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Photo by John Shafer, photo-john.net

BICYCLE TOURING

Bike Touring to Great Basin National Park



John Monroe on the road to Great Basin. Photo by Chris Blinzinger

By Chris Blinzinger

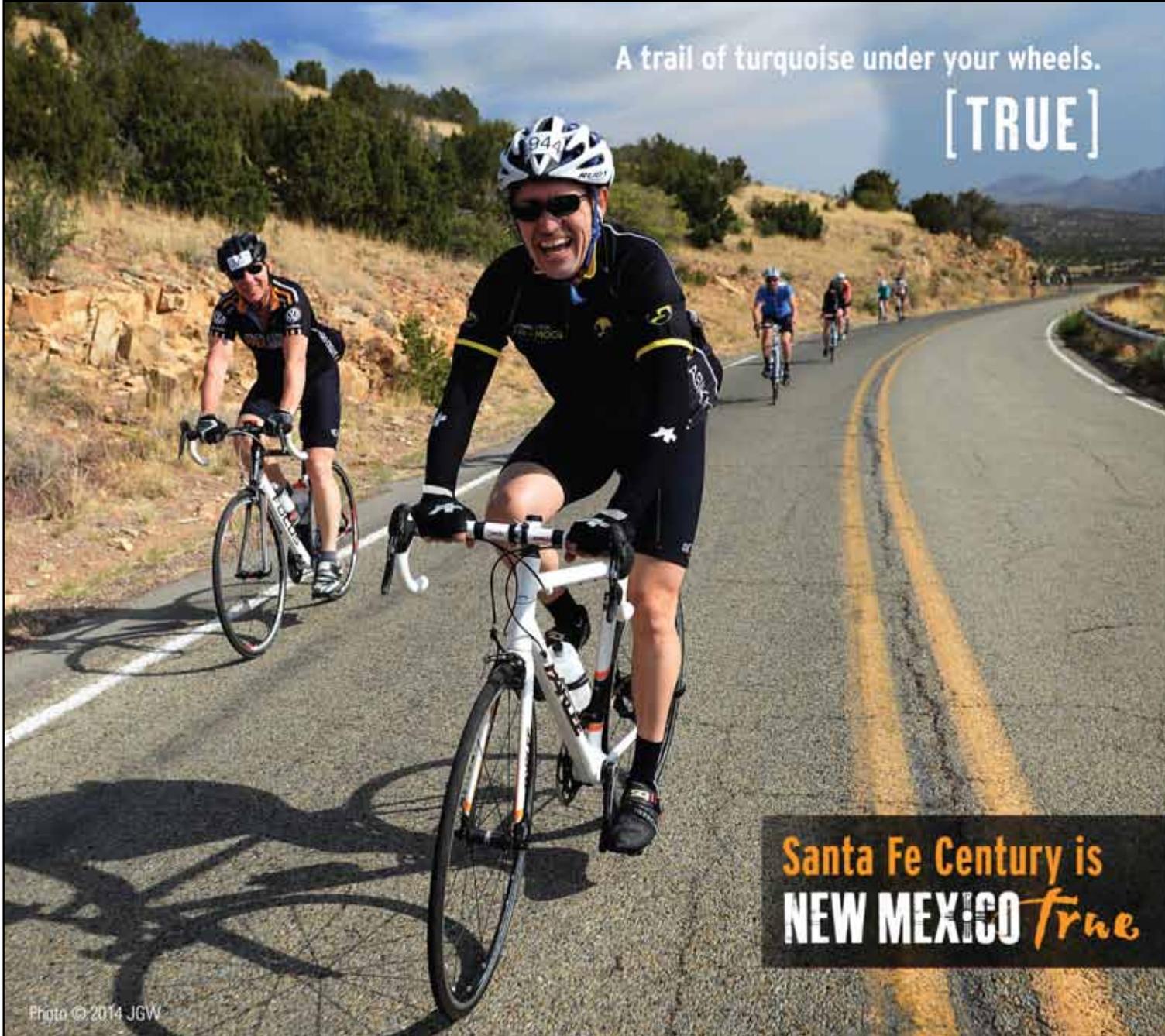
My friend John Monroe and I have been touring around the Intermountain West for the past several years, always looking for an adventure. John and I met on Facebook several years ago after I reached out on a Bicycle Touring page for a touring partner in Utah. He sent me a message informing me that he and some friends had an upcoming trip planned (his second tour). We arranged to meet in Salt Lake City

early on the morning of departure, introduced ourselves, and then headed out for a four day tour (my first). We have been on one or two trips a year since then and experienced a wide variety of conditions. For more than a year I had my eye on the Pony Express Trail in Utah's West Desert as well as a visit to Lehman Cave in Nevada. Another bonus to that area is the opportunity to see the so-called "Darkest Skies in America" due to its lack of light pollution. It was going to be around/about a 350 mile trip. This is close to our normal length of

tour that requires minimal days off work while maximizing the time to enjoy the journey. One of the great things about riding with a partner is that we pull each other along when either one of us needs it. John and I have become great friends during our adventures and I value that friendship more each time we head out.

Continued on page 10

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ADVOCACY

Infrastructure Upgrades in Salt Lake County Make Bike Commuting Easier

Mayor Biskupski (right) and Mayor McAdams (middle) ride through the relatively new Sugarhouse Draw in the 2016 Mayor's Bike to Work Day. Photo by Dave Iltis

By Lou Melini

There are 2 recent upgrades that have improved bike commuting to and from the east Canyon Rim area of the new city of Millcreek, Utah. In case you are not familiar with Canyon Rim, it might be easier for me to say that I live just north of the 3300 South REI store. The first upgrade, the Sugarhouse "S" line bike trail, has been in existence for a few years. This has been a major change on how I travel to and from Salt Lake City. The second upgrade, the rebuilding of 2300 East south of

I-80 that includes a roundabout, was dedicated in November 2016. The roundabout has made crossing 2300 East by bike much easier.

The Sugarhouse "S" Line

Up until the past couple of years, 2700 South was my primary commuting road to visit my grandson who lives just south of the "S" line between 6th and 7th East. With the opening of the "S" line bikeway, the 1300 East tunnel and the pathway through Sugarhouse Park; riding on 2700 South has become a rare event. During winter snowstorms, the changes that I just mentioned have made my commute so nice that I am sure that drivers of automobiles are envious.

The pathway through Sugarhouse Park is relatively flat. Then there is the tunnel under 13th East on the west side of the park allowing a very convenient crossing of 13th East. In the winter of 2016-2017, the Sugarhouse trail was frequently plowed of snow. Under the blanket of snow is ice, but the good news is that when the sun was out, the ice would melt quicker without the blanket of snow. I increased the size of my commuter tires to 2.35 and ran them at 20-25 psi. This allowed me to traverse the ice at near normal commuting speeds. This may not sound very positive, but it beats dodging snow piles in the street, parked cars in the bike lane surrounded by snow, potholes and the occasional impatient driver on 2700 South.

Once past the tunnel the asphalt bikeway becomes a wide concrete sidewalk through Hidden Hollow. This is a short but bucolic ride until you hit the parking lot for Whole Foods. The sidewalk west of the little wooden bridge in Hidden Hollow is usually cleared of snow. The section between the tunnel and east of the little wooden bridge was not maintained until a week after the holiday

storms. I had to walk through this section a couple of times, as the snow was difficult to ride through during that time period. Since that time maintenance on this small section has been spotty, especially just west of the tunnel.

Riding through the small section of Whole Foods parking lot and Wilmington Ave. in Sugarhouse, one needs to pay attention to the numerous cars making turns. After crossing 11th East, I cut through the Zion's Bank parking lot to get on the start of the "S" line bikeway just before McClelland Ave (1050 East). From there I am off to my grandson's house or to my volunteer position at the Salt Lake Bike Collective with little interaction with traffic. I could go a bit faster if I took 2700 South, but the ambiance of the trail makes up for any gain in speed on the road. The bikeway is narrow where the train stations are located so slowing down at these locations will occur as well as slowing due to the presence of pedestrians. There are also numerous street crossings, most of which have pedestrian buttons and stop lights to stop car traffic. I have found that I only need to push the buttons at 9th and 7th East and at State Street as the lack of traffic negates the need to push the signal button at the other crossings. Another word of caution is the numerous driveways and a few streets with stop or yield signs. On occasion I have seen these signs ignored, so be alert and don't assume you will be given the right-of-way. The final word of caution is to be conscious of cars making a right-turn-on-red at Sugarmont Ave. onto 9th East.

One of the biggest surprises that I encountered on the bikeway is that it is maintained year-round! Snow is removed and salt is put on areas with ice. On one day after a snowstorm the streets appeared to have not seen a snowplow, but the "S" line was clear save for a few isolated patches of snow. In warmer months, broken glass and other trash are quickly cleared. I can only assume that this care is done for the customers of the Sugarhouse rail line so I am expecting that this level of service will continue.

My only complaint about the "S" line bikeway is that it is too short. From McClelland to State St. it is a gem that is well used by numerous people. Though well used, I do not find it hampering my commute except for the occasional person that has headphones listening to whatever in the middle of the bikeway and unaware of my attempts to get his/her attention.

When first opened, there was a gothead (puncture vine) problem between Main and State Street that spread to 2nd East. I picked up quite a few when pushing my grandson in a stroller. I have not had a thorn in any tire (bike or otherwise) since 2014, perhaps 2013.

In conclusion, if you live, work, or find yourself needing to be in the Sugarhouse area, you should consider using the "S" line bikeway. It will be well worth the slower ride.



The new roundabout at 2300 E and I-80 in Salt Lake County is better for bikes than before. It will get a tunnel too later this year. Photo by Lou Melini

2300 East Upgrades:

Prior to 2016, 2300 was a street that I crossed frequently but did not ride on. I crossed at either Atkin Ave (2800 South) or the next street to the north, Claybourne Ave. Neither was ideal, but it was manageable. In 2016, it was to change.

Julie and I were gone for 6 months hiking the Appalachian Trail, so we were able to miss all of the construction and orange cones on 2300 East from I-80 to 3900 while it was being rebuilt. Shortly after our arrival home, we were able to experience a new street with bike lanes and a roundabout at the north end. I was a bit anxious that the new road was being oversold for its bike and pedestrian friendly upgrades.

Unfortunately crossing at Atkin and Claybourne Avenues have not changed. Neither is any easier to cross than before. The pedestrian light at Claybourne is the same light as before. The roundabout however has been wonderful and easy to maneuver across.

The benefits of the roundabout are three-fold. First I have 2-single lanes to cross vs. the 3 lanes, that includes the left turn lane, at Claybourne. Secondly there are large, prominently placed yield signs have been erected to alert drivers to yield to traffic within the roundabout. I have had 100% of the drivers yield to me when I am in the circle, even drivers coming off of I-80. At Claybourne, I had about an 80-90% rate of cars stopping when I was crossing, even with the pedestrian light flashing. Perhaps it has since been better, but with the roundabout so easy to cross, I haven't had a desire to cross at Claybourne. And finally the speed of the cars is a very pedestrian 20 MPH within the roundabout. Even my lead-footed wife drives at that speed within the

roundabout. At Claybourne, cars are accelerating off of the roundabout from the north and seem to be at the posted speed limit of 35 coming from the south.

There is a fourth benefit to the roundabout in the winter. Neither Claybourne nor Atkin receive a lot of sun and minimal snowplows, so riding those roads can be a bit icy and dicey. The roundabout is in the sun and is kept clean due to snowplows and the number of cars.

I have heard comments that being on a bike in a roundabout is not a comfortable place to be. This may be true of some roundabouts but at the north end of 2300 East is quite pleasant to navigate. I would recommend that you try it as you pass through Canyon Rim.

If you are still not sure about riding in a roundabout there will be a new bike pathway taking you across 2300 East to 1700 East near Sugarhouse park. A bridge will take you over the off-ramp and a tunnel will take you under the on-ramp just north of the new roundabout. Completion is expected in August.

Editor's Note: The bicycle commuter column since 2004 has featured individuals that bike commute. With this column I hope to expand the commuter column to include other aspects of bike commuting. The column will continue to include individuals with expansion to include bike routes, commuter bikes and other aspects that will make the column educational and entertaining for the utilitarian use of bicycles. Contact Lou Melini at lvmelini@comcast.net if you have an individual or topic for the column.

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LETTER PROJECTS

COACHING

Training, Overtraining, and Stress – Less Can Be More

By Sarah Kaufmann

As a coach, I usually get requests from athletes from one of two groups. There are those who reach out looking for accountability to motivate them to train. And there are those who reach out for guidance and structure but who already innately possess the motivation to do the work. For the purpose of this article, I am writing about the latter group. For the vast majority in this group, they are overtrained, stressed and fatigued. Many have gotten quite fast on the bike, maybe peaked and can't seem to find their form again. For this group, my biggest job as a coach is to get them to dial back the volume on the bike, remove some of the non-bike exercise and, as much as possible, mitigate the additional stress in their lives.

Most people get fast on the bike by riding a lot. As the adage goes, 'if some is good, more is better.' But for this highly motivated group, this can be their biggest downfall. Riding a lot is a major physiological stress. That constant state of stress and fatigue means the athlete is never rested and fresh enough to dig really deep for especially hard workouts or race efforts. The biggest difference most people find when they go from training on their own to structured training with a coach is that the easy days get easier and the hard days get harder. The key here is that if you are fully rested for your hard training sessions and races, you will be able to dig that much deeper for a bigger training effect and physiological response – not to mention race results!

In preparation for my upcoming professional MTB racing season, I just finished two weeks off the bike. Now that I am back on the bike, I am only riding three to four days per week and utilizing other types of exercise two to three days per week. This is especially nice during the Utah winter where riding outside creates its own set of challenges and riding indoors can be very mentally taxing. All of my athletes take this two week break once, usually twice throughout the season. Mindy McCutcheon, who I coached to a SS National CX Championship, a top 10 in the elite Championship race, several UCI podiums and wins, also just finished two weeks off the bike. She will have another long break over the summer during her professional road season, in preparation for CX.

Mindy has shot up through the ranks of professional road and CX racing in the last couple of years, surprising many as a relative newcomer and 2016 as her first season on a UCI trade team. She is incredibly gifted and she is diligent in her training. But I believe that much of her success is also due to her commitment to bal-

ance and rest. A dedicated yogi, she compliments her riding and racing with strength, stretching, and meditation through yoga. Her volume on the bike is low compared to many of the women she races against. As a result, she did not experience the slump so common among professional cyclists (especially women), who see massive improvement when they dedicate to training, but fade in the second or third professional year as the accumulated fatigue catches up. As an interesting aside, I also believe this was due in part to the fact that Mindy holds down a demanding full-time job. She simply does not

have the hours available to toil away on the bike and burn herself out.

Many people fall into overtraining because they believe more training will always lead to more fitness. But many people overtrain for other reasons. Often, riding and exercise in general are coping mechanisms for stress. As a coach, this is a struggle; I understand that my athletes need the stress release but if it's my job to make them faster, that often means directing them to cut back. Less can be more. I recommend other protocols to manage stress. Some great strategies include restorative yoga, stretching, meditation and walking.

People also ride and exercise excessively as a result of body composition and/or issues with food. This is a separate issue that I am not going to delve into here but I feel it warrants mentioning.

As winter moves into spring, it is easy to get over excited and put in excessive hours on the bike. Enjoy the warmer weather but keep riding and exercise to a sustainable level. The goal is not to finish every training session feeling completely depleted. Finish training sessions with something left so you will be ready to tackle the next hard sessions. Get adequate recovery and save the

efforts where you completely drain the tank for races or especially hard workouts. Utilize healthy stress management and take on the ebbs and flows of the season with a fresh and ambitious outlook.

Sarah Kaufmann is an elite level MTB racer for the Stan's/Kenda Women's Elite Team. She is a private coach based in Salt Lake City and can be reached at sarah@cyclingcoaching.com or 413-522-3180

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ADVOCACY

The 2017 Utah Bike Summit: People Powered



Mike Lydon will give the keynote talk at the 2017 Utah Bike Summit. Lydon is an expert on tactical urbanism, which is a method of demonstrating active transportation projects. Photo courtesy Bike Utah.

By Phil Sarnoff

The Utah Bike Summit is the statewide bicycle conference. The summit brings together everyday riders, bicycle and trail advocates, representatives from Utah's bicycle industry, planners, engineers, representatives from Utah's tourism industry and health fields, and local and state government officials in order to make Utah more bicycle friendly. Regardless of your interest in bicycling (transportation, recreation, road, mountain, commuter), the Utah Bike Summit is for you and all are encouraged to attend.

Utah Bike Summit
March 14, 2017
8:00 a.m. - 3:30 p.m.
Ogden, Utah
Register at BikeUtah.org

Every year we work to bring in great speakers who can help to advance all of the work being done for bicycling in Utah. And this year is no different. Here is a quick overview of some of the great speakers who will be at this year's summit:

•This year's keynote speaker is Mike Lydon who is an expert on active transportation demonstration and pilot projects, also known as tactical urbanism. These types of projects help communities experience the benefits of new bicycle infrastructure by being able to try it out. Mike will discuss how communities can implement these projects to build public support for permanent installations.

•Greg Bell, President and CEO of the Utah Hospital Association as well as past Lieutenant Governor of Utah, will explore the nexus of health, physical activity, and quality of life.

•Carlos Bracerias, UDOT's Executive Director, will be giving an update on all of the initiatives being undertaken at the Utah Department of Transportation. His update will be followed by regional breakout sessions where summit attendees can give input on UDOT plans and projects.

•Nicole Iroz-Elardo from Urban Design 4 Health in Portland, Oregon will present the results from Utah's Active Transportation Benefits Study. This study identifies the economic, environmental, and health benefits that bicycling and walking bring to the State of Utah. The results from this study will serve as justification for further investment in active transportation infrastructure

•Lynette Carpiet, Editor-in-Chief of Bicycle Retailer and Industry News, and Alex Logemann, State + Local Policy Analyst for PeopleForBikes, will be on two panels addressing bicycle industry trends and strategies for growing all types of bicycling.

•Provo Mayor John Curtis and Cameron Diehl, Director of Government Relations for the Utah League of Cities and Towns, will be presenting a session about how to speak to elected officials about bicycling.

There will also be sessions focused on: using crowd-sourcing to inform active transportation efforts; resources for rural communities to develop active transportation networks; and how to get more mountain bike trails built more quickly.

The Utah Bike Summit is an all-day event and registration includes all sessions, networking opportunities, and catered lunch.

Thank you to this year's summit sponsors: TravelWise, Salt Lake County Bicycle Advisory Committee, Bonneville Cycling Club, SOAR Communications, UTA, Visit Salt Lake, Mercury Wheels, HDR, REI, Amer Sports, Athletic Event Supply, Staker Parson, Wasatch Front Regional Council, Alta Planning + Design, Fehr & Peers, Get Healthy Utah, Parametrix, the Governor's Office of Outdoor Recreation, Mountainland Association of Governments, Horrocks Engineers, Landmark Design, Clif Bar, Adventure Utah, Cycling Utah, WSP Parsons Brinckerhoff, Salt Lake City Transportation, and the Ogden Bicycle Collective.

For more information and to register, visit www.bikeutah.org

ADVOCACY

Bike Utah: Rolling Into 2017

By Phil Sarnoff

Big efforts are already underway in 2017 and we wanted to tell you about some of the campaigns we are pursuing this year. Here are some of our key initiatives:

•Wasatch Bike Plan – We are working to build an interconnected network of bicycle facilities by increasing the number of communities along the Wasatch Front with active transportation plans that are actively being implemented.

•Statewide Bicycle Master Plan – There have been early discussions about creating one geographic information system (GIS) map where all state, regional, and local active transportation are included. This system will get the entire state on the same page when it comes to active transportation planning and implementation in Utah. It will also help in identifying system gaps and critical connections.

•US Bicycle Route System – Plans are already in the works to designate new routes across Utah.

•Local Advocacy – One of the things holding back active transportation in Utah is a lack of local advocacy organizations to address the need for on-street changes. We are developing opportunities for these groups to get up and running.

•Driver Education – We are in the process of revising the bicycle portion of the Utah Driver's Education curriculum. In addition, we are creating a Bicycle Friendly Driver training program and hope to work with agencies, such as UTA and UDOT, on implementation.

•More Public Input – Implement active transportation citizen committees in UDOT Regions 1, 3, and 4 to provide input on state roadway projects that may influence bicycling (The Region 2 Bikes

& Roadways Committee has been going strong for over a year)

•More Dirt Trails – In 2017, we are hosting another Bike Park Tour to educate communities about how to implement their own parks. We are also supporting the development of the Salt Lake Valley Trails Society so they can get more trails built around Salt Lake County.

•Promote the Benefits of Bicycling – Utah's Active Transportation Benefits Study is almost complete. This study will quantify the economic, environmental, and health benefits that bicycling and walking bring to the state of Utah.

•Bicycle Ambassador Program – In partnership with Salt Lake County, the Bicycle Ambassador Program is ramping up. The Ambassadors are doing public outreach and facilitating trainings to get more people riding more often.

•Youth Bicycle Education – The Youth Bicycle Education and Safety Training Program is going strong. We continue toward our goal of educating 3,000 kids across Utah about bicycle safety and getting them excited about riding.

•Educating Public Officials – Our series of Mobile Active Transportation Tours will continue in 2017. Through these tours we educate planners, engineers, and elected officials as to how they can make their own communities better for bicycling.

As you can see, there is no shortage of opportunities to grow all types of bicycling across Utah. There will be numerous opportunities for people to be more involved in these efforts and we will be sure to let you know when we can use support from our members and contacts.

If you aren't already on our email list, sign up at www.bikeutah.org to stay in the loop.

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SPEAKING OF SPOKES

Nothing Beats a New Bike!

The current stable. Photo by David Ward

By David Ward

There is nothing like new stuff. Don't get me wrong. I take care of my things, and am proud when something lasts well. I have an old ski parka from when I was a teenager that I still wear when working outside during the winter. And my 1998 4Runner now has in excess of 260,000 miles.

But getting something new is nice. You get all the new technology, it is attractive and unmarred, and it makes you feel good. And of all the new things you can get, nothing beats a new bike.

My first new bike was a gift from Santa back in 1956, a beautiful red and cream colored Schwinn Spitfire. I put a lot of miles on that bike, and had many adventures, including nearly having it confiscated by the Fort Hall Indian Reservation police. Thanks to my tears and pleas, I managed to hang onto my ride.

I purchased my next new bike, a French made Motobécane, 15 years later when serving as a missionary in France for my church, the Church of Jesus Christ of Latter Day Saints. Bikes were how we got around. This bike was purple with white trim, and had a headlight and taillight powered by a small generator with a rotor that, with the flip of a switch, pushed against and was propelled by the wheel as I road. I went through a lot of rear tires that way.

In 1973, just off my mission and a student at Brigham Young University (BYU), I purchased a bike (brand unknown) from some entrepreneur

who had managed to buy a bunch of these bikes really cheap. And though he sold it to me cheap, I soon realized it was way too big for me. Still, it sufficed for my commutes to and from campus. I was relieved of that bike, however, by someone who permanently borrowed it from a bike rack on the BYU campus later that year.

Up next was another Motobécane. The year was 1974, I was newly married, and my wife and I were taking a cycling class for PE credit at BYU. I scored a great deal at \$125, and rode, toured and commuted on that Motobécane Mirage for the next 9 years. It was white with red highlights, and came equipped with double brake levers for each brake, the standard one on the front curve of the bars, and a second one just under the top of the bars. That was a bad idea and a safety hazard as they never worked well. It also had the shifters on the bar stem, also a bad idea. I modified both of these by eliminating the under the bar brake levers, and replacing the shifters with standard (then) down tube shifters. I loved that bike, and it still hangs in my basement, a nostalgic reminder from the past.

Around 1984, I learned that they actually had bike racing in Salt Lake. After scoping out a couple of races, my competitive instincts flared. That was when I made a huge leap in bikes. I purchased a marvelous Trek 760, made of Reynolds 531 steel tubing, and equipped with a Campagnolo Victory gruppo. I remember after picking the bike up and taking it home, I got on to go for a ride. It was

so light and responsive that at first I had a difficult time riding along smoothly. But it only took about a mile, and I was on the sweetest ride I had ever experienced.

The years get a little fuzzy here, but I trained and raced, and won quite a few races, on that bike for the next 8-10 years. It was stable yet responsive in the fastest, tightest crits, and accelerated like crazy in a sprint. I loved racing on it.

But the buying bug hit again, prompted by the new line of LeMond bicycles. I bought a LeMond Maillot Jaune with a blue, yellow and pink color scheme that took bike beauty to a new level. I remember in one of my first races after I purchased it a fellow racer remarked, "That's the prettiest bike I've seen." And it was pretty. But I soon realized it was not quite as responsive or as fast in a sprint as my old Trek. Still, I rode and raced on it for several years.

Then came along carbon fiber. I gave it a couple of years to develop the technology and then purchased a Trek OCLV 5200. Naturally, it was lighter than my LeMond (or my Trek 760 for that matter), and also very responsive. A sparkling copper color, it was my ride and race steed till 2003.

That's when I started itching for a true Italian made racing machine, and Colnago was producing the most beautiful ones around. I opted for the CT1, with a titanium frame, carbon fiber forks and seat and chain stays, and a Campagnolo Record gruppo. Silver and yellow with decorative painted artwork including a racer with his arm up in a victory salute on the top tube, it is a work of art. On top of that, it is the most comfortable bike I have ever ridden, while still being very responsive.

Of a truth, by this time, I was no longer racing much, just the LOTOJA each year. So this purchase was more for my own pleasure and to satisfy my new bike urge. But Jeff Louder was racing on a Colnago CT1, so you know it was a true racing machine.

Well, I thought that might be my last new bike purchase. I was 52, and I could see myself riding this bike till I rode off in the sunset. But in 2012, the bug hit again, and this time it was another Italian stallion, a red and white full carbon Bianchi Sempre equipped with a SRAM Red gruppo. I immediately noticed how quickly it responded, even better than my

Colnago, and probably better than my old Trek 760, which I feel was more responsive, but my aging of 30 years between the two bikes likely skews that perception.

Somewhere in there, probably around 2005, I got a screaming deal on a black with red trim aluminum Wilier Lavaredo which I purchased specifically for use, and had it set up, as a time trial bike. It is not nearly as smooth a ride, but I love getting down on the TT bars and cranking it up. Again, I don't race it, I just ride it for fun.

About 2010, I also bought a Felt Curbside fixed gear bike. Man, what a different experience. Since it was mostly flat between my home and office, I commuted on it a lot. I have to say, I really came to love riding it. A fixie has a technique and feel all its own. Now that I live up a canyon, I rarely ride it. I commuted on it once, and the ride back up the canyon was so painful, and left me so sore, that I did that no more. But occasionally, I take it down in the valley and ride it around. I still love the sensation of riding my fixie.

Around 1990, I also bought a Santana tandem. Riding a tandem is like driving a 1960s Cadillac, big and heavy. No fast corners, and you have to learn to coordinate with your partner. It really takes time to perfect that. But we have had a lot of fun on our tandem. In fact, I have ridden the Seattle to Portland (STP) event on a tandem with my wife and each of my five children. It is a great equalizer when you and your partner have different levels of strength and fitness. You can both enjoy the ride, rather than having one of you trying to be

patient and the other feeling like he or she is holding you up. I really recommend it to couples who want to enjoy riding together.

Well, that's it. All my new bike purchases. (Except for my mountain bikes, but I'm not going there. Anyway, there were only three of those.). And where are all these bikes now? Except for my original Schwinn which disappeared sometime in my teenage years, and my missionary Motobécane which I sold to another missionary when I came home, I still have them all. My Trek 760 also still hangs in my basement along with my Motobécane and nostalgia warms my heart each time I see it. Who knows? I may tune it up and take it out for a ride again.

The LeMond is at my daughter's home in Texas, and my Trek OCLV 5200 is at my daughter's home in Phoenix. Very convenient for when I go to visit. The Colnago, Bianchi, Wilier and Felt all hang in my garage, waiting to see which of them I will choose for my next ride. I alternate regularly between the Colnago and Bianchi, and occasionally get out on the Wilier and Felt. Nice to have a good stable.

I am pretty sure I am done now with new bike purchases, though my wife doesn't believe me. But at age 66, and with a Colnago, Bianchi, Wilier and Felt to ride, each of which like any good bike can last forever, I think they will do me till I can no longer ride.

But who knows? New bikes are pretty, they have all the latest tech, and they make me feel good. And I have always wanted a Bianchi painted Bianchi green . . .

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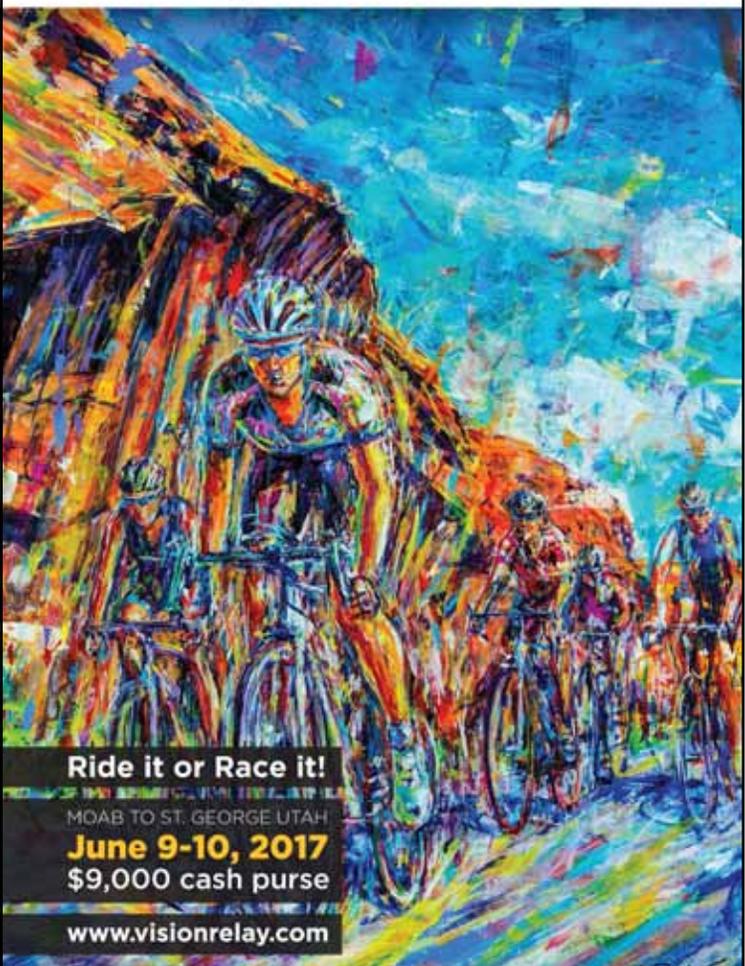
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HIGHLINERSmtb Club Rides With Community in Mind



Aaron Crowder and Steve Sadler on one of many fall team Wasatch Crest Trail rides. Photo by Eric Kramer



The HIGHLINERSmtb team enjoying a beautiful group ride through Thunder Mountains beautiful landscape. A pit-stop heading home after a team camp trip near Zion National Park. Photo by Eric Kramer

By **Aaron Crowder,**
HIGHLINERSmtb

HIGHLINERSmtb is a sub group of the western region cycling community. Our mission is simple. Enduro, Community, and Good Times. Call us a team. Call us a club. Call us a bunch of dirtbags who seemingly only care about rolling around on dirt with likeminded people. We have a competitive elite racing side to our team that intends to compete and push the local limits of the Enduro discipline. Equally important is our community driven, beer, and burrito fueled club level which only exists to have fun, ride with friends and help drive the cycling community. The demographics include male, female, pro, expert, intermediate, young, old, and all wheel sizes. Our passion is driven by the people we meet and ride with every day. We facilitate group rides, skills clinics, Enduro racing, BBQ's, and shenanigans. Needless to say, if you like to ride MTB, you are welcome to ride with

us anytime.

