rockies, XC Mountain Bike Race Series, Winter Park, CO XC race. There is a category for everyone from junior riders to professional racers even first time racers. Jen Miller, 970-726-1570, imiller@winter. parkresort.com, winterparkresort.com/things to-do/competition-center/summer-programs/ winter-park-classics-bike-race-series
- August 28, 2022 Santa Fe Big Friggin Loop. New Mexico Endurance Series, Santa Fe, NM, The Santa Fe BFL returns in 2021 with a new route! This year's route features the classic trails, a handful of new trails, less roads (paved or otherwise), less hike-a-bike, and generally less tedium. It will also be FULLY SELF-SUPPORTED! Bring your favorite method of water treatment as there will not be a water drop this year. Bailey Newbrey, , nm-es.weebly.com/santa-fe
- August 31, 2022 Peaks Trail Time Trial, Breckenridge, CO, Jeff Westcott, 970-390-4760, westy@mavsports.com, mavsports.com
- August 31, 2022 Salida to the Sea, Salida, CO, Salida to the Sea is a self supported bikepacking race. The race begins in Salida, Colorado and finishes in Port Orford, Oregon. The route is roughly 2,000 miles long and traverses through 5 states in Western America. (acebook.com/) Salida2Sea/ Brian Steele, alida-to-the-sea, bikereg.com/salida
- September 2-4, 2022 Trestle Gravity Series: Downhill Race 3, 4, and 5, Trestle Gravity Series; Winter Park, CO. Jen Miller, 970-726-1570, Imiller@winterparkresort.com, winterparkresort.com/ hthings-to-do/competition-center/summer-programs/trestle-gravity-series
- September 9-11, 2022 NW Cup Downhill Series (TBA), Northwest Cup Downhill Series, TBA, TBA, 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
- September 10, 2022 Race the Rails, Ely, NV, Race the train in Elyl Fun for the whole family! Race a coal fired steam engine that is over 100 years old. The event will accommodate both road and mountain bike riders of all ages., Kyle Horvath, 775-289-3720, kyle.horvath@elynevada. net, elynevada.net
- September 10, 2022 Party at Purg, Trail Party, Durango, CO, Downhill race, Trail Party, , <u>trail-</u>
- September 10, 2022 The Fall Classic, Breckenridge, CO. Jeff Westcott, 970-390-4760.
- September 10, 2022 Pocatello Fall Ultra, eptember 10, 2022 — Pocatello Fall Ultra. Pocatello, ID, Join us for the premier ultra mountain bilke race in Southeast Idaho. Participate in a 100K or 50K ide in one of America's best mountain biking areas. 100K RACE:—Over 9,000 ft. of elevation gain—Over 45 miles of single-track on the 100K course.—Looped course, 80% Singletrack50K RACE:—Over 6,500 ft. of elevation gain—Looped course, ALL singletrack, Jeff Hough, 208-251-1033, hough,leff@gmail.com.pocatelloffullutra.com.
- September 16-18, 2022 12 Hour of Albuquerque Race and MTB Festival, Albuquerque, NM, The weekend will be full of activities with the anchor event being the 12 Hours of Albuquerque from 7am to 7pm on Saturday. The course for the 12 Hours of Albuquerque is 11+ miles of fast, fun, occasionally technical, but mostly flowy singletrack in the beaufiful pine forests above Albuquerque, Seth Bush, 505-554-0059, ElCapitan@CiaRides.com.
- ElCapitan@ZiáRldés.com, zlarides.com

  September 16-18, 2022 Chuska Challenge
  Mountain Bike Race, Tour de Rez Cup, Red
  Valley, AZ, The Navajo Nation's premier mountain bike event of the year, taking place the
  final weekend of September in the Chuska
  Mountains. The Chuska Challenge Tour includes
  35-mile and 20-mile noncompetitive options,
  offer riders some awesome riding in some of
  the most beautiful country in Dine' Bikeyah.
  The competitive Mountain Bike Race includes
  awards for top riders and distances, and includes
  awards for top riders. There will be a Skills Course
  set up for riders to play on throughout the weekend, and there will be a Youth Race on Saturday.
  On the Sunday of Chuska weekend, there will
  be a 55-mile and 35-mile Arizona Endurance
  Series event on the Cove Classic route, Tom
  Riggenbach, 928-429-0345, chuskaman@yahoo.
  com, navajoyes.org, runsignup.com/Race/AZI
  RedValley/ChuskaChallenaeMountainBikeRide
- September 17, 2022 Barn Burner 104, Leadville Race Series, Flagstaff, AZ, 104 mile mountain bike race, Solo, Duo, Teams, Kalibab 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@gmall.com, Paul Anderson, 719-219-9364, panderson4@lifetimefitness.com, paul Angeronal Companies of the Co
- bamburnermtb.com, leadvilleraceseries.com

  September 17-18, 2022 Mountain Rats Firebird
  50k and 25k Mountain Bike Race, Eagle, CO,
  New in 2022- Firebird 25K- now you can choose
  between the full or short course. Experience
  uphill grinds and beautiful singletrack. Both the
  50K and 25K courses are a great test of stamina
  and give a culmination of summer training.
  Racers will have three aid stations (one for the
  25K) and will receive a finisher's memento and
  age group awards, Reid Delman, 303-249-1112,
  reid delman@geminladventures.com. Kvia reid delman@geminiadventures.com, K Claudell, 303-249-1112, <u>kyla@geminiadventu</u>
- September 17-18, 2022 Big Mountain Enduro, Big Mountain Enduro Series, Bend, OR, Series finals, Brandon Ontiveros, brandon@bigmountainenduro.com bigmountainenduro.com
- September 24, 2022 Coyote Classic Round 1 of 3, DVO Fall XC and E-Bike Coyote Classic Series, Boulder City, NV, Downhill Mike, 518-524-9805,
- October 1-2, 2022 Beti Bike Bash, Beti Bike Bash, Lakewood, CO, Women's only mountain bike Lakewood, CO, Women's only mountain bike race and festival including: Little Bellas Gibc Camp and VIDA MTB Series Clinic. All ages and abilities welcome., Jennifer Barbour, 303-503-4616, <u>jen@teamevergreen.org</u>, Natalie Rabourn, 303-503-4616, <u>natalie@teamevergreen.org</u>, betibiliegeben

- October 1, 2022 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@picirides.com, Dave Castro, dcastro@epicrides.com, epicrides.com
- October 1, 2022 Great Trail Race, Truckee, CA, Ride or Run between Truckee and Tahoe City. The Great Trail Race follows roughly the same route as The Great Ski Race between Truckee and Tahoe City with one major difference: You choose to run or bike one of two course options, Elite or Classic. The Elite division course adds in more technically challenging terrain. Todd Jackson, 530-546-1019, toddown bladblugglagd the com Kiley McIngry, Kiley or State Country (New McIngry, Kiley Cotton). Kiley McInroy,
- Com

  October 8, 2022 Rad Dirt Fest, Trinidad, CO, 38, 99, 165 mile options, Deep in the Southern Colorado plateau lies an unfouched plethore of gravel unlike any other. The towering Spanish Peaks and expansive mesas serve as the back-drop for the 3 unique courses of the "Rad Dirt Fest. The courses are all more than 90% maintained, gravel roads and mostly rolling routes, Paul Anderson, 719-219-9364, panderson4@life-timefitness.com Lifetime Fernis , theraddirtio timefitness.com, Lifetime Events , ltevents.zendesk.com, theraddirt.com
- October 9, 2022 Sunrise Ski Resort Enduro, Sunrise Ski Resort, AZ, Tim Racette, 480-442-4229, info@mbaa.net, mbaa.net
- October 13-16, 2022 USA Cycling Collegiate Mountain Bike National Championships, Durango, CO, Collegiate National Championships and Montana High School Championships, Chuck Hodge, 719-434-4200, chodge@usacycling.org, Chad Sperry, chad@breakawaypro.com, Ben Horan, 312-502-5997, bfhoran@gmail.com, usacycling.org
- October 15, 2022 Prescott 6er, Prescott, AZ, 6 hour and 12 hour mountain bike race on a 9 mile loop with solo, duo, junior, masters and singlespeed categories, Breanna Bissell, 480-734-0558, info@mangledmomentum.com, prescot-
- October 15-16, 2022 Wild West Fest, Ruidoso, NM, 6 hour and 12 hour race, along with a 40 miller marathon option and pedalauro held at Grindstone Lake and the Cedar Creek trails, Seth Bush, 505-554-0059, ElCapitan@ZiaRides.com
- October 22, 2022 Coyote Classic Round 2 of 3, DVO Fall XC and E-Blke Coyote Classic Series, Boulder City, NV, Downhill Mike, 518-524-9805, info@downhillmike.com, bootlegcanyonracing.com
- October 23, 2022 USA Cycling Marathon MTB National Championships, Frederick, MD, Chuck Hodge, 719-434-4200, <a href="mailto:chodge@usacycling.org">chodge@usacycling.org</a>,
- November 5-6, 2022 Race the Face, Boulder City, NV, This race will combine all three stages down the face of Bootleg. For those wanting to participate in open practice before, unlimited shuttle rides will be offered to the top. Ride resembles three full-length downhill runs with each participant required to pedal to all stages, Downhill Mike, 518-524-9805, info@downhillmike.com bootlescapus profiles. com, bootlegcanyonracing.com
- November 5, 2022 Austin Rattler, Leadville Race Series, Austin, TX, Paul Anderson, 719-219-9364,
- November 6, 2022 Mingus Mountain Enduro Jerome, AZ, Tim Racette, 480-442-4229, info@ mbgg.net.mbgg.net
- November 19, 2022 6 and 12 Hours of Fury, Fountain Hills, AZ, The 6 and 12 Hours of Fury, roims to test experienced mountain bikers while welcoming new iders to dip their tires in the dirt. The challenge remains the same, do the most laps possible within 6 or 12 hours, Jeremy Graham, 623-330-0913, jeremy@4peaksracing.com, 4peaksracing.com
- December 3, 2022 Hawes Enduro, Mesa, AZ, Tim
- December 10, 2022 Dawn to Dusk AZ, Fountain Hillis, AZ, Endurance mountain bilke 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 weekendl Space is limited to 125 solo riders, 100 two-person, 50 four-person, and 10 corporate entries, Seth Bush, 505-554-0059, ElCapitan@ZiaRides.com, ziarides.com
- December 10, 2022 Coyote Classic Round 3 of 3, DVO Fall XC and E-Bike Coyote Classic Series, Boulder City, NV, XC, E-Bike, and Gravity Fest, Downhill Mike, 518-524-9805, Into@downhillmike. com, bootlegcanyonracing.cor
- December 10, 2022 DVO Blue Diamond Enduro loulder City, NV, Downhill Mike, 518-524-9805, afo@downhillmike.com, bootlegcanyonracing.

### **Utah Weekly**

### Road Race Series

- Salt Air Time Trial Series Utah Crit Series, Salt Lake City, UT, Every other Thursday April September, I-80 Frontage Road West of the International Center, Marek Shan, 801-209-2479, utcritseries@ gmail.com, utahcritseries.com
- DLD (DMY) Criterium Utah Crit Series, West Valley City, UT, Weekly Training Crit at the Driver's Training Center, 47005, 2780W., A filte 6 pm, B filte between 6:45 and 7:05, Call for Information regarding C filte. Wednesdays April August, Mariek Shon, 801-209-2479, utcritseries@

- 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 Thusday Aprill through August, Marek Shon, 801-209-2479, utcritseries@gmail.
- Logan Race Club Thursday, Night Time Trial Series
   Logan, UT, Thursdays, IT series consisting of 18 races on five difference courses, with weekly and end-of-series prizes. Check the website for the location of the weekly course., Stephen Clyde, 435-750-8785, swc@mdsc.com, Ben Kofeod, benktof@hotmail.com, Travis Dunn, Iravis.dunn@usu.edu, loganraceclub.org
- Utah Road Race Series Utah Crit Series, Salt Lake City, UT, Fridays, June 10, July 22, Aug 12, Aug 26, Marek Shon, 801-209-2479, utcritseries@gmail. com, race2wheels.com

### **Utah Road Racing**

- July 9, 2022 Cache Gran Fondo, UCI Gran Fondo World Series, USA AND Gran Fondo National Series, Logan, UT, Celebrating our 11th year and 3rd year as the only qualifying event in the Western US for both the UCI Gran Fondo World Chapmojosship and ERSIS (IISACVellina World Championship and GFNS (USAC Gran Fondo National Championship), Gran Fondo National Championship), and a true Gran Fondo where iders of all abilities are invited to participate. Chose from distances of 35, 53, 76 and 104-mile courses on Saturday through a fun, low-traffic, and scenic route in Cache Valley, UT. The finish is a festival for all riders, with race prizes, recreational rider prizes (UCI winners receive a jersey and medal), finisher medals, and unique jerseys at a cost. 20% of UCI racers in 16 different age categories qualify for UCI World Championships and top 5 in each category qualify for National Championships, Troy Oldham, 435-764-2979, oldhamntoy@gmail.
- July 16-17, 2022 Salt Lake Criteriums, USA Cycling Crit Series, Salt Lake City, UT, Professional and amateur categories, expo and more! Benefits the Utah Food Bank. Saturday: Industry, Granary District, Salt Lake City, Sunday: Sugarhouse Park, Dirk Cowley, 801-699-5126, dcowley@comcast.net, Eric Gardiner, 801-660-9173, saltlakecritiggmail.com, saltlakecriterium.com
- July 16, 2022 Southeastern Utah Bike Challenge, Montezuma Creek, UT, The Race route is one way from Montezuma Creek, UT (262) to McCracken Mesa, Ut (N5099) to Hatch Trading Store (N5099) to Cahone Mesa, Ut (N5099) left on Mesa Ranch Road, Registration: 6 am 7 am on race day, Race starts 7:15 am, Delbert Dickson, 435-220-0668, ddickson@unhsinc.org, Gilbert Ben, 970-529-3515,
- July 23, 2022 Powder Mountain Hill Climb, Utah State Hill Climb Series, UCA Series, Eden, UT, Dirk Cowley, 801-699-5126, dcowley@comcast.net utahcyclingevents.com/?page\_id=135
- July 29-30, 2022 Saints to Sinners Bike Relay, Salt Lake City, UT, The Original fundraiser relay road race from Salt Lake to Las Vegas. Over 500 miles with elevations from 1500 to 10500 feet. Race in teams through the night, fund-ralser event for ALS/Lou Gehira's Disease. Chad Neusmeyer, 801-856-7018, chad@saintsto
- July 30, 2022 Mirror Lake Highway Road Race uly 30, 2022 — Mirror Lake Highway Road Race, UCA Series, Karnas, UT, 150 miles across some amazing country roads and up Mirror Lake Hwy thru beautiful pine and aspen forest, across the highest paved pass in Utah at 10,700 feet, and back on country roads in wide open country. It is a road race, a gran fondo (for those who only want to ride) and can be done as 2 or 3 person relay. Fully supported. Start and finish in Karnas, Troy Huebner, 801-427-0852, troyworkone@comcast.net.
- August 6, 2022 East Canyon Echo Road Race and Fun Ride, UCA Series, Henefer, UT, State RR championship for 2022, 10 AM start for all courses beginning at Big Rock Campground with the 60 mile option going through Henefer and continuing through Echo Canyon. At it's end, the route will turn back to to Henefer and finish at Big Rock Campground. The 40 mile option only rides to the mouth of Echo Canyon and turns back to the campground while the 14 mile option will go up the Hogs Back and turn around to finish at Big Rock Campground with all the other courses., James Zwick, 801-870-4578, sports@sports-am.com. sports-am.com.
- August 13, 2022 Sugarhouse Criterium, UCA ugust 13, 2022 — Sugarnouse Criterium, UCA Series, Salt Lake City, UT, 2022 State Criterium Championship, Bring the entire family and enjoy some of Utah's best crit racing in one of Salt Lake's Sugarhouse Park. State Championship. Bike festival too., Jared Eborn, 801-599-9268, Jared n. benn@ammil.com
- August 20, 2022 Porcupine Hill Climb, UCA Series Salt Lake City, UT, 19th Annual, Start: Porcupine Salt Lake City, UT, 19th Annual, Start: Porcupine Pub & Grille finishing at the Brighton Ski Resort, Big Cottonwood Canyon. Citizen's and licensed rider categories. State Championship Hill Climb for licensed categogries. 41.7 miles, 3800° of climbing! James Zwick, 801-870-4578, sports@sports-am.com, sports-am.com
- August 20, 2022 Wildflower Hill Climb, Mountain Green, UT, Timed 5.5 mille climb during the 6.5 mille course option in this women-only cycling event., Nick Bowsher, 801-610-9422, info@wild-floweroutders com wildflower
- August 26-29, 2022 Hoodoo 500, Planet Ultra ugust 26-29, 2022 — 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 Hoodroff010.com
- September 10, 2022 LOTOJA Classic Road Race, Logan, UT, 40th Annual, 1 day, 3 states, 200-plus mile road race from Logan, UT to Jackson Hole, WY, Brent Chambers, 801-546-0090, info@lotoja.
- September 17, 2022 City Creek Bike Sprint, Salt Lake City, UT, Race starts at the mouth of City Creek Canyon and finishes at Rotary Park where we will have awards, food, music and fun, James Zwick, 801-870-4578, sports@sports-am. com, sports-am.com
- September 17, 2022 Suncrest Hill Climb, Utah State Hill Climb Series, Highland, UT, The final



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climb of this series will feature the Back Side of Suncrest, this climb is fast but steep as riders will test their sustainable power output at the end of the season. This climb will be held in time trial format with a rider starting every 30 seconds. Dirk Cowley, 801-699-5126, <a href="mailto:downley@comcast.net">downley@comcast.net</a>, racedaywebsites.com

October 1, 2022 — Emigration Canyon Hill Climb, Utah State Hill Climb Series, UCA Series, Solt Lake City, UT, Starting in Late April with the climb that is probably ridden most in the state, Emigration Canyon will be the kick of event. With new roads and a bike lane to the top this will test each riders early season fitness. This climb will be held in time trial format with a rider starting every 30 seconds., Dirk Cowley, 801-699-5126, dcowley@comcast.net, racedaywebsites.com

October 4-7, 2022 — Huntsman World Senior Games Cycling, St. George, UT, Must be 50 years or older. Four events: Hill Climb 5K time trial, criterium, road race, 13 k flat time trial, Kyle Case, 800-562-1268, 435-674-0550, hwsg@seniorgames.net, Brandon Price, cbrandonprice@gmail.com, seniorgames.net

### Regional Weekly

### Road Race Series

May 4-August 10, 2022 — ICE BAR Time Trial/
Hillclimb Series, ICE BAR Series, Pocatello, ID,
Flat time trials: Start at Rainbow Road, 6.2m(10k),
Scoring is best 2 of 4 times. May 4 at 6:30
pm, 7:00 pm, June 1, June 29 and July 27Hill
Climbs: Park at Cherry Springs, Crystal start
at Cherry Springs and Scout start at bottom
of Scout Mhn Rd. Scoring is best Crystal plus
best Scout time, Approximately 5 mile climbs.
mass start., May 18 -Crystal Summit (mass start),
6:30 pm,7:00 pm; June 15-Scout, July 13-Crystal
Summit (Senior Games), August 10-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 TI blke, Eddle Merckx style),
Single Speed, and Clydesdale (210 lbs+) and
Athena (150 lbs+), Peter Joyce, 208-282-3912,
joycpete@isu.edu, Tony Chesrow, 435-671-2506,
hebemitsports@vd.eo.com, Idahocvelina.com