The most important aspect of HIGHLINERSmtb is our sense of community and engagement in local events and needs. On the rise in Utah, where we are based, is the Salt Lake Valley Trails Society. Their mission is to educate about, promote, develop and maintain bike trails in the Greater Salt Lake Valley. HIGHLINERSmtb and one of our supporting sponsors, Bingham Cyclery has partnered with and helped build the Salt Lake Valley Trails Society to boost community involvement, sustain, and enhance bike trails. The importance of trail maintenance, trail etiquette, and trail development at all levels becomes increasingly more evident as the cycling community grows. With that surfaces opportunity to engage and connect new members of this community to the needs of the longer term developments and housekeeping of all those trails we enjoy every day. Without community involvement, interest, and action, growth and sustainment will not happen.

We at HIGHLINERSmtb care deeply about these efforts.

We also care about ripping fun and fast trail against the clock. The Western Region offers several Enduro race series which our team partakes in. California Enduro Series, Big Mountain Enduro Series, Montana Enduro Series, Enduro Cup Series and many smaller grassroots races are all on the menu for 2017. One of our favorite races each year just happens to be the longest running Enduro in the USA. Fears, Tears, and Beers Enduro is hosted in the unique town of Ely, NV and offers plenty of good times and competition for all ages and abilities. Of those who race for HIGHLINERSmtb, several are at the professional level with specific goals to succeed on the national and global stage. We have up-and-comers Bryn Bingham and Lauren Bingham who are already well accomplished at the national

level. Most of our race team is built with expert level riders who still care to compete at a higher level but don't care to commit to the demands of the pro class. All of our experienced racers lead group rides, skills clinics and weekend get-a-ways for any and all team/club HIGHLINERSmtb members and friends. We want everyone on the team to be able to benefit from and feed off of one another in efforts to progress on the bike and have a

network of great friends to ride with.

HIGHLINERSmtb formed mid-2016 and attended our first race as a team in Ely, NV at the Fears, Tears, and Beers Enduro, our favorite race of the year. The 2016 race was on rain delay for 24hrs which gave us plenty of time to fill a cooler full of beer and head back to the Jailhouse Casino Hotel to craft our website and recruitment strategy. We sat here for hours watching the rain

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One of HIGHLINERSmtb female riders, Piper Sadler, taking flight off a jump the morning of a team camp trip in Springdale, Utah. Photo: Aaron Crowder



Rob Brown claiming 2nd place in the Montana Enduro at Big Sky. One of the many Enduros the team participated in during the 2016 season. Photo by Ali Goulet

come down and chatting about the Western Region Cycling community. Its competitive and offers plenty of racing, which was our initial pas-

sion. It's also filled with great community, good breweries and the best trail around. All of this was familiar, important and exercised by us in the past. From that day forward we knew we wanted to be about Enduro, Community and Good Times so we made that our mission. We are fortunate to have great support from Bingham Cyclery, KIND Snacks, Celtek Bike Gloves, DNA Cycling, DAKINE, and SMITH Optics. We are currently working with potential corporate sponsors to partner with for 2017 and beyond.

Beyond all of the community relations, group rides and racing, we spend a great deal of time on social media. Sure we have the standard Facebook and Instagram accounts. We also have a website www.HIGHLINERSmtb.com that consistently pushes media out to the information superhighway. We have bike/product reviews, blogs on adventure/lifestyle/travels, and a feed of photos homegrown from some of our talented photographers on the team. We focus a lot on the lifestyle of our team and the supporters who back us. Above all of that, we push the fact we have an open door policy and want nothing more than to invite

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likeminded people to join us and engage in the cycling community to help us sustain and improve the land access, trail networks and voice of the western region mountain biker.

For more information on how you can join HIGHLINERSmtb or get involved in the local community, please go to our website at www.HIGHLINERSmtb.com and click "Join Us". We would love to hear from you.



Ali Goulet and Mike Saltsman enjoying a cold brew after some trail riding at Snowbird. Photo by Eric Kramer

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Touring to Great Basin - Continued from page 3



John in front of Pony Express Station Marker. Photo by Chris Blinzinger



Taking a break. Photo by Chris Blinzinger

The Pony Express Route

It's interesting that the Pony Express is such a significant piece of history and Americana that only operated for 19 months. It has much more historical value and gets more recognition for its short duration than some American Presidents. The Pony Express could deliver mail from St. Joseph, Missouri to Sacramento, California in a mere 10 days. 1800 miles in 10 days is far better than we would do on our skinny tire

touring bikes. We headed out on a Friday morning from my home in northern Utah County heading west into the Oquirrh Mountains. There is not any direction to ride along the Intermountain West for several days without the need to climb over a few mountains. Immediately after turning onto the dirt road that would lead us across the desert, we stopped at the first of many information signs and monuments that dot the Pony Express route.

Chris headed toward Dugway Pass. Photo by John Monroe.

Well on our way out into the Desert, the road was in good condition (hard packed dirt) and provided a historical monument every ten miles or so to signify a Pony Express Stop. Many of the monuments were missing the metal plate with the Horse and Rider, and in disrepair.

I was amazed at the beauty to behold out there. I expected to see sagebrush and rocks. What I experienced was a large expanse of desert grass, huge blue skies and peacefulness as we rode the long straight roads. It's hard not to be awestruck with beauty of the desert. We watched a coyote run across the road in front of us and modified our line of travel from time to time to miss snakes in the road soaking up the sun. I imagined those Pony Express riders moving fast across that open space with a trail of dust behind them. We replenished our water at Simpson Springs Campground on the first night. We topped off our water at Fish Springs

and turned off the Pony Express route before Callao, UT at the end of day two headed toward Hwy 50.

South to Great Basin National Park

In addition to the large stone monuments dotted along our route, there were 12 inch sections of a piece of railroad rail on a post with a descriptive plate detailing an old trade route or sheep camp. I got the impression from those markers that there was much more activity out there many years ago than the days we were out there. We did encounter a group of motorcycles doing a poker run and other motorists that wondered if we were lost. I always get a kick out of that question when we are out touring. Truthfully, I like it when they look at us like we are crazy. It's part of the fun.

The road has so many variations of quality in every mile. Some sections are hard packed and easy to ride and pedal while others were sandy and loose and some just had ginormous rocks that are tube killers. It took some skill to avoid them when going downhill. But...there is a 200 foot section of paved road out in Trout Creek. We briefly enjoyed the short lived easy rolling as much as one could. The lone church out there has paved frontage. We stopped for a rest. We took advantage of the shade trees behind the church and sat at a picnic table under the pavilion. We replenished our water supply from a spigot on the pump house and washed up a little. We relaxed there for about an hour enjoying the breeze and plotting the rest of the days ride. It was truly an oasis in the desert.

Soon we were headed out south toward Gandy where we hoped to stop at Warm springs before finishing the days ride by riding into the Border Inn at the Utah/Nevada state line. One hour later we were fighting 35 mph head winds. It was a drastic change from our oasis. Forward movement was slow going so we pulled over under shade and broke into our meat and cheese.

We were there for 15 minutes

discussing what to do when a farmer stopped out on the road in his flatbed pickup so we walked over to talk to him. His dog jumped of the truck and ran passed us as we approached. We chatted briefly and swapped a few bike stories (he wants to do what we were doing and asked our opinion on a few things), then he offered us to come to his house 7 miles away to wait out the wind. We decided not to backtrack. While we like flexibility in our schedule, we had pre-purchased tickets for Lehman Cave. There was an annual astronomy event at Great Basin National Park and we followed their recommendation to buy tickets early.

We were concerned that the headwind would slow us down so much that we wouldn't make it to our scheduled cave tour. Not sounding very flexible. I happened to look over toward our bikes and noticed his dog eating our lunch. He hollered and called his dog over. We shook hands and parted ways and went back to eating what was left of our lunch. We mounted up and continued on. It was tough going and we only managed seven miles in two hours. Wind can be demoralizing. Neither of us was able to encourage the other as we pushed on.

We hesitated to hitch a ride because we were there to ride the whole thing. Well, I heard a vehicle coming up behind us and at the last second, I stuck a thumb out struggling to keep my front wheel straight with one hand. The vehicle hesitated briefly and then I saw brake lights. I pedaled with new energy to see about a ride. The driver asked "Did you flip me off or are you looking for a ride?" I assured him I was looking for a ride. A rancher and his son had been out to check their herd and were headed to the Border Inn. We were in luck and loaded our bikes into their farm truck and hunkered down with our bikes. We passed the turnoff to Warm Springs in Gandy but that was no longer an option with our new found means of transportation. It was 35 miles to the Border Inn. We would have never made it to Lehman

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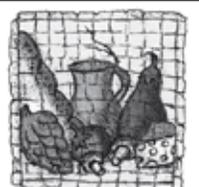
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Rider in the Storm. Photo by John Monroe

without that ride. The winds were supposed to last through the night. We hunkered down there for the night and ate at their restaurant.

To Great Basin National Park

We headed out for Great Basin the next morning. The wind was still blowing and it was much colder. We had a significant climb and planned on camping in the park that night. The climb was brutal, 1700 feet elevation gain with a cold cross wind. We were bundled up like winter commuters. We eventually found relief once we got far enough up the mountain for the hills to block the wind and let the sun warm us up.

The cave was cool. It's worth the visit. The small visitor's center has a restaurant for summer visitors. It was already Fall. The climb had really taken our energy so we sought out to find the campground and set up camp. It was easier said than done. When receiving directions it is essential to remember the description is subjective to the informant's perspective. We know better but I guess we forget. Finally found our camp and enjoyed all you can eat pine nuts everywhere around us.

Our first six miles of the morning were downhill leading us back to the Border Inn. Half way down the hill, we could see something ahead of us at the bottom of the hill on our route ahead that was causing a commotion in the road. It looked strange to us and we couldn't make out what was

going on. Looked like a traffic jam in the middle of nowhere as we could see a line of cars backed up. Once we were two miles away, it was clear what the commotion was but that only resulted in more questions. A two-seater airplane parked in the middle of the road. The pilot landed to chat with driver of a pickup, or just have coffee. They were as surprised to see us as we were them. We all had questions about what the other was doing there. We talked for a few minutes and the pilot loaded up and headed out. How often do you see a plane in the middle of the road in the middle of the desert? Well now I have.

Back to Delta

It's funny how all roads look flat on a map. Our ride toward Delta was hillier than I expected. The pavement was a welcome relief from the 150 miles of dirt road we had been on. We camped close to Sevier Lake mile off of Highway 50/6. I got up in the middle of the night to see a man about a horse, and admired the stars with amazement. From horizon to horizon, there was 180 degrees of bright stars. It was impressive and best view of the stars on this trip so far. We enjoyed a tailwind as we headed east to Delta, then northeast toward Leamington and up over the mountain into Nephi. We rode through some cool little towns on the way to Nephi. We encountered a cross-country female cyclist halfway to Nephi. She started off in Florida for a ride to see her brother in the Midwest but decided to keep riding until she reached the Pacific. I gave her my maps for the west desert crossing. We arrived in Nephi that evening. This is where

our trip ended. My wife picked us up in Nephi and drove us home. We lost John's bike off the bike rack on the way home. We went back and found it but...That's another story.

Nuts and Bolts

•We left the last week of September. The trip was 351 miles with 10,331 feet of elevation gain.

•We spent five nights and six days on this trip. Every trip is hard and fun and easy and adventurous and thought provoking and rewarding.

•This was a great time of year because days are warm but not too hot and nights were cool.

•John and I have become used to carrying plenty of water. That is probably the most significant consideration for the trip. There are places to get water but you should carry plenty in case you have a problem. I am glad we did it. We carried 10 liters each and a filter. We never had



John and Chris at the Nevada state line. Photo by Chris Blinzinger's tripod.

to use the filter.

•It is remote, beautiful and something I can check off my list.
 •Baker Nevada is a ghost town this time of year, businesses are closed up so stock up at the Border Inn if traveling up to Great Basin National Park this time of year. We carry calories, protein and enjoy a hot drink in the morning and after dinner. John made some great dehydrated meals for the trip.

•Meat sticks, trail mix and Hudson Bay Bars (homemade oat bars) are easy to access while riding and we never pass up a convenience store.

•The route along Highway 50 is wide open, but camping can be difficult because of the fence that parallels with infrequent gates and side roads.

Now we are talking about doing the Loneliest Road in America through the rest of Nevada. But first we will ride to Grand Junction in June.

Chris Blinzinger is an Emergency Manager and avid cyclist living in Pleasant Grove, Utah. He traded in his horses for two wheels over a decade ago and is now a regular bicycle commuter/tourist.



Chris Blinzinger (left) and John Monroe arrive at Great Basin National Park. Photo by Chris Blinzinger

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performancebike.com/southsaltlake

REI (Recreational Equipment Inc.)

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

Salt Lake City Bicycle Company

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

Saturday Cycles

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

SLC Bicycle Collective

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

Sports Den

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

The Bike Gal

1555 So. 900 E.
Salt Lake City, UT 84105
(801) 831-8391
bikeguyslc.com

Wasatch Touring

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

Wild Rose Sports

702 3rd Avenue
Salt Lake City, UT 84103
(801) 533-8671
wildrosesports.com

South and West Valley

Bingham Cyclery

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

Canyon Bicycles

762 E. 12300 South
Draper, UT 84020
(801) 576-8844
canyonbicycles.us

Canyon Bicycles

11445 S. Redwood Rd
S. Jordan, UT 84095
(801) 790-9999
canyonbicycles.us

eSpokes

SoDa Row at Daybreak
11277 Kastrel Rise Ste. G-1
South Jordan, UT, 84095
(801) 666-7644
eSpokes.com

Go-Ride.com Mountain Bikes

12288 S. 900 E.
Draper, UT 84020
(801) 474-0082
go-ride.com

Infinite Cycles

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

Lake Town Bicycles

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

REI (Recreational Equipment Inc.)

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

Salt Cycles

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

ThinAir Cycles

1223 E. 12300 S.
Draper UT 84020
801-553-BIKE
thinaircycles.com

UTAH COUNTY

Alpine/American Fork/Lehi/

Pleasant Grove/Lindon

Bike Peddler

24 East Main
American Fork, UT 84003
(801)-756-5014
bikapeddlerutah.com

Bicycle Motion

77 N. 200 E.
Alpine, UT 84004
385-444-6666
bicyclemotion.com

Fezzari Bicycles

850 W. 200 S.
Lindon, UT 84042
801-471-0440
fezzari.com

Infinite Cycles

CALIFORNIA

Tour of Nevada City
457 Sacramento St.
Nevada City, CA 95959
530-265-2187
tourofnevadacity.com

COLORADO

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

Over the Edge Sports
202 E Aspen Ave
Fruita, CO 81521
970-858-7220
otesports.com

WYOMING

Jackson Area
Hoback Sports
520 W Broadway Ave # 3
Jackson, Wyoming 83001
307-733-5335
hobacksports.com

Hoff's Bike Smith
335 Glenwood St,
Jackson, WY 83001
307-203-0444
hoffsbikesmith.com

The Hub
1160 Alpine Ln,
Jackson, WY 83001
307-200-6144
thehubbikes.com

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

Teton Village Sports
3285 W Village Drive
Teton Village, WY 83025
tetonvillagesports.com

Wilson Backcountry Sports
1230 Ida Lane
Wilson, WY 83014
307-733-5228
wilsonbackcountry.com

IDAHO

Boise
Performance Bicycle
8587 W. Franklin Road
Franklin Towne Plaza
Boise, ID 83709
208-375-2415
performancebike.com

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

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

Capital Schwinn Cyclery
1015 Vista Avenue
Boise, ID 83705
208-336-2453

Eastside Cycles
3123 South Brown Way
Boise, ID 83706
208.344.3005
www.rideeastside.com

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

George's Cycles
515 West State Street
Boise, ID 83702
208-853-1964
georgescycles.com

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

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

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

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

Victor/Driggs
Fitzgeralds Bicycles
20 Cedron Rd
Victor, ID 83455
208-787-2453
fitzgeraldsbicycles.com

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

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

Idaho Falls
Bill's Bike and Run
930 Pier View Dr
Idaho Falls, ID
208-522-3341
billsbikeandrun.com

Dave's Bike Shop
367 W Broadway St
Idaho Falls, ID 83402
208-529-6886
[facebook.com/DavesBikeShopIdahoFalls](https://www.facebook.com/DavesBikeShopIdahoFalls)

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

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

Pocatello
Barries Ski and Sport
624 Yellowstone Ave
Pocatello, ID
208-232-8996
barriessports.com
jeremy@barriessports.com

Element Outfitters
222 S 5th AVE
Pocatello, ID
208-232-8722
elementoutfitters.com
paul@idahoace.com

Element Outfitters
1570 N Yellowstone Ave
Pocatello, ID
208-232-8722
elementoutfitters.com
paul@idahoace.com

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

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

Spoke and Wheel
148 Addison Ave
Twin Falls, ID83301
(208) 734-6033
spokeandwheelbike.com

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

Sun Valley/Hailey/Ketchum

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

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

Summit Ski & Cycle
791 Warm Springs Rd.
Ketchum, ID 83340
208-726-0707
sunsummitskiandcycle.com

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

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

NEVADA

Las Vegas
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brokenspokesbikeslv.com

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CYCLING UTAH

RACE RESULTS

Frosty's Fat Bike Race Series, Nordic Valley



Cross Country, December 31, 2016, Nordic Valley, Utah

Place, Name, Time

Abominable A Women

1 AMI STUART 1:10:24.9

2 ERIKA POWERS 1:15:23.9

Abominable A Men

1 RYLAN SCHADEGG 0:53:28.9

2 CHRIS STUART 0:55:56.0

3 GEOFFREY MONTAGUE 0:56:27.6

4 AARON CAMPBELL 0:59:33.9

5 DAVID ZINK 1:01:55.9

6 ART O'CONNOR 1:02:04.9

7 TRENT DONAT 1:05:37.4

8 SAMUEL DEARDEN 1:08:48.3

9 JASON SPARKS 1:09:25.6

10 BRIAN RESSA 1:09:54.5

11 TRAVIS BAIRD 1:15:56.9

Bigfoot B Men

1 DAVIS LANCE 0:54:01.5

2 CHRISTIAN WALTON 0:54:47.1

3 RYLAN SCHWARTZ 0:57:05.6

4 JOSEPH BRUBAKER 0:57:35.3

5 DRAGAN FILIPOVIC 0:58:00.3

6 STEVEN WEAVER 0:58:17.8

7 PAUL LASTAYO 0:59:24.7

8 JASON LANCE 0:59:41.7

9 DOUGLAS ALMSTEDT 0:59:47.1

10 FRANK ZINK 1:01:37.9

11 PATRICK MORTON 1:03:25.2

12 DICK NEWSON 1:03:50.9

13 JOHN LAUCK 1:04:06.5

14 MATTHEW HAGEMEYER 1:04:15.0

15 MATT HORNBACK 1:06:02.0

16 JASON WOODEN 1:06:13.0

17 RICK MORRIS 1:07:43.3

18 HOYT ROBEY 1:22:52.4

Bigfoot B Women

1 TRINI OLDS 1:04:59.7

2 HOLLY HAGEWOOD 1:07:26.9

Chilly C Women

1 TIFFANY HARRISON 0:33:45.6

2 AIMEE DAVISON 0:37:03.8

3 MCKENZIE DAVISON 0:39:01.4

4 DEBI NISH 0:48:56.2

5 SARA SPARKS 0:52:43.9

Chilly C Men

1 JAKE SCOTT 0:28:46.5 6:52

2 ANDREW DECKER 0:29:54.2 7:08

3 RUSSELL SMOCK 0:31:04.3 7:24

4 JEFF JOHNSON 0:31:10.9 7:26

5 LAMONT CROOK 0:31:13.4 7:27

6 SHANE PHILBRICK 0:31:42.8 7:34

7 DENNIS BLUME 0:32:55.5 7:51

8 KIRK ALLEN 0:34:02.3 8:07

9 BRYAN BERESFORD 0:35:38.8 8:30

10 ROB MILLER 0:35:40.9 8:30

11 DARREN DAVISON 0:35:57.9 8:34

12 JASON CHRISTENSEN 0:38:39.2 9:13

13 CHIP PAGE 0:38:43.3 9:14

14 KEVIN LAUSCHER 0:39:53.7 9:30

15 BRIAN CHRISTENSEN 0:43:10.9 10:17

16 JOSEPH CHRISTENSEN 0:43:11.6 10:18

17 ROB HARRISON 0:45:18.2 10:48

18 DANIEL BILONIC 0:48:30.1 11:33

Frosty's Fat Bike Series, Jasper Cross

Country, January 12-14, 2017, Jasper

Alberta Canada

Place, Name, Time

1 ELISSA CUMMINGS 54:41.7

Abominable A Men

1 SEAN CARTER 44:31.0

2 MIKE LANGFORD 48:35.4

Bigfoot B Women

1 JULIA ZAVAGLIA 54:43.1

Bigfoot B Men

1 CORWIN BOWERS 37:45.5

2 CARSON KERR 41:06.9

3 CHRISTIAN MACINTOSH 45:54.4

4 DAVID JAEGER 46:07.2

5 MATT HORNBACK 46:21.4

6 KEVIN PROUSE 48:24.1

Chilly C Women

1 EMILY PROUSE 1:20:32.4

Chilly C Men

1 CORWIN BOWERS 37:45.5

2 CARSON KERR 41:06.9

3 CHRISTIAN MACINTOSH 45:54.4

4 DAVID JAEGER 46:07.2

5 MATT HORNBACK 46:21.4

6 KEVIN PROUSE 48:24.1

Frosty's Fat Bike Series, Jasper Endurance,

January 12-14, 2017, Jasper Alberta Canada

Place, Name, Time

Abominable A Men

1 TATE HAUGAN 3:44:44.6

2 CHRISTIAN JENSEN 3:59:01.4

3 MIKE LANGFORD 4:21:05.0

Bigfoot B Men

1 CORWIN BOWERS Chetwynd, Canada Male

3:25:06.1

2 JEFF HEHN Saskatoon, Canada Male 3:52:52.8

4 JUSTIN RUMPEL Sherwood Park, Canada Male

4:29:29.1

5 DAVID JAEGER Edmonton, Canada Male

5:14:28.8

6 GLEN ALLEN Hinton, Canada Male 5:15:43.3

7 FRANCOIS DREYER Hinton, Canada Male

5:16:06.5

8 MATT HORNBACK Lindon, UT Male 5:16:08.1

9 CHRISTIAN MACINTOSH Antigonish, Canada

Male 5:27:20.2

10 JOHN JOHNSON Jasper, Canada Male 5:34:16.6

11 CRAIG BULLEN Squamish, Canada Male

5:43:56.2

Bigfoot B Women

1 SARAH ROBBINS 4:08:29.4

2 STEPHANIE MELNYCHUK 5:44:06.6

Bigfoot B Men

1 CORWIN BOWERS 3:25:06.1

2 JEFF HEHN 3:52:52.8

3 JUSTIN RUMPEL 4:29:29.1

4 DAVID JAEGER 5:14:28.8

5 GLEN ALLEN 5:15:43.3

6 FRANCOIS DREYER 5:16:06.5

7 MATT HORNBACK 5:16:08.1

8 CHRISTIAN MACINTOSH 5:27:20.2

9 JOHN JOHNSON 5:34:16.6

10 CRAIG BULLEN 5:43:56.2

Chilly C Women

1 BRENDA REID 3:45:11.1

Chilly C Men

1 TY HAUGAN 2:23:31.7

2 KEVIN PROUSE 2:34:42.4

3 KEITH WENSEL 2:53:26.6

4 IAIN LYGO 3:34:36.7

5 GUY TELLIER 3:38:58.8

Frosty's Fat Bike Series, Wolf Creek Ranch,

January 27-28, 2017, Kamas, Utah

Place, Name, Time

1 ERIKA POWERS 3:14:39.6

Abominable A Men

1 AARON CAMPBELL 2:18:50.2

2 JASON SPARKS 2:39:18.7

3 KYLE SMITH 2:51:25.3

4 TRENT DONAT 3:11:48.0

5 SAMUEL DEARDEN 3:17:29.6

6 JIM BALDERSON 3:36:57.2

Bigfoot B Women

1 JAN HOLDING 2:28:09.5

Bigfoot B Men

1 PATRICK MORTON 1:51:08.8

2 DRAGAN FILIPOVIC 1:53:39.1

3 LAMONT CROOK 1:54:02.9

4 TRAVIS BAIRD 1:59:54.6

5 PARKER SMITH 2:06:39.8

6 DOUGLAS ALMSTEDT 2:07:34.2

7 DICK NEWSON 2:16:27.3

8 DAVID HOLDING 2:17:38.6

9 MATT HORNBACK 2:19:36.6

10 TIM WAGSTAFF 2:22:08.1

11 JASON SMITH 2:33:34.8

12 JAKE SCOTT 2:35:21.6

Chilly C Women

1 TIFFANY HARRISON 1:06:51.9

2 ANDEE BOUWHUIS 1:16:24.6

3 DANITA RITTER 1:29:51.5

Chilly C Men

1 SHANE PHILBRICK 1:01:24.3

2 EDWARD PARKER 1:05:09.5

3 KIRK ALLEN 1:10:26.4

4 KYLE PRICE 1:22:47.7

5 RICK NEMEROFF 1:27:29.5

6 ANDREW DALEBOUT 1:33:27.4

7 GREG ROTH 2:12:30.6

8 JAMES BLACK 2:16:36.6

9 MIKE MANN 2:29:04.5

Sweaty Yeti Fat Bike Race, February 4, 2017,

Ogden, Utah

Pro/Elite Women

1 Trini Olds 1:06:52

2 Ami Stuart 1:08:43

3 Meghan Sheridan 1:11:33

Pro/Elite Men

1 Justin Lindine 1:00:48

2 Chris Stuart 1:05:14

3 Art O'Connor 1:08:37

4 Aaron Campbell 1:11:05

5 Weston Woodward 1:12:26

6 Darin Tuckett 1:17:13

7 Kyle Smith 1:21:54

8 Jason Sparks 1:01:06

9 John Gill 1:01:22

10 Manny Cypers 1:11:49

11 Brian Hart 1:12:20



Utah Cyclo-Cross Series Race 10, November

19, 2016, Ogden, UT

Place, Name, Team

Men 35A

1 Guenter Hofer Unattached

2 Drew VonIntel SaltAir Cross Fever

3 Eric White ENVE

4 Paul Solomon Los Playboys Internacionales

5 Jason Olsen P Town Cross Bikers Edge

Men 45 Plus

1 Mark Fisher KUHL

2 Scott Allen Canyon Bicycles Shimano

3 Art O'Connor Church of the Big Ring

4 David Wood KUHL

5 Steve Meek Team Hammer

Men 55 Plus

1 Barry Makarewicz Ski City Cycling

2 Jeff Flick KUHL

3 Gary Porter P Town Cross Bikers Edge

4 Miguel Payan P Town Cross Bikers Edge

5 Ross Greenlee Contender Bicycles

Men A

1 Alex Grant Cannondale

2 Josh Whitney Evol Racing

3 Steve Carwile Bingham Cycles Peak Fasteners

4 Jeff Bender KUHL

5 Bruce Deppe Unattached

Men Singlespeed

1 Spencer Maughan SBR

2 Robert Hamlin KUHL

3 Tom Telford P Town Cross Bikers Edge

4 David Haak Cutthroat Racing

5 John Rech P Town Cross Bikers Edge

Women A

1 Sarah Kaufmann NoTubes Elite

2 Meghan Sheridan Bingham Cycles Peak

Fasteners

4 Erika Powers Bingham Cycles Peak Fasteners

5 Tiffany Schwartz Endurance

Women B

1 Trista Winder Canyon Bicycles Shimano

2 Keri Gibsen Unattached

3 Angela Howe Team Plan7

4 Jenny Olds P Town Cross Bikers Edge

Men 35B

1 Zach Brown Go Ride

2 Troy Gorman Team Tosh Cycling

3 Jared Allen P Town Cross Bikers Edge

4 Mike Burton White Pine Racing Powered

By Jans com

5 Albert DaCanto Canyon Bicycles Shimano

Men B

1 Weston Woodward Intermountain Livewell

2 Dallin Hatch UtahMountainBiking.com

3 Kellen Birch Kelson

4 Charles StLeor Team Super

5 Nick Runtsch Salt Lake Randonneurs

Clydesdale

1 Alex Whitney P Town Cross Bikers Edge

2 Andrew Love Zone Five Racing

3 Mike Oblad Porcupine

4 Jason Munns Unattached

5 Thomas Martins WaltWorks

Women C

1 Lisa FitzGerald Unattached

2 Kayleigh Maloney Team Super

3 Lara Fisher KUHL

4 Rebecca Thatcher Bingham Cycles Peak

Fasteners

5 Kelly McPherson Livewell

6 Steffany Greco Bingham Cycles Peak Fasteners

Junior Men 11-14

1 Moses Maloney Unattached

2 Luke Heinrich KUHL

3 Peter Stack KUHL

4 Griffin Rossberg Unattached

5 Landon Peterson Cache Valley Composite

Junior Men 15-18

1 Nathan Eppley Unattached

2 Tanner Munns Unattached

3 Konner Gibson Weber

4 Everett Peterson Cache Valley MTB

5 Mason Jones North Davis Composite

6 Dixon Ekins Unattached

Junior Women

1 Rachel Sparks UtahMountainBiking.com

2 Samantha Christensen North Davis Composite

3 Eliza Rich P Town Cross Bikers Edge

Men 35C

1 Jeff Goddard Guthries

2 Dan Barlow Stay Park City

3 Guy Roundy SZC Primal

4 Niis Eddy Los Playboys Internacionales

5 Brad Sparlin Stay Park City

Men C

MOUNTAIN BIKING

New Mountain Bike Trail Planned Around Payette Lake, Idaho



A new 33 mile mountain bike trail is planned to loop around Payette Lake, Idaho. Photo by Max Silverson

By Charles Pekow

A new 33-mile mountain bike trail will eventually go around Payette Lake just north of McCall, Idaho. The Central Idaho Mountain Bike Association (CIMBA) announced that it has gotten approval to build a mainly natural surface loop around the lake on state land. CIMBA is partnering with Trail Solutions, the trail-building arm of the International Mountain Bicycling Association to construct the project in phases.

The partners have not completely figured out the timetable -- but it will take years. CIMBA received all the necessary permits, one major hurdle. But the second perennial one remains: receiving all the necessary cash. "Trail building is expensive and CIMBA is now actively seeking grant money and private donations to fund the construction of this community trail. The timeline for construction is entirely dependent on our ability to mobilize our community and foster partners in completing

spring when the snow melts, at which time they will analyze the flagged route and provide us with a detailed estimate for Phase One construction costs," CIMBA public relations official Maxfield Silverson wrote in an email.

CIMBA has applied for various national and local grants. CIMBA "will continue to seek out and pursue any relevant grant funding to complete the trail. In terms of donations we will be launching a Go Fund Me (or similar crowdsourcing platform) campaign and approaching individ-

ual benefactors who have expressed interest in funding trail work in the past. We may pursue corporate sponsorships as well as we are not ruling out any source of fundraising that will contribute to the completion of the trail at this point," Silverson wrote.

But the partners plan to start construction this summer and the trail will open in stages. They first plan to build four or five miles on the southern edge near North Beach, connecting with Payette Rim Trail and the McCall town connector and from there, the singletrack at Ponderosa State Park.

CIMBA says it expects a trail with intermediate trail difficulty.



The proposed trail around Payette Lake will be 33 miles when complete.

7th Annual

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MECHANIC'S CORNER

Riding Season is Here! Have you Checked Your Bike?

Take your wheel out to get a better view of your brake pads. Photo by Tom Jow

By Tom Jow

Preventative Maintenance. Do You Do It?

Preventative maintenance. We do it all the time, often without knowing it. Things like brushing our teeth, changing the oil in the car and cleaning out the roof gutters fall into that category. To me, bicycle preventative maintenance means washing my bike, lubricating the chain and inflating the tires properly. While road bikes haven't changed much (if anything electronics makes it easier), mountain bikes are much more complex than decades ago. Overall, however, a bicycle is still a very simple machine. What is required is knowing what needs to be maintained, how often, and then making a schedule.

Before bicycles had suspension and hydraulic disc brakes, there were two things I stressed serviced regularly; chain and cables. My rule of thumb back in those days was a new chain after 1000 miles for mountain bikes and 1500 miles for road. Depending on a person's riding habits, it's probably about a season's worth for dirt and a half or less

for road. Changing the chain often retains good shifting performance, reduces cassette wear and rolls both smoother and quieter.

Replacing cables is important for both performance and safety. They don't break often, but if they do it can be a little more than inconvenient. For example, if a shifting cable breaks it just means limping home on a bike in the wrong gear. When a brake cable comes apart there will be trouble ahead because cables don't break unless there is a high force upon it; like trying to slow down in a hurry. To be safe, replace those brake cables at every couple years. Plus, they're cheap!

Mountain bike hydraulic brakes don't have cables but they still need regular service. Check the brake pads any time the wheels are out. The pads are self adjusting, so if you don't inspect them you won't know if they need replacing until they don't work anymore. Just grab a flashlight and look inside the brake caliper. If the brake pad material is 2mm thick or less, replace them. Also, the hydraulic brake fluid should be changed occasionally. There are two reasons to do this. One, dirt and brake pad material sneak past the caliper piston seals to contaminate the fluid. Second, for brakes using DOT brake fluid, the fluid is "hygroscopic" meaning it absorbs water. Water in the brake line boils faster than the brake fluid, therefore expanding and creating inconsistent braking performance. There are several types of DOT brake fluid so be sure to follow the manufacturer's recommendation. Mineral oil brake fluid does not absorb water, however, should still be changed occasionally. Again, only use the manufacturer's recommended brake fluid.

There are two other hydraulic systems on bicycles. One is the adjustable (dropper) seatpost. These seatposts have oil, air and rubber seals to contain both. This component operates under high pressure and if the seals are not up to the task of containing said oil and air, the post will fail. How often does the dropper post need to be serviced? According to SRAM, the RockShox Reverb should be serviced at every 100 and 200 hours of use. The manufacturer KS Lev recommends their post be serviced every 3 months. See your owner's manual or the manufacturer's website for more details.

The other hydraulic system on a mountain bike is the suspension. The first line of defense is keeping those things clean. Before or after every ride, wipe the stanchion tubes (the one that slides inside the seal) with a rag. Dirt is the enemy to your suspension. For this reason it is important to have the seals checked and oils changed on schedule. For years, Fox recommended lower leg and oil service every 50 hours of riding. That time constraint has gradually increased so that for current forks major service is every 200 hours. RockShox suggests lower leg service every 50 hours and full service and oil change at 100 hours. For the rear shock, Fox recommends their rear shocks should have a seal service at

between 8 hours (wet conditions) and 40 hours (dry). RockShox suggests service at approximately 100 hours of use. Be aware that these service recommendations are condition dependent. The wetter and dirtier the riding conditions, the shorter the service interval.

After taking care of all the aforementioned components, don't forget about your wheels and bottom bracket. Spin the wheels and make sure they are true. If not, look for broken or loose spokes. Give the tires a looking over. Inspect the sidewalls and tread for cuts and abrasions. On mountain bike tires, the knobs get torn off sometimes. After the tires, check the bearings. Almost all hubs and bottom brackets are using sealed cartridge bearings these days. These bearing spin great but they usually don't have too much grease inside. Check the hub bearings by removing the wheels and spin the axle with your fingers. Good ones feel smooth, with just a little wet feeling resistance. Dry ones may be smooth and spin really free. Bad ones feel crunchy or have high resistance to movement. These indications apply also to the bottom bracket. Remove the chain from the chainrings and give it a little spin.

Performing preventative maintenance on a bicycle is actually a pretty easy thing to do. The hardest part is figuring out what needs to be looked at and when. One way to keep track is the appointment calendar. Another way is to make notes in the training log. Some of the online apps have a place to indicate what equipment was used for the day's workout. The important thing about preventative maintenance is to do it. Because the alternative is to have a bike that doesn't work when you most want to ride it.

Tom's tldr; Guide to Bike Maintenance

As necessary: Lubricate chain
Every ride: Tire pressure, wipe suspension



Grab a crank arm and wiggle to find out if the bottom bracket is loose. Photo by Tom Jow



Keep you fork tubes cleaner than this. Photo by Tom Jow



Give your axles a spin to check the condition of the bearings. Photo by Tom Jow

Every couple rides: Wash bike, tire condition, check brake pads (the wheels are out)

Every month: Inspect tubeless tire solution

Annually: Annual inspection of bearings, brake fluid, suspension pivots, chain, cassette

By manufacturer recommendation: Suspension, dropper post

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TRAINING

Posture before Power

By John Higgins

While we can thank global warming for extending the outdoor cycling season in the Intermountain West, it's likely that many of you will soon be take your riding indoors, either in your home or at a venue offering a structured winter training program. Often the training focus during winter is on developing greater power output.

But where does that power come from? There may be plenty you have read, heard about or know with regard to training plans, intervals, lactate threshold, cadence, metabolic efficiency, strength training, power/weight ratio and other factors affecting power output, but what about your riding position?

Yes – your riding position is going to influence how you generate power and transfer it to the pedals. Force is applied at the pedals, having being transferred through levers (leg bones) that are activated by muscles (hip extensors and knee extensors), which are stabilized by the pelvis and trunk. Force that is applied at the lower end of the body is initiated in the upper body. So there is more to power output than bigger, stronger quads!

Think of your riding position as your on-bike posture. Poor posture on the bike is all too common and can result from simply transferring your posture from sitting/driving/

typing /slumping from other parts of your life to the bike. It can also result from not actively practicing an “athletic position” on the bike, or by compensating for a bike fit that is not optimal. Good on-bike posture results in better power production by creating a stable base from which the levers can generate force. That stable base is the pelvis, spine and shoulders, held in place by muscles of the core.

Good posture is really the same for any athletic pursuit. An erect yet neutral spine, subtle core muscle engagement, and an open airway allowing full breathing both in and out. Trying to ride a bike well while your body is slouched over it is like trying to escape a house fire while maintaining your Netflix posture. It's going to be hard to move fast.

A good cycling posture is going to result from a combination of a good bike fit and awareness about how you are holding yourself on the bike. Elements of a good bike fit will include a saddle of suitable width and profile to support your pelvis, and a handlebar position that allows for a straight back and relaxed shoulders. While a good bike fit allows for good posture, it does not automatically create good posture. You have to do that.

So back to the winter training. Being trapped in a stationary trainer and riding on the spot usually results in a good dose of neurological boredom because you don't have

to navigate, balance, or steer. Use those idle neurons to focus on your riding position and improve your on-bike posture.

Here are a few things you can pay attention to:

- Notice your connection to your saddle. Are you well anchored and stable on it? Can you drive your sit bones into it? Experiment with tilting your pelvis forward and back. Can you find neutral?

- Are your shoulders plugged in and relaxed, or hunched up or rounded forward? Lift and extend from your sit bones to your sternum. Notice a contraction in your abdomen and an expansion in your chest cavity. Can you breathe more fully, both in and out? Slump down and try that deep breathing again. Notice a difference?

- Load up the resistance and explore how you feel in different positions. What feedback is your power meter giving you?

Assume the position...focus on your posture, and you will be setting yourself up for better power output, improved efficiency and a stellar season. Enjoy your ride.

John Higgins wants to elevate your cycling experience. He operates BikeFitr - an independent bike fitting studio, and Fit Kit Systems – supplying equipment and education to bike retailers and fitters. Contact: john@bikefitr.com



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TRAVEL

Cuba's The Titan Tropic - Racing in the Land That Time Forgot



Shannon Boffeli and Jen Hanks racing Cuba's Titan Tropic. Photo by Cristian Casal, courtesy Titan Tropic

By Shannon Boffeli

The moment my wife Jen Hanks and I learned about Titan Tropic Cuba we knew it would be an unforgettable experience. Whether in Chile, Austria, Italy, or Canada we've discovered mountain bike stage racing is an unparalleled way to see and experience a new country. These events will take you to places unknown to even the best tour guides. Now imagine having this experience on a tropical island where no Americans have legally traveled for over 50 years and that's Titan Tropic.

Even the flight to Cuba was an experience. After more than 50 years of travel ban to the Caribbean's largest island, boarding a commercial flight in Miami and landing in Havana, just 45 minutes later,

is something few Americans have experienced since JFK was president.

Leave the high rises, glitz, and glamour of Miami and in less than an hour you're transported to a different time. The plane flies over miles and miles of unmaintained dirt roads that slowly weave between fields full of ox and cattle before touching down at Jose Marti International airport in Havana. Travelers disembark on the runway, and catch a cab that's most likely a 50s-era Chevy completing the sensation that you've been transported back in time. While just 90 miles south of the United States, Cuba feels light years away.

Just days before leaving for Cuba we heard the news that our trip would hold even greater significance, the death of longtime Cuban dictator Fidel Castro. When we arrived, the country was in the midst of a

nine-day mourning period that would impact our first two days of racing.

Sadly, the prologue stage, a 30 km bike tour through the heart of old Havana was canceled and stage 1 would have to be neutralized, as celebrations of any kind were not permitted in the time of mourning.

We made the best of the situation doing our own bike tour through the city and along the waterfront that was soaked in the purple and blue of the setting sun.

Cuba is an incredible country with surprises around every corner. We were looking forward to our week of adventure.

The island is just opening up to the world of biking. Road bike touring in Cuba is just starting to gain a foothold as some private businesses have started offering their services in recent years but mountain biking is almost unheard. Until very recently, it just hasn't existed in Cuba but the raw materials of exceptional terrain and endless natural beauty are abundant and virtually ensure that the sport is going to quickly take off.

The route our 5-day, 271-mile stage race took us on headed southwest of the Cuban capital before circling back north and finishing on the pristine white sand beaches of Cayo Jutias, that despite being named after giant indigenous tree rats, is a protected national treasure of unmatched beauty.

Our first day of riding treated us to more of Havana as we rolled through town passing by various Ernest Hemingway hangouts and near the sprawling compound inhabited by President Raul Castro. Miles and miles of rolling hills and sugar cane fields eventually brought us to

the foot of the mountains we would be racing in the next four days.

We finished the first stage in the small mountain town of Soroa, the "Rainbow of Cuba", named so because of the vast living orchid collection that lives there numbering over 700 different breeds.

Soroa was our first night staying in a camp. A unique feature of Titan Tropic is that everyone was required to stay in the camp from the fastest rider to the slowest. We had all the members of the Cuban national team sleeping in tents right next to us.

Each rider had their own 1-person tent and race organizers would transport your luggage from camp to camp.

The shower facilities could be described as spartan at best. Like a scene from Gilligan's Island, the showers were basically a stall, made from palm fronds, with a hose connected to a shower head above you.

Cold water would pour onto you as you try and set a personal record for fastest shampoo job. On hot days the showers were surprisingly refreshing.

We also learned that Cuba lacks one major staple of international bike racing; the porta-potty. The details our porta-potty substitutes are too unpleasant to discuss but imagine a hole in the ground, a wood pallet with no center, and a nail to hang toilet paper on.

While some of life in the camp was a challenge the Titan organizers spared no expense when it came to food. Three meals a day with an assortment of food to fit every diet, and lots of desserts.

Each camp had an outdoor pool that was perfect for cooling off, recovery, and socializing. One of the best aspects of the camp-style stage races is the amazing camaraderie riders build throughout a week of shared suffering. Lifetime friend-

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The showers. Photo by Shannon Boffeli
ships are formed with every race.

Day two was our first day of real racing completing a challenging circuit around Soroa finishing back at camp for a second night.

Day three is when we really started to see the heart of Cuba. We left Soroa and traveled to Vinales following rock-strewn, beaten, forest tracks, cross cut by streams and muddy fords traveled over hundreds of years by nothing but horses and ox-drawn wagons. These ancient dirt tracks now provided passage for 150 lycra-clad mountain bikers.

Dropping deeper and deeper into the interior of Cuba we passed homes that rarely see visitors and must have thought the alien inva-

sion was surely happening as gaunt beings in brightly-colored spandex, steadily streamed by. If indeed they thought the aliens were upon them, they were exceedingly nice about.

After the dirt ended, we climbed to a high ridge that traversed endless valleys. An absolutely marvelous road that feels like you're riding the Blue Ridge Parkway in Virginia with forests of palms taking the place of the old growth hardwoods of North America.

Finally, we dropped into the Vinales Valley with its 1,000 foot mogotes, giant haystack shaped mountains with sheer limestone walls, standing guard. A more unique and varied landscape would be dif-

icult to imagine as lush greenery and palm trees sit atop limestone monoliths with sheer-vertical walls on all sides. It's no surprise Vinales is a UNESCO world heritage site.

We spent two nights in Vinales taking in all the sights that surround this amazing valley. Vinales is currently a hotspot for road cycling tours in Cuba and it's no surprise; endless miles of roads ramble along ridgelines and wind between majestic mogotes, caves, and natural springs. Riding for hours without seeing a car. Outside the big cities, cars are scarce in Cuba. Too expensive for most citizens, cars are a luxury here as most people still travel by horse or on foot.

Sadly, our week of racing eventually had to end as we left the interior forests of Cuba for the beaches of Cayo Jutias and a well-deserved dip in the clear blue Atlantic.

After the finish we returned again to Havana. The mourning period for Fidel Castro had now passed and the rollicking nightlife Havana is known for had returned. The whole city was suddenly alive as every restaurant, club, and hotel had live music, dancing, and the best mojitos on the planet.

The Titan Tropic was like nothing we had done before. The unrivaled cultural experience of Cuba, fused with a week of bike racing and the



Racing through Cuba. Photo by Shannon Boffeli
excellent support of the Titan Tropic 2017.

promoters combined to make a wicked stew of challenge, enjoyment, and unforgettable memories. We are already making plans to return in

To learn more about the race visit TitanTropic.com

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CYCLOCROSS

Earn your Cyclocross! - The Continued Racing Adventures of a 40-Something Year-Old Mom



Kelly McPherson racing at the Santa Cross held at the Draper Cycle Park on December 10, 2017. Photo by James McPherson

By Kelly McPherson

At the end of the cycling season, here in Utah and throughout the west, there is something glorious called cyclocross. I believe that this race was invented for cyclists who are tired from a long summer season of road and mountain racing, but who are not quite ready to hang up their bike and hop onto a trainer or spin bike. Cyclocross or CX is often seen as much-deserved playtime.

Cyclocross is a unique race where cyclists ride an off-road looped course taped off by the director. The

course will take them around turns, up and down small hills, through mud pits and has at least a few obstacles that force cyclists to get off and carry their bikes over logs or even up stairs. The participants all start together, though some may start in front based on points in the series or rankings. These are called "call ups." This puts the faster racers in front where they don't have to struggle so much to get around slower racers. The participants will ride for a set number of minutes and complete as many laps as they can during that time. If a racer gets lapped by the lead riders, then that racer may not

do as many laps as the others. The winner rides the furthest that fastest.

I decided to give the Utah Cyclocross Series a try this year. It looked like fun, but I was really nervous because I don't have a cross bike. I just have a mountain bike, and not a super nice one at that. I reached out to the race director and was assured that I would be just fine on whatever I rode.

The first race in the series that I was able to get to was held at the Weber County Fairgrounds in Ogden, Utah on a cold, wet day, making the course super muddy. I don't think I have seen a happier bunch of cyclists. Apparently as far as cyclocross races go, the sloppier the course, the happier the CX racer.

I lined up with the other girls. There were three of us in the newbie group. We were all new. This was the first race for each of us and we were all at least a little nervous. Before they started us, the kiddie-cross participants finished their race. This is the cutest race ever where the young children of the racers pedal or balance bike their way around a part of the course. My mother's heart was grinning from ear to ear!

Finally, we got to start and it was so much fun! I rolled off across the grass towards our first set of obstacles, a set of low wooden barriers. If a racer is really good, they can bunny hop over these. An experienced racer will swing one leg over their bike, take a step or two as they deftly lift their bike over the barrier and then a step or two and they will be back on



Kelly McPherson on the podium (right) at one of the Utah Cyclocross Series events. Photo by Marek Shon

their bike without hardly even slowing down. I am not a really good or experienced racer, so my technique over those was somewhat less than effective. I still need to practice this one.

The race director had nicknamed this course Logzilla and I soon found out why. Some of the obstacles were large logs. When I say large logs, I mean really large, high as my waist large logs. I wasn't sure how to get over these. The juniors who were racing at the same time as us seemed to be able to hop off their bikes and take a couple of steps up and over these giant logs and then they were over and on their way. To this day, I still don't know how they did this. I, on the other hand, had a completely different and much less graceful approach. I tried a couple of different methods. I didn't like any of them. At one point, I straddled the log and attempted to hoist my monstrously heavy bike up and over and got stuck on top with my bike mostly on top of me. I think three juniors passed me like little deer leaping through the forest as I was high centered like a hippo on a rock in the savannah. Ugh! In succeeding laps of the course, I learned to throw my bike over the log first and then crawl over. It wasn't quick, but at least it was over.

There was a lot of mud on this course. This mud was very much

to my advantage as I was able to plow right through it without any problem while some of the others on less knobby tires had to be a little more cautious or risk landing in it, rubber side up. I soon found that my mountain bike was better suited than a cross bike on muddy and/or technical courses such as this one or the Godfrey Trucking course later in the series. Because of this, I managed to place second in this race. I managed to crash my bike at the Godfrey Trucking race due to my own stupidity and a desire to get ahead of someone who I thought was going slow. I missed a couple of races because of the injury, but was happy to return for the last couple of races.

I competed in quite a few of the Utah Cyclocross Series this last year and had a ton of fun at each one. Each course was slightly different and offered new challenges, new adventures, and new cycling puzzles. I would really like to participate in this kind of fun again this fall.

As I look forward to this year's season of racing, I am planning lots of new adventures including everything from weekly crits to Crusher in the Tushar to Seattle to Portland and hopefully ending with a successful Lotoja. I am going to work hard to earn the much-deserved playtime of challenging and hopefully muddy cyclocross racing. That was just too much fun to miss!



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BIKE NEWS

Preview: The North American Handmade Bicycle Show to be Held in Salt Lake City March 10-12, 2017



Blaze Bicycles' Pierre Chastain building bikes to prepare for the North American Handmade Bicycle Show to be held from March 10-12, 2017 in Salt Lake City. Photo courtesy Pierre Chastain

By Dave Ittis

February 25, 2017 - The North American Handmade Bicycle Show is coming to Salt Lake City from March 10-12, 2017. The show highlights hand-crafted bicycles, accessory makers, and component suppliers for the artisan bike industry. The 13th Annual show began in 2005 in Houston.

The NAHBS is about the art of

the bicycle, "Since 2005, NAHBS has been consistently dedicated to showcasing the talents of individuals around the world whose art form is the bicycle. It continues to aim to be a meeting point-online and in person-for frame builders and cycling enthusiasts, for the sharing of ideas, and the promotion of a special industry with a rich history dating back to 1819," states the show's website.

We asked Pierre Chastain of Blaze

Bicycles about his participation in the show, he said, "The chance to get together with this many talented craftspeople is really exciting. To see people that are actually making stuff is really unique." Some of the builders have been around for 30-40 years producing refined designs noted Chastain, "I like seeing what they are doing, I like hanging out with them, I like challenging myself to produce better work."

He is building several bikes to get ready for the show, including a fat bike, 29er, 27+, a gravel grinder, and a road bike for people to view. Chastain builds custom tig-welded titanium bikes, and paints or anodizes them himself. His work shop is located in Moab, and he's also owner of the Bike Fiend, a retail store in Moab. He started building bike frames about 9 years ago. He's a one man shop, and builds and designs his bikes from the bottom up. Chastain says, "I'm here to provide you guys with bicycles. What makes custom bicycles so damn awesome isn't the fact that they are bilaminate lugs or this way or that way is that they fit really well. And in my particular case I put focus on having a performance based modern bicycle." Look for his booth at the show and find out more at blazebicycles.com.



Calfee's bamboo cargo bike on display at the 2016 NAHBS. Photo by Billy Sinkford

Over 170 exhibitors will be present, along with national and local bicycling media. Several Utah and Idaho companies will be present including Kelson, Salt Air, Moab's Blaze Bicycles, EO Gear, Lizard Skins, Rock West Composites, Rotor, Mercury Wheels, Enve, Metier Velo, Reynolds, TRP, and more. Sklar from Montana will be there, as well as Breadwinner Cycles run by former Salt Lake City resident Tony Pereira and Tallerico Cycles run by former Moab resident Johnny Tallerico.

In addition to booths and tables highlighting different custom bike builders, the show will have seminars on professional framebuilding, branding for framebuilders, tubing technology, BikeCad, 3D printing,

handbuilt wheels, and showings of the movie "Cheetah, The Nelson Vails Story."

The show is intended for consumers, bike lovers, the bicycle industry, framebuilders, and anyone that appreciates fine craftsmanship.

The show will be held at the Salt Palace Convention Center, 100 W. Temple, Salt Lake City, UT 84101. Show hours are from 10 am to 6 pm on March 10 and 11th, and from 10 am to 5 pm on March 12. Valet bike parking will be available from the Bicycle Collective.

For more information, and to purchase tickets, visit: <http://www.2017.handmadebicycleshow.com/> Tickets will also be available at the venue.

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March 20-October 6, 2017 — Zion and Gooseberry Weekend Warrior Tour, Moab, UT, Whether from Brian Head's lofty peak or Gooseberry's majestic mesa, this fun-filled weekend is your ticket to the amazing vistas and backcountry mountain biking around Zion National Park! Tour includes 3 days/2 nights camping, transportation and meals. Mar 10-12, Mar 24-26, April 28-30, June 16-18, June 30-July 2, July 21-23, Aug 18-20, Sep 1-3, Sep 29-Oct 1, Oct 20-22, Kevin Ford, 800-596-2953 x1, 702-596-2953, info@escapeadventures.com, escapeadventures.com

March 23, 2017 — Ladies Night at Wasatch Action Sports Indoor Bike Park, Women MTB Wasatch Club, Salt Lake City, UT, 815 West 2400 South, SLC, UT. Come one, come all, ladies who need their bike fix during the winter weather. We will be riding from 6-9pm., Rae Sutherland, 801-520-6658, womenmtb@gmail.com, womenmtb.com/events

March 24-26, 2017 — Hurricane Mountain Bike Festival, Hurricane, UT, Ride with us on some of the most stunning trails in the world with Zion National Park as your backdrop. Fun festivities, awesome demo bikes/accessories, bike shuttles, skills clinic, beer garden, dutch oven dinner, prizes & more!, DJ Morissette, 435-635-5455, hu@otesports.com, hurricane-mtbfestival.com, otesports.com

March 24-25, 2017 — Goblin Valley Fat Tire Festival, Hanksville, UT, Come try out Goblin Valley's new trail system. Camp free in the group site. , Nathan Martinez, 435-275-4584, nathanmartinez@utah.gov

March 26-September 22, 2017 — Moab MTB Multisport Adventure, Moab, UT, 6-days, 5 nights Hiking, Rafting, Mountain Biking, Intro to Rock Climbing & Canyoning in the amazing National Parks. Mar 26-31, Apr 30-May 5, May 7-12, Sep 3-8, 17-22, Kevin Ford, 800-596-2953 x1, 702-596-2953, info@escapeadventures.com, escapeadventures.com

March 31-April 2, 2017 — Outerbike Spring, Moab, UT, An opportunity to ride next year's bikes and gear on world class trails. Participants get bike demos,shuttles, lunch, beer, and admission to parties and films, 7000 N. Hwy 191 at Moab Brands Trailhead, Mark Sevenoff, 800-845-2453, 435-259-8732, outerbike@westernspirit.com, outerbike.com

April 8, 2017 — Moab Double Whammy Series, tentative date, Salt Lake Randonneurs Brevet Series, Moab, UT, Join us for this self-supported ride in two of Utah's best National Parks (Arches and Canyonlands), 65 or 125 mile (100 or 200 km) options with considerable climbing. A brevet is a nationally certified, timed, ultra distance event. , Richard Stum, 435-462-2266, richard@eogear.com, SaltLakeRandos.org, bccutah.org

April 27-30, 2017 — US Bank Fruita Fat Tire Festival, Fruita, CO, 22nd Annual festival kicking off the Mtn bike season in CO, world renowned trails, expo, Clunker Cfit, Prizes, and live music. , Mike Heaston, 303-282-9015, 303-635-2815, emgmh@emgcolorado.com, George Gatselos, 970-858-7220, fruitafat-tirefestival.com

April 29, 2017 — Hell Ride, Missoula, MT, Gran Fondo Montana Style, 85 or 52 miles. Spectacular scenery, 33 miles of gravel-grinding and a post-ride party make it all worthwhile. , Shaun Radley, 406-219-1318, montanacyclocross@gmail.com, they-cyclinghouse.com/trip/montana-hell-ride

May 20-24, 2017 — VIDA MTB Series: Boulder, VIDA MTB Series, Boulder, CO, Women's mountain bike skills clinic, Sarah Rawley, 503-805-0043, info@vidamtb.com, Rachel Gottfried, 949-677-6809, rachel@vidamtb.com, vidamtb.com

May 22-24, 2017 — MECCA Spring MTB Festival, Green River, UT, Registration begins Friday at 1pm followed by a "warm up ride" at 3pm. Evening meal is provided as is a prize drawing. Saturday begins with a provided breakfast and then all-day, guided rides, ranging from beginner to advanced. Finish up on Sunday morning with a provided breakfast and a guided (or on-your-own) scenic ride. Family-friendly (meal tickets only available)., Kim Player, 435-653-2440, meccabikeclub@etv.net, bikethestwell.org

May 27-28, 2017 — NUMB Fest, Vernal, UT, 2 fun and action packed days of organized riding and festivities. There will be organized trail rides each day based on ability level with gatherings in the evening involving food, beverage, revelry, and prizes provided by the event sponsors. All events are in & around the Uintah Basin, there is no charge or entry fee. , Troy Lupcho, 435-781-2595, troyboy@altitudecycle.com, Bike Numb, contact@bikenumb.org, bikenumb.org, altitudecycle.com

May 29-October 6, 2017 — Bryce and Zion National Parks (MTB) Singletrack, St. George, UT, 6-day, 140-mile guided Mtn Biking Tour thru Brian Head, Red Canyon, Navajo Lake Trail, Virgin River Rim and Hiking the Zion Narrows. Tour includes 5-night camping and 1 inn or 5-night all inns, transportation and food. May 29-June 2, June 12-16, June 19-23, June 26-June 30, July 3-7, July 10-14, July 17-21, July 24-28, July 31-Aug 4, Aug 7-11, Aug 14-19, Aug 21-25, Aug 28-Sep 1, Sep 4-8, Sep 11-15, Sep 18-22, Sep 25-29, Oct 2-6. , Kevin Ford, 800-596-2953 x1, 702-596-2953, info@escapeadventures.com, escapeadventures.com

June 3, 2017 — VIDA MTB Series: Beti Bike Bash, VIDA MTB Series, Lakewood , CO, Women's mountain bike skills clinic, Sarah Rawley, 503-805-0043, info@vidamtb.com, Rachel Gottfried, 949-677-6809, rachel@vidamtb.com, vidamtb.com

June 16-18, 2017 — Black Hills Fat Tire Festival, Rapid City, SD, Celebration of single track mountain biking in the Black Hills of South Dakota, Kristy Lintz, 605-394-4168, 605-484-1724, kristy.lintz@rcgov.org, bhfatirefestival.com, rcparksandrec.org

June 17, 2017 — Beaver Dam 49er Gravel Grinder, Beaver Dam State Park, NV, Ride the Rim and see the park from a different perspective. Pedal down an old chaining road that runs along the Park's rim and winds you through Pinyon and juniper trees. The course then swings around back to the main park road and down into Campground B where we end the ride with a BBQ. The course is subject to change based on weather conditions. 35 and 45 mile options., Dawn Andone, 775-728-4460, cathedralgorge_vc@cturbonet.com, beaverdamgravelgrinder.com