May 24-July 19, 2022 — SWICA Fairground Criterium Series, SWICA Criterium Series, Bolse, ID, Local training crit series at Expo Idaho West lot (Glenwood Street south of Hawks Stadlum). Every Tuesday except June 7, John Rogers, 208-284-9671, obccwebdesign@yahoo.com, idahobikeracling.org

### Regional Road Racing

ID, WY, MT, NV, AZ,

NM, CO, MT, OR, WA,

### CA and Beyond

July 9, 2022 — Boise Twilight Criterium, USA Cycling Crit Series, Boise, ID, 35th Annual, Pro Road Tour races for all categories, and race under the lights for the pros., Mike Cooley, 208-371-5175 mike.cooley1958@gmail.com, boisetwillightcriterium.com

July 10, 2022 — Watsonville Criterium , Watsonville, CA, Robert Leibold, 209-604-1354, velopro1@gmail.com, velopromo.com

July 17, 2022 — USA Cycling Gran Fondo National Championships, Asheville, NC, Shawn Brett, 719-434-4200, sbrett@usacycling.org, usacycling.org

434-42UU, sbrett@usacycling.org, usacycling.org
July 23, 2022 — Bob Cook Memorial Mount Evans
Hill Climb, Colorado Summit Cycling Series,
Idaho Springs, CO, 55th annual, CO State
Championship Hill Climb, 27 mile bicycle race
and Gran Fondo, that ends on the highest
paved road in the United States, Mount Evans,
at 14,130′, 6000 feet elevation gain. , Jennifer
Barbour, 303-503-4616, jen@ieamevergieen.org,
Kim Nordquist, 303-249-6168, kim@ieamevergreen.org, bicyclerace.com, teamevergreen.
org

July 24, 2022 — Snowbowl Hill Climb, Flagstaff, AZ, Climb to the Snowbowl Ski Area, 6.34 miles-1850 ft of Climbing - avg 5.6%, Jeff Frost, 928-380-0633, canisbleu@gmail.com, kyle , 928-773-1862, singlefrackbikes@yahoo.com, snowbowl-th-fill-climb

August 4-7, 2022 — USA Cycling Masters Road National Championships, Albuquerque, NM, Shawn Brett, 719-434-4200, sbrett@usacycling.org, usacycling.org

August 6, 2022 — Warnerville Time Trial, Knights Ferry, CA, Robert Leibold, 209-604-1354, velo

August 7, 2022 — Patterson Road Race, Tracy, CA Robert Leibold, 209-604-1354, velopro1@gmail com, velopromo.com

August 7, 2022 — Santa Fe Hill Climb, Santa Fe, NM, 7:30 am, Start: Fort Marcy Park, Mager's Field, Finish: Ski Santa Fe parking lot, Return: Take it easy, only the climb matters here, Route: Road – NM 475 from Mager's Field to Ski Santa Fe parking lot, Tim Fowler, 505-209-5760, <a href="mailto:timb">timb</a> fowler@gmail.com, Santa-Fe-Hillclimb-22, eventbrite.com

August 13, 2022 — Bogus Basin Hill Climb, Bolse, ID. 51st Annual, 24km/16 miles of uphill. 1000 meters of elevation gain. Starts at 2600 N Bogus Basin Rd at 9am, Linda Lloyd, 208-514-3077, george@ georgescycles.com, georgescycles.com

August 13, 2022 — Lamoille Canyon Hill Climb, Tentative, Lamoille, NV, 16th annual. Road Race hill climb, 12 miles, 3000 ft hill climb in Ruby Mountains. Race starts at9am. Post event picnic and awards in Lamoille Grove, 11:30am, Gayle Hughes, 775-753-7789, 775-934-4532, nvelkovelo@gmail.com, Jon Powell, 775-385-4938,

August 13, 2022 — 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 with an elevation gain of 4725 feet. There is a timed race and gran fondo, with waves starting at 6:13 am., The Sports Corp., 719-634-7333., into@thesportscorp.org, Jeff Mosher, 719-634-7333 Ext 1005, jeff@thesportscorp.org, PikesPeakCyclingHillClimb.org

August 13, 2022 — Dunnigan Hills Road Race, Dunnigan, CA, Robert Leibold, 209-604-1354, velopro1@gmail.com, velopromo.com

August 14, 2022 — Suisun Harbor Criterium, Suisun City, CA, 2021 Northern California/Nevada District Criterium Championships. A fast paced four connered downtown criterium on a short loop. USAC licensed, Robert Leibold, 209-604-1354, yelopro (légmail.com, velopromo.com)

August 20-21, 2022 — Idaho Senior Games, Kuna, ID, Sk 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 National Senior Games. Held at 5. Cole Road & Hubbard/10 Mile Creek Rd, Mike Thornton, 208-861-8000, Idahoseniorgamesinfo@gmall.com, Stewart Hindman, 208-461-8877, Idahosg.cycling@gmall.com,

August 20, 2022 — San Ardo Road Race, San Ardo, CA, Robert Leibold, 209-604-1354, velopro1@ gmail.com, velopromo.com

August 21, 2022 — University Road Race, Santa Cruz, CA, Robert Leibold, 209-604-1354, velo-pro1@amail.com, velopromo com

August 27, 2022 — Winters Road Race, Winters, CA, Robert Leibold, 209-604-1354, <a href="mailto:velopro1@gmail.com">velopro1@gmail.com</a>, <a href="mailto:velopromo.com">velopromo.com</a>, <a hre

September 3, 2022 — Athlone Time Trial, Merced CA, Robert Leibold, 209-604-1354, velopro1@gmail.com, velopromo.com

September 5, 2022 — Il Giro di San Francisco, San Francisco, CA, 46th annual Labor Day Criterium on the Embarcadero. Challenging six corner course that has hosted some of the best in the nation. 9 separate events including kids challenge. USAC licensed., Robert Leibold, 209-604-1354, velopro1@gmail.com, velopromo.com

September 11, 2022 — Mt. Graham Hill Climb, Safford, AZ, 8 am, mass start, Nippy Feldhade III, 520-747-2544 , nippy-mrs.marty-pants@juno.com, azcycling.org/event/mt-graham-state-

hc-2/

September 16-18, 2022 — Silver State 508, Mountain West Ultra Cup, Reno, NV, 39th Annual, Founded by John Marino in 1983 and recognized as "The Toughest 48 hours in Sport," This 508-mile bicycle race is revered the world over for its epic mountain climbs, stark desert scenery, desolate roads, and its reputation as one of the toughest but most graftlying endurance challenges available bar none. Solo, two-person and four-person relays with stage and open divisions offered with subcategories for tandems, recumbents, fixed gear, and classic bikes. A Race Across AlMerica (RAAM) Qualifler, starts and ends in Reno and traverses across Highway 50; also known as "the Lonellest Road in America", Robert Panzera, 917-543-2670, robert@ccsd.com, Jo Panzera, 10@ccsd.com, the508.com

September 18, 2022 — Arizona State Time Trial
40K Championships, Picacho, AZ, Arizona State
Individual Time trial, 40K. Course out & back,
flat, filst ride start 6:30 AM, rider go off in 30 seconds intervals. USA Cycling State awards., Joey
Lullano, Juliano88@gmail.com, azcycling.org/
event/state-time-trials-20-and-40k/

September 18, 2022 — Oakland Grand Prix, Oakland, CA, Exciting multi lap criterium racing in uptown Oakland for the 16th year. USAC licensed., Robert Leibold, 209-604-1354, <u>velopro l'agmail.com</u>, <u>velopromo.com</u>

September 18, 2022 — 3 Bears TT #1, Picacho, AZ, State TT championship and tandem, azcycling.org/event/3-bears-tt-1/

October 1-2, 2022 — Nevada Senior Games Cycling Races, Las Vegas, NV, Cycling competition for age groups: 50-94, 5 and 10k time trials, 20 and 40k road races, 1-15 & US-93, 10 miles north of Las Vegas, Joe Dailey, 775-461-9252, NVSGCycling@outlook.com, nevada.fusesport.

October 2, 2022 — Mt. Diablo Challenge Memorial Ride, Danville, CA, The 11.2-mile, individually timed ride climbs 3,249 feet to the summit of Mt. Diablo starting up South Gate Road. Mt. Diablo is one of the highest peaks in the San Francisco Bay Area, with views of the Farallon Islands and the Sierras. The road is closed for safety and more than 800 cyclists will ride to the summit, Mark Dedon, director@mtdiablochallenge.org, mountdiablochallenge.org

### Utah Road Touring and

## **Gran Fondos**

July 9, 2022 — Cache Gran Fondo, UCI Gran Fondo World Series, USA and Gran Fondo National Series, Logan, UT, Celebrating our 11th year and 3rd year as the only aualifying event in the Western US for both the UCI Gran Fondo World Championship and GFNS (USACycling Gran Fondo National Championship), and a true Gran Fondo where riders of all abilities are invited to participate. Chose from distances of 35, 53, 76 and 104-mile courses on Saturday through a fun, low-traffic, and scenic route in Cache Valley, UT. The finish is a festival for all riders, with race prizes, recreational rider prizes (UCI winners receive a jersey and medal), finisher medals, and unique jerseys at a cost. 20% of UCI racers in 16 different age categories qualify for UCI World Championships and top 5 in each category qualify for National Championships, Troy Oldham, 435-764-2979, oldhamtroy@gmail.com, cachegranfondo.com