June 18-September 29, 2017 — Grand Staircase Escalante Singletrack (MTB), Panguitch, UT, 6-days, The Grand Staircase Lower Canyons provide exploring, camping, and backcountry mountain biking. Secluded Trails, private vistas, high mountain lakes & an abundance of wildlife. June 18-23, July 2-7, July 30-Aug 4, Aug 27-Sep 1, Sep 24-29., Kevin Ford, 800-596-2953 x1, 702-596-2953, info@escapeadventures.com, escapeadventures.com

June 22-25, 2017 — Crested Butte Bike Week, Crested Butte, CO, World's Oldest Mountain Bike Festival celebrates 37 years with an Amateur Film Festival, Chainless World Championships, Fat Tire 40 mountain bike race, Bridges of the Butte townie tour, Gravity Slave downhill race at Crested Butte Mountain Resort and guided mountain bike rides to premiere trails!, Crested Butte Chamber , 970-349-6438, cbinfo@chamber.com, Eliza Cress, 970-349-6438, events@cbchamber.com, cbbikeweek.com

June 28-August 4, 2017 — Colorado Trail MTB Tour, Monroe, CO, June 28 - Jul 3; July 16 - 21; July 23 - 28; July 30 - Aug 4 You'll explore unspoiled landscapes, rush through cool mountain air, drink in 360 degree mountain views and pedal past carpeted fields of wildflowers (which can be handle-bar high). High altitude campsites offer a canopy of bright stars and deep sleep at night. Your experienced guide takes care of all the route finding, planning and logistics., John Humphries, 970-728-5891, info@lizardhead-cyclingguides.com, lizardheadcycling-guides.com

June 29-July 2, 2017 — Ride Sun Valley Mountain Bike Festival, SCOTT Enduro Cup presented by Vittoria, Sun Valley, ID, The seventh annual Ride Sun Valley Bike Festival is the ultimate, four-day celebration of life on two wheels. Live music, bike clinics, demos, shuttle rides and the SCOTT Enduro Cup presented by Vittoria are waiting for you at this year's eventful weekend, happening June 29 to July 2, 2017., Jessica Kunzer, 801-349-4612, jkunzer@mtsports.com, Sara Valerious, 847-946-4182, svalerious@mtsports.com, Ray Gadd, ray@visitsunvalley.com, ridesunvalley.com, visitsunvalley.com

July 1-2, 2017 — VIDA MTB Series: Winter Park, VIDA MTB Series Flagship Clinics, Winter Park, CO, Women's mountain bike skills

clinic, Sarah Rawley, 503-805-0043, info@vidamtb.com, Rachel Gottfried, 949-677-6809, rachel@vidamtb.com, vidamtb.com

July 2-August 18, 2017 — Crested Butte Singletrack MTB Tour, Crested Butte, CO, July 2 - 7; July 16 - 21; July 25 - 27; July 30 - Aug 4; Aug 14 - 18. Covers the immensely beautiful, challenging and remote terrain in the Elk Mountains of south-central Colorado. This 3 to 6 day tour covers the singletrack CB's locals love best. This tour does not fool around; it delivers prime singletrack, stellar campsites and the best swimming holes the Elk Mountains can serve up. , John Humphries, 970-728-5891, info@lizard-headcyclingguides.com, lizardheadcycling-guides.com

July 16-August 18, 2017 — Glacier National Park Bike Tour, Whitefish, MT, July 16-21; July 23-28; July 31-05; Aug 06-11; Aug13-18 Options for cyclists of all abilities. Ride the Going to the Sun Road! There are BIG climbs and bonus mileage options available each day. Both parks provide not to be missed hiking options to waterfalls, verdant meadows filled with wildflowers and mountain summits., John Humphries, 970-728-5891, info@lizard-headcyclingguides.com, lizardheadcycling-guides.com

July 22-23, 2017 — Trek Dirt Series Mountain Bike Camp, Park City, UT, Learn new skills, increase confidence on the bike, or simply enjoy the sport like never before. World class women's only instructional weekend camp for beginner, intermediate, and advanced riders., Penny Deck, 604-484-6238 (Canada), register@dirseries.com, Emily Neuman, 604-484-6238, info@dirseries.com, dirseries.com

August 5, 2017 — Monte Cristo Dirt Randonnée, Salt Lake Randonneurs Brevet Series, Huntsville, UT, Self-supported loop ride on dirt and paved roads from Huntsville to Bear Lake and back. 64 or 125-mile (100 or 200 km) options. A timed ultra distance event. , Richard Stum, 435-462-2266, richard@eogear.com, SaltLakerandos.org

August 5-6, 2017 — VIDA MTB Series: Snowmass Bike Park, VIDA MTB Series Flagship Clinics, Snowmass Village, CO, Women's mountain bike skills clinic, Sarah Rawley, 503-805-0043, info@vidamtb.com, Rachel Gottfried, 949-677-6809, rachel@vidamtb.com, vidamtb.com

August 18-20, 2017 — Outerbike Summer in Crested Butte, Crested Butte, CO, An opportunity to ride next year's bikes and gears on world class trails. Participants get bike demos,shuttles, lunch, beer, and admission to parties and films, at Crested Butte Mountain Resort, Mark Sevenoff, 800-845-2453, 435-259-8732, outerbike@westernspirit.com, outerbike.com

August 19, 2017 — Helper Arts Dirt Fondo, Helper, UT, 55 miles of dirt and road, Cory Jensen, 801-824-8455, cory.jensen@carbon.utah.gov, carbonrec.com

September 1-4, 2017 — WYdaho Rendezvous Teton Mountain Bike Festival, Teton Valley, WY, 8th Annual, held at Grand Targhee Resort. Come enjoy endless miles of cross-country, singletrack, dirt road, lift-served downhill, jump park, freeride, and an IMBA Epic Trail. Demo next year's 2018 bikes and gear in an ideal alpine riding climate with unmatched scenery. Clinics, hosted rides, shenanigans. A fundraiser for Teton Valley Trails and Pathways. tvtap.org, TVTAP, info@tetonbikefest.org, Celeste Young, 208-709-8564, celeste@tetonbikefest.org, tetonbikefest.org, grandtarghee.com

September 9-9, 2017 — VIDA MTB Series: Golden Giddyup, VIDA MTB Series , Golden, CO, Women's mountain bike skills clinic, Sarah Rawley, 503-805-0043, info@vidamtb.com, Rachel Gottfried, 949-677-6809, rachel@vidamtb.com, vidamtb.com

September 9, 2017 — Ovando Gran Fondo, Ovando, MT, An epic off-road ride for the Missoula Symphony. Bring your 'cross or mountain bike for this fully supported 55-mile ride. Ride through some of Western Montana's most scenic landscapes on dirt roads, including numerous miles through pri-

vate land not otherwise open to the public., Lucy Beighle, 406-239-3193, lucybeighle@yahoo.com, missoulasympphony.org/ride

September 16-17, 2017 — Trek Dirt Series Mountain Bike Camp, Fruita, CO, Learn new skills, increase confidence on the bike, or simply enjoy the sport like never before. World class women's only instructional weekend camp for beginner, intermediate, and advanced riders., Penny Deck, 604-484-6238 (Canada), register@dirseries.com, dirseries.com

September 22-24, 2017 — MECCA Fall MTB Festival, Wedge Overlook (Near Castle Dale), UT, Registration begins Friday at 1pm followed by a warm up ride at 3pm. Evening meal is provided as is a prize drawing. Saturday begins with a provided breakfast and then all-day, guided rides, ranging from beginner to advanced. End the day with a provided dinner. Finish up on Sunday morning with a provided breakfast and a guided (or on-your-own) scenic ride. Family-friendly (meal tickets only available)., Kim Player, 435-653-2440, meccabikeclub@etv.net, bikethestwell.org

September 24-30, 2017 — California Wine Country with Jan Ullrich, San Francisco, CA, September 24-30 Join Tour de France Champion Jan Ullrich in Northern California on sublime roads with grand views paired with some of the world's finest wines and California's most delectable restaurants., John Humphries, 970-728-5891, info@lizard-headcyclingguides.com, lizardheadcycling-guides.com

October 6-8, 2017 — Outerbike Fall, Moab, UT, An opportunity to ride next year's bikes and gears on world class trails. Participants get bike demos,shuttles, lunch, beer, and admission to parties and films, 7000 N. Hwy 191 at Moab Brands Trailhead, Mark Sevenoff, 800-845-2453, 435-259-8732, outerbike@westernspirit.com, outerbike.com

October 26-29, 2017 — Moab Ho-Down Mountain Bike Festival & Film Fest, Moab, UT, 12th Annual - Mountain bike festival with dual stage enduro race, group shuttle rides, bike films, townie tour with poker run, dirt jump comp and costume party! The festival is a fundraiser for local trails and the bike park!, Tracy Reed, 435-259-4688, info@chiliebikes.com, moabhodown.com, chiliebikes.com

Utah Weekly MTB Race Series

Utah County Mountain Bike Fat Bike Run Hike Series — Utah County, UT, Fat bike races: Dec 10 Christmas Race, Dec 31 New Years Race, Feb 11 Valentine's Race Mountain Bike races: 3/11 St Patrick's Race, 4/15 Easter Race, 5/29 Memorial Race, June 10, 2017: Country Race, (Part of Orem Days Celebration), July 4, 2017 : Freedom Race, August 5, 2017: Lindon Days Race, September 9, 2017: 9-11 Patriot Day Race, October 28, 2017: Halloween Night Race, November 18, 2016: Thanksgiving Race., Mary Ann Nielsen, 801-231-2000, utahbicyclingclub@gmail.com, utahcountymountainbikeseries.blogspot.com

April 25-August 31, 2017 — Mid-Week Mountain Bike Race Series, Park City, Heber, Deer Valley, Snowbird, Solitude, Draper, UT, Races are on Tuesday evenings. Registration begins at 4:30, free kids races at 6:00 and main event at 6:30, April to August. Please check website for dates and venues., Brooke Howard, 385-227-5741, brooke@midweek-mtb.com, midweekmtb.com

May 3-August 2, 2017 — Weekly Race Series, WRS, Sundance, Wasatch County, UT, Wednesday nights, May -Aug. Venue alternates between Wasatch County sites and Sundance, 6:30 pm. Prompt start time. Pros/Experts 1hr race time, Sports 50mins, Beginners 30-40mins. 2017 Dates:Wasatch County: May 3, 17, 31; June 14, 28; July 12, 26; August 2: Sundance: May 10, 24; June 7, 21; July 5, 19; August 2, Tyson Apostol, 435-200-3239 (Wasatch), 801-223-4849 (Sundance),

aces@euclidoutdoors.com, John Woodruff, 801-223-4044, 801-223-4849, johnw@sundance-utah.com, weeklyraceseries.com

Regional Weekly MTB Race Series

March 11, 2017 — True GRIT Epic Bike Race, National Ultra Endurance Mountain Bike Series (NUE) 100 and Marathon se, St. George, UT, Epic ultra-endurance mountain bike race with 100and 50 mile options over tough and technical terrain. Course is a 50 mile loop. Staggered starts at 7am, 9am and 11am - cut off time is 6pm, choose from open category with cash purse. Finish with live music, vendors and beer garden., Cimarron Chacon, 970-759-3048, info@grit-races.com, GROpromotions.com, truegritpic.com

March 25, 2017 — Red Rock Desert Rampage, Intermountain Cup, St. George, UT, The XC opener on the traditional Desert Rampage course, with approximately 6 mile lap at Green Valley., Margaret Gibson, 435-229-6251, margaret@spingees.com, Darren Goff, 801-475-5463, darren@intermountaincup.com, intermountaincup.com, ridesouthernutah.com

March 25-27, 2017 — Moab Rocks, Moab, UT, Incorporates Moab's best classic and new routes and combines them into a 3-day masterpiece of cross-country and timed descents in a fully supported format. , Kevin McDonald, 866-373-3376, info@transrockies.com, Kevin McDonald , 866-373-3376, kevin@transrockies.com, transrockies.com

April 15, 2017 — 6 Hours of Frog Hollow, Frog Hollow Endurance Series, Hurricane, UT, 13 mile long course in the UT desert combines sweet single track, with some technical sections, and great climbs. Great introduction to endurance racing or a great trainer for bigger races. Categories from solo to 3 person, including single speed categories. , Cimarron Chacon, 970-759-3048, info@grit-races.com, GROpromotions.com, 6hoursin-frog hollow.com

April 22, 2017 — The Cactus Hugger, Intermountain Cup, St. George, UT, XC race #2 in the series, approximately 6.5 mile lap utilizing a completely different course than the Desert Rampage., Margaret Gibson, 435-229-6251, margaret@spingees.com, Darren Goff, 801-475-5463, darren@intermountaincup.com, intermountaincup.com, ridesouthernutah.com

May 6, 2017 — Scott Enduro Cup at Moab, Scott Enduro Cup Series, Moab, UT, The first stop of the 2017 Scott Enduro Cup presented by Vittoria will take place on the world famous red rock trails of Moab. This is a great place to kick off your racing season. , Jessica Kunzer, 801-349-4612, jkunzer@mtsports.com, Sara Valerious, 847-946-4182, svalerious@mtsports.com, endurocupmtb.com

May 6, 2017 — Wild Horse Dirt Fondo, Delle, UT, 76 miles, 5,000 vertical, zero miles of pavement, county-maintained 2WD dirt and gravel roads around and across the Cedar Mountain Wilderness Area. Little Wild Horse option of 31 miles, 1,800 vertical. Covers many of the same segments as The Wild Horse. Separate start at 10 A.M. Start/Finish in Delle, Utah. The start line is less than one hour west of SLC on I-80. The Wild Horse is a supported Dirt Fondo. This is not a race, but there will be a mass start., Chris Magerl, 801-595-8293, daymag@hotmail.com, RideWildHorse.com

May 12-14, 2017 — MTB Tech Dev #1 at Soldier Hollow, Pro XCT, Mountain Bike Technical

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Development Series, UCI Juniors race, Pro XCT too, Midway, UT, On USA Cycling's Pro Cross Country Tour, the MTB Tech Dev event takes place at Solider Hollow, a venue of the 2002 Winter Olympics, from May 12 to 14. Featuring category races for all ages and abilities, UCI sanctioning for elites and 17-18 juniors, multiple disciplines, and side events such as a banquet and pancake breakfast, Michael John Turner, 801-664-6351, mj@summitbikeclub.org, Karl Redel, karl@webecycling.com, mtbtechdev.com

May 27, 2017 — Olympic Park, Intermountain Cup, Park City, UT, XC Race, Darren Goff, 801-475-5463, darren@intermountaincup.com, intermountaincup.com

May 29, 2017 — Wasatch 360 6 Hour Race, Utah Offroad Series, Utah Cup, Heber, UT, 6 hr MTB race with Solo, Duo, or Triple categories for men, women, & coed plus a Junior's category. Held in Heber City above the UVU Wasatch Campus. Race start on south end of trail system off Coyote Lane. Proceed support Summit Bike Club and junior cyclists., Michael John Turner, 801-664-6351, mj@summitbikeclub.org, Karl Redel, karl@webecycling.com, growmtb.com, summitbikeclub.org, wasatch360.com

June 10, 2017 — Wasatch 50, Intermountain Cup, Heber, UT, Endurance XC Beginning at Utah Valley University Wasatch, 1-2 21 mile laps. Half distance available, Darren Goff, 801-475-5463, darren@intermountaincup.com, intermountaincup.com

June 10, 2017 — Volcano Fire Road 120k, Veyo, UT, New gravel race! 75 miles with 6200' climbing in the beautiful Pine Valley area north of St George. 56% dirt, 44% pavement. Famous Veyo Pie at the finish line!, Deborah Bowling, 818-889-2453, embassy@planetultra.com, planetultra.com

July 1, 2017 — The Rage at Snowbird, Intermountain Cup, Snowbird, UT, XC race. Snowbird has done a great job with some new trails and creating trails for real MTB racing with a great mix of fast flowy single track, service roads, and a few short technical sections to keep you on your toes., Darren Goff, 801-475-5463, darren@intermountaincup.com, intermountaincup.com

July 8, 2017 — The Crusher in the Tushar, Beaver, UT, 70 grueling miles exploring Southern Utah's Tushar Mountains on a mix of dirt, gravel, and asphalt. Features 10,000+ of climbing traversing Utah's highest and most scenic roads. Join us for the original mixed-surface classic!, Burke Swindlehurst, roadit@msn.com, tusharcrusher.com

July 29, 2017 — The Chris Allaire Solitude Cup, Intermountain Cup, Solitude Resort, UT, XC race #5 in the series, this race is a long time favorite for many and this year will be no different. Look for some fun exciting racing to happen here on some of the best trails Northern Utah has to offer. Also a great place to tune up before the High School racing starts. Utah State Championships., Darren Goff, 801-475-5463, darren@intermountaincup.com, intermountaincup.com

August 12, 2017 — Snowbasin ICup, Intermountain Cup, Snowbasin, UT, XC race, Darren Goff, 801-475-5463, darren@intermountaincup.com, intermountaincup.com

August 19, 2017 — Cedar City Fire Road 100, Cedar City, UT, The Fire Road 100 is back under new management! 100K or 60K options - 85% (or more) dirt! Chip timed. Prizes for top finishers., Paul Huddle, 760-635-1795, 760-936-7459, huddle@multisports.com, Shay Asay, 435-840-5707, rvp.asay@gmail.com, Cameron Christensen, 435-586-2770, 801-884-2332, cameron@cedarcity.org, Deborah Bowling, 818-889-2453, embassy@planetultra.com, gravelgrinder.com

August 26-27, 2017 — Scott Enduro Cup presented by Vittoria at Deer Valley Resort, Scott Enduro Cup Series, Park City, UT, The season finale of the 2017 SCOTT Enduro Cup presented by Vittoria will take place at Deer Valley Resort. Expanding into a two day event, the final round of the season offers a diverse selection of lift-served downhill mountain biking on top-to-bottom unkempt, technical descents to fast-rolling, speed driven trails., Jessica Kunzer, 801-349-4612, jkunzer@mtsports.com, Sara Valerious, 847-946-4182, svalerious@mtsports.com, endurocupmtb.com

August 26, 2017 — Powder Mountain ICup, Intermountain Cup, Snowbasin, UT, XC race, Darren Goff, 801-475-5463, darren@intermountaincup.com, intermountaincup.com

September 2, 2017 — Park City Point 2 Point, Park City, UT, A true point 2 point race! Thanks to the plethora of trails in this area, the race will never be on the same trail twice. Over 90% of the race is single-track. 75

miles & 12,000ft of climbing., Jay Burke, 801-330-3214, jay@thepcpp.com, thepcpp.com

September 9, 2017 — Dixie 200, tentative date, Parowan, UT, Self-supported, 200 miles of trail and remote terrain between Bryce Canyon and Brian Head in southern UT. Virgin River Rim, Thunder Mountain, Grandview and several other trails. Start: 7am, intersection of 2nd Left Hand Canyon and Hwy 143., Dave Harris, hairball.dh@gmail.com, 2-epic.com/events/dixie200.html

September 9, 2017 — Utah High School Cycling League North Region Race #1, Utah High School Cycling League Race Series, Powder Mountain, UT, Utah league races are the culmination of months of fun and practice on school-based mountain bike teams all over the state. Grades 7-12 participate in individual categories and include both individual and team scoring. Join or start a team in your area. The Utah League has 2400+ students on 81+ teams across the state participating., Lori Harward, 801-502-8516, 801-885-6884, lori@utahmtb.org, utahmtb.org

September 10, 2017 — Tour des Suds, Park City, UT, 7-mile mountain bike climb from City Park, to the top of Guardsman Pass with a 2,700ft elevation gain., Ginger Ries, 435-649-6839, ginger@mountaintrails.org, mountaintrails.org

September 16, 2017 — Utah High School Cycling League South Region Race #1, Utah High School Cycling League Race Series, Powder Mountain, UT, Utah league races are the culmination of months of fun and practice on school-based mountain bike teams all over the state. Grades 7-12 participate in individual categories and include both individual and team scoring. Join or start a team in your area. The Utah League has 2400+ students on 81+ teams across the state participating., Lori Harward, 801-502-8516, 801-885-6884, lori@utahmtb.org, utahmtb.org

September 23, 2017 — Utah High School Cycling League North Region Race #2, Utah High School Cycling League Race Series, TBD, UT, Utah league races are the culmination of months of fun and practice on school-based mountain bike teams all over the state. Grades 7-12 participate in individual categories and include both individual and team scoring. Join or start a team in your area., Lori Harward, 801-502-8516, 801-885-6884, lori@utahmtb.org, utahmtb.org

September 30, 2017 — Utah High School Cycling League South Region Race #2, Utah High School Cycling League Race Series, TBD, UT, Utah league races are the culmination of months of fun and practice on school-based mountain bike teams all over the state. Grades 7-12 participate in individual categories and include both individual and team scoring. Join or start a team in your area. The Utah League has 2400+ students on 81+ teams across the state participating., Lori Harward, 801-502-8516, 801-885-6884, lori@utahmtb.org, utahmtb.org

October 7, 2017 — Utah High School Cycling League North Region Race #3, Utah High School Cycling League Race Series, Beaver Mountain Resort, UT, Utah league races are the culmination of months of fun and practice on school-based mountain bike teams all over the state. Grades 7-12 participate in individual categories and include both individual and team scoring. Join or start a team in your area. The Utah League has 2400+ students on 81+ teams across the state participating., Lori Harward, 801-502-8516, 801-885-6884, lori@utahmtb.org, utahmtb.org

October 7, 2017 — Antelope Island MTB Race, Antelope Island, UT, 3rd edition of Antelope 50K Mountain Bike Race will be held at White Rock Bay Trailhead, Antelope Island State Park. There will be three race distances: 50k, 25k, and 15k. This is an MTB race on double and single track with varying elevation and some technical stretches on the 50k and 25k distances., Wynne Hall, 801-941-4255, wynnhall@gmail.com, Matt Hall, 801-648-4659, matt@enduraevents.com, enduraevents.com

October 7, 2017 — 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@edenepic.com, edenepic.com

October 14, 2017 — Moab Epic MTB, AXS Series, Moab, UT, An MTB Adventure Race - a 20+ or 50+ mile cross country mountain bike adventure. Riders will race on Moab's best single track and jeep roads, in a true MTB adventure., Will Newcomer, 970-403-5320,

2017@gravityplay.com, gravityplay.com, moabepic.com

October 14, 2017 — Utah High School Cycling League South Region Race #3, Utah High School Cycling League Race Series, TBD, UT, Utah league races are the culmination of months of fun and practice on school-based mountain bike teams all over the state. Grades 7-12 participate in individual categories and include both individual and team scoring. Join or start a team in your area., Lori Harward, 801-502-8516, 801-885-6884, lori@utahmtb.org, utahmtb.org

October 15-17, 2017 — 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, hwsg@seniorgames.net, seniorgames.net

October 20, 2017 — Utah High School Cycling League North Region Race #4, Utah High School Cycling League Race Series, Moab, UT, Utah league races are the culmination of months of fun and practice on school-based mountain bike teams all over the state. Grades 7-12 participate in individual categories and include both individual and team scoring. Join or start a team in your area., Lori Harward, 801-502-8516, 801-885-6884, lori@utahmtb.org, utahmtb.org

October 21, 2017 — Utah High School Cycling League South Region Race #4, Utah High School Cycling League Race Series, Moab, UT, Utah league races are the culmination of months of fun and practice on school-based mountain bike teams all over the state. Grades 7-12 participate in individual categories and include both individual and team scoring. Join or start a team in your area., Lori Harward, 801-502-8516, 801-885-6884, lori@utahmtb.org, utahmtb.org

November 4-5, 2017 — 25 Hours of Frog Hollow, Frog Hollow Endurance Series, Hurricane, UT, Held Sat 10 am to Sun 10 am with the bonus double midnight lap due to the fall-back time change. 13 mile long course in the UT desert combines sweet single track, with some technical sections, and great climbs., Cimarron Chacon, 970-759-3048, info@goraces.com, GROPromotions.com, 25hoursofproghollow.com

November 4, 2017 — Utah High School Cycling League State Championships, Utah High School Cycling League Race Series, TBD, UT, This race will combine both North and South regions for the State Championships and is open to all students., Lori Harward, 801-502-8516, 801-885-6884, lori@utahmtb.org, utahmtb.org

November 10-12, 2017 — Zion Benduro, Benduro Series, Virgin, UT, 3 days of Enduro, 6 stages. Family friendly Enduro with a festival atmosphere., Josh Bender, 970-764-7845, joshbenduro@gmail.com, Lindsay Currier, 702-453-2453, lindsaycurrier@gmail.com, benduro.com

Regional Mountain Bike Racing

March 10-12, 2017 — DVO Reaper Madness DH ~ SD ~ DS, DVO Winter Gravity Series at Bootleg Canyon, Boulder City, NV, Series Final. We will have the awards after each race, followed by the overall award ceremony. Open practice on Friday and Saturday. Trails hand built by the late, Brent Thompson, gnarly on the top half and fast open ridge tops for the 2nd half. Free on-site camping with bathroom/shower facility. Cash purse for the pros and prizes from our sponsors for all amateur categories and age brackets for placing 1st, 2nd and 3rd., downhill Mike, 518-524-9805, info@downhillmike.com, downhillmike.com

March 25, 2017 — White Tank Whirlwind, Waddell, AZ, White Tank Regional Park is a fun course, mixed with a smidge of technical riding., MBAA, 480-442-4229, racing@mbaa.net, mbaa.net

April 1, 2017 — Prickly Pedal MTB Race, Peoria, AZ, New date! Get in a heart-pumping, rip-roaring ride through the desert terrain of the Maricopa Trail beginning in Cave Creek, Arizona and finishing at Lake Pleasant Regional Park in Peoria, Arizona., Jeff Frost, canisbleu@gmail.com, pricklypedal.com

April 8, 2017 — Barking Spider Bash XC, Wild Rockies Regional Championship Series, Nampa, ID, XC Start 11:00am. Season opener for the region and largest Olympic format off-road XC bike race of the year in Idaho. Free kids race to follow adult XC race. Qualifying event for the US National Mountain Bike Championships., Darren Lightfield, 208-608-6444, wildrockiesemail@yahoo.com, wildrockiesracing.com

April 14-16, 2017 — Bootleg Canyon Benduro, Boulder City, NV, Held at Bootleg Canyon, Enduro Race on the killer mountain bike trail system in Boulder City, Nevada!, Josh Bender, 970-764-7845, joshbenduro@gmail.com, Lindsay Currier, 702-453-2453, lindsaycurrier@gmail.com, bootlegenduro.com

April 15, 2017 — Prescott Punisher, Prescott, AZ, Prescott is a great place for mountain

biking. The Whiskey 50 will be 2 weeks later so consider racing and staying for a pre-ride the following day., MBAA, 480-442-4229, racing@mbaa.net, mbaa.net

April 28-30, 2017 — Whiskey Off-Road, Epic Rides Off-Road Series, Prescott, AZ, Experience one of America's best mountain bike destinations, starting on Whiskey Row in historic downtown Prescott. The event boasts challenging riding for all skill levels, a \$30,000 pro cash purse, and 3 full days of mountain bike culture accented by free live music., Zoe Loffreda, 520-623-1584, info@epicrides.com, Dave Castro, dcastro@epicrides.com, epicrides.com

April 29, 2017 — Ridgeline Rampage, RME, Castle Rock, CO, Distances for all levels, free junior and kids races. Distances: Endurance-50 miles, XC-30 miles, Appetizer-20 miles, Jr 15-18 20 miles, Jr 13-14 10 miles, Jr 11-12 5 miles., Thane Wright, 970-401-1422, thane@rockymountainendurance.com, rockymountainendurance.com

May 5-6, 2017 — US Bank 18 Hours of Fruita, Fruita, CO, 13th Annual event at Highline Lake State Park, an oasis in the desert with the famous midnight start. Limited to 100 teams., Mike Heaston, 303-282-9015, 303-635-2815, emgmh@emgcolorado.com, George Gatsos, 970-858-7220, l8hs@fruita.com

May 6, 2017 — Eagle Double Down Enduro, Idaho Enduro Series, Eagle, ID, The courses will be divided between expert/sport and beginner, so that no one feels like they're getting in over their head and everyone feels challenged. Collect series points at the Double Down to combine with Jug Mountain Ranch and Brundage Mountain Results toward the series overall title. No license required., James Lang, 208-571-1853, 208-344-9182, jlang83702@yahoo.com, ida-hoenduroseries.com

May 6, 2017 — Chino Grinder, Chino Valley, AZ, Endurance Cycling Event- 106 mile gravel grinder from Chino to Williams and back with 9700 feet of climbing with 53 and 42 mile options., AZ Gravel Rides, 480-442-7694, AZGravelRides@gmail.com, azgravelrides.com, chinogrinder.azgravelrides.com

May 6, 2017 — The Encierro Velo, Colorado Gravel Grinder Championships, Monument, CO, Gravel grinder with 100 km and 50 km options. Starts and ends at Peaceful Valley Scout Camp, 22799 N Elbert Rd, Elbert, CO 80106, south entrance. Working head and tail light and helmet are required. Maps will be adequate for 50 km but GPS is preferred for 100 km option., Phil Schweizer, 877-743-3566, phil@koobi.com, coloradogravelgrinderchampionship.com/encierro-velo/the-race

May 7, 2017 — USA Cycling Marathon MTB National Championships, Arkadelphia, AR, Micah Rice, 719-434-4200, mice@usacycling.org, Greg Randolph, usacycling.org

May 13, 2017 — Desert Rats Classic, Fruita, CO, 100K or 50k on the world famous Kokopelli Trail. 5 well stocked aid stations and medical support. Relay race too. Sub 10 hour finishers receive Enduro awards and sub 6 hours receive Gonzo awards, plus age group awards. On the western slope of Colorado, the famous Kokopelli Trail winds its way through sagebrush, ledgy slickrock, winding double track, sandy washes, fast jeep trails and crosses the state line toward Moab, Reid Delman, 303-249-1112, reid.delman@geminiadventures.com, Kyla Claudell, 303-249-1112, kyla@geminiadventures.com, geminiadventures.com

May 13, 2017 — Gowdy Grinder, Laramie, WY, Cross country mountain bike race that takes place on the trails of Curt Gowdy State Park in southeastern Wyoming. The beginner races are on a course with a handful of short technical sections, but mostly smooth riding. The more advanced categories will find plenty of the challenging riding typical of Curt Gowdy., Evan O'Toole, evan@laramieracing.com, Dewey Gallegos, 307-742-5533, pedalhouse@gmail.com, www.gowdygrinder.com

May 13-14, 2017 — Flagstaff Frenzy, Flagstaff, AZ, The 2017 MBAA finals will be held on the 13th with Super D and a fundraiser for the Flagstaff Bike Organization on Sunday the 14th., MBAA, 480-442-4229, racing@mbaa.net, Denise Barron, 928-530-0868, mbaa.net

May 13, 2017 — Battle the Bear, RME, Lakewood, CO, Distances for all levels, free junior and kids races. Distances: Endurance-50 miles, XC-30 miles, Appetizer-20 miles, Jr 15-18 20 miles, Jr 13-14 10 miles, Jr 11-12 5 miles., Thane Wright, 970-401-1422, thane@rockymountainendurance.com, rockymountainendurance.com

May 19-21, 2017 — Grand Junction Off-Road, Epic Rides Off-Road Series, Grand Junction, CO, Billed as one of the most challenging XC courses in America, the Grand Junction Off-Road offers 3 full days of mountain bike culture accented by free live music in the gorgeous Grand Valley on Colorado's Western slope., Zoe Loffreda, 520-623-1584, info@epicrides.com, Dave Castro, dcastro@epicrides.com, epicrides.com

May 20-21, 2017 — 12 and 24 Hours of Disco, Salmon, ID, 11 mile laps, mostly singletrack

with 1700' of climbing per lap, at the foot of the mighty Beaverhead Mountains. Race Solo, or teams of 2 or 4. 12 hours on May 20, 24 hours on May 21, Max Lohmeyer, 208-756-7613, info@ridesalmon.com, David Lingle, chukl@listar@hotmail.com, ridesalmon.com

May 20, 2017 — The Pony Xpress Gravel 160, Colorado Gravel Grinder Championships, Trinidad, CO, 160 km and 70 km options. Held on gravel roads northwest of Trinidad, CO. Working head and tail light and helmet are required. Maps will be adequate for 70 km but GPS is preferred for 160 km option., Phil Schweizer, 877-743-3566, phil@koobi.com, coloradogravelgrinderchampionship.com/pony-xpress/the-race

May 26-28, 2017 — Iron Horse Bicycle Classic, Durango, CO, 45th Annual, Road Race and four from Durango to Silverton, Road Circuit race and Time Trial, 25/50 mile tour, Kids Race and Mountain Bike Cross Country Race, Cruiser Crit, Gravel Ride, BMX race, swim race, Gaige Sippy, 970-259-4621, director@ironhorsebicycleclassic.com, ironhorsebicycleclassic.com

May 27, 2017 — Big Mountain Enduro, Big Mountain Enduro Series, Santa Fe, NM, Course will be designed to give riders a unique riding experience to include high altitude trails and big descents. Lies back-country terrain with lift-accessed stages throughout the series. Courses will feature predominantly timed downhill (special) stages linked together by non-timed climbing (liaison) stages, Brandon Ontiveros, 303-551-4813, brandon@bigmountainenduro.com, bigmountainenduro.com

May 27-28, 2017 — 24 Hour 'Round the Clock Mountain Bike Race, Spokane, WA, 24 hour MTB Race with a Fat BikeClass, starts noon May 27, Riverside State Park, 15 mile loop, Gino Lisecki, 509-953-9831, gino@roundaround.com, Wendy Zupan, 509-953-9831, wendy@roundaround.com, roundaround.com

June 3, 2017 — Grand Enduro, Grand Junction, CO, 3 stage enduro - the Ribbon, Gunny, Free Lunch, John Klish, 970-744-4450, madracingcolorado@gmail.com, madracingcolorado.com

June 3, 2017 — EROCK Sunrise to Sunset, Castle Rock, CO, 4th Annual at the freshly cut trails of the Philip S. Miller Park in Castle Rock, Colorado. The 6.5 mile course wanders through the hills and drainages surrounding the park and offers ample viewing from the staging area for team members and spectators. For teams and solos., Mike Heaston, 303-282-9015, 303-635-2815, emgmh@emgcolorado.com, Scott Olmsted, 303-282-9015, info@elephantrockride.com, erockrace.com, emgcolorado.com/events.php

June 3, 2017 — Flagstaff Team Relay, Flagstaff, AZ, MBAA, 480-442-4229, racing@mbaa.net, mbaa.net

June 4, 2017 — Yeti Beti Bike Bash p/b Stan's No Tubes, Beti Bike Bash, Lakewood, CO, Women's only mountain bike race and festival including: Little Bellas Girls Camp and VIDA MTB Series Clinic. All ages and abilities welcome., Amy Thomas, 720-878-7363, betibikebash@gmail.com, Sarah Rawley, 503-805-0043, info@vidamtb.com, betibikebash.com

June 9-10, 2017 — City Creek Pedalfest, Pocatello, ID, Mountain Bike Race. Kids Race and Spaghettini Dinner Friday night. Saturday, Race Day! Beginner, Sport and Expert Classes (12, 17, 27 miles) Awards, Prizes, Raffle, music, food & fun., Lindi Smedley, 208-251-5915, lindio@mac.com, pocatellopedalfest.com

June 9-11, 2017 — El Dorado Benduro, Benduro Series, Georgetown, CA, Enduro racing at Mace Mill Staging Area, 2 days of racing!, Josh Bender, 970-764-7845, joshbenduro@gmail.com, Lindsay Currier, 702-453-2453, lindsaycurrier@gmail.com, benduro.com

June 10, 2017 — Fears, Tears and Beers Enduro, Tentative date, Ely, NV, Enduro mountain bike event. Timed sections mostly downhill, combined time wins. Men's and women's events for all classes. Fun run, beginner, sport, and expert classes., Kent Robertson, 775-289-6042, 775-296-2162, krobeg@mwpower.net, greatbasintrails.org

June 10-11, 2017 — Missoula XC at Marshall Mountain, US Pro XCT, Western Montana Trail Series, Missoula, MT, Steep, technical climbs and descents will alternate between single track, double track, and infrequent dirt road sections. The course features over 850ft of relief per lap; while it is not at extremely high altitude, multiple long, steep climbs per lap will test racers' fitness limits. Pro XCT plus UCI Juniors 17-18, Ben Horan, 312-502-5997, ben@wmtrail.org, wmtrail.org, usacycling.org

June 10-11, 2017 — Scott Enduro Cup at Angel Fire, Scott Enduro Cup Series, Angel Fire, NM, The second stop of the 2017 SCOTT Enduro Cup presented by Vittoria will take place in Angel Fire, NM. Don't miss the grueling backcountry, fast trails, flowy lines, sweet berms and big jumps at Angel Fire Bike Park - the largest bike park in the Rocky Mountains., Jessica Kunzer, 801-349-4612, jkunzer@mtsports.com, Sara Valerious, 847-

Event Organ

946-4182, svalerious@mtssports.com, enduro-cupmtb.com

June 16-18, 2017 — NW Cup #4, Northwest Cup Downhill Series, Donnelly, ID, Downhill race. Held at Tamarack 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, www.nwcup.com

June 16-18, 2017 — Carson City Off-Road, Epic Rides Off-Road Series, Carson City, NV, At the Carson City Off-Road, riders of all skill levels will enjoy big climbs, long singletrack descents and expansive views of Lake Tahoe, the Eastern Sierra Nevada, and the historic Washoe Valley while being immersed in 3-days of mountain bike culture accented by free live music., Zoe Loffreda, 520-623-1584, info@epicrides.com, Dave Castro, dcastro@epicrides.com, epicrides.com

June 17, 2017 — Black Hills Fat Tire Festival MTB Races, Rapid City, SD, This "All Mountain" race will test your strength with a Hill Climb, technical ability with a Super D, all while competing in a 20 mile sprint cross country race., Kristy Lintz, 605-394-4168, 605-484-1724, kristy.lintz@rcgov.org, bhffatirefestival.com, rcparksandrec.org

June 17, 2017 — Lolo 12 Hour, MBRA Series, Western Montana Trail Series, Lolo, MT, 12 hour race, Jesse Doll, wjdoll@gmail.com, Chris Larson, missoulabikesource@gmail.com, northernpeaksalliance.com, missoulabikesource.com

June 22-25, 2017 — Crested Butte Bike Week, Crested Butte, CO, World's Oldest Mountain Bike Festival celebrates 37 years with an Amateur Film Festival, Chainless World Championships, Fat Tire 40 mountain bike race, Bridges of the Butte townie tour, Gravity Slave downhill race at Crested Butte Mountain Resort and guided mountain bike rides to premiere trails, Crested Butte Chamber, 970-349-6438, cbinfo@chamber.com, Eliza Cress, 970-349-6438, events@cbchamber.com, cbbikeweek.com

June 24-25, 2017 — Silver Mountain Enduro - North American Enduro Cup, Montana Enduro Series, Idaho Enduro Series, Kellogg, ID, Held at Silver Mountain Ski Resort, James Lang, 208-571-1853, 208-344-9182, lang83702@yahoo.com, Montana Enduro Series, contact@montanaenduro.com, Christine Wike, christine@montanabicycleguild.org, montanaenduro.com, idahoen-duroservices.com

June 29-July 1, 2017 — Camp of Champions, Leadville Race Series, Leadville, CO, Ride with past champions and experience every inch of the LT 100 MTB course in Leadville. A question and answer session will offer insight into proper training, diet and race strategy. Camp riders will get tons of camp swag, great food and amazing, unforgettable experience., Josh Colley, 719-219-9357, JColley@lifetimfitness.com, Kerrie Bruxvoort, 719-219-9357, kbruxvoort@lifetimfitness.com, leadvillaceraceseries.com

July 1, 2017 — Big Hole Challenge MTB Race and Duathlon, Driggs, ID, Mountain bike mass start first, at 10 am, 9.73 miles with 1,160 verticle feet, then either bike a second lap or run 6.13 miles with 938 verticle feet. Awards, Raffle and results at 1 pm held at the South Horseshoe Trail Head. Kids Duathlon at Noon, .5 mi run followed by 1 mi bike, Free entry, Awards to all., Dick Weinbrandt, 208-354-2354, peaked@silverstar.com, peakedsports.com

July 1-2, 2017 — Scott Enduro Cup at Sun Valley, Scott Enduro Cup Series, Sun Valley, ID, The third stop of the 2017 SCOTT Enduro Cup presented by Vitoria will take place at Sun Valley. As part of the Ride Sun Valley Bike Festival, this two-day enduro race will be the highlight of the four day festival filled with live music, races, clinics, demos and beer., Jessica Kunzer, 801-349-4612, jkunzer@mtssports.com, Sara Valerious, 847-946-4182, svalerious@mtssports.com, ridesunvalley.com, endurocupmtb.com

July 1, 2017 — Philipsburg 46, Western Montana Trail Series, Philipsburg, MT, Cross country race., Ben Horan, 312-502-5997, ben@wmtrail.org, wmtrail.org

July 1, 2017 — Boomtown Gravel Grinder, Butte, MT, Gravel Grinder, 2 Courses, Kurt Stockton, 406-381-7962, 530-264-6364, kurt@tourofmontana.org, tourofmontana.org

July 8, 2017 — Winter Park Big Mountain Enduro, Big Mountain Enduro Series, Winter Park, CO, Course will be designed to give riders a unique riding experience to include high altitude trails and big descents. Ties backcountry terrain with lift-accessed stages throughout the series. Courses will feature predominantly timed downhill (special) stages linked together by non-timed climbing (liaison) stages., Brandon Ontiveros, 303-551-4813, brandon@bigmountainenduro.com, bigmountainenduro.com

July 8, 2017 — 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 rocky, steep terrain. Solo or Tandem 50m. Leadville Trail 100 Qualifier., Josh Colley, 719-219-9357, JColley@lifetimfitness.com, leadvillaceraceseries.com

July 14-16, 2017 — NW Cup #5, 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, www.nwcup.com

July 15, 2017 — Tahoe Trail 100, Leadville Race Series, Northstar, CA, 2-loop, 50 kilometer course filled with beautiful views of Lake Tahoe. Solo 50k or 100k, 2-person relay 100k. Leadville Trail 100 Qualifier., Josh Colley, 719-219-9357, JColley@lifetimfitness.com, Todd Jackson, 530-546-1019, todd@bigblueadventure.com, leadvillaceraceseries.com

July 15, 2017 — Seeley Lake 55/35/22, Western Montana Trail Series, Seeley Lake, MT, Cross country race, 3 different courses., Ben Horan, 312-502-5997, ben@wmtrail.org, wmtrail.org

July 19-23, 2017 — USA Cycling Mountain Bike National Championships, Snowshoe, WV, Micah Rice, 719-434-4200, mrice@usacycling.org, usacycling.org

July 20, 2017 — Southeast Idaho Senior Games, Pocatello, ID, City Creek Trails: Staging at Centennial Park 6:00pm. Categories: Short, Medium, Long and Single Speed., Dana Olson, 208-233-2034, 208-317-3918, south-eastidahoseniorgames@gmail.com, seidahoseniorgames.org

July 22, 2017 — Jug Mountain Ranch XC and State Championship Enduro, Idaho Enduro Series, McCall, ID, XC Saturday, Enduro Sunday. Courses divided by ability. No license required. Hotel McCall is available right on the lake, plus plenty of camping nearby., James Lang, 208-571-1853, 208-344-9182, lang83702@yahoo.com, idahoen-duroservices.com, jugmountainranch.com

July 22-23, 2017 — Grand Targhee Enduro, Montana Enduro Series, Grand Targhee, WY, There's some seriously fun trails at Wyoming's Grand Targhee Resort, so we're going to race 'em for the fourth stop on the series. It's going to be a weekend long celebration of the Tetons., Andy Williams, 800-TARGHEE ext. 1309, awilliams@grandtarghee.com, Montana Enduro Series, contact@montanaenduro.com, Christine Wike, christine@montanabicycleguild.org, grandtarghee.com, montanaenduro.com

July 28-30, 2017 — Leadville Stage Race, Leadville Race Series, Leadville, CO, 100M (100 miles over three days), Team Option. Experience the legendary Leadville Trail 100 course over three days. Push the pace to see what you're made of, or use the stages to prepare or qualify for the Leadville Trail 100 in August. This is one amazing party, with daily stage prizes, raffles, unmatched swag, food, beer and live music., Josh Colley, 719-219-9357, JColley@lifetimfitness.com, leadvillaceraceseries.com

July 29, 2017 — Laramie Enduro, Laramie, WY, New Course! ~32 mile loop of about 80% singletrack from smooth and flowy to steep and technical. Choose the One & Done to do one lap, or, the Enduro Epic to do two laps. Aid stations with fresh food, water and performance nutrition. Legendary after-party with live music, awards, cash payouts, raffle, free refreshments and warm food! Limited on-course camping and room specials, Nat Dyck, 307-755-1410, racerec-itor@laramieenduro.org, Onies Heckart-Eads, 307-761-1741, heckart.eads@gmail.com, laramieenduro.org

July 29, 2017 — Butte 100 Races, Butte, MT, Continental Divide Trail, Single Track, Big Sky Country, 100 and 50 mile options, and a Sorini 25 mile option., Gina Evans, 406-498-9653, eatdirtpigpen@gmail.com, butte100.com

July 29-30, 2017 — Big Mountain Enduro/Enduro World Series Aspen Snowmass, Big Mountain Enduro Series, Aspen Snowmass,

CO, Course will be designed to give riders a unique riding experience to include high altitude trails and big descents. Ties backcountry terrain with lift-accessed stages throughout the series. Courses will feature predominantly timed downhill (special) stages linked together by non-timed climbing (liaison) stages., Brandon Ontiveros, 303-551-4813, brandon@bigmountainenduro.com, bigmountainenduro.com

July 29, 2017 — Breckenridge 100, RME, Breckenridge, CO, 100, 68, and 32 mile races., Thane Wright, 970-401-1422, thane@rockymountainendurance.com, rockymountainendurance.com

August 5, 2017 — Pierre's Hole MTB Race, National Ultra Endurance Series, Alta, WY, 9th Annual! Staging begins at the Grand Targhee Resort, ample lodging and amenities available. 100 consists of 33-mile loop, each lap features approx. 4,000 ft climbing on single and double-track trails. The race course is on an IMBA Epic trails at Grand Targhee. Total elevation for the 100 mile race is approx. 13,000 ft. 100 mile (3 laps), 100km (2 laps), 50km (1 lap) events. The 100 mile race is part of the NUE Series and the 100 k is a new NUE marathon series race., Andy Williams, 800-TARGHEE ext. 1309, awilliams@grandtarghee.com, grandtarghee.com, the-resort/news-events/1863/2014PierresHole50100.php

August 5, 2017 — Boomtown Gravel Grinder, Butte, MT, Fully supported event that will start and finish in historic Uptown Butte and will cover the beautiful gravel, dirt (and a few paved roads) south and east of town. Crossing the scenic Continental divide twice, riders can challenge themselves in either the Mother Load 100 mile or the Nugget 50 mile routes while soaking in the breathtaking vistas offered only in Big Sky Country., Kurt Stockton, 406-381-7962, 530-264-6364, kurt@tourofmontana.org, tourofmontana.org

August 6, 2017 — Race Montana Triathlon, Great Falls, MT, Electric City Water Park, Olympic and Sprint distances, Ron Ray, info@racemt.com, racemt.com/event/race-montana-triathlon, racemtn.com

August 12, 2017 — Leadville Trail 100, Leadville Race Series, Leadville, CO, Leadville Trail 100 is one of the most notorious and challenging bike races in the world. 100 mile out-and-back., Josh Colley, 719-219-9357, JColley@lifetimfitness.com, leadvillaceraceseries.com

August 12, 2017 — Steamboat Stinger, Mountain Town Challenge Series, Steamboat Springs, CO, Beginning at 8:00am at the Howelson Hill Ski Area right in the heart of Steamboat Springs. The course takes an extended 50 mile detour deep into the beautiful backcountry of Routt County and a total of roughly 3,500ft elevation gain before returning to the transition/finish area. Teams of two are also welcome to race the 1st and 2nd half of the course., Nate Bird, 866-464-6639, nate@honeystinger.com, Jon Winkelblech, 970-367-4394, winkelblech@honeystinger.com, honeystinger.com/steamboatstinger.html

August 19-20, 2017 — Big Mountain Enduro, Big Mountain Enduro Series, Crested Butte, CO, Course will be designed to give riders a unique riding experience to include high altitude trails and big descents. Ties backcountry terrain with lift-accessed stages throughout the series. Courses will feature predominantly timed downhill (special) stages linked together by non-timed climbing (liaison) stages., Brandon Ontiveros, 303-551-4813, brandon@bigmountainenduro.com, bigmountainenduro.com

August 27, 2017 — Missouri River Rampage Mountain Bike Race, Great Falls, MT, XC MTB Race and expo, 8.7, 15.4, and 18.6 mile options, Ron Ray, info@racemt.com, racemt.com/event/missouri-river-rampage/

September 1-3, 2017 — Rebecca's Private Idaho, Ketchum, ID, 50mi or 100mi gravel grinder put on by professional racer Rebecca Rusch in her hometown of

Ketchum, Idaho. The route can be done as a challenging ride or a lung busting, high screaming race up into the mountains surrounding Ketchum and Sun Valley. It is a beautiful route and it all ends in a great down-home party with food, festivities, music, and libations. Colleen Quindlen, 254-541-9661, colleen@rebeccarusch.com, rebeccaprivateldaho.com

September 9, 2017 — Barn Burner 104, Flagstaff, AZ, 104 mile mountain bike race, Solo, Duo, Teams, Kaibab and Coconino National Forest. Camping on private land. 26 and 52 mile options. Party afterwards with music, food, and beer, Casey Brown, 480-299-1203, cbrown6@lifetimfitness.com, Josh Colley, 719-219-9357, JColley@lifetimfitness.com, Ryan Sumers, 949-929-7476, rsumers@lifetimfitness.com, barnburnermtb.com, redrockco.com

September 9, 2017 — Idaho High School Cycling League Race #3, Targhee, ID, Dylan Gradhand, 208-340-5200, dylan@idahomtbc.com, idahomtbc.org

September 9-10, 2017 — Vapor Trail 125, Salida, CO, 125 miles, 20,000 feet of climbing, 10 pm start, singletrack, Earl Walker, 719-539-9295, earl@absolutebikes.com, Tom, 719-539-9295, tom@absolutebikes.com, vaportrail125.com

September 9, 2017 — Thompson Ridge Trail Gran Fondo, Thompson Falls, MT, Dirt fondo, gravel grinder, Ben Horan, 312-502-5997, ben@wmtrail.org, wmtrail.org

September 16-17, 2017 — Big Mountain Enduro, Big Mountain Enduro Series, Mt. Rainer, WA, Course will be designed to give riders a unique riding experience to include high altitude trails and big descents. Ties backcountry terrain with lift-accessed stages throughout the series. Courses will feature predominantly timed downhill (special) stages linked together by non-timed climbing (liaison) stages., Brandon Ontiveros, 303-551-4813, brandon@bigmountainenduro.com, bigmountainenduro.com

September 16, 2017 — Fire on the Rim Mountain Bike Race, Pine, AZ, 15, 30, and 45 mile mtb races near Payson, AZ, Janet Brandt, info@fireontherim.com, fireontherim.com

September 23, 2017 — Mount Lemmon Gravel Grinder, Oracle, AZ, 15, 40, 50 mile options on the back gravel roads of Mt. Lemmon with elevation gains ranging from 4,000 to 6,000ft. Begins at 7 a.m. at Arizona Zipline Adventures just north of Tucson on the "backside" of the Santa Catalina Mountains., John McCarrell, john@americanbunnyhop.com, americanbunnyhop.com/mt-lem-mon-gravel-grinder.html, peppersaucer-oundup.com/

September 23-24, 2017 — Two Moon 24, Glendo, WY, 24 hour race on the trails of Glendo State Park in eastern Wyoming. 9.5 mile loop. Fun time all night!, Evan O'Toole, evan@aramieracing.com, Dewey Gallegos, 307-742-5533, pedalhouse@gmail.com, twomoon24.com

September 23-24, 2017 — 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. Zoe Loffreda, 520-623-1584, info@epicrides.com, Dave Castro, dcastro@epicrides.com, epicrides.com

October 8, 2017 — 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, todd@bigblueadventure.com, Kiley McInroy, kiley@bigblueadventure.com, bigblueadventure.com

bigblueadventure.com, bigblueadventure.com, greattrailrace.com

October 14, 2017 — Prescott 6er, Prescott, AZ, Six hours...not enough to bore you, not enough for you to fall asleep, just enough to keep you honest and bring along a friend (if need be) to rip some laps on some stellar single track! Complete the most laps in the least time after 6 hours of racing and win. 9.4 mile loop with single track, hills and switchbacks. Solo-male/female, Singlespeed-male/female, Duo-male/female/coed, Duo Singlespeed-male/female/coed, Breanna Bissell, 480-734-0558, info@mangledmomentum.com, prescott6er.com

October 20-22, 2017 — USA Cycling Collegiate Mountain Bike National Championships, Missoula, MT, Micah Rice, 719-434-4200, mrice@usacycling.org, Chad Sperry, chad@gorge.net, usacycling.org

November 18, 2017 — 12 Hours of Fury, Fountain Hills, AZ, 12 Hours of Fury will test your body, mind and mountain biking skills. The race will begin and end at the Four Peaks Staging Area in McDowell Mountain Regional Park. The 15 mile loop is smooth, fast and fun. The most loops in 12 hours wins it!, Jeremy Graham, 623-330-0913, jeremy@4peaksracing.com, 4peaksracing.com/events/12-hours-of-fury-2017

Utah Weekly Road Race Series

Rocky Mountain Raceways Criterium Series — Utah Crit Series, West Valley City, UT, 6555 W. 2100 S., Saturdays at 11 am in March - Tuesdays at 6pm, April - through September, A and B at 6, C and D at 7 pm, March 4, 11, 18, 25, Saturday April 1, Tuesdays April 11-Sept 5, Marek Shon, 801-209-2479, utahcritseries@gmail.com, utahcritseries.com, utahbikeracing.com

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; every other Thursday April 6-Aug 24, Marek Shon, 801-209-2479, utahcritseries@gmail.com, utahcritseries.com

DLD (DMV) Criterium — Utah Crit Series, West Valley City, UT, Weekly Training Crit at the Driver's Training Center, 4700S, 2780W., A file - 6 pm, B file between 6:45 and 7:05, Call for information regarding C file. Wednesdays April 5- Aug 30, Marek Shon, 801-209-2479, utahcritseries@gmail.com, utahcritseries.com, skiutahcycling.com

Emigration Canyon Hillclimb Series — Utah Crit Series, Salt Lake City, UT, Starts north of Zoo 7.4 miles to top of Emigration. First rider off at 6:30. Every other Thursday April 13 through August 31, Marek Shon, 801-209-2479, utahcritseries@gmail.com, utahcritseries.com

January 7-March 4, 2017 — Desert City Criterium and Road Race Series, Desert City Crit Series, St. George, UT, Jan. 7, 2017 - Desert City Crit: St. George, Jan. 21, 2017 - Desert City Crit: Ivins, Feb. 4, 2017 - Desert City Crit: Hurricane, Feb. 18, 2017 - Desert City Crit: St. George, Mar. 4, 2017 - Desert City Crit Series Finale, Jordan Bracken, 435-229-5397, 435-703-9880, jordan@rapidcycling-gracing.com, rapidcyclinggracing.com

Utah Road Racing

March 25, 2017 — Greater Utah Handicap Race, Grantsville, UT, Held at the intersection of I-80 and Hwy 196. 72 mile road race. 3 groups start at different times depending on ability. Cat 5 at 9 am. Cat 3-4, and Cat 1-2 to follow. Only one overall winner., Dirk Cowley, 801-699-5126, dcowley@comcast.net, racedayeventmanagement.com

April 8, 2017 — Ophir Road Race, UCA Series, Ophir, UT, road race, Jared Eborn, 801-599-9268, jared@extramileracing.com, extramileracing.com

April 15, 2017 — East Canyon Echo Road Race, UCA Series, Henefer, UT, 10 AM start in

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2017 DATES

REGISTRATION PERIOD:
APRIL 7-13

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Henefer to East Canyon Resort, turn around go to Echo Canyon, back to Henefer and finish on Hogsback. 60 mile course, James Zwick, 801-583-6281, sports@sports-am.com, sports-am.com

April 22, 2017 — Marek's Road Race. Tentative, UCA Series, TBA, UT, Marek Shon, 801-209-2479, utcritseries@gmail.com, utahbikeracing.com

May 6, 2017 — Antelope Island Classic. UCA Series, Antelope Island, UT, Starts at the West end of the causeway, then across the causeway towards the ranch and end on the island. 32 to 60 mile options. \$2,000 cash plus prizes. Junior state road race championships too., James Ferguson, 801-476-9476, ferguson8118@comcast.net, bmbbc.com

May 12, 2017 — Bear Lake Classic Individual Hill Climb. UCA Series, Garden City, UT, 5 mile uphill climb from Garden City Office to the Summit of Bear Lake. Racers will start on 60-second intervals and will climb right hand side of road, single file. Portion of the same route as 2015 Tour of Utah, Stage 1., Jared Eborn, 801-599-9268, jared@extramileracing.com, extramileracing.com

May 13, 2017 — Bear Lake Classic Road Race. UCA Series, Garden City, UT, 51 mile flat loop (or 102 double lap) with some rolling hills on east shore, followed by a flat and fast finish — a beautiful race around Bear Lake., Jared Eborn, 801-599-9268, jared@extramileracing.com, extramileracing.com

May 13, 2017 — Bear Lake Classic ITT. Laketown, UT, Hill Climb racers will gather at 6:00 p.m. at 69 Paradise Parkway. Riders will depart in 30 second intervals in alphabetical order regardless of racer category. 8 Miles - 1 lap of the Sunday Circuit Race Course, Jared Eborn, 801-599-9268, jared@extramileracing.com, extramileracing.com

May 14, 2017 — Bear Lake Classic Circuit Race. UCA Series, Laketown, UT, 8 mile course on the Round Valley Loop near Bear Lake., Jared Eborn, 801-599-9268, jared@extramileracing.com, extramileracing.com

May 19-20, 2017 — Bikes for Kids Stage Race. UCA Series, Daybreak, UT, Criterium, Road Race and Time Trial. USAC license required-one-day licenses available. Proceeds from the race go to benefit Bikes for Kids Utah., Marek Shon, 801-209-2479, utcritseries@gmail.com, race2wheels.com, bikesforkids-utah.com

May 27, 2017 — Sugarhouse Criterium. UCA Series, Salt Lake City, UT, Bring the entire family and enjoy some of Utah's best crit racing in one of Salt Lake's Sugarhouse Park., Marek Shon, 801-209-2479, utcritseries@gmail.com, utahbikeracing.com

June 9-10, 2017 — Vision Relay: Moab to St. George. Moab, UT, Road race with 4 rider teams and three legs per rider, covering 528 miles. Multiple start times at Swanny Park in Moab finishing at Bluff Street Park in St. George. Benefits Charity Vision, Tyler Servoss, 801-888-3233, tyler@rockwellrelay.com, visionrelay.com

June 10, 2017 — Porcupine Hill Climb. UCA Series, Salt Lake City, UT, 16th Annual, Start: Porcupine Pub & Grille finishing at the Brighton Ski Resort, Big Cottonwood Canyon. Citizen's and licensed rider categories. State Championship Hill Climb for licensed categories. 14.7 miles, 3800' of climbing!, Mike Meldrum, 801-424-9216, mikeside@gmail.com, Dirk Cowley, 801-699-5126, dcowley@comcast.net, porcupine-cyclingteam.com, racedayeventmanagement.com

June 15-17, 2017 — Utah Summer Games. Utah Summer Games Cycling, Cedar City, UT, Hill Climb (4 miles with average grade of 7%, Time Trial (10 miles out and back course), Criterium (.95 mile closed course, counter clockwise), Road Race (20, 40 and 60 mile course) with overall Omnium., Casey McClellan, 435-865-8421, 435-865-8422, mcclellan@suu.edu, Steve Ahlgreen, 435-865-8421, 435-865-8423, ahlgreen@suu.edu, utahsummergames.org

June 17, 2017 — Adventure Gear Criterium. UCA Series, Sandy, UT, Marek Shon, 801-209-2479, utcritseries@gmail.com, utahbikeracing.com

June 24, 2017 — Utah State Time Trial Championship. UCA Series, Skull Valley, UT,

Marek Shon, 801-209-2479, utcritseries@gmail.com, utahbikeracing.com

July 1, 2017 — Pairs Time Trial. TBD, UT, two person team time trial, Dirk Cowley, 801-699-5126, dcowley@comcast.net, racedayeventmanagement.com

July 4, 2017 — Bountiful Mazda's Criterium. Bountiful, UT, Dirk Cowley, 801-699-5126, dcowley@comcast.net, racedayeventmanagement.com

July 8, 2017 — Cache Gran Fondo. Logan, UT, 6th annual Cache Gran Fondo, riders of all abilities invited. Pre-ride light breakfast will be provided from 6:45 or 7:00 a.m. with well stocked food stations and support. 100 miles and 50 mile course follows a fun, flat scenic route through Northern and Cache Valley, UT with a challenging hill in each. The finish will be closed-off in downtown Logan with a party and fun festivities including rider gifts, many random prizes, and unique jerseys at or below retail., Troy Oldham, 435-764-2979, oldhamtroy@gmail.com