July 15, 2022 — Antelope by Moonlight Bike Ride, Antelope Island, UT, 28th Annual Ride, 10:00 pm. Open to participants of all ages, Antelope Island Marina to Fielding Garr Ranch and back. Experience Antelope Island after-hours under the full moon., Antelope by Moonlight, 801-451-3237, anteloperide@daviscountyutah.gov, daviscountyutah.gov/moonlight.com

**July 16, 2022** — **Iron Lung Ride**, Huntsville, UT, 40, 80, or 100 mile options out and back starting in

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Huntsville with a solid climb up Old Snowbasin Road, down Trappers Loop, through Morgan and out to the top of Big Mountain. Challenging climbing, with plenty of rollers and flats to recover. Utah Tirple Crank qualifier, along with LOTOJA and Kokopelli Relay. Michelle Lyman, 801-941-5526, info@ironlungride.com, ironlungride.com

July 29-30, 2022 — Saints to Sinners Bike Relay, Salt Lake City, UT, Fundraiser relay road race from Salt Lake to Las Vegas. Over 500 miles with elevations from 1500 to 10500 feet. Race in teams through the night, fundraiser event for ALS/Lou Gehrig's Disease, Steven Tew, 801-822-4870, Steven@SaintstoSinners.com, Chad Neusmeyer, 801-856-7018, chad@saintstosinners. com, SaintstoSinners.com

August 13, 2022 — To the Moon and Back Century Ride, Tablona, UT, Located in the High Ulintas, four ride options: 150 miles, Century, 75, 50, and 25. Ride back roads of Duchesne County, very minimal traffic. Free overnight camping. Elevations from 6,522 to 8,150. Fully Supported Ride. 100% of proceeds go to Rapha House., Karen Redden, 435-828-0467, roxyredden@gmail.com, tothemoonandback-events.com

August 20, 2022 — Sevier Valley Rooster Ride, Richfield, UT, Sevier County 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. Medal and Tee Shirt and custom DNA socks will be 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. Also a 5 mile family ride, Amy Myers, 435-893-0457, 844-469-8724, amymyers@sevier.utah. gov. roosterride.net

August 20, 2022 — Wildflower Pedalfest, Morgan, UT, A non-competitive, women only road blke 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 27, 2022 — 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 Lofold, Bob Jardine, 435-713-0288, 435-773-2889, info@CacheValleyCentury.com, Sammle Macfarlane, 435-713-0288, Sammle Macfarlane, 435-713-0288, Sammle Macfarlane, 201 Sherlock, 435-713-0288.

435-757-2889, info@cachevalleycentury.com,

August 27, 2022 — Summit Challenge, Park City, UT, Riders of all ages and abilities will hit the pavement for a 100, 80, 50, 25, 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 excitting 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., Chelsea Rybak, 435-649-3991, 435-200-0990, events@discovernac.org, Kelly Striefel, 435-649-3991, kellys@discovernac.org, summitchallenge 100.org, discovernac.org

August 27, 2022 — CF Cycle For Life, Henefer, UT, One of Utah's best supported charifty ides. A healthy multi-length challenge, not race, for all level of riders, beautiful ride with five route options - 24, 36, 55, 80, 100 Miles. Supporting the Cystic Fibrosis Foundation in its mission to find a cure for CF., Laura Hadley, 801-532-2335, 801-558-8310, Ihadley@cff.org, Erin Hurtado, 801-532-2335, ehurlado@cff.org, fightcf.cff.org/site/IR?tr\_id=8753&pg=entry

August 27, 2022 — Gran Fondo Salt Lake, Tocele, UT, 100 miles, the metric century (62 miles), or 30 miles. Held at the Utah Motorsports Campus, through the west desert South of Grantsville, climbing Johnson pass, and back. Minimal traftic on this picturesque desert fale, feed stations on route. Food at the Utah MotorSports Campus after the event. New in 2022: camping onsite, 5k time trial Friday evening, and triathlon Friday evening. Dan Aarmodt, info@skolevents.com, GranFondoSaltLake.com

September 11-17, 2022 — Tour of Southern Utah, St. George, UT, 7-day tour including Zion, Bryce, Capitol Reef and More. 60-100 miles per day. Opportunities to work part/ride part., Deborah Bowling, 818-889-2453, embassy@planetultra. com. planetultra.com

September 17-18, 2022 — Moab Century Tour, Moab, UT, The Moab Century Tour sends riders across Moab's unique topography of mountain passes, canyons, and the mighty Colorado River. From gaining elevation into the La Sal Mountains (including "The Big Nasty!"), to carving down red rock canyons, and finishing along the Colorado River, this event has landscape worth training forl Live music, beverages, great food await you at the post-lide party. Join us in September when temperatures cool down, the fall foliage comes alive, and cyclists from across the country unite in red rock country to experience awe-inspiring landscapes. An annual funcisier to benefit cancer survivorship programs, your registration includes a donation to Moab Healthcare Foundation. Groups use the event to inspire fundraising for large and small foundations. Ask how your beneficiary can participate, Beth Logan, 435-260-8889, 435-260-2334, Into@skinnytireevents.com, skinnytireevents.com

September 17, 2022 — Goldilocks Utah, Goldilocks Bike Ride, Provo, UT, Goldilocks is a women only bike ride, with a gorgeous route starting at Provo Town Center and beautiful fall weather! With 100, 80, 60, 40, and 20 mile route options, Goldilocks has a route that is 'just right' for everyonet, Jackle Karlberg, 520-227-7720, karibergracing@gmail.com, goldilocks.events/provo

gracing/agmail.com, goallilocks.events/provo
September 17, 2022 — 5 Canyons Bike Challenge,
Sandy, UT, One of the most daunting and beautiful cycling challenges in the country, ascending more than 14,000 feet over 116 miles through
all five of Salt Lake City's picturesque riding
canyons before finishing at the Utah Capitol
building. Comprising three HC climbs and two
Category 2 climbs, the ride has more vert than
almost any other ride in America and certainly
the steepest average gradient. Participants
may elect to ride one, two, three, tour or all
five of the canyons, Greg Hoole, 801-272-7556,
gregha/earmwheelsofjustice.org, 5Canyons.org

September 23-24, 2022 — Bike the Bear Century, Laketown, UT, 100 and 50 miles. Begins at Bear Lake Aquatic Base, UT.. Ride around the scenic Bear Lake Ioop on the Utah/Idaho borderl, Jason Eborn, 801-479-5460, jeborn@bsamail. org, Neison Palmer, 435-760-6901, 801-479-5460 ,nrpalmer@comcast.net, trappertrails.org/bike

September 23-24, 2022 — 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



- October 15, 2022 Fall Tour de St. George, Ride Southern Utah Road Gran Fondos, St. George, UT, Tour around southern Utah and see some of the most scenic views as you climb to Veyo and go through Gunlock State Park as well as all the beautiful colors throughout this 35, 75, or 100 mille ride. This event is one of our best Gran Fondos in southern Utah., Joey Dye, 435-674-3185, joey@edrockblcycle.com, Margaret Glisson, 435-229-6251, margaret@edrockblcycle.com, Ryan Gurr, info@spingeeks.com, ilde-southernutah.com
- November 12, 2022 Snake Hollow Skillz and Thrillz Challenge, St. George, UT, This 2nd annual fun event will have 6 age groups to choose from: 5 & Under, Under 8, 8-12-year-old, 13-17-year-old, 18-29 and 30 and older. Each age group, except for 5 & Under, can choose to participate in one of two events (can participate in both for an additional fee): Pump Track or Skillz Competition., Mike Swartz, 435-627-4579, sgctty.org/skillzandthrillzchallenge/

### **Regional Road Touring**

and Gran Fondos

ID, WY, MT, NV, AZ,

NM, CO, MT, OR, WA,

### CA and Beyond

- July 16-22, 2022 Tour de Wyoming, Rock Springs WY, Bike tour through Wyoming with daily distances from 55 to 70 miles, Amber Travky, 307-742-5840, aftavsky@wyoming.com, cyclewyoming.org, tourdewyoming.com
- July 16, 2022 Tour de Steamboat, Steamboat Springs, CO, Annual bicycle event that brings together 1,200 cyclists for a one-day ride through beautiful Northwest Colorado, taking in Rabbit Ears Pass, Gore Pass, Yellow Jacket Pass, Stagecoach, Yampa and Oak Creek, Four different road ride routes: 26, 46, 66, 116 miles, and a 100 mille gravel route. Kafte Lindquist, 970-846-9206, info@tourdesteamboat.com, tourdesteamboat.com
- July 16, 2022 Death Ride Tour of the California Alps, Markleeville, CA, Challenge yourself to the premier cycling event in California. With 103 miles, over 14,000' of climbing, and up to six (6) HC climbs through the stunning Sierra Nevada mountains, this ride is sure to challenge and inspire you!, Becky DeForest, 530-694-2475, info@alpinecounty.com, deathride.com
- July 16-17, 2022 Seattle to Portland (STP), Seattle, WA, The Kaiser Permanente Seattle to Portland (STP) presented by Alaska Alitlines Bicycle Classic is a 2004 mile one or two-day ride through western Washington. Heading south from Seattle and ending in Portland, Oregon, the STP is a thilling back-to-back double century ride through urban and rural settings. Bicycling Magazine calls STP "one of the best cycling events in the nation.", Rishan Mohideen, 208-620-0465, rishanm@cascade.org, cascade.org/node/6801
- July 23, 2022 Fondo on the Palouse, Moscow, ID, Starting at 0700 in Moscow, pick from 3 courses (15, 50, 100 miles) that build on themselves to provide a touring experience of the Palouse as its communities celebrate along the way. Tuday Clevenger, 208-882-0703, fondopalouse@gmail.com. fondopalouse.gra
- July 23, 2022 Santa Cruz Mountains Challenge, Santa Cruz, CA, 45 Miles with about 3,000 feet of climbing, Metric Century (roughly 62 miles) with 7,000 feet of climbing, Century (100 miles) with about 10,000 feet of climbing, Double Metric Century (roughly 135 miles) with 13,000 feet of climbing, Skippy Givens, century@santacruzcycling.org.
- August 6, 2022 Tour de Big Bear, Big Bear Lake, CA, 10th Anniversary Edition, Southern California's favorite ridel Features legendary aid stations, beaufitul mountain scenery and spectacular summer weather. With 25, 50, 70, 106 and 109 mile courses, there's a route for every cycling enthusiasti, Chris Barnes, 951-970-6720, 909-878-0707, bigbearcycling@gmail.com, bigbearcycling.com/four-de-big-bear-cyclingwest/, bigbearcycling.com
- August 6, 2022 Copper Triangle Alpine Cycling Classic, Outside Events Cycling Series, Copper Mountain, CO, There's never a bad time to train for a true alpine cycling classic like Copper Triangle. Start high in the Rocky Mountains and only go up from there on the 79-mile loop cresting three Colorado mountain passes totaling 6,500 feet in elevation gain. New in 2022: A friendly QOM & KOM of Vall Pass, with podium presentations for the top 3 men & women.
- August 6-7, 2022 Bike MS: Willamette Valley, Bike MS, Monmouth, OR, Enjoy some of the most picturesque sites in the Valley as you cross a covered bridge, cruise along golden wheat fields and pedal through Willamette Valley Vineyards. This two-day Bike MS experience offers route options ranging from 21 to 100 miles over two days and is friendly to all abilities with rest stops every 8-12 miles. Camping, meals, and entertainment based out of Western Oregon University, Britany Rondello, 425-647-6846, britany rondello@nmss.org, Emily Rios, Emily\_rios@
- August 13-14, 2022 Bike MS: Wyoming's Bighorn Country Classic, Bike MS, Sheridan, WY, Enjoy the beautiful views of the Bighorn Mountains and get a taste of new and old as you wind through a modern college campus and historic towns of the old west, like Buffalo and Story, on this two-day ride. This Bike MS Experience offers

- route options ranging from 26 to 100 miles over two days and is friendly to all abilities with rest stops every 10-12 miles. Lodging, meals, and entertainment based out of Sheridan College (1 Whitney Way) in Sheridan. Alexis Johnson, 303-698-5403, alexis bradley@nmss.org, Mary Keathley, 303-698-8810, 855-372-1331, mary. keathley@nmss.org, Brittany Rondello, 425-647-6846. brittany.rondello@nmss.org, bliems org, bliems org.
- August 13, 2022 Stonewall Century Bicycle Ride, La Veta, CO, 19th Annual. This out-and-back ride offers cyclists stunning beauty and small-town vibe. Colorado's scenic Highway of Legends (State Hwy 12) between La Veta and Segundo is the backdrop for 25-, 50- and 102-mille routes, featuring up to 8000-feet of climbing., Kent Hay, info@spcycling.org, spcycling.org
- August 13, 2022 Four Peaks Gran Fondo, Pocatello, ID, One Day: 82 miles, Four Peaks: 7800ft total elevation gain. Climb the 4 peaks of the Portneuf Valley; Crystal, Scout Mountain, Pebble Creek, Buckskin. The hill climb portions are timed with timing chips. Downhill portions are not fined. Cumulative climb times will be combined to determine rank. Ride 1-yeaks as you wish, Jeff Tingey. 208-232-8996, leff.tingey. 13@gmail.com, Katie , 208-851-0009, info@49gf.com, 4PGF.com
- August 20, 2022 HeART of Idaho Century Ride, Idaho Falls, ID, 25, 62, and 100 mile options. Entry fees cover entry. t-shirts, fully stocked rest stops, and post ride BBQ. Route is flat to rolling, easy to moderate difficulty. Benefit for the Art Museum of Eastern Idaho., Margaret Wimborne, 208-317-7716, edfoundation@s041.org, g91.k12.id.us/22/Content2/about-century-fide
- August 20, 2022 The Triple Bypass, Evergreen, CO, The legendary Triple Bypass is 110 miles with 10,000° of climbing and travels over 3 beautiful mountain passes from Evergreen to Vail, CO. 64 and 110 mile options, Sunday Gran Fondo and the infamous Double Triple Bypass, 240 milest, Jennifer Barbour, 303-503-4616, jen@teamevergreen.org, Kim Nordquist, 303-249-6168, kim@teamevergreen.org, triplebypass.org
- August 20, 2022 Bridger Canyon Century, Bozernan, MT, This challenging 102 mile paved loop starts in Bozeman and goes to Wilsall, Clyde Park, Livingston, and returns to Bozeman. It includes some hills (4700 feet of climbing), stunning scenery, and likely afternoon winds. Some refreshments will be provided on the course, but riders should plan to self-support or purchase their preferred refreshments in Clyde Park and/or Livingston. Meet before the ride at Story Mill Community Park on Bridger Drive (in Bozeman) for pre-rides anceks and coffee. Be ready to begin the ride at 8:00. Bring 2 water bottles and looks for the ride, Gallatin Valley Bike Club , gybobike@gmail.com, gallatinvalleybicycleclub.org
- August 21-27, 2022 Yellowstone National Park Bike Tour, Belgrade, MT, Multiple dates. Experience the world's first national parkl 7-Day tour includes 6 nights lodging/meals, guide service, entrance fees, daily lunch en route, and more!, John Humphries, 970-728-5891, info@lizardheadcyclingguides.com, lizardheadcyclingguides.com
- 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. 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 , 720-449-7444, venus@greenhousescholars.org, venusdemiles.com
- August 27, 2022 Enchanted Circle, TENTATIVE, Outside Events Cycling Series, Red River, NM, The Enchanted Circle Blcycle Tour is a scenic, southwest cycling experience with rolling hills, fast descents and rewarding climbs. Choose between an 85-mile ride or the iconic 100-mile century along the Enchanted Circle Scenic Byway, this New Mexico course travels through some of the most spectacular peaks in New Mexico., Tracy Powers, eventsupport@outsideinc.com, events.outsideonline.com
- August 27-28, 2022 Bike MS: Pedal los Pueblos, Bike MS, Albuquerque, NM, Cycle through Albuquerque's majestic, breathtaking scenery with a community of riders dedicated to changing the world for people with MS, one pedal stroke at a time. Take your pick from numerous one-day routes that wind along the frontier, through miles of car-free bike trails and soak in the unique diversity and flair of New Mexico, Renata Sahagian, 619-693-8128, Renata. Sahagian@mrss.org, Kymbria Fox, 505-321-8114, Kymbria.fox@mrss.org, Kymbria Fox, 505-321-8114, Kymbria.fox@mrss.org, bikemsnewmexico.org
- August 28, 2022 Golden Gran Fondo, Gran Fondo National Series, Golden , CO, Starting in historic Golden, CO, this event features long Rocky Mountain climbs and descents, elevations between 5,600 11,000 feet above sea level, and a great downtown park atmosphere for the finish line party. Reuben Cline, 765-247-2453, info@granfondochampionship.com, grandochampionship.com
- September 10, 2022 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 accommadate both road and mountain blke riders of all ages., Kyle Horvath, 775-289-3720, kyle-havath@elynevada.net, elynevada.net/race-fhe-rails
- September 10, 2022 American Diabetes Association's Tour de Cure Colorado, Parker, CO, Join IDC as one of the most successful and beautiful fundraising rides in Colorado this September 10th. The mission of the American Diabetes Association is to prevent and cure diabetes while improving the lives of all people affected by diabetes., Lindsay, Mark, Megan, Sasha, 720-855-1102 x7010, LPhelan@diabetes.org, MTaylor@diabetes.org, MTaylor@diabetes.