July 22, 2017 — Heber Valley Circuit Race. UCA Series, Heber, UT, Scenic but challenging 8-mile circuits in Heber Valley, Utah, Jared Eborn, 801-599-9268, jared@extramileracing.com, extramileracing.com, racedayeventmanagement.com

July 22, 2017 — Iron Lung Race. Salt Lake City, UT, 120 mile timed road race starting at This Is The Place Heritage Park and turning around near Snowbasin Resort., Michelle Lyman, 801-941-5526, info@ironlungride.com, ironlungride.com

July 28-29, 2017 — 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, SaintstoSinners.com

July 31-August 6, 2017 — Larry H. Miller Tour of Utah. Various, UT, The Tour of Utah is a UCI 2.HC sanctioned stage race for the top men's teams in the world. As America's Toughest Stage Race, the race covers more than 500 miles across Utah, and 52,000 feet of climbing. It is broadcast worldwide on Tour Tracker and is free for spectators., Larry H. Miller Tour of Utah, 801-325-7000, info@tourofutah.com, tourofutah.com

August 12, 2017 — Wildflower Hill Climb. Mountain Green, UT, Timed 5.5 mile climb during the 75 mile course option in this women-only cycling event. Age-group cash prizes. Gift for all who complete the climb., Stacie Palmer, 801-644-9940, 801-336-6198, wildflowerpedalfest@gmail.com, wildflowerpedalfest.com

August 12, 2017 — Woodland Circuit Race. UCA Series, Woodland, UT, Road race, Jared Eborn, 801-599-9268, jared@extramileracing.com, extramileracing.com, racedayeventmanagement.com

August 19, 2017 — Tour of Park City. UCA Series, Park City, UT, 157 Classic Road Race returns for 2016! 7,500 feet of climbing, 10,750 foot summit. Fully Supported. Start and finish in the same spot., Jared Eborn, 801-599-9268, jared@extramileracing.com, extramileracing.com

August 25-28, 2017 — Hoodoo 500. Utah Triple Crown, St. George, UT, 500 mile loop race through Southern Utah. Non-stop or stage race, solo and relay team divisions. 300 mile option as well., Deborah Bowling, 818-889-2453, embassy@planetultra.com, Hoodoo500.com

September 2, 2017 — West Mountain Road Race. UCA Series, West Mountain, UT, road race, Jared Eborn, 801-599-9268, jared@extramileracing.com, extramileracing.com

September 9, 2017 — LOTOJA Classic Road Race. Logan, UT, 35th Annual, 1 day, 3 states, 200-plus mile road race from Logan, UT to Jackson Hole, WY., Brent Chambers, 801-546-0090, brent@lotojaclassic.com, lotojaclassic.com

September 23, 2017 — Harvest Moon Criterium. UCA Series, Ogden, UT, 4 corner crit in Downtown Ogden around the Municipal Park between 25th & 26th Streets, Tyler Servoss, 801-888-3233, tyler@rockwellrelay.com, rockwellrelay.com, teamexcelerator.com

October 10-13, 2017 — Huntsman World Senior Games Cycling. St. George, UT, Must be 50 years or older. Four events: hill climb, time trial, criterium and road race. Skill divisions I, II, and III., Kyle Case, 800-562-1268, hwsq@seniorgames.net, seniorgames.net

Regional Weekly Road Race Series

Las Vegas Tuesday Night World's — Henderson, NV, Tuesday Night Criterium series starting March 11B Race - 4:30 PM (25 min) - Beginners or those not comfortable with experienced racers, A Race - 5:00 PM (25 min) - Those who have raced and ready to hammer. Location: 1021 East Paradise Hills Drive, Henderson, NV 89002, Mike Olsen, 702-927-4069, mike@vegabikeracing.com, vegabikeracing.com

Regional Road Racing

March 11, 2017 — Old Pueblo Grand Prix. Tucson, AZ, The Old Pueblo Grand Prix is a Pro/Elite Level Downtown Tucson Twilight Criterium which looks to kick off the season ahead of the Pro Road Tour and USA Crits Series., Susan Frank, 520-247-2812, susan@americanbunnyhop.com, americanbunnyhop.com/old-pueblo-grand-prix.html

April 1, 2017 — Bobcat Classic. Bozeman, MT, A 33 mile loop through rural Montana landscape. Majestic views as riders traverse rolling hills and narrow river canyons. All riders finish on a grueling 5km, 1,200 ft climb to the top of the Lewis and Clark Caverns. Drew Cardoza, 406-425-0609, drewcardoza@gmail.com, Jacob Wahry, 907-229-0524, jwahry@gmail.com, Michael Amos, 415-306-4521, mamos2@ame.com, usacycling.org/events/getfilter.php?permit=2016-1207_montana_cycling.net

April 1, 2017 — Louisville Criterium. Louisville, CO, Kick off the spring season at one of the fastest races in Colorado. Louisville offers fast flowing corners, a power incline, and wide open roads to really put the hammer down!, Lance Panigutti, 303-408-1195, lance@withouthimits.com, withouthimits.com

April 9, 2017 — South Mountain Bicycle Classic - Circuit Race. Phoenix, AZ, Circuit Race, Eric Prosnier, 602-381-3581, eric@wmrc.org, Brian Lemke, brianlemke@wmrc.org, wmrc.org, azcycling.org

April 19-23, 2017 — Tour of the Gila. Silver City, NM, 5 stages, UCI mens, UCI womens, amateur categories. Great spring racing!, Jack Brennan, 575-590-2612, brennan5231@comcast.net, tourofthegila.com

April 21-23, 2017 — Tour of Walla Walla Stage Race. Walla Walla, WA, Pacific NW premier 3 day stage race. - 2 RRs, crit, TT. Eight fields, 5 for men and 3 for women- Men Pro-1-2, 3, 4, 5, Mstrs 40+ cats 1-4; Wom 1-2, 3, 4, 5, Stage Race - 2 RRs, Crit, TT. Men Pro-1-2, 3, 4, 5, Mstrs 40+ Cats 1-4; Wom 1-2, 3, 4, 5, Michael Austin, 509-386-1149, 509-525-4949, mike@allegrocyclery.com, Kathryn Austin, 509-964-8951, kathryn@allegrocyclery.com, tftwv.org

April 27-30, 2017 — USA Cycling Collegiate & Para-Cycling Road National Championships. Grand Junction, CO, Micah Rice, 719-434-4200, mrice@usacycling.org, usacycling.org

April 29, 2017 — Tax Day Road Race. UCA Series, Marsh Valley, ID, Great circuit race, start and finish at Marsh Valley High School. This is the old Gate City Grind course., Bob and Kris Walker, bobandkris@yahoo.com, Tony Chesrow, 435-671-2506, hebert@mitsports@yahoo.com, idahocycling.com

April 30, 2017 — Emmett-Roubaix Road Race. Spring Series, Emmett, ID, Idaho State Road Race Championships., Mike Cooley, 208-343-3782, mcooley@georgescycles.com, georgescycles.com, gcoarsaevents.com

April 30, 2017 — Koppenberg Road Race. Boulder, CO, Boulder's Spring Classic is set to make you suffer, and "the climb" is set to be the deciding factor once again. The Koppenberg is a 5.5 mile road race circuit, with 300ft of elevation gain per lap, and includes 2 miles on a packed dirt road., Lance Panigutti, 303-408-1195, lance@withouthimits.com, withouthimits.com

May 6, 2017 — OZ Road Race. Watkins, CO, The OZ Road Race has two key defining characteristics: long and wide open! You're not in Kansas anymore to. Come May 6th get ready for the longest road race of the spring season., Lance Panigutti, 303-408-1195, lance@withouthimits.com, withouthimits.com

May 19-21, 2017 — Superior Morgul Omnium. Superior, CO, The 2017 edition of the Superior Morgul is expanding outside of Boulder County for the first time in it's 8 year history! This season, in partnership with the Colorado Bike Expo, the Superior Morgul will feature a criterium bike race and street sprints event at Mile High Stadium. Criterium & street sprints on Friday, time-trial Saturday, and road race Sunday., Lance Panigutti, 303-408-1195, lance@withouthimits.com, withouthimits.com

May 26-28, 2017 — Iron Horse Bicycle Classic. Durango, CO, 45th Annual, Road Race and tour from Durango to Silverton, Road Circuit race and Time Trial, 25/50 mile tour, Kids Race and Mountain Bike Cross Country Race, Cruiser Crit, Gravel Ride, BMX race, swim race, Gaige Sippy, 970-259-4621, director@ironhorsebicycleclassic.com, ironhorsebicycleclassic.com

June 1-4, 2017 — USA Cycling Masters Road National Championships. Columbia County, GA, Micah Rice, 719-434-4200, mrice@usacycling.org, usacycling.org

June 3, 2017 — Lyle Pearson 200-mile Team Challenge. Boise, ID, 9th Annual - Team relay road race from Boise to Sun Valley, Mike Cooley, 208-343-3782, mcooley@georgescycles.com, georgescycles.com, gcoarsaevents.com

June 17, 2017 — Mike Mercy Memorial - Idaho State Time Trial Championships. Mountain Home, ID, Flat, wide open road with good

pavement with one turn to make it interesting., Howard Roose, 208-484-8342, hroose@gmail.com, idahobikeracing.org, bobs-bicycles.com/

June 21, 2017 — The Longest Day - Ride for Alzheimers. Boise, ID, Raise funds for the Alzheimer's Association, ride anytime from 5 am to 9 pm on the longest day of the year on a 10 mile loop., Mike Cooley, 208-343-3782, mcooley@georgescycles.com, georgescycles.com, gcoarsaevents.com

June 23-25, 2017 — USA Cycling Professional Road and TT National Championships. Knoxville, TN, Micah Rice, 719-434-4200, mrice@usacycling.org, usacycling.org

June 23-25, 2017 — Baker City Cycling Classic. Oregon Women's Prestige Series, Baker City, OR, Three days and five stages in beautiful eastern Oregon, with great support and unparalleled scenery. Over 8,000 ft of climbing over the three days in one of the country's most beautiful cycling regions. Pros and amateurs race the same courses and the women's and men's prize purses are matched by sponsor BELLA Main St. Market., Brian Vegter, 541-325-1689, dogbri@icloud.com, bakercitycycling.org

June 29-July 2, 2017 — USA Cycling Amateur Road National Championships p/b Papa John's. Louisville, KY, Elite, U23 and Junior Road National Championships., Micah Rice, 719-434-4200, mrice@usacycling.org, usacycling.org

June 29-July 2, 2017 — USA Cycling Professional Criterium & Team Time Trial National Championships. Louisville, KY, Micah Rice, 719-434-4200, mrice@usacycling.org, usacycling.org

July 12-15, 2017 — Southeast Idaho Senior Games. Pocatello, ID, July 12: Hill Climb at 7 p.m., July 13: Criterium at 6 p.m., July 14: 10k Time Trial at 9 a.m. and 20k Road Race at 10:30 a.m., July 15: 5k Time Trial at 9:00 a.m. and 40k Road Race at 10:00 a.m., Dana Olson, 208-233-2034, 208-317-3918, southeastidahoseniorgames@gmail.com, seidahoseniorgames.org

July 14, 2017 — Chrono Kristin Armstrong Time Trial. Pro Road Tour, Boise, ID, UCI 1.2 men's, women's time trial, Mike Cooley, 208-343-3782, mcooley@georgescycles.com, georgescycles.com, gcoarsaevents.com

July 15, 2017 — ASWB Twilight Criterium. Pro Road Tour, Boise, ID, 29th Annual, Pro Road Tour, races for all categories, and race under the lights for the pros., Mike Cooley, 208-343-3782, mcooley@georgescycles.com, bailsetwillightcriterium.com, gcoarsaevents.com

July 15, 2017 — Bob Cook Memorial Mount Evans Hill Climb. Idaho Springs, CO, This is an arduous 27 mile bicycle race and gran fondo that ends on the highest paved road in the United States to the summit of Mount Evans at 14,130'. Jennifer Barbour, 303-503-4616, execdir@teamevergreen.org, Kim Nordquist, 303-249-6168, director@bicyclerace.com, bicyclerace.com, teamevergreen.org

July 29, 2017 — Targhee Hill Climb. Driggs, ID, Wyoming State Hill Climb Championships. Day 1 - Targhee Hill Climb. Day 2 - Teton Pass Hill Climb. Compete in one or both. To be scored for the State Champs you must race both days. Winners based on combined times. Time trial starts at 10 am with 30 second intervals. Starts at Peaked Sports in Driggs, climbs Ski Hill Road and ends half a mile from the Grand Targhee Resort. The course covers 12 miles and 2,200 vertical feet. Awards, Raffle and results 1 pm at Peaked Sports. Net proceeds benefit Teton Valley Trails and Pathways., Dick Weinbrandt, 208-354-2354, peaked@silverstar.com, Forest Dramis, jacksonholecycling@gmail.com, peakedsports.com, hvcycling.org

July 30, 2017 — Teton Pass Hill Climb. Wilson, WY, Wyoming State Hill Climb Championships. Day 1 - Targhee Hill Climb. Day 2 - Teton Pass Hill Climb. Compete in one or both. To be scored for the State Champs you must race both days. Winners based on combined times. 9:15 AM road race (4.7 miles, 2284 ft. vertical), 20th Anniversary, this year held on Old Pass Road instead of the highway! No cars, no brake dust, just peace and quiet for you to enjoy your suffering!, Dick Weinbrandt, 208-354-2354, peaked@silverstar.com, Forest Dramis, jacksonholecycling@gmail.com, hvcycling.org

July 30, 2017 — Kitt Peak Time Trial. Tucson, AZ, 11.6 mile hill climb time trial up Kitt Peak, 3400' vertical., Donald Melhado, amelhado@cox.net, azcycling.org

August 5-6, 2017 — Idaho Senior Games. Boise, ID, 5k and 10K Time Trials, 20 K and 40 K Road Races, Qualifying year for 2017 National Senior Games, Mike Thornton, 208-861-8000, idahoseniorgamesinfo@gmail.com, Frank Gilbert, 208-853-1964, frank@georgescycles.com, idahoseniorgames.org

August 12, 2017 — USA Cycling Hill Climb National Championships and Pikes Peak Hill Climb. Colorado Springs, CO, The USA Cycling Hill Climb National Championship is in its second year and is truly a unique experience on Pikes Peak. The start line is located at 9,390 ft./2,862 m and the finish line is 156 turns, 12.42 mi./20 km, later, with an average grade of 7%, and a gain in altitude of 4,725 ft./1,440 m, to conclude at 14,115 ft./4,302m. It will be held in conjunction with The Broadmoor Pikes Peak Cycling Hill Climb gran fondo fun ride, Saturday, August 12, 2017., Micah Rice, 719-434-4200, mrice@usacycling.org, The Sports Corp., 719-634-7333, info@thesportscorp.org, Jeff Mosher, 719-634-7333 Ext 1005, jeff@thesportscorp.org, usacycling.org, coloradospringsports.org/index.php?option=com_content&view=article&id=416&Itemid=315

August 19, 2017 — Bogus Basin Hill Climb. Boise, ID, 42nd Annual, Mike Cooley, 208-343-3782, mcooley@georgescycles.com, georgescycles.com, gcoarsaevents.com

September 9, 2017 — Race to the Angel. Wells, NV, Hill climb. 32nd Annual. The race is open to riders on mountain and road bikes, runners, walkers and triathletes: individual or team (Sprint Triathlon - 750m swim, 5K run, 20K bike). The half marathon course begins

at the Wells City pool and climbs approximately 2,784 feet to Angel Lake in the East Humboldt range of the Ruby Mountains. The half marathon course is entirely on pavement., Wells Chamber, 775-752-3540, wellschamber@wellsnevada.com, Robert Johnson, 775-340-5943, 801-718-0557, rubymountainrelay@gmail.com, wellsnevada.com/race-to-the-angel, rubymountainrelay.com

September 16, 2017 — Little Park Road Hillclimb. Grand Junction, CO, Hillclimb up Little Park Road - 1st half., John Klish, 970-744-4450, madracingcolorado@gmail.com, madracingcolorado.com

September 20, 2017 — Man vs Machine. Williams, AZ, The Grand Canyon Railway, in partnership with Grand Canyon Racing, will fire up its steam engine 4960 - a 310-ton behemoth built in 1923 - to take on hundreds of intrepid bicyclists on a 53-mile course that will climb 2,023 feet starting at the South Rim of the Grand Canyon to iconic Williams, AZ, finishing on historic route 66., PJ Borman, 602-296-8313, info@grandcanyonracing.com, grandcanyonracing.com

September 23, 2017 — Telluride 200 Gran Fondo. Telluride, CO, 14th annual, From the high mountains of Telluride, cyclists descend past hillsides of quaking aspens along a route that passes through millions of years of geologic record, ultimately finding themselves at the base of striated sandstone cliffs reaching up to 1,000 feet overhead. Benefits the Just for Kids Foundation., Heidi Lauterbach, 970-729-1372, m2dbikeride@gmail.com, Victoria Lovely, 773-590-6499, vblovely@yahoo.com, m2dbikeride.com

September 24, 2017 — Mt. Graham Hill Climb. Safford, AZ, 8 am, mass start, Nippy Feldhake, 520-747-2544,

Randonneurs., Richard Stum, 435-462-2266, richard@eogear.com, SaltLakeRandos.org

April 29, 2017 — Tour de Brewtah, Utah Bike Month, Salt Lake City, UT, A tour highlighting Salt Lake's great bicycle infrastructure, engaged community, and craft beers, Becky Van Hosen, 801-484-4128, tourdebrewtah@gmail.com, Cynthia Stringham, 801-535-6167, cynthia.stringham@slc.gov, tourdebrewtah.org

April 29-May 27, 2017 — Trans Utah Spring Tour, UT, Two different spring tour dates: Week One (7 Days): Kanab to the Henry Mountains, Saturday April 29 to Friday May 5, 2017 or Sunday May 14 to Saturday May 20, 2017. Week Two (7 Days): Henry Mountains to Moab, Saturday May 6 to Friday May 12, 2017 or Sunday May 21 to Saturday May 27, 2017. , Travis Tucker, 970-728-5891, travis@lizardheadcyclingguides.com, lizardheadcyclingguides.com

May 6, 2017 — FrontRunner Metric Century Ride, Salt Lake City, UT, Point to point metric century (62.5 miles) bicycle ride from Salt Lake City's Intermodal Hub to Ogden. Return to Salt Lake City via the UTA FrontRunner train service. Your bicycle will be transported via private truck to SLC. Registration opens Christmas Day!, Matt Storms, 801-448-6061, matt@fortherwinracing.com, frontrunnercentury.com

May 6, 2017 — Canyons of Cache, tentative date, BCC SuperSeries, Mendon, UT, Meet at Mendon Church for a route that climbs Blacksmith, and Sardine, loops to Brigham City and back over the north slope into Cache Valley., Don Williams, 801-641-4020, roadcaptain@bccutah.org, bccutah.org

May 13, 2017 — Bear Lake Classic Century and 1/2 Century, Garden City, UT, 51 mile flat loop with some rolling hills on east shore, followed by a flat and fast finish – a beautiful ride around Bear Lake. 1/2 and full Century options. Portion of the same route as 2015 Tour of Utah, Stage 1., Jared Eborn, 801-599-9268, jared@extramileracing.com, extramileracing.com

May 13-13, 2017 — Northern Utah Series, Salt Lake Randonneurs Brevet Series, Brigham City, UT, Self-supported rides through Bear River & Cache County, including an out and back up Blacksmith Fork Canyon, 100 to 300 km options (63 to 190 miles). A brevet is a timed ultra distance event., Richard Stum, 435-462-2266, richard@eogear.com, saltlakerandos.org

May 14-September 9, 2017 — Cycling Bryce, Zion, and Grand Canyon National Parks, St. George, UT, 7-day, 400-mile guided road biking tour of the Bryce, Zion and Grand Canyon National Parks, including Brian Head, Panguitch Lake, Red Canyon and Kanab. Tour includes 6 nights camping and inns or all inn nights. Includes accommodations, transportation, and food. Specific dates can be found at: escapeadventures.com/guided-tours/road-cycling/cycling-bryce-zion-and-the-grand-canyon, Kevin Ford, 800-596-2953 x1, 702-596-2953, info@escapeadventures.com, escapeadventures.com

May 20, 2017 — Springville to Nephi 100, BCC SuperSeries, Springville, UT, Start Springville Cracker Barrel Frontage Road to Nephi and back thru orchards, flat to rolling. Self Supported with shorter 30, 60, and 75 mile options. Free event., Don Williams, 801-641-4020, roadcaptain@bccutah.org, bccutah.org

May 20, 2017 — USEA Ride for Education, Kaysville, UT, A comfortable metric century ride through scenic countryside through Weber and Davis County. Enjoy an exciting mixture of plains and hills throughout Northern Utah. Fully supported, lunch provided with all paid registration., Tim Bell, 385-347-7589, tbell@useaut.org, useaut.org, usearideforeducation.weebly.com

May 20, 2017 — Ride for the Angels, tentative date, Copperton, UT, 8th Annual. Start: 8:30am; 8655 West 10390 South Copperton

Park; Routes: 25, 50 miles and Metric Century 62.5 miles; \$50.00 includes swag bag and ride shirt. With each registration you will be entered to win a new bike. Drawing to be held Saturday at 8:00 am, right before the start of the event. Rest stops and road support, Great cause! Post Ride Picnic too!, Steve McIntyre, 801-560-6954, steve.mcintyre44@yahoo.com, Dennis Carrigan, 801-201-5164, dennis@angelshands.org, angelshands.org

May 20, 2017 — Gran Fondo Salt Lake, Salt Lake City, UT, A timed bicycle tour of the Salt Lake Valley. Fully supported aid stations, professional on-course support, and a finish line meal await. Optional KOM/QOM challenge ride for the climbers out there, Jared Eborn, 801-599-9268, jared@extramileracing.com, GranFondoSaltLake.com

May 29, 2017 — Memorial Day Antelope Island, BCC SuperSeries, Salt Lake City, UT, Meet at Westpoint Park SLC 1100 N 1800 W to Antelope Garr Ranch. 50 mile option starts at Station Park in Farmington. Free event - fee may be required to access the island. Self-supported with plenty of store stops. , Don Williams, 801-641-4020, roadcaptain@bccutah.org, bccutah.org

June 3, 2017 — Little Red Riding Hood, Lewiston, UT, Women only century ride, 27, 36, 50, 70 and 100 mile distances in Cache Valley, fundraiser for Women's Cancer Research at the Huntsman Cancer Institute. Reg. will be available January 2, 2017 - January 15, 2017. This event sells out quickly., Penny Perkins, penperk@centurylink.net, Curt Griffin, lrrh@bbc.net, bccutah.org

June 3, 2017 — Ride the Gap Century, Parowan, UT, Enjoy cooler weather in the high country of beautiful Southern Utah. Fun and fast with a mileage option for every rider. Nothing like a small town with big fun! Enjoy open roads and very little traffic., Joey Dye, 435-674-3185, joey@redrockbicycle.com, Margaret Gibson, 435-229-6251, margaret@spingees.com, Ryan Gurr, info@spingees.com, ride-southernutah.com

June 10, 2017 — American Diabetes Association's Tour de Cure, Brigham City, UT, Tour de Cure is an incredible experience for cyclists, runners, walkers, and diabetes supporters. Join riders, volunteers, spectators, and sponsors for a finish line celebration on Brigham City Main Street. If you have diabetes you are a Red Rider, the VIP of the day. Route options of 5k, 12m, 33m, 55m, 75m, and 100 miles., Drew DeHaan, 801-363-3024 x7071, DDeHaan@diabetes.org, diabetes.org/utahour

June 10-11, 2017 — Utah Bicycle Touring Society's Overnight Bike Tour, Salt Lake City, UT, 11th annual overnighter. This event is for new and experienced bicycle travelers. We will bicycle in a self-sufficient manner to Rock Cliff Recreation Area to camp overnight, and then return Sunday., Lou Melini, 801-487-6318, lmelini@comcast.net, Cheryl Soshnik, 4356499008, csoshnik@yahoo.com

June 10, 2017 — Wasatch Front Series, Salt Lake Randonneurs Brevet Series, North Salt Lake City, UT, Self-supported ride up Emigration Canyon, along the Wasatch Front and out to Antelope Island. 100, 200 or 300 km (65 to 190 mile) options. A brevet is a timed ultra distance event, Richard Stum, 435-462-2266, richard@eogear.com, saltlakerandos.org

June 11, 2017 — Provo A Go-Go, BCC SuperSeries, Draper, UT, Start Draper Park, ride past point of the mountain, thru Provo to Spanish Fork and back on a loop route. Free event, self supported with shorter 30 and 60 mile options. Store stops enroute. , Don Williams, 801-641-4020, roadcaptain@bccutah.org, bccutah.org

June 15-23, 2017 — Rocky Mountain Tour, Cross Country Challenge, Salt Lake City, UT, The Rocky Mountain Tour travels 593 miles in 8 cycling days (9 total). Ride through the Wasatch Range and over the Rocky Mountains from Salt Lake City UT to Pueblo CO., Bill Lannon, 888-797-7057, 603-382-1662,

ride@americabicycle.com, abbike.com, americabicycle.com

June 17, 2017 — Huntsman 140, Delta, UT, A road cycling, non-competitive ride with 30, 55, 75, and 140 mile distances that raises funds for cancer research at Huntsman Cancer Institute., Jen Murano-Tucker, 801-584-5815, jmurano@huntsmanfoundation.org, huntsman140.com

June 24-25, 2017 — Bike MS: Harmons Best Dam Bike Ride, Bike MS, Logan, UT, Join thousands of cyclists from around the region and celebrate 31 years of Bike MS: the premier fundraising cycling series in the nation raising funds for a world free of MS. The Bike MS experience offers route options ranging from 45 to 150 miles over two days and is friendly to all abilities with rest stops every 8-12 miles. Camping, meals, and entertainment based out of Cache Valley Fairgrounds (400 S 500 W) in Logan., Melissa Mathews, 801-424-0112, melissa.mathews@nmss.org, bikemsutah.org

June 24, 2017 — Great Basin Series, Saratoga Springs, UT, Self-supported loop rides around Oquirrh Mountain, up Hobbie Creek Canyon and around Utah Lake. 130km, 200km or 400km (81 through 250-miles) options. A brevet is a timed ultra distance event., Richard Stum, 435-462-2266, richard@eogear.com, saltlakerandos.org

June 24-July 1, 2017 — 109° West, Moab, UT, The ride you've been waiting for! Beginning in Moab, loop around the La Sal Mountains, to Monticello and finally Durango, CO for a day off. After the day off, it's off to Ouray followed by Telluride. Join for the whole week or choose between three and one day options. Fully supported with well stocked stations, SAG support, and great lodging., Trisha Moran, 970-626-9913, trisha@cycle-withalpine.com, Cathy Harper, 970-787-5483, info@109west.com, 109west.com

June 24-July 1, 2017 — 109° West, Moab, UT, A fully supported bicycle tour from Moab through Durango, Ouray, Telluride, and Cortez. 1-7 day options through the incredible mountains of southwest Colorado and southeast Utah!, Cathy Harper, 970-787-5483, info@109west.com, 109west.com

July 1, 2017 — Giro Donna, North Salt Lake City, UT, A women only ride, 100 km course commencing and ending at Legacy Park. A few miles on city streets, enter Legacy Parkway Trail and Denver & Rio Grand Trail systems prior to circling through west Davis and Weber Counties. 50 km option. Flat with a few rollers, supplied aid stations, and SAG vehicles. Jared Eborn, 801-599-9268, jared@extramileracing.com, girodonna.com, extramileracing.com

July 7, 2017 — Antelope by Moonlight Bike Ride, Antelope Island, UT, 24th Annual, 10pm. Open to participants of all ages and starts at the Antelope Island's White Rock Bay. The half way point is the historic Fielding Garr Ranch where refreshments are served. The entire route is 24 miles on an asphalt road. , Neka Roundy, 801-451-3286, 801-451-3282, neka@co.davis.ut.us, daviscountyutah.gov/antelopemylight.com

July 8, 2017 — Cache Gran Fondo, Logan, UT, 6th annual Cache Gran Fondo, riders of all abilities invited. Pre-ride light breakfast will be provided from 6:45 or 7:00 a.m with well stocked food stations and support. 100 miles and 50 mile course follows a fun, flat scenic route through Northern and Cache Valley, UT with a challenging hill in each. The finish will be closed-off in downtown Logan with a party and fun festivities including rider gifts, many random prizes, and unique jerseys at or below retail. , Troy Oldham, 435-764-2979, oldhamtroy@gmail.com, loganhospital-foundation.org

July 10, 2017 — Antelope Island Series, Salt Lake Randonneurs Brevet Series, North Salt Lake City, UT, Self-supported rides. The 300k has considerable climbing up Little Mountain, Big Mountain, Trappers Loop & Ogden Divide before making a loop on Antelope Island. 200 or 300 km (125 or 190 mile) options available. A brevet is a timed ultra distance event., Richard Stum, 435-462-2266, richard@eogear.com, SaltLakeRandos.org

July 15, 2017 — Mt. Nebo Climb, BCC SuperSeries, Nephi, UT, Meet at Payson City Park. Climb up and back to Payson Lakes or do a full 70 mile loop. Self-supported free event - bring extra water; short supply on the mountain., Don Williams, 801-641-4020, roadcaptain@bccutah.org, Doug Jensen, 801-815-3858, slccycler@gmail.com, bccutah.org

July 15, 2017 — Desperado Duel, Panguitch, UT, Come and experience the flattest and best 100 mile course and 50 mile option, we have also added a grueling 150 mile option for those training for the big 209 in September. Enjoy the scenery and virtually no traffic. Desperado Duel is one of the best Gran Fondos in Utah., Joey Dye, 435-674-3185, joey@redrockbicycle.com, Margaret Gibson, 435-229-6251, margaret@spingees.com, ridesouthernutah.com

July 22, 2017 — Iron Lung Ride, Salt Lake City, UT, 32, 80, or 120 mile options out and back starting at This Is The Place Heritage Park and turning around near Snowbasin Resort(3 person relay available on the 120). Challenging climbing, with plenty of rollers and flats to recover. Utah Triple Crank qualifier., Michelle Lyman, 801-941-5526, info@ironlungride.com, ironlungride.com

July 24, 2017 — North South Century - Pioneer Day Ride, BCC SuperSeries, Salt Lake City, UT, Location: Tanner Park. Finish the holiday weekend with 100 miles all in SL county. Stops for water and food. Free event, self-supported., Don Williams, 801-641-4020, roadcaptain@bccutah.org, Tom Coffey, 801-737-3241, lech2urs@msn.com, bccutah.org