## org, <u>SReeves@diabetes.org</u>, <u>bburcham@diabetes.org</u>, <u>diabetes.org/coloradotourdecure</u>

- September 10, 2022 Tour of the Moon, Outside Events Cycling Series, Grand Junction, CO, Want to take an epic trek through the Colorado National Monument? Check out Tour of the Moon and tackle a metric centrury ride or opt for a 41-mile loop back into Grand Junction. This ride is one of the most important fundraising events benefitting Bicycle Colorado. The event sells out every year so don't miss it., Tracy Powers, eventsupport@outsideinc.com, events.
- September 10-18, 2022 California Coast Classic, San Francisco, CA, The Arthritis Foundation's California Coast Classic Bike Tour, presented by Amgen, covers 525 miles from San Francisco to Los Angeles over eight days along Highway 1., Shannon Marang Cox, 909-489-2217, 213.634.3712, smarangcox@arthritis.org, arthritis.org/californiacoastalassic
- September 10-17, 2022 Ride the Rim, Crater Lake, OR, Ride the Rim Crater Lake offers a vehicle-free way to experience Crater Lake National Park with 25 miles and 3,500 feet of climbing. Events will be held on the 10th and the 17th of September at Crater Lake National Park. All federal guidelines in place for the COVID-19 pandemic will be in place to ensure the utmost safety throughout the events. Discover Klamath , 800-445-6728, visit@discoverklamath.com, ride-thermagan come.
- September 10-11, 2022 Bike MS: Deception Pass Classic, Bike MS, Seattle, WA, Enjoy breathtaking views as you cross the Deception Pass Bridge providing a one-of-a-kind experience as we come together to reach out goal a world free of MS. The Bike MS experience offers route options ranging from 22 to 100 miles and is friendly to all abilities with rest stops every 8-12 miles. Camping, meals, and entertainment based out of \$kagit County Fairgrounds (501 Taylor ST) in Mt Vernon, WA., Brittany Rondello, 425-647-6846, brittany rondello@nmss.org, Katle Gambill, 206-515-4569, katherine.gambill@nmss.org, bikems.org
- September 11, 2022 Tour de Tahoe Bike Big Blue, Lake Tahoe, NV, Around Lake Tahoe's 72 mile Shoreline. Fully supported with rest stops, tech support and SAG. 72 miles, 4300 ff vertical gain. Limited to 2000 participants, Curtis Fong, 800-565-2704, 775-771-3246, tgft@bikethewest. com. bikethewest.com
- September 17, 2022 Tour de Vineyards, Outside Events Cycling Series, Palisade, CO, Head to Palisade this fall and enjoy the vineyards, orchards and mesas of Colorado's Western Slope at the 26th annual Tour de Vineyards. Take the leisurely 23-mile route along the Palisade Fruit & Wine Byway, or opt for the 58-mile loop up and over Reeder Mesa., Tracy Powers, eventsupport@outsideinc.com, events. outsideonline.com
- September 17-18, 2022 Bike MS: Waves to Wine, Bike MS, San Francisco, CA, Join us as we venture from the heart of San Francisco ridling across the famous Golden Gate Bridge and overnight in the middle of beautiful wine country. Take your pick from numerous one-day routes with fully supported rest stops along with a community of riders dedicated to changing the world for people with MS one pedal stroke at a time, Renata Sahagian, 619-693-8128, Renata Sahagian@nmss.org, John Schilder, 415-439-0402, john.schilder@nmss.org, wavestowine.org
- September 18, 2022 GFNY Santa Fe, Gran Fondo New York, Santa Fe, NM, The roads of GFNY Santa Fe will take riders through the spectacular and diverse terrain of the southwest. Both routes start in downtown Santa Fe. 81 and 55 mile courses, Michael McCalla, mikelikehikebike@ hotmail.com, gfnysantafe.com
- September 24, 2022 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, embossy@planetultra.com, tristatesgranfondo.com.planetultra.com, tristatesgranfondo.com.planetultra.com
- September 24, 2022 Mountains to the Desert Bike Ride, Telluride, Co, 17th 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 carryon walls to our destination at Gateway Canryons Resort., Katle Geissler, 970-708-0566, director@justforkidstoundation.org.
- September 24-25, 2022 Bike MS: Cycle the Silver Valley, Bike MS, Coeur d'Alene, ID, Spot moose and bears high up in the rural mountains of Northern Idaho during this Bike MS experience offering route options ranging from 22 to 106 miles over two days. The routes are friendly to all abilities with rest stops every 8-12 miles. Lodging, meals, and entertainment based out of Silver Mountain Resort (610 Bunker Ave) in Kellogg, Brittary Rondello, 425-647-6846, brittony, rondellogmrnss.org, Lily King, 206-515-4572, Lily King@nmss.org, bikems.org
- September 24, 2022 Coldwell Banker Denver Century Ride, Denver, CO, Cycle the City Discover urban cycling in Denver within a safe, fun & enjoyable experience. 100, 85, 50 and 25 mile courses for every ability. Roll through Downtown Denver, through the burbs, up Lookout Mountain and down the Hogback. Supporting cycling advocacy through ride beneficiary Bicycle Colorado, Start: Shops at Northfield, Bruce Erley, 303-469-7500, info@denvercenturyiide.com, denvercenturviride.com
- September 25-October 1, 2022 OATBRAN, Lake Tahoe, NV, 31st annual One Awesome Tour Bike Ride Across Nevodal 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, Curlis Fong, 800-565-2704, 775-771-3246, tgtt@bikethewest.com.
- September 25, 2022 Tour of the Rio Grande Bicycle Century, Albequerque, NM, The flattest tour in New Mexico taking riders from near the Albuquerque International Sunport south to Bernardo and back! Route distances are 39, 62,

- 78 and 100 miles. This ride is great for first time or beginning season riders. For experienced riders it's an opportunity to crush existing personal best century times! The tour runs parallel with the Rio Grande exposing riders to the more relaved side of New Mexican life and the beautiful land-scape., Michael Wieclaw, 330-518-4708, metalike metalthebrand.com, louroffheriagrande.com
- October 8-9, 2022 Bike MS: Arizona, Bike MS. Fort McDowell, AZ, Cycle through the beautiful Arizona desert and join a community or iders dedicated to changing the world for people with MS along a ride. Whether you pedal through the stunning McDowell Mountain Park loop, up into the off-road mountain bike loop, or onto the road routes that will take you into Fountain Hills and beyond —the Arizona desert will surround you with beautiful sunfises, sunsets, cacti and majestic southwestern scenery. Renata Sahagjan, 619-693-8128, Renata Sahagjan@nmss.org, Tanya Marks, 602-753-7550, tonua-resonate Sahagjan (19-69-8128).
- October 14-16, 2022 Sal-orado Bike Rally Event, Sun Lakes, AZ, One focus of the events is the restoration, preservation and conservation of the Salton Sea and the Colorado River with its' wild-life that uses it, another focus is the Humanitarian Ald for the people of this world as well for events 1 and 2. For event 3, the focus is on our National Forests and State Parks along with Humanitarian Ald. For event 4, the focus is on our Millary Service Members People in Uniform and Humanitarian Ald, Timothy Wachholz, timothywachholz3@gmail.com,
- October 15, 2022 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@planetuitirs.com.planet
- October 15-16, 2022 Bike MS: Bay to Bay, Bike MS, Irvine, CA, Join a community of riders dedicated to changing the world for people living with MS one mile at a time. This is an extraoridinary cycling adventure taking you along the coast of Orange and San Diego counties. Start your day 1 ride in Irvine, ride along the coast and end your day at the Sheraton Resort and Spa in Carlsbad for good food, good beer and music or challenge yourself by taking in some extra elevation gain of inland San Diego. Day 2 starts with more majestic views of the Pacific Ocean and up Torrey Pines. Grab your finisher medals, some food and beverages at our new finish line, Ingram Plaza. Join us for one day, two days or virtuallyl. Renata Sahagian, 619-633-8128. Renata Sahagian@nmss.org, Lina Aguilon, ishms.org
- October 22, 2022 Durango-Farmington Bike Tour, Durango, CO, The idde Starts in Durango, CO at Cundiff Park, where the BMX Track is. You travel south through the Animas Valley until reaching New Mexico. You will then travel the Gas Roads through beautiful Kiffen Canyon on your way to the Road Apple Race Trails before finishing at San Juan College in Farmington, NM, Neil Hannum, 970-759-2126, aztecadventures01 gmail.com, William Farmer, 505-402-3959, gtarmer360@gmail.com, 2wheelventures.wixsite.com/website
- October 23, 2022 Day of the Tread, Albuquerque, NM, The 13th Annual Day of the Tread features a 9 mile family ide, 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 Civic Plaza, Joanie Griffin, 505-261-4444, jgriffin@sunny505.com, dayofthefread.com
- November 5, 2022 Gran Fondo Las Vegas, Los Vegas, NV, Las Vegas to Lovell Canyon (via Red Rock Scenic Drive) and back, 100 miles 8000 of climbing. A Gran Fondo is a long distance, timed cycling event that welcomes competitive, amateur and recreational cyclists of all abilities. Fully supported. Chip Timed., Deborat Bowling, 818-889-2453, embassy@planetultra.com, GranFondoTripleCrown.com, planetultra.com
- November 5-6, 2022 Sal-orado Bike Rally Event, Parker, AZ, One focus of the events is the restoration, preservation and conservation of the Salton Sea and the Colorado River with its' wild-life that uses it, another focus is the Humanitarian Aid for the people of this world as well for events 1 and 2. For event 3, the focus is on our National Forests and State Parks along with Humanitarian Aid, For event 4, the focus is on our Military Service Members People in Uniform and Humanifician Aid, Ilmothy Wachholz, Ilmothywachholz@gmail.com,
- November 12, 2022 Ride the Point, Point Loma, California, The Point Loma Rotary Club is hostling the 8th Annual Jim Krause Memorial Charify Cycling Ride the Point for pancreatic cancer research. The ride starts and ends at Liberty Station. Ride the Point has three distances to accommodate different levels of cycling experience. The 6 mile Family Fun Ride is a relatively flat course on bike paths along beautiful San Diego Bay and is perfect for cruisers, beginning riders, challenged athletes, and familles. The 25 and Metric Century are road rides with exclusive routes and challenging climbs around scenic San Diego. Richard Stakelum, 619-794-9051, director@ridethepoint.org, ridethepoint.org
- November 19, 2022 Death Valley Century, Death Valley, CA, 50 and 100 mile options. Entry includes chip timing; fully stocked checkpoints along the route with water and a great selection of food and snacks; roving SAG support; tech tee and finish line award. Start at The Ranch at Furnace Creek Resort, Deborah Bowling, 818-889-2453, embassy@planetultra.com, planetultra.com
- November 19, 2022 El Tour de Tucson, Tucson, AZ, Charity, community, health and wellness are what Perimeter Bicycling and El Tour are all about. They all go hand-in-hand when it comes to building awareness for a bike ride that has been part of the Tucson community for nearly four decades., El Tour de Tucson, 520-745-2033, Info@eltourdetucson.org, eltourdetucson.org/el-tour-de-mesa/

### **Multisport Races**

- July 9, 2022 Cache Valley Super Sprint Triathlon.
  Logan, UT, Held at the Logan Aquatic Center.
  This race is a great pool triathlon with a 500
  meter serpentine swim, 12.4 Mille bike on the
  Mendon Road which is a flat straight paved
  road out along farm lands, 3.1 Mille Run on the
  Logan River Triall under a canopy of trees. For
  those racers who want to do it Olympic style
  they will do it twice in an F1 format, Joe Coles,
  801-335-4940, loe@onhillevents.com,
  cvsst.com.
- July 9, 2022 Logan Tri, Logan, UT, Cache Valley Super Sprint Tritathlon, Joe Coles, 801-335-4940, joe@onhillevents.com, onhillevents.com
- July 10, 2022 Boulder Peak Triathlon, Boulder, CO, Sprint and Olympic distances, at Boulder Reservoir, Triathlon, Duathlon, Aquablike, Lance Panigutti, 303-408-1195, lance@withoutlimits.com, withoutlimits.com
- July 16, 2022 Echo Triathlon, TriUtah Points Series, Coalville, UT, 19th Annual, Warm July temperatures, a scenic ride in Utah's unique Echo Canyon, and a run on the Historic Rail Trail makes for the perfect event for both seasoned athletes and beginners, 600 rider cap, Dan Aamodt, 385-228-3454, race@triutah.com, triutah.com
- July 16-17, 2022 XTERRA Beaver Creek, XTERRA America Tour, Avon, CO, The last of four regionals in the XTERRA America Tour, featuring sprint and championship distance off-road triathlon options. Roena Cassidy, 877-751-8880, info@xterraplanet.com.xterraplequet.com.xterraplanet
- July 23, 2022 Tri Boulder, BBSC Twin Tri Series Boulder, CO, One of the fastest growing triathlons in Colorado. Challenge yourself at mile high elevation, Sprint, Olympic, and Half distances. Craig Towler, 318-518-7303, <u>info@bbsctri.com</u> Michelle Lund, <u>michelle@bbsctri.com</u>, <u>bbsctri.com</u>
- July 23-24, 2022 Donner Lake Triathlon, Truckee, CA, One of the best! The Donner Lake Triathlon is a favorite California Triathlon of many triathletes. The venue, setting, and course ofter a truly beautiful and challenging experience. Join us in July in Truckee, Californial Half Triathlon 70.3, Olympic Triathlon, Sprint Triathlon, Kids Triathlon, Aquabike, Aquathlon | Duathlon, Todd Jackson, 530-546-1019, todd@bigblueadventure.com, Kiley McInroy, kiley@bigblueadventure.com, bigblueadventure.com
- July 24, 2022 Steamboat Lake Triathlon, Steamboat Lake, CO, Sprint Distance Triathlon, Aquabike, & Stand-Up Paddle-Board Options at Steamboat Lake, Lance Panigutti, 303-408-1195, lance@withoutlimits.com, withoutlimits.com
- July 30, 2022 Burley Idaho Lions Spudman Triathlon, Burley, ID. The race starts at 7 am with the world's fastest 1.5K swim (current-aided) then a 40K Bike and 10K run., Cade Richman, Info@spudman.org, spudman.org
- August 6, 2022 TriathMom, Riverton, UT, Women only triathlon at the Riverton Country Pool. 300 yard swim, 12 mile blike ride, and 5k run. Carnival style cheering section provided for families of participants., Perry Hacker, 801-613-2116, contact@ustipsorts.com, actriathmamm.com
- August 6, 2022 Ironman 70.3 Boulder, Boulder, CO, boulder/0.3@ironman.com, ironman.com
- August 13, 2022 Wild Ride Mountain Triathlon (USAT American Tour Points), Wild Rockies Series McCall, ID, Ponderosa State Park at Payette Lake, 3/4-mile swirn, a 18.5-mile mountain blke and a 6.2-mile trail run, mass start at 9 am in the Park. Includes a kids' Off-Road Triathlon and an inaugral duathlon category. The finish line festivities begin at noon, along with racer feed and music., Yadi Spangenberg, yadi@wildrockiesracing.com, wildrockiesracing.com
- webscofer.com

  August 20, 2022 East Canyon Triathlon, TriUtah Points Series, Morgan City, UT, 9th Annual. This race boasts stunning scenery, a fast, technical bike course, and hometown hospitality like no other; with both Sprint and Olympic distance races to choose from. 2-transition point-to-point race, Begins at the beautiful East Canyon Reservoir. The Sprint bike is downhill and fast (please stay safe and in control at all times.) The Olympic bike course has two short but challenging hills followed by a fast descent into Morgan City. Both distances offer a cool, scenic run along the Weber River and local neighborhoods. Dan Aamodt, 385-228-3454, race@fitutah.com, titutah.com.
- August 21, 2022 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.., Todd Jackson, 530-546-1019, todd@bigblueadventure.com, bigblueadventure.com/event/xterra-lake-tahoe/, xterrapianet.com
- August 21, 2022 Outdoor Divas Triathlon, Longmont, CO, Union Reservoir, Sprint, women only triathlon, Lance Panigutti, 303-408-1195, lance@withoutlimits.com, withoutlimits.com
- August 27, 2022 Boulder Sunset Triathlon
  Boulder, CO, Summer may be coming to an end
  but our tri season is still heating up!. Includes
  olympic, sprint, duarthion, Aquablike, 10k, and 5k,
  Craig Towler, 318-518-7303, into@bbsctrit.com,
  Michelle Lund, michelle@bbsctrit.com, bbsctrit.
  com/bbuldersunset
- August 27-28, 2022 Lake Tahoe Triathlon, Tahoma, CA, Offers a truly beautiful and challenging experience. Half Triathlon, 70.3, Olympic Triathlon, Sprint Triathlon, Duathlon, Aquabike, Todd Jackson, 530-546-1019, toddabigblueadventure.com, Kiley McInroy, Kiley@bigblueadventure.com, bigblueadventure.com
- September 5, 2022 Murray Youth and Family Triathlon, Murray, UT, A youth and novice triathlon for ages 5-85. Distances follow USAT recommendations for each age group. Novice adults compete at the same distance as 11+ age groups. Please see Murray CIV Recreation, call 801-264-2614, Jo Garuccio, 801-566-9727, 801-557-6844, jo@agegroupsports.com, mcreg.com, murray.utah.gov
- September 5, 2022 South Davis Labor Day Triathlon, South Davis Racing Series, Bountiful, UT Now a virtual race! Start at 8:00 am, Swim 350 vds: Bike 12:02 mi: Run 5k. relay: Solit the Sprint



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### **Sports Foods -**Continued from page 22

in a good portion-size and are easy to carry. Others dislike them due to their consistency. For some athletes, gels digest poorly because they contain a type of sugar that can trigger bloat, diarrhea, and undesired pit stops. Always experiment with new gels during training!!!

• Some popular alternatives to the 100 calories of carb (sugar) in a gel include gummy bears, Twizzlers, Swedish fish, gum drops, peppermint patties, maple sugar candy, even chocolate (though it melts in hot weather). The trick with choosing "real food" is to figure out how to carry it. Pockets help.

### **Electrolyte tablets**

Electrolytes (electrically charged particles, most often known as sodium, calcium, magnesium, and potassium), are minerals abundant in food.

- For sweaty athletes, sodium (a part of salt) is the main electrolyte of concern. Salty foods enhance fluid retention and help keep you better hydrated than plain water, which goes in one end and out the other.
- Many electrolyte replacers are lower in sodium than you may think. By reading food labels, you'll discover a slice of bread can have more sodium than 8-ounces of Gatorade.
- Athletes who sweat heavily might lose about 500 to 1,000 mg sodium in an hour of vigorous exercise. Some options for replacing these sodium losses include:

### Commercial Sports FoodSodium (mg)

Propel Electrolyte water, 8 oz -	105
Gatorade, 8 oz	110
Gu Salted Caramel, 1 gel 125	
Nuun, 8 oz	175

Sodium (mg) Salty food String cheese, 1 stick 220 600 Beef Jerky, 1 oz Salt sprinkled on food, 1/4 tsp 600 Broth, from 1 cube Herb-ox

- Replacing sodium is most important for athletes who sweat heavily for extended periods in the heat. Yet, these athletes generally consume foods that contain sodium before, during and after exercise. For example, football players who refuel from morning practice with a high-sodium ham and cheese sandwich with mustard and dill pickles can bypass the Gatorade at lunch.
- Consuming 500 mg. sodium before you exercise helps retain fluid, delay dehydration, and enhance endurance. Sprinkle salt on that pre-exercise omelet, pasta, or sweet potato before you exercise in the heat!

### The bottom line

While commercial sports foods have their time and place for intense exercisers, not every athlete needs to pay the price for pre-wrapped convenience.

Nancy Clark MS RD CSSD counsels both fitness exercisers and competitive athletes in the Bostonarea (Newton; 617-795-1875). Her best-selling Sports Nutrition Guidebook is a popular resource, as is her online workshop. Visit NancyClarkRD.com for more information

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cycle tracks.

See

traffic," the article states.

The crisis also made it politically

feasible for cities to enact restric-

tions on cars to help cyclists, such as

reducing speed limits, replacing auto

lanes with ones for non-motorized

transit, closing streets and adding

gate.net/publication/361329653\_

Cycling through the COVID-19

Pandemic\_to\_a\_More\_Sustainable\_

Transport\_Future\_Evidence\_

from\_Case\_Studies\_of\_14\_Large\_

Bicycle-Friendly\_Cities\_in\_

Europe\_and\_North\_America

-Charles Pekow

https://www.research-

### **COVID-19 Accelerates Shift Towards Bikes**

The many ways the COVID pandemic changed the human condition include a shift in the purpose of bicycling. On both sides of the pond, less bicycle commuting took place as far fewer people needed to get to work or school. On the other hand, with a lack of social and group recreational activities available, many more people turned to their twowheelers for fun and fitness. And cities laudably responded by creating more bicycle facilities.