July 24, 2017 — South Sevier Ram Ride, Monroe, UT, 15 miles, 25 miles, and a 50 mile . Start time is 6:00 a.m. Start & Finish location is Monroe Fire Station. , Heather Newby, 435-201-0138, Heather.N@onesanddewille.com

July 28-29, 2017 — 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, SaintstoSinners.com

July 29, 2017 — Fiesta Days 50 - Blue Haven Half Century, Spanish Fork, UT, Provides support for fallen police officers families. For the second year, in conjunction with Spanish Fork Fiesta Days, Blue Haven has organized a 50 mile bike ride and a 10 mile family fun ride with proceeds going to the Spanish Fork Police Department and to the Blue Haven Foundation. The 50 mile timed event will be routed from the South parking lot of Spanish Fork High School around West Mountain and back., Blue Haven Foundation , 801-380-7400, info@bluehaven.foundation, runsignup.com/Race/UT/SpanishFork/BlueHavenHalfCentury

July 30, 2017 — Park City Chalk Creek 100 SuperSeries, BCC SuperSeries, Park City, UT, Free self-supported event. Start Treasure Mtn Middle School. Legs to Coalville, Chalk Creek and back. , Don Williams, 801-641-4020, roadcaptain@bccutah.org, bccutah.org

August 5, 2017 — Hotter than Heck - Utah Valley Century, Orem, UT, 33rd year of a Century Tour around Utah Lake, 100, 62.5, and 30 mile options, starting and ending in Orem at Lakeside Park, Allan Sumnall, (801) 225-0076, allan@sbtrah.com, Spencer Erickson, 801-513-8848, spencerickson@gmail.com, hotterthanheck.com

August 5, 2017 — The Ultimate Challenge Presented by University of Utah Health Care, Salt Lake City, UT, Ride like the pros! Challenge yourself to ride the Tour of Utah's Queen Stage, finishing at Snowbird Ski and Summer Resort. 109 miles, Larry H. Miller Tour of Utah, 801-325-7000, info@tourofutah.com, tourofutah.com

August 12, 2017 — Wildflower Pedalfest, Morgan, UT, Fully-supported, women-only cycling event. 4 course options (20, 30, 50, 70 miles). Finish line celebration, catered lunch, live band, raffle, massages, expo and more., Stacie Palmer, 801-644-9940, 801-336-6198, wildflowerpedalfest@gmail.com, wildflowerpedalfest.com

August 18-19, 2017 — Raspberry Ramble Series, Salt Lake Randonneurs Brevet Series, Logan, UT, Self-supported. Starts in Logan and climbs up Strawberry Canyon (LoToJa route) and around Bear Lake before heading north to Soda Springs and finally out to Golden Spike Natl Monument. 400 & 600 km (250 and 375 mile) options. A brevet is a timed ultra distance event., Richard Stum, 435-462-2266, richard@eogear.com, saltlakerandos.org

August 19, 2017 — Tour of Park City, Park City, UT, Fully supported Tour starting and finishing in Park City. 157 miles through Northern Utah's beautiful mountain valleys. A rolling picnic!, Jared Eborn, 801-599-9268, jared@extramileracing.com, extramileracing.com

August 19-19, 2017 — Raspberry Ramble 300k, Salt Lake Randonneurs Brevet Series, Logan, UT, Self-supported loop ride which starts in Logan and climbs up Strawberry Canyon (LoToJa route) and north to Soda Springs. 300km km (190 miles). A brevet is a timed ultra distance event., Richard Stum, 435-462-2266, richard@eogear.com, saltlakerandos.org

August 26, 2017 — 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., Bob Jardine, 435-713-0288, 435-757-2889, info@CacheValleyCentury.com, Sammie MacFarlane, 435-713-0288, Sammie@cgadventures.org, CJ Sherlock, 435-713-0288, 435-757-2889, info@cachevalleycentury.com, CacheValleyCentury.com

August 26, 2017 — Summit Challenge, Park City, UT, Riders of all ages and abilities will hit the pavement for a 100, 52, or 16-mile road ride event in support of the National Ability

Center's mission. All three fully-supported routes of this event follow paved roads in and around the beautiful Park City mountainside. This exciting event promises to serve up a challenge for a wide range of cycling levels and abilities. And don't forget – all Summit Challenge riders who have a disability can register and ride for free! The 102 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. Also, watch for new distance options in 2017 - to be announced this summer!, Julia Rametta, 435-649-3991, 435-200-0990, events@discovernac.org, Whitney Thompson, 435-649-3991, whitneyt@discovernac.org, summitchallenge100.org, discovernac.org

August 26, 2017 — Castle Country Century, Scofield, UT, Train for LoToJa or just have fun with this fully supported ride as you travel up and over Huntington Canyon, through Huntington hugging the edge of the San Rafael swell. Pass through the towns of Cleveland, Elmo, Wellington and Price to finish in Helper. All the while conquering 5,300ft of ascent and 7,200ft of descent on this ride. Ride departs at 8 am., Cory Jensen, 801-824-8455, cory.jensen@carbon.utah.gov, carbonrec.com

September 2, 2017 — Hobbie Creek Series, tentative date, Salt Lake Randonneurs Brevet Series, Springville, UT, 62 or 125 mile self-supported loop ride up Hobbie Creek Canyon and on the rural roads south of Utah Lake. A brevet is a timed ultra distance event., Richard Stum, 435-462-2266, richard@eogear.com, saltlakerandos.org

September 3-9, 2017 — 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 3-16, 2017 — Trans Utah Spring Tour, UT, Tour is separated into dates as follows: Week One (7 days): Kanab to the Henry Mountains, Sunday Sept 3 to Saturday Sept 9, 2017. Week Two (7 days): Henry Mountains to Moab, Sunday September 10 to Saturday September 16, 2017., Travis Tucker, 970-728-5891, travis@lizardheadcyclingguides.com, lizardheadcyclingguides.com

September 9, 2017 — Goldilocks Utah, Goldilocks Bike Ride, Provo, UT, Goldilocks is a women only bike ride, with a gorgeous route starting at Utah State Park and beautiful fall weather! With 100, 80, 60, 40, and 20 mile route options, Goldilocks has a route that is 'just right' for everyone!, Dani Lassiter, 801-635-9422, info@goldilocksride.com, goldilocksride.com/gsl

September 9, 2017 — To the Moon and Back Century Ride, Tablona, UT, Come and enjoy the High Uintahs. There are four ride options: Century, 75, 50, and 25 mile. All 4 rides will cover the back roads of Duchesne County that has very minimal traffic. Free overnight camping is available. The ride will be based out of Tablona, Utah. Elevations from 6,522 to 8,150. This ride is fully supported by providing lunch and dinner. All proceeds will go to the Rapha House & Operation Underground Railroad, non-profit organizations that help rescue children from trafficking and sexual exploitation., Karen Redden, 435-828-0467, roxredden@gmail.com, active.com/tablona-ut/cycling/races/to-the-moon-and-back-2016

September 16, 2017 — Wonder Woman Ride, Payson, UT, Join us for the 8th annual fully supported all women's bike ride, choose between the 15, 30, 70 or 100 mile options. Remember that every woman is a wonder woman!, Mahogani Thurston, 801-318-1420, wonderwomanride@gmail.com, Carolina Herrin, herrin.carolina@gmail.com, wonderwomanride.com

September 16, 2017 — CF Cycle For Life, Coalville/Morgan, UT, Fully supported, beautiful autumn ride with five route options - 20,40, 60, 80 and 100 miles. All funds raised go to the Cystic Fibrosis Foundation., Laura



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Hadley, 801-532-2335, 801-558-8310, lhadley@cff.org, Amanda Livnat, 801-532-2335, alivnat@cff.org, Jessica Rose, 801-532-2335, jrose@cff.org, cycle.cff.org

September 22-23, 2017 — Bike the Bear Century, Garden City, UT, 100 and 50 miles. Begins at Raspberry Square in Garden City, UT. Ride around the scenic Bear Lake loop on the Utah/Idaho border. Nelson Palmer, 435-760-6901, nrpalmer@comcast.net, Tom Jensen, 801-475-7488, tom.jensen@scouting.org, trappertrails.org/bike

September 22-23, 2017 — 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@salttosaint.com, salttosaint.com

September 23, 2017 — Moab Century Tour, Moab, UT, Landscape Worth Training for! 40, 60, 100 mile route options. Ride in the wild west through Dead Horse Point State Park and the Colorado River Corridor. Ride alongside towering redrock walls outlining the Colorado River; enjoy lunch at the earth's edge overlooking Canyonlands National Park and the Colorado River, two thousand feet below. Live music, beer, cycling icons and great food await you at the Post-ride party. Beth Logan, 435-260-8889, 435-260-2334, info@skinnylirevents.com, skinnylirevents.com

October 21, 2017 — Fall Tour de St. George, St. George, UT, Tour around southern Utah and see some of the most scenic views as you climb to Veyo and go through Gunlock State Park as well as all the beautiful colors throughout this 35, 75, or 100 mile ride. This event is one of our best Gran Fondos in southern Utah., Joey Dye, 435-674-3185, joey@redrockbicycle.com, Margaret Gibson, 435-229-6251, margaret@spingeeeks.com, Ryan Gurr, info@springeeks.com, ride-southernutah.com

October 21, 2017 — SoJo Marathon Bike Tour, Bike Tour tentative, SoJo Race Series, South Jordan, UT, SoJo isn't just for runners! Our non-competitive Bike Tour offers a beautiful ride that begins in Daybreak and continues along the Oquirrh Mountains before winding through Herriman and South Jordan. Wendy Thomas, 801-253-5236, whomas@sjc.utah.gov, Anna Ratcliffe, 801-253-5236, aratcliffe@sjc.utah.gov, Bo Earls, 801-253-5203, Beards@sjc.utah.gov, SoJoMarathon.com

Regional Road Touring

March 14-April 15, 2017 — Yellowstone Cycle Days, tentative dates, Yellowstone National Park, MT, Ride free in Yellowstone National Park before the roads open to the public. This is a unique way to enjoy the beauty of the park. Opening day depends on whether the road is plowed. Check for conditions., Moira Dow, 406-646-7701, tour@cycleyellowstone.com, cycleyellowstone.com, nps.gov/yell/planyourvisit/springbike.htm

March 18, 2017 — Solvang 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., Deborah Bowling, 818-889-2453, embassy@planetultra.com, planetultra.com

March 18, 2017 — Mesquite Madness, Mesquite, NV, The first ride of the season. Get your riding legs back and join us for a tough but fun 80, 50+, or 30 mile bike ride. This year we are adding a different game with prizes at every rest stop. Make it to the top of Utah Hill for the big prizes., Joey Dye, 435-674-3185, joey@redrockbicycle.com, Margaret Gibson, 435-229-6251, margaret@spingeeeks.com, Ryan Gurr, info@springeeks.com, ride-southernutah.com

March 20-26, 2017 — Solvang Spring Tour, Solvang, CA, Early season warm weather training in Sunny Southern California. 50-100 miles per day in Southern California's most popular cycling region., Deborah Bowling, 818-889-2453, embassy@planetultra.com, planetultra.com

April 8, 2017 — Mulholland Challenge, King of the Mountains Century Challenge, Agoura Hills, CA, The toughest Southern California Century with over 13,000' of climbing in the Santa Monica Mountains. Fully supported / Chip Timed., Deborah Bowling, 818-889-2453, embassy@planetultra.com, planetultra.com

April 9, 2017 — Rhonde Van Boise Fun Ride, Boise, ID, Come join the Boise Cycling Club for a fun ride through the Boise front. 65+ miles, 20+ climbs, 6,000+ feet of climbing., Mike Cooley, 208-343-3782, mcooley@georgescycles.com, georgescycles.com, gorsaevents.com

April 10-28, 2017 — Desert Climbing Camp, Grand Junction, CO, April 10-14; April 24-28 The Desert Climbing Camp is designed in a training camp format to build base-miles for the cycling season to come. 4 nights of lodging, daily breakfast at hotel, 2 nights of dinners, aid stations, energy food, entrance fees, shuttles, water bottles and mechanical support., John Humphries, 970-728-5891, info@lizardheadcyclingguides.com, lizardheadcyclingguides.com

April 22, 2017 — Tour de Summerlin, Las Vegas, NV, 50, 100 mile routes, circumnavigating Las Vegas., Randy Mcghies, 702-252-8077, randy@mcghies.com, tourdesummerlin.com

April 23-October 6, 2017 — Moab & The Back of Beyond, Grand Junction, CO, April 23-28; May 14-19, September 10-15; October 1-6; The Moab and the Back of Beyond Tour delves into the heart of redrock canyon country of Southeastern Utah and Southwestern Colorado. Ride through the supernatural landscapes of Arches & Canyonlands National Parks, climb the scenic La Sal Mountain Loop and pedal beneath 800 ft redrock sandstone walls along the Colorado River., John Humphries, 970-728-5891, info@lizardheadcyclingguides.com, lizardheadcyclingguides.com

May 7, 2017 — Rose Hill Rally, Grand Junction, CO, 21st Annual, 100k or 50 kbike tour. Benefits Rose Hill Hospitality House at St. Mary's Medical Center., Ed Lipton, 970-

242-5940, ed.lipton@scchs.net, stmaryqi.org/RoseHillRally

May 13, 2017 — Gran Fondo Bear Lake, Montpelier, UT/ID, 100, 75, 50 or 25 mile fully supported ride from Montpelier, ID. A climb to Minnetonka Cave and prize awaits each 100-mile rider and a backyard barbecue welcomes every finisher. Utah's best century ride ... is in Idaho, Jared Eborn, 801-599-9268, jared@extramileracing.com, Bearlakeendurance.com, extramileracing.com

May 20, 2017 — Cycle for Independence, Boise, ID, Fundraiser for the Treasure Valley Chapter of the National Federation of the Blind, 10, 20, and 63 mile distances, individual and team rides, routes begin in northwest Boise, supported ride. After ride burgers with all the fixings combined with socializing, music, festivities and prizes, Ramona Walhof, 208-336-5333, cycleforindependence@gmail.com, Allan Schneider, 208-870-4831, aschneider@hotmail.com, tvcblindidaho.org

May 21, 2017 — Santa Fe Century and Gran Fondo, Santa Fe, NM, 32nd Annual. Escorted group, outstanding food stops staffed by experienced volunteers who return year after year. In addition to the Century, Half-Century, and 20 mile rides, we are offering 2 timed events: Gran Fondo (100 mile timed ride), Medio Fondo (50 mile timed ride). Each fondo will have its own start time and a neutral start, police escort to the city limits., Michael McCalla, 406-381-2690, ride@santafecentury.com, santafecentury.com

May 22-27, 2017 — Redrock Canyons Tour, Grand Junction, CO, Featured in NY Times. Tours also available in June, September, and October. Ride to Monument Valley and the Dolores River Canyon. Average mileage 72 and two centuries. Total ascent 22,159ft descent 24,187ft. Strong-Intermediate to Advanced., John Humphries, 970-728-5891, info@lizardheadcyclingguides.com, lizardheadcyclingguides.com

May 26-28, 2017 — Iron Horse Bicycle Classic, Durango, CO, 45th Annual, Road Race and tour from Durango to Silverton, Road Circuit race and Time Trial, 25/50 mile tour, Kids Race and Mountain Bike Cross Country Race, Cruiser Crit, Gravel Ride, BMX race, swim race, Gaige Sippy, 970-259-4621, director@ironhorsebicycleclassic.com, ironhorsebicycleclassic.com

June 3, 2017 — Buena Vista Bicycle Festival, Buena Vista, CO, Scenic and easy to challenging routes 35, 50, 62 and 97 mile ride options in Beautiful Arkansas River Valley at the Feet of 14,000 Ft Mounts Pincelton, Harvard and Yale. Exceptionally well supported with afternoon party and band., Tim Lopez, 719-594-5655, 719-622-0439, bikefest-info@bvbf.org, Aaron Rosenthal, 719-594-5655, bikefest-info@bvbf.org, Chris Quoyeser, 719-398-9257, chris@emakersoc.com, bvbf.org

June 3, 2017 — Palisade Gran Fondo, Palisade, CO, Fully supported Gran Fondo through the famous orchards and vineyards of western Colorado and the rugged Reeder and Pury Mesas. 40 and 68 mile options., Jennifer Sliney, 970-819-1101, 510-910-1608, palisade-velo@gmail.com, palisadegranfondo.com, palisadecoc.com/co/palisadegranfondo

June 4, 2017 — America's Most Beautiful Bike Ride - Lake Tahoe, Stateline, NV, 26th annual, in conjunction with the Leukemia & Lymphoma Society Team in Training program. Fully supported with rest stops, Tech support and SAG. 100 mile century, 72 miles, boat cruise, and 35 mile fun ride., Curtis Fong, 800-565-2704, 775-771-3246, tgff@bikethest.com, bikethest.com, bikeandskitahoe.com

June 4, 2017 — Subaru Elephant Rock Cycling Festival, Castle Rock, CO, The unofficial start to the Colorado cycling season. You will not want to miss the excitement and camaraderie of the 30th pilgrimage to Castle Rock for the Rocky Mountain region's premier cycling festival. Whether you are 6 or 60, prefer to ride on the road or dirt, there is a course for cyclists of all abilities. All of the rides start and finish at the Douglas County Fair Grounds. Stick around for the party at the Rock post-ride picnic and cycling expo., Mike Heaston, 303-282-9015, 303-635-2815, emgmh@emgcolorado.com, Scott Olmsted, 303-282-9015, info@elephantrockride.com, elephantrockride.com, emgcolorado.com/wordpress/?page_id=10

June 10, 2017 — Fremont Area Road Tour (FART), Lander, WY, 13 to 100 mile options, includes breakfast, bbq, t-shirt and bottle, in conjunction with Brew Fest, Nyssa, fart@landercycling.org, Tony Ferliti, landercycling@gmail.com, landercycling.org

June 10, 2017 — Lemhi Valley Century Ride, Salmon, ID, 100 miles or 100 kms through the picturesque Lemhi River Valley., Maria Huntman, 208-303-0106, mhuntman@hotmail.com, lemhivalleycenturyride.weebly.com

June 12-July 6, 2017 — Great Alaska Highway Ride, Dawson Creek, BC, AK, Ride the full length of the notorious Al-Can Highway from Dawson Creek BC to Delta Junction Alaska. A fully supported camping and cycling adventure, with a few motel nights., Pedalers Pub & Grille, 352-353-8712, tours@pedalerspubandgrille.com, pedalerspubandgrille.com/alaska-bicycle-tours-great-alaska-highway-bike-tour

June 17, 2017 — Spinderella, Pocatello, ID, Ladies-only ride featuring five scenic routes, from 10 to 100 miles. Roll-out begins at 6:00 am at Ross Park in Pocatello, ID., DaNae Young, 208-221-9300, spinderella33@gmail.com, spinderellaride.com

June 18-24, 2017 — Bicycle Tour of Colorado, Various, CO, 23rd annual 7 day fully supported bicycle tour in the Colorado Rocky Mountains. Registration includes camping areas, baggage transportation, route maps, road markings, fruit and water stations with restrooms every 20-30 miles, Colorado State Patrol, bicycle repair services, SAG vehicles, and medical support along the route. Premium upgrades such as parking, bike box storage, catered meals, and hotels are also

available for additional fees., Alisha Powell, 303-985-1180, answer@bicyclefourcolorado.com, bicyclefourcolorado.com

June 24, 2017 — Holly Frontier Tour de Prairie, Cheyenne, WY, Course heads west out of Cheyenne through Happy Jack Road - WYO 210, past Curt Gowdy State Park and through Medicine Bow National Forest, to the Lincoln Memorial at the I-80 Rest Area. 3,000ft of elevation gain. Courses ranging from 10-100 miles, start at Lions Park, road course only., Jim Wollenburg, 307-637-6423, wollenburg@cheyennecity.org, cheyennecity.org

June 24, 2017 — Ride for Hope, Kuna, ID, 3rd annual Ride for Hope put on to help give HIV/poverty-stricken kids in India hope for a better life. Fully supported with a catered, freshly cooked meal provided by Dell George. Ride through the scenic Snake River Valley and West Heritage Byway to help give poverty-stricken kids in India hope for a better life. 18.6, 31.2, 66.2 mile options with an inaugural century being considered., Margo Riggs, 208-608-2527, rideforhope.ccb@gmail.com, rideforhope.net

June 24-30, 2017 — Mavic Haute Route Rockies - Colorado Spring Stage, Colorado Springs, CO, The inaugural Mavic Haute Route Rockies will become the fourth leg in amateur cycling's first global series of multi-day events. In the spirit of tackling the highest, steepest, most renowned terrain, Colorado's unique mountain scenery and rich cycling culture will be showcased to spectacular effect by these inaugural Rockies venues. The event will conclude its final stage in Colorado Springs with riders taking in the scenic Garden of the Gods., The Sports Corp., 719-634-7333, info@thesportscorp.org, Doug Martin, 719-634-7333 Ext 1010, doug@thesportscorp.org, hauteroute.org/events/stages/mavic-rockies-2017

July 1-2, 2017 — Gran Fondo Kootenai, Libby, MT, A two-day, point-to-point, chip-timed fondo featuring fully supported riding through the spectacular landscapes of Montana's remote northwest corner. Located on National Forest Scenic Byways, our routes take in the state's Cabinet Mountains, serene Lake Koocanusa, and the legendary Yaak Valley. Proceeds benefit charities in Libby, Eureka, and Troy, Montana., John Weyhrich, 406-241-2829, john_veyhrich@yahoo.com, gfkootenai.com

July 8, 2017 — Goldlocks Boise, Goldlocks Bike Ride, Eagle, ID, Fully supported, non-competitive, women only bike ride. Beautiful route, yummy food, pretty t-shirt, good lookin' Papa Bears., Dani Lassiter, 801-635-9422, info@goldlockside.com, goldlocks.events/gid/info

July 8-9, 2017 — The Triple Bypass, Evergreen, CO, This challenging ride is over 120 miles with 10,000' of climbing and travels over 3 beautiful mountain passes from Evergreen to Avon, CO., Jennifer Barbour, 303-503-4616, execdir@teamevergreen.org, Nat Ross, 970-390-9730, triple@triplebypass.org, triplebypass.org

July 9-21, 2017 — B.E.A.R.S. - Bicycling the Extraordinary Alaskan Roads, Anchorage, AK, Explore a variety of Alaskan landscapes, from Denali to Prince William Sound. Fully supported trip with both camping and great food!, Pedalers Pub & Grille, 352-353-8712, tours@pedalerspubandgrille.com, pedalerspubandgrille.com/alaska-bicycle-tours-bears-cycling-tour

July 13-15, 2017 — Yellowstone/Grand Teton Series, Salt Lake Randonneurs Brevet Series, Ashton, ID, Self Supported 600km or 1000km ride (375 or 620-mile) with overnight gear drops. Goes into Yellowstone and Grand Teton National Parks. A brevet is a timed ultra distance event., Richard Stum, 435-462-2266, richard@eogear.com, sallakerandos.org

July 15, 2017 — Pepsi Cola Taylor House Benefit Century Ride, Flagstaff, AZ, Benefit ride in the high-altitude cool pines of Northern Arizona. There are 32, 50, 63, and 100 mile route options., Anthony Quintile, 928-779-5969, flagstaff@absolutebikes.net, Ashley Hammarstrom, 877-527-5291, ashley.hammarstrom@nahealth.com, absolutebikes.net/taylor

July 16-21, 2017 — Tour de Wyoming, Cheyenne, WY, 21th Annual. Start and end in Cheyenne, Wyoming with overnight stays in Wheatland, Rock River, Saratoga (two nights), and Laramie. The route goes over four mountain passes and covers more than 400 miles., Amber Travky, 307-742-5840, atravsky@wyoming.com, cyclewyoming.org, tourdewyoming.org

July 22-29, 2017 — Oregon Bicycle Ride, Sisters, OR, Tour of northwest Oregon. Crosses the mouth of the Columbia River, visits sites famed by Lewis and Clark, includes ferry back into Oregon, and rides through northwest forests and countryside. Cyclists will have time to tour wineries, play at Ride Oregon's oldest week-long tour! Join 300 riders as we explore the classic Oregon Cascades routes: McKenzie Pass, the Aufderheide, Cascades Lakes Hwy, you'll even have a chance to ride the Crater Lake Rim Road! Fully supported, with legendary food and amenities., Sanna Phinney, 541-382-2633, 541-410-1031, info@bicycleridesnw.org, bicycleridesnw.org

July 22, 2017 — Cycle Magic Valley, Yes, Twin Falls, ID, A 12, 30, 62, or 100 mile bicycle ride for all levels. There is a family friendly 12 mile route that takes you out to Meander Point. The 30 mile route heads out west, north of Filer. The metric century route takes you down into Melon Valley and the challenging century route takes you down into Melon Valley, Hagerman, out to the windmills and back! The ride is fully supported with a barbecue at the finish line. Tech t-shirts for all participants., Denise Alexander, dalexander@flier.net, mavtec.org/race/cruisimagic-valley/

July 26-August 6, 2017 — Klondike Gold, Fairbanks, AK, Travel from Fairbanks back in time to cycle the route of the Klondike Gold Rush, in reverse from historic Dawson City, Yukon to Skagway, Alaska. Fully supported camping tour with a few nights in motels., Pedalers Pub & Grille, 352-353-8712,

tours@pedalerspubandgrille.com, pedalerspubandgrille.com/yukon-bike-tour-klondike-highway-cycling

July 29, 2017 — Cascade 4-Summit Challenge, Cascade, ID, Options include 75, 60, 50, 30 or 8.2 Mile Options. Course covers two mountain passes along Warm Lake Road. The ride starts at the American Legion Hall in downtown Cascade and proceeds down Main Street to Warm Lake RoadMoney raised by the Cascade to Warm Lake Four Summit Challenge will support various charitable and community projects within the area of Cascade. Ride support will be handled by George's Cycles of Boise, and post ride barbecue, beer garden and music will be hosted by the Community of Cascade., Mike Cooley, 208-343-3782, mcooley@georgescycles.com, 4summitchallenge.com, gorsaevents.com

August 5, 2017 — Copper Triangle Alpine Classic, Copper Mountain, CO, 12th Annual. The Copper Triangle has long been considered one of Colorado's classic alpine road rides. Graced with breathtaking scenery, gorgeous roads and three challenging climbs, the ride exemplifies cycling in the Colorado Rockies. The course is 78 miles, with an elevation gain of almost 6,000 feet over three mountain passes., Mike Heaston, 303-282-9015, 303-635-2815, emgmh@emgcolorado.com, Scott Olmsted, info@coppertriangle.com, coppertriangle.com, emgcolorado.com/wordpress/?page_id=10

August 5-12, 2017 — Idaho Bicycle Ride, Hailey, ID, Enjoy a week of sublime scenery, full support and legendary food, exploring some of Idaho's wildest territory. Join 300 riders in Challis, Salmon, Stanley and other small towns in beautiful places, following the Wild & Scenic Salmon River for days., Sanna Phinney, 541-382-2633, 541-410-1031, info@bicycleridesnw.org, bicycleridesnw.org

August 12, 2017 — HeART of Idaho Century Ride, Idaho Falls, ID, 25, 62, and 100 mile options. Entry fees cover entry, t-shirts, fully stocked rest stops, and post ride BBQ. Route is flat to rolling, easy to moderate difficulty. Benefit for the Art Museum of Eastern Idaho., Miyai Griggs, 208-524-7777, 208-766-6485, mabe@theartmuseum.org, theartmuseum.org/Century.htm

August 12, 2017 — Le Tour de Koocanusa, Libby, MT, Fully supported 83 or 44 mile bike ride which tours the breathtaking shoreline of Lake Koocanusa. Ride finishes with a Blues Festival Finale. Fundraiser for Search & Rescue. Starts at 8 am., Dejon Raines, 406-291-3635, dejonrainses@hotmail.com, Pam Boyke, 406-293-3556, info@letoordekoocanusa.com, letoordekoocanusa.com

August 12-13, 2017 — Bike MS - Wyoming's Bighorn Country Classic, Bike MS, Sheridan, WY, Alexis Johnson, 303-698-5403, alexis.bradley@nmss.org, Molly Palmer, 307-433-8664, wymomingbikems@nmss.org, bikemswyoming.org

August 12, 2017 — Tour of the Valley, Grand Junction, CO, The Tour is not a race; we encourage you to set your own pace and enjoy beautiful Western Colorado. Options include a 100 or 50 mile ride over the Colorado National Monument, a 75 mile route or a family friendly 30 mile route all followed by live music, local beer, and delicious food! Start and finish at the Community Hospital located at 2351 G Road (just west of Canyon View Park), Morgan Taylor, 970-644-3491, webguest@gjhosp.org, secure.yourcommunityhospital.com/CommunityHospitalFoundationTouroftheValley.cfm

August 12, 2017 — The Broadmoor Pikes Peak Cycling Hill Climb, Colorado Springs, CO, The Broadmoor Pikes Peak Cycling Hill Climb Gran Fondo features a non-competitive fun ride that gives cyclists of all abilities a truly unique experience on Pikes Peak. It will be held in conjunction with the inaugural USA Cycling Hill Climb National Championships, Saturday, August 12, 2017. Created in 2010, this year marks the 8th consecutive year of The Broadmoor Pikes Peak Cycling Hill Climb, an annual event of the Colorado Springs Sports Corporation. This event attracts the top cyclists and recreational cyclists from across the nation and around the world., The Sports Corp., 719-634-7333, info@thesportscorp.org, Jeff Mosher, 719-634-7333 Ext 1005, jeff@thesportscorp.org, colorado-springsports.org/index.php?option=com_content&view=article&id=329&Itemid=292

August 20-September 8, 2017 — Yellowstone National Park Bike Tour, Belgrade, MT, Aug 20-25; Aug 27-Sep1; Aug 27-Sep1; Sep 3-08 Experience the world's first national park! Tour includes 5 nights of lodging, 6 days of meals, guide service, entrance fees, daily lunch en route, energy food, liquid refreshments, shuttles, and mechanical support., John Humphries, 970-728-5891, info@lizardheadcyclingguides.com, Travis Tucker, 970-728-5891, travis@lizardheadcyclingguides.com, lizardheadcyclingguides.com

September 9, 2017 — Race the Rails, Ely, NV, Race the train in Ely! Fun for the whole family! Race a coal fired steam engine that is over 100 years old. The event will accommodate both road and mountain bike riders of all ages., Meg Rhoades, 775-289-3720, 800-496-9350, ccassist@mwpower.net, www.elynevada.net

September 10, 2017 — Tour de Tahoe - Bike Big Blue, Lake Tahoe, NV, 15th Annual ride around Lake Tahoe's 72 mile Shoreline with the Juvenile Diabetes Research Foundation International. This ride is also a Memorial Nine-Eleven ride. Fully supported with rest stops, tech support and SAG. 72 miles, 4300 ft vertical gain. Boat cruise and 35 mile fun ride., Curtis Fong, 800-565-2704, 775-771-3246, tgff@bikethest.com, bikethest.com