A treatise in the June issue of Sustainability documents this. Cycling through the COVID-19 between 2-3 racers,Novice: Swim 150 yds; Bike 2.5 mj; Run 1.5 miNovices start at: 8:45amloca-tion: South Davis Recreation Center; 550 N 200 W, John Miller, 801-298-6220, john@southda-

September 9-10, 2022 — The Purgatory 4 Adventure Relay, Trinidad, CO, Trall run (approx. 6 miles), Paddling (approx. 3 miles), Biking (approx. 15 miles on rugged diff roads), Shooting Course (shotgun), Jared Chatterley, 719-680-4078,

<u> Jared.Chatterley@trinidad.co.gov, purg4.com</u>

September 10, 2022 — Brineman Triathlon, TriUtah Points Series, Syracuse, UT, 5th 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

September 10, 2022 — Harvest Moon Triathlon, Boulder, CO, Long course, at Boulder Reservoir,

Triathlon, Duathlon, Aquabike, Lance Panigutti 303-408-1195, <u>lance@withoutlimits.com</u>, <u>without</u>

ally with protected cycling facilities

September 11, 2022 — Ironman 70.3 Santa Cruz, Santa Cruz, CA, 70.3 mile course, boulder70.3@

friathlon Series, Hurricane, UT, This family-friend ly event at Sand Hollow Reservoir has something for everyonel Featuring a Sprint, Olympic, Duathlon, Aquabike, 10k and 5k distances, Craig Towler, 318-518-7303, info@bbscfri.com, Michelle Lund, michelle@bbscfri.com, bbscfri.com/kokopelil

September 17, 2022 — Bear Lake Brawl Triathlon

Friendly Cities in Europe and North America looked at data from automatic bike counters in 14 cities in 13 countries on both continents, comparing data from pre-pandemic

Pandemic to a More Sustainable

Transport Future: Evidence from

Case Studies of 14 Large Bicycle-

Results varied widely among cities, but all of them "reported large increases in government support of cycling, both in funding as well as in infrastructure. Bikeway networks were expanded and improved, usu-

2019 with the next two years.

that separate cyclists from motorized

September 17, 2022 — Kokopelli Triathlon, BBSC

St. Charles, ID, This race is a great course. Bluest water in Utah and Idaho. This is often called the Caribbean of the rockies. 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

Cargo Bikes Cleaner than Trucks

Replace auto delivery with a cargo bike and you can improve city life in a variety of ways. At least that's what a limited study in Oakland, CA found. Researchers at the Mineta Transportation Institute at San Jose State University examined a program in which packages were left at a transfer hub by an auto and delivered to the final destination on a bicycle equipped with plenty of space for packages.

Assessing the Public Health Benefits of Replacing Freight Trucks with Cargo Cycles in Last-Leg Delivery Trips in Urban Centers found that sure enough, the city exhibited less air pollution, less noise, less traffic congestion, less wear and tear on streets, and more jobs and exercise.

The report notes that not much research has been done on the topic. See <a href="https://transweb.sjsu.edu/sites/">https://transweb.sjsu.edu/sites/</a> default/files/1952-Hartle-Freight-Trucks-Cargo-Cycles-Delivery 0.

-Charles Pekow



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### Ride the Rockies - Continued from page 5

### Day 5: Breckenridge Loop: 31 miles, 1512' elevation gain - or 71 miles, 3984' elevation with Ute Pass option

Ahhhhh, this was the day we all needed. We had a day to just relax and do our own thing. We could go short, go long, go early or later, and would be able to stay in the same place for two nights. I had been pretty determined that I would not be doing the bonus 40 miles this day, but was persuaded by Stephanie, who made the compelling point that, "Before you know it, you will be back at your desk wishing you could be riding." So true! I had the luxury of riding all day if I wanted to, so maybe I could give it a try. With a tailwind and downhill out of Breckenridge on their fabulous bike path, and our ladies posse leader that morning, Catherine, pulling us all along, we figured that we essentially had our recovery ride right there! The views of the Dillon Reservoir with the Breckenridge mountains backdrop were breathtaking as we wound our way around. I made a gametime decision to join Stephanie and Catherine on the Ute Pass out-and-back and was stunned by the beauty from the top of the Gore Range. Wow, Colorado was really showing off. I felt surprisingly good that day and was glad I had decided to opt for the longer ride. Although my longest ride leading up to Ride the Rockies was 70 miles, I had just done 4 rides between about 70 and 110 miles in the past 5 days. I could see how the training, both cycling and nutrition, was really paying off, and was gaining confidence that I would not only finish the event, but finish feeling better than I started. I had not anticipated this.

### Day 6: Breckenridge to Golden: 87 miles, 5500' elevation gain

Our last day! As our "ladies posse," 5 women strong, rode in a paceline around the Dillon Reservoir, I was both excited and sad to see our week of riding drawing to a close. It had been such a gift to be able to spend this much time riding and traveling with some of my favorite people, riding bikes in such awe-inspiring locales. Each woman in our group had shown such strength, power, talent, and grit along the way, and I don't think I had laughed so much in a long time. Ahhh, just wonderful. As we approached the Loveland Pass climb, I could hear the cheers of the cyclists as we saw the CDOT sign indicating that vehicle traffic was closed on the pass!! OMG! We were all so grateful to have a stress-free ride over the pass. Wow! With a stop for a delicious and perfectly timed scone from the Steep Coffee Shop in Keystone (I was way over eating gels and blocks when I could help it), I was powered up for the climb to the 11,991' pass. It was truly glorious, and the perfect way to end the week. We enjoyed the rest of the ride to Golden, including a bike path down through lush pine forests, the locally infamous Floyd Hill, and a locals-only side trip to Lookout Mountain. I think we hardly even noticed the shuttle ride that we took to cross over some construction in Idaho Springs. I'm not sure if it was a week of riding, or the drop back down from higher elevations, but I felt the best I had all week. There had been a lot of preparation, and I had absolutely depended on support from my coaches and cycling friends both before and during the event; but somehow, I (as well as the rest of our group) had made it successfully through this incredibly challenging week of cycling!

## **Bike Lanes Increase** Ridership

Yes, adding a bike lane really can increase ridership. At least that's what a study in Canada found when it tracked before- and after cycle use. The Waterloo Region in Ontario, west of Toronto, installed barrels to create a temporary bike lane on a road in 2020 and compared traffic in 2019 with 2020. Regional government took advantage of the COVID pandemic to install a bike lane on a road running between two municipalities.

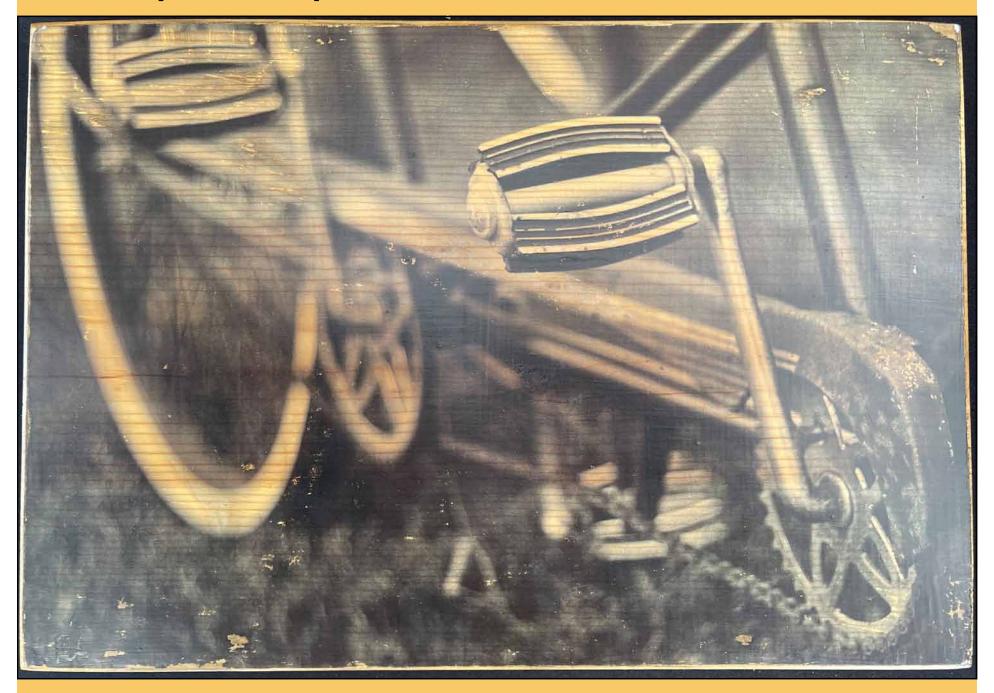
The Bike Lane Effect: How Infrastructure Drives Ridership A Big Data Study, a report by data analytics firm Streetlight Data, found that not only did bike ridership increase 41 percent with a bike lane, auto traffic slowed 13 percent. The study examined nearby roads as a control, so changes weren't entirely pandemic-related.

See <a href="https://learn.streetlightdata">https://learn.streetlightdata</a> com/bike-lane-ridership-study

-Charles Pekow

## **BICYCLE ART**

# Tandem Bicycle: The Bicycle Art of Jason Beck



Artist Name: Jason Beck

Title: Tandem Bicycle

**Medium:** Black on White Print on Wood

### **Brief artists statement:**

Wood Transfers

In fall 2013 I was missing the hands-on process of making a print in the darkroom. I didn't really miss the actual dark room or setting up trays of chemicals though, so I found something else to try. I started transferring my photographs onto wood. Each transfer is a unique, handcrafted piece. Paper prints of my images are adhered to wood, and I cut and sand each piece. Next, the paper is carefully removed by hand leaving the ink on the surface. The images are then fine-tuned, and finished with multiple layers of varnish. The final presentation appears rustic yet



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modern. This medium complements the vintage bicycles, cars, and signs that I enjoy capturing. As a DJ, my work is also influenced by music. Salvaged materials are often used, and some items are repurposed into furniture. I feel that this technique gives my images depth and enhances the character of each subject.

Where can people find your art and/or purchase prints?

Find Jason's work at the Salt

Lake City Farmer's Market

Website:

jasonbeckphoto.com