September 10-29, 2017 — Santa Fe Trail Bicycle Trek, Santa Fe, NM, 21st Year. Camping Trip. Ride all or part of the Santa Fe Trail (approx. 1100 miles) on paved public roads only. All gear carried by truck. After the first four days, riders can leave the group at any place along the route., Willard Chilcott, 505-982-1282, willard@cybermesa.com, SantaFeTrailBicycleTrek.com

September 16, 2017 — Tour de Vineyards, Palisade, CO, Come join this 25-mile ride through Colorado's Wine County just prior to the Colorado Mountain Winefest., Scott, scottoy@clippedinproductions.com, Amanda Knutson, 515-681-6036, amanda@clippedinproductions.com, tourdevineyards.com

September 16, 2017 — Idaho Poker Ride Pedal for Paws and Claws, Boise, ID, A Benefit Ride for: Idaho Horse Rescue, SNIP, Audrey Pet Foundation, Helping Hand Fund, Lactic Acid Cycling, The BYRDS Youth cycling. Starts and ends at MWI Animal Health 3041 W. Pasadena Dr. in Boise. 4 route choices, 15, 30, 63, 100 miles. Lots of prizes! Fabulous swag bag! Fully Supported! All routes take off at 8:00 AM, Robyn Knoelk, 208-871-0951,

, Deborah Bowling, 818-889-2453, embassy@planetultra.com, planetultra.com

Multisport Races

February 25, 2017 — Road Race Duathlon. St. George, UT, Start at Lava Ridge Intermediate School. Sprint will be 1.5 mile run, 10 mile bike, 1.5 mile run. Olympic will be 3 miles run, 20 mile bike, 3 mile run. If you haven't tried this race yet, you are missing out, for sure! Join us for the 4th annual event!, Aaron Metler, 435-627-4054, aron.metler@sgcity.org, sgcity.org/departments/recreation/running/shactri.php

February 25, 2017 — Turpin Meadows Winter Fat Bike Duathlon. Moran, WY, Nordic ski/fat bike, solo & 2-person teams, Dick Weinbrandt, 208-354-2354, peaked@silverstar.com, Forest Drums, jacksonholceycycling@gmail.com, hycycling.org

March 18, 2017 — South Davis Indoor Triathlon. South Davis Racing Series, Bountiful, UT, Start at 7:00 am, Swim 15 min; Bike 25 min on spin bikes; Run 20 min on indoor track; Every participant receives a sports water bottle, top 1st-3rd male and female finishers receive a comped entry to any 2017 event through S. Davis Rec Center. Location: South Davis Recreation Center, 550 N 200 W, John Miller, 801-298-6220, john@southdavisrecreation.com, Cindy Hunt, 801-298-6220, cindy@southdavisrecreation.com, southdavisrecreation.com, southdavisrecreation.com

April 2, 2017 — Ride, Stride and Glide Winter Triathlon. Galena Lodge, ID, Mountain bike on Jenny's Way (9km), run on Gladiator (4.5km), ski on Rip and Tear (9km) and Psycho. Location: 15187 Idaho 75 - Ketchum, Galena Lodge, 208-726-4010, info@galenalodge.com, galenalodge.com/events/ride-stride-and-glide-winter-triathlon-2/

April 8, 2017 — SHAC Triathlon. St. George, UT, Beginner, Sprint, and Tuff Kids races, starting between 9 am and 2 pm. Indoor swim, outdoor route for run and bike legs. Cap of 300 each category., Aaron Metler, 435-627-4054, aron.metler@sgcity.org, sgcity.org/departments/recreation/running/shactri.php

April 8, 2017 — Icebreaker Sprint Triathlon. RACE TRI, American Fork, UT, As the official beginning of the TRI season, the race starts with a 300 meter pool swim at the AF Rec Center and is followed by a 12 mile bike through beautiful American Fork, and finishes with a 5K run. Race shirts and finisher medals. The IceBreaker Kids' Triathlon is a 100 meter pool swim, 5K bike and 1 mile run. They will also get race shirts and finisher medals. Aaron Shamy, 801-358-1411, info@racetri.com, racetri.com

April 8, 2017 — Legacy Duathlon. North Salt Lake, UT, Run Bike Run on the Legacy Parkway trail system. Great flat course that starts in North Salt Lake Utah and a great way to kick off the 2016 Triathlon Season., Joe Coles, 801-335-4940, joec@onhillevents.com, legacyduathlon.com, onhillevents.com

April 15, 2017 — Salt Air Duathlon. Magna, UT, Duathlon, 5 K, and Half-Marathon. Start at Salt Air: 12408 W Saltair Dr, Magna, UT 84044. The duathlon will be a 5 k run, 14.2 mile bike, 5k run., Jared Eborn, 801-599-9268, jared@extramileracing.com, saltairhalf.com/, extramileracing.com

April 16, 2017 — Icebreaker Triathlon. Vernal, UT, Uintah Community Center at 9 am, 250 yard snake swim, 8 mile bike of moderate difficulty, and a 3 mile run. , Scott Wardle, 435-781-0982, scottw@uintahrecreation.org, uintahrecreation.org

April 21-22, 2017 — Bengal Triathlon. Pocatello, ID, 700 yard Swim; 12 mile Bike; 3 mile Run. The swim will take place on Friday night at the Reed Gym Pool between 3pm and 8pm, bike and run will take place on Saturday morning at Idaho State University., Caroline Faure, 208-282-4085, faurcaro@isu.edu, facebook.com/bengaltriathlon, active.com/pocatello-id/triathlon/races/bengal-triathlon-2017

April 22, 2017 — Adventure Xstream Moab Adventure Race. AXS Series, Moab, UT, Solo racers and teams will kayak, trek, rappel, and mountain bike through the Moab Canyon Country, 50 miles of multisport adventure., Will Newcomer, 970-403-5320, 2017@ggravityplay.com, gravityplay.com, axsracing.com

April 22, 2017 — RAGE Triathlon. BBSC Double Down Series, Boulder City, NV, Travel through a hilly desert terrain with scenic, rolling landscapes during your bike and run. Located less than ten miles to famous vacation destinations, including the Las Vegas Strip and Hoover Dam. This race sells out at 1,300 athletes and is a favorite in the southwest, as it attracts athletes from all over the globe, Craig Towler, 318-518-7303, info@bbsctri.com, Michelle Lund, michelle@bbsctri.com, bbsctri.com/rage#?r=age/csig

April 22, 2017 — Telos Timp Tri & 5K. T3TRI EVENTS, Orem, UT, The Timp Triathlon is a Splash distance triathlon which includes a 5K Run, 12 Mile Bike, and 350 Meter Swim, in that order. Held at the Orem Rec Center, 665 W Center St, Shaun Christian, 801-769-3576, 801-678-4032, shaun@t3triathlon.com, Nicholle Deniro, 801-769-3576, nicholle@t3triathlon.com, t3triathlon.com

April 22, 2017 — Ghost Town Triathlon and 5K. TriUtah Points Series, Syracuse, UT, Sprint distance consists of a 300 yard swim, 15 mile bike, and 3 mile run. This event is a 2016 TriUtah qualifying race for the Utah State Triathlon Championship., Dan Aamodt, 385-228-3454, info@tr Utah.com, tr Utah.com

May 1-September 1, 2017 — Salt Lake Tri Club Junior Triathlon Team: Ages 10-17. Murray Park Center Pool; other meeting locations vary, UT, For youth with triathlon experience in another sport such as swimming, track or cycling. Junior Triathlon Team meets 1-3 x's per week depending on athlete's level of participation and age group. USAI certified coaches. Schedule subject to change after initial meeting. Watch for dates and times., Jo Garuccio, 801-566-9727, 801-557-6844, jo@gagegroupsports.com, greatbasincoaching.com, saltlaketriclub.com

May 6, 2017 — Ironman St. George 70.3 North American Pro Championship. St. George, UT, 1.2 mile swim, 56 mile bike, 13.1 mile run. Start: Sand Hollow reservoir. Bike through Snow Canyon State Park, Finish Downtown St. George., Ironman , 303-444-

4316, stgeorge@ironman.com, Kevin Lewis, 435-986-6615, Kevin@visitsstgeorge.com, ironmanstgeorge.com

May 13, 2017 — Woman of Steel Triathlon & 5K. Syracuse, UT, This year's race is being held in conjunction with the Ghost Town Triathlon. Every Woman of Steel and Ghost Town participant receive a sweet Ghost Town Cowgirl hat! Don't miss this one of a kind sprint pool triathlon at the RUSH Funplex Pool and Rec Center as we party with a great race venue, catered post event food, boutique vendors, random prizes and more!, Dan Aamodt, 385-228-3454, info@tr Utah.com, tr Utah.com

May 13, 2017 — Salem Spring Triathlon. RACE TRI, Salem, UT, 800 meter swim, 12.5 mile bike, and 3.1 mile run triathlon course, spectator friendly park and race venue, Race shirts and finisher medals., Aaron Shamy, 801-358-1411, info@racetri.com, racetri.com

May 13, 2017 — South Davis Splash n Sprint Triathlon. South Davis Racing Series, Bountiful, UT, Sprint starts at 7:45. Swim 350 yds; Bike 12.02 mi; Run 5k. relay: Split the Sprint between 2-3 racers. Novice: Swim 150 yds; Bike 2.4 mi; Run 1.5 mi. Be at the start before 8:45am!Location: South Davis Recreation Center; 550 N 200 W, John Miller, 801-298-6220, john@southdavisrecreation.com, Cindy Hunt, 801-298-6220, cindy@southdavisrecreation.com, southdavisrecreation.com, southdavisrecreation.com

May 20, 2017 — Sand Hollow Triathlon. BBSC Twin Tri Series, Hurricane, UT, The first race of the Twin Tri series at Sand Hollow State Park, with Sprint, Olympic, Du, Kids' Tri, 10k, and 5k distances. Bike along scenic sand dunes, and run around a gorgeous, reflective lake., Craig Towler, 318-518-7303, info@bbsctri.com, Michelle Lund, michelle@bbsctri.com, bbsctri.com

June 3-4, 2017 — XTERRA Deuces Wild Triathlon Festival. XTERRA America Tour, Show Low, AZ, Off road triathlon, 800m open water lake in Fool Hollow Lake, 24km mountain bike leg, 8km trail run. Begins at 7:45 a.m. Depending on water level, athletes will begin the race in the water or on the boat ramp. Plus long course, Olympic, and Youth Triathlons, Raena Cassidy, 877-751-8880, info@xterra-planet.com, TriSports Racing , 520-884-8745, info@trispotracing.com, deuceswildtriathlon.com/events/xterra-deuces-wild

June 10, 2017 — East Canyon Triathlon. TriUtah Points Series, Morgan City, UT, Welcome to the 4th annual East Canyon Triathlon! This race boasts stunning scenery with a fast, technical bike course, and hometown hospitality like no other, with both sprint and intermediate/Olympic distance races to choose from. This event is a two transition point to point race beginning at beautiful East Canyon Reservoir. The sprint bike is downhill and fast. The Olympic bike course has two short challenging hills followed by a downhill fast descent to Morgan City. Both distances offer a scenic run along the Weber River and local neighborhoods., Dan Aamodt, 385-228-3454, info@tr Utah.com, tr Utah.com

June 10, 2017 — Paddle, Pedal, Paddle. Jordanelle, UT, Our version of a Triathlon. It is 5 miles of standup paddleboarding, followed by 10 miles of mountain biking, finished with 5 miles of standup paddleboarding. By using the mountain bike to exhaust the legs and then ask them to support you on the final stage of the event, we feel that last stage is almost nothing like the first. The typical weather pattern over the last 4 years of running this event has been calm glassy water for stage one and windy choppy water for stage three. Race can be divided into 2 or 3 person teams. Registration begins at 7:30 a.m., race begins at 9:00 a.m., Trent Hickman, 801-558-9878, parkcitysup@gmail.com, www.parkcitysup.com

June 17, 2017 — Rock Cliff Tri at Jordanelle. RACE TRI, Heber, UT, Held at Jordanelle Reservoir. Race shirts and finisher medals. Olympic and sprint distances., Aaron Shamy, 801-358-1411, info@racetri.com, racetri.com

June 17, 2017 — XTERRA Lory. XTERRA America Tour, Bellvue, CO, 1/2 mile swim in the clear waters of Horseshoe Reservoir (Eltuk Bay), then a 2-Lap (beginner friendly) 12.2 mile single-track bike over rolling terrain, and across valley bridges at Lory State Park. Finish things off with a fun and challenging 4.8 mile (8k) run through the clouds on single-track trails!, Lance Panigutti, 303-408-1195, lance@withoutlimits.com, withoutlimits.com/#/xterra-lory

June 17, 2017 — Lookout Mountain Triathlon. XTERRA America Tour, Golden, CO, 525 Yard Swim, 10 Mile Bike, 5K Run, Paul Karlsson, 303-960-8129, info@digdeepsports.com, digdeepsports.com

June 24, 2017 — DinoTri. Vernal, UT, Sprint and Olympic Distance Triathlon. Race starts with an open swim at Red Fleet state park. The bike starts with a crazy hill climb out of the park and heads into town for a run and finish at Utah State Extension., Emilee Johnson, 801-520-0921, vernalindino@yahoo.com, dinoTri.com

June 24, 2017 — Daybreak Triathlon. Salt Lake Triathlon Series, Salt Lake City, UT, The only open water Olympic distance race in the greater Salt Lake Valley. Get ready for the best spectator swim around with a point to point swim, a killer bike course near the Ogilvrh Mountains and a run around the lake that is unparalleled. , Cody Ford, 801-558-2503, cody@ustrisports.com, ustrisports.com

June 24, 2017 — XTERRA Tahoe City. XTERRA America, Tahoe City, CA, Qualifying race for the XTERRA USA Championship. Triathlon and Duathlon and sprint triathlon., Todd Jackson, 530-546-1019, todd@bigblueadventure.com, Kiley McInroy, kiley@bigblueadventure.com, bigblueadventure.com/event/xterra-lake-tahoe/, xterraplanet.com

June 25, 2017 — Boulder Sunrise Triathlon. Boulder, CO, Scenic course, sweet swag and all for a good cause! Includes olympic, sprint, duathlon, 10k, and 5k., Craig Towler, 318-518-7303, info@bbsctri.com, Michelle Lund, michelle@bbsctri.com, bbsctri.com

June 25, 2017 — Ironman 70.3 Coeur D'Alene. Coeur D'Alene, ID, Begins with a 1.2 mile swim in Lake Coeur d'Alene. A 56-mile winding bike course follows with the run loop along the shores of the lake to finish. , 303-444-4316, cda70.3@ironman.com, ironman.com/triathlon/events/americas/ironman70.3/coeur-d-alene.aspx#axz3qCbV0c4p

July 1, 2017 — Big Hole Challenge MTB Race and Duathlon. Driggs, ID, Mountain bike mass start first, at 10 am, 9.73 miles with 1,160 vertice feet, then either bike a second lap or

run 6.13 miles with 938 vertice feet. Awards, Raffle and results at 1 pm held at the South Horseshoe Trail Head. Kids Duathlon at Noon, .5 mi run followed by 1 mi bike. Free entry, Awards to all., Dick Weinbrandt, 208-354-2354, peaked@silverstar.com, peakedsports.com

July 8, 2017 — Echo Triathlon. TriUtah Points Series, Coalville, UT, Join us for one of Utah's most popular triathlons! Combine the competition with warm July temperatures, a scenic ride in Utah's unique Echo Canyon, and a run on the Historic Rail Trail and you have the perfect event for both seasoned athletes and beginners. Following the event enjoy hometown cooking and hospitality as the annual antique car cruise-in takes place in downtown Coalville, Ut. , Dan Aamodt, 385-228-3454, info@tr Utah.com, tr Utah.com

July 8, 2017 — West Yellowstone Mountain Bike Biathlon. West Yellowstone, MT, Match class division for experienced biathletes and a Sport class for novices that includes a safety clinic and loaner rifles. All racers must provide their own mountain bike and wear a helmet., Moira Dow, 406-646-7701, info@skirnbikemt.com, skirnbikemt.com, rengezvouskiftrails.com/events

July 9, 2017 — Valley Girl Triathlon. Liberty Lake, WA, Sprint distance., Marla Emde, 509-953-9924, 509-939-0552, marla@emdesports.com, emdesports.com

July 14-15, 2017 — San Rafael Classic Triathlon. Huntington, UT, Huntington State Park, Olympic distance tri, Olympic team relay, Sprint tri, Sprint team relay, spring swim/bike duathlon, sprint bike/run duathlon, youth tri. Friday night activities offer live music during the pasta dinner. Body marking and packet pickup available Friday night. Camping available. Reservations necessary to ensure campsite. Held on a closed course., Wade Allinson, 435-609-3126, allinson2@gmail.com, sanrafaelclassic.com

July 15, 2017 — Layton Tri. tentative, Layton, UT, Rinse Ride Run Repeat is the theme to this event. This course is a mini sprint but for the full sprint repeat the course. It also has a youth triathlon and full course relay triathlon. , Joe Coles, 801-335-4940, joec@onhillevents.com, laytontriathlon.com, onhillevents.com

July 15, 2017 — XTERRA Mountain Championship. XTERRA America Tour, Avon, CO, The last of four regionals in the XTERRA America Tour, featuring sprint and championship distance off-road triathlon options., Raena Cassidy, 877-751-8880, info@xterra-planet.com, xterra-planet.com, xterra-planet.com

July 15, 2017 — The Toughman Utah Half Long Course Triathlon 70.3. RACE TRI, Herriman, UT, Long course tri - 1.2 mile swim, 56 mile bike, and 13.1 mile run. Part of the Toughman Series., Aaron Shamy, 801-358-1411, info@racetri.com, racetri.com, toughmantri.com

July 22-23, 2017 — Donner Lake Triathlon. Truckee, CA, Kids Tri, Sprint Tri, Half Tri, AquaBike, Olympic Tri, Todd Jackson, 530-546-1019, todd@bigblueadventure.com, Kiley McInroy, kiley@bigblueadventure.com, bigblueadventure.com, donnelakeTri.com

July 23, 2017 — Tri Boulder. BBSC Twin Tri Series, Boulder, CO, Challenge yourself at mile high elevation, Sprint and Olympic distances., Craig Towler, 318-518-7303, info@bbsctri.com, Michelle Lund, michelle@bbsctri.com, bbsctri.com

July 28-29, 2017 — Doxa by Iron Cowboy. Duchesne, UT, The only overnight team triathlon relay put on by the Iron Cowboy. Teams of 1-12 travel 285 miles doing 36 legs in a non-stop triathlon relay., Alan Sheffer, 801-669-7504, 801-836-9610, info@doxaraces.com, doxaraces.com

July 29, 2017 — Cache Valley Super Sprint Triathlon. tentative, Logan, UT, Come out and compete on an established and fast course in either the Sprint or Olympic distance categories. , Joe Coles, 801-335-4940, joec@onhillevents.com, cvst.com, onhillevents.com

July 29, 2017 — Burley Idaho Lions Spudman Triathlon. Burley, ID, The race starts at 7 am with the world's fastest 1.5k swim (current-aided) then a 40K Bike and 10K run., Cade Richman, info@spudman.org, spudman.org

July 30, 2017 — Tri and Du It For Your Bones. Medical Lake, WA, triathlon and duathlon, Marla Emde, 509-953-9924, 509-939-0552, marla@emdesports.com, emdesports.com

August 5, 2017 — XTERRA Indian Peaks. XTERRA America Tour, Eldora, CO, time trial start on a chilly 1000 meter swim, followed by a 600 meter run to the transition area, a very hilly but beautiful 22km bike ride on the roads and single track of the Eldora Nordic Center, and finally a 7km run on the eastern trails of the Eldora Nordic Center., Paul Karlsson, 303-960-8129, info@digdeepsports.com, digdeepsports.com

August 5, 2017 — XTERRA Flathead Off Road. XTERRA America Tour, Kalspell, MT, Takes place at Foy's Lake and Herron Park. Includes a 1.5 km (.93 mile) swim, 40 km (24.8 mile) bike race, and 10 km (6.2 mile) run., Raena Cassidy, 877-751-8880, info@xterraplanet.com, K Schaefer, 406-751-4100, kschaefer@kmc.org, kalspellregional.org/summer/recreation-events/events/xterra-flathead

August 11-12, 2017 — Emmett's Most Excellent Triathlons. Emmett, ID, Kid's Tri on Friday. Olympic/Aquabike, Sprint on Saturday., Kristen Seitz, (208) 365-5748, gcrd@gem-countyrecreation.com, Lora Lovell, 208-867-6763, emmetttri@live.com, emmetttri.com

August 12, 2017 — Jordanelle Triathlon. TriUtah Points Series, Park City, UT, Enjoy everything from the wildlife and boardwalks on the river bottoms in Rock Cliff Recreation Area at Jordanelle to the local country backdrop of the towns of Francis and Woodland., Dan Aamodt, 385-228-3454, info@tr Utah.com, tr Utah.com

August 12, 2017 — Herriman Black Ridge Triathlon. RACE TRI, Herriman, UT, Sprint Triathlon: there are two transition areas, with T1 at the reservoir and T2 at nearby Butterfield Park. Athletes will swim 500 yards in the reservoir then ride a 14 mile clockwise loop down around Herriman City and into Butterfield Park to begin their 5K run loop along the footpaths and return to Butterfield Park for the finish. The race is capped at 400 athletes., Aaron Shamy, 801-358-1411, info@racetri.com, racetri.com

August 12, 2017 — 9th Annual Reverse Order Triathlon. South Davis Racing Series, Bountiful, UT, Start at 7:30 am, Run 5k, Bike 11 mi; Swim 350yds; Novice is approximately half of all sprint distances starting at 8:00 a.m. Location:

South Davis Recreation Center; 550 N 200 W, John Miller, 801-298-6220, john@southdavisrecreation.com, Cindy Hunt, 801-298-6220, cindy@southdavisrecreation.com, southdavisrecreation.com

August 19, 2017 — TriathaMom. Riverton, UT, Women only triathlon at the Riverton Country Pool. 300 yard swim, 12 mile bike ride, and 5k run. Carnival style cheering section provided for families of participants., Cody Ford, 801-558-2503, cody@ustrisports.com, Aly Brooks, alybrooks@gmail.com, gotriathamom.com

August 19, 2017 — XTERRA Lake Tahoe. XTERRA America, Incline Village, NV, XTERRA, Sprint, and Duathlon. Course Distance: Full Course: 2X 750 meter swim laps with a 50 meter beach run, 22 mile bike, 6 mile run. Bike Tunnel Creek, and then onto the Flume Trail, which overlooks Lake Tahoe to the Tahoe Rim Trail. Both the Short and Long course complete the 22 mile bike, approximately 4000 feet of climbing. The trail running course is relatively flat, fast and scenic., Todd Jackson, 530-546-1019, todd@bigblueadventure.com, Kiley McInroy, kiley@bigblueadventure.com, bigblueadventure.com/event/xterra-lake-tahoe/, xterraplanet.com

August 19, 2017 — XTERRA Aspen Valley. XTERRA America, Kodiak Ski Lake, WY, 1200m swim, 2-Lap 12 mile mountain bike, and finishes with a 5K run., Lance Panigutti, 303-408-1195, lance@withoutlimits.com, withoutlimits.com

August 19, 2017 — Race on the Rock. Rock Springs, WY, In it's fourth year the Race on the Rock hosts Olympic and Sprint Triathlons, a Duathlon, an Aquabike, teams and youth divisions. We have a closed lane on the roadway, law enforcement help at signals, and a pool swim. The altitude averages about 6300 ft. We have music, food, and we will be broadcasting live this year on KREO radio online. Come for the race, stay and catch the eclipse on the 21st throughout the state. , Traci Ciepiela, 302-922-1840, tciepiela723@yahoo.com, raceontherock.weebly.com

August 20, 2017 — XTERRA Wild Ride Mountain Triathlon (Wild Rockies Series). XTERRA America / Wild Rockies Series, McCall, ID, New course for 2017! Ponderosa State Park at Payette Lake, 3/4-mile swim, a 18.5-mile mountain bike and a 6.2-mile trail run, mass start at 9 am in the Park and the finish line festivities begin at noon with the racer feed and music. Kids triathlon to follow-2 different lengths, 13 and under., Darren Lighthfield, 208-608-6444, wildrockiesmail@yahoo.com, wildrockiesracing.com, xterraplanet.com

August 20 — Stansbury Days Triathlon. Stansbury Park, UT, Sprint triathlon, unofficial distances: Swim 500m, Bike 20k, Run 5k. Start 7 AM. Swim is open water in Stansbury Lake, Elliot Morris, 801-647-8383, emorris53@hotmail.com, stansburydaystri.com

August 26, 2017 — Varsity Tri. Ogden, UT, Great First Triathlon! Super Sprint Triathlon at Weber State University. Aimed at Varsity Boy Scouts to finish their triathlon pin, but open to anyone., Jon Hansen, 801-657-1845, info@varsitytri.com, varsitytri.com

August 26, 2017 — Boulder Sunset Triathlon. Boulder, CO, Scenic course, sweet swag and all for a good cause! Includes olympic, sprint, duathlon, 10k, and 5k., Craig Towler, 318-518-7303, info@bbsctri.com, Michelle Lund, michelle@bbsctri.com, yourcause-sports.org, bbsctri.com

August 26-27, 2017 — Lake Tahoe Triathlon. Tahoe, CA, Kids Tri, Sprint Tri, Half Tri, AquaBike, Olympic Tri, Duathlon. Held at Ed Z'berg Sugar Pine Point State Park, Todd Jackson, 530-546-1019, todd@bigblueadventure.com, Kiley McInroy, kiley@bigblueadventure.com,

MOUNTAIN BIKING

I Need Public Lands

If you want trails, you have to build them. Photo by Lukas Brinkerhoff



Red Cliffs. Let's not put a road through here. K. Thanks. Photo by Lukas Brinkerhoff

By Lukas Brinkerhoff

No one has ever accused me of being mentally stable. Drop me in a room with a bunch of other people and suddenly, I feel like a deer in the headlights desperately looking for a way to avoid being ran over. Much in the same way, one on one conversations with folks I don't know, the kind of conversations that require small talk and getting to know each other are things of nightmares. Or leave me alone in a mall and I will proceed to get lost upon walking into my first store. And then there's my phobia of house cats. No, you wouldn't refer to me as a well-rounded member of society. Well, maybe my mom would.

As they say the first step to solv-

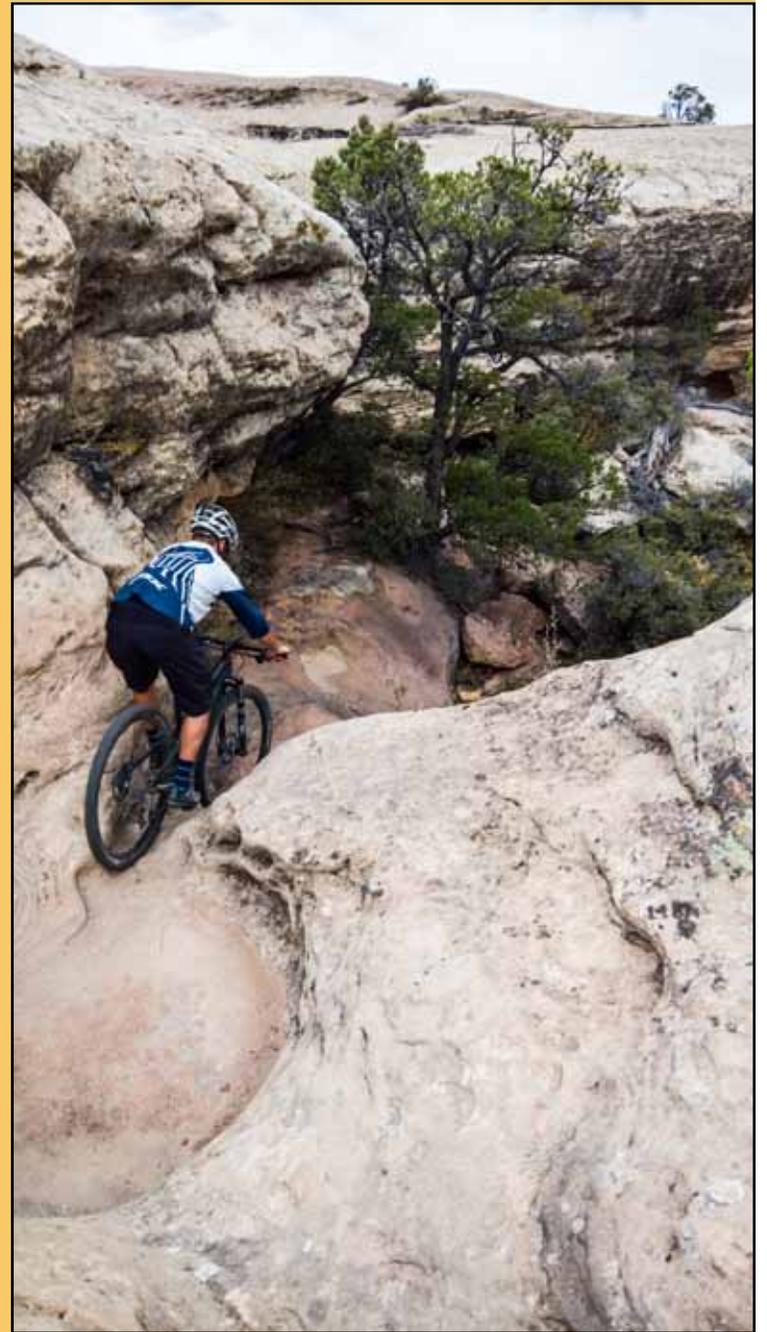
ing a problem is recognizing it. I might be a little crazy but I can recognize when things are taking me to a place that is going to result in me, a bottle of bourbon and a bed for extended periods of time. It's a twitch, a twinge in the back of my neck that is hardly noticeable, but once it rears its ugly head, there is only one thing left to do, escape.

My medicine escape can be found all around St. George, it's kind of the reason I live here. It can be a quick lap on the Kentucky Lucky Chicken trail or just wandering around up there and letting the wind blow across my face. Sometimes it takes a little more effort and can be a 45+ mile loop on the Turkey Farm Road taking me between the Pine Valley and the Cottonwood Wilderness Areas. And my favorite,

a quick overnighter camped on the rim of Gooseberry Mesa watching the towers flicker on Smith Mesa and the stars pass overhead followed by a long hard day riding the mesa.

The first half of the last decade, I spent residing in Santiago, Chile. Not only were there people always in my face, but open spaces were at a premium, at least in the city. There were two places that gave me some sort of solace and respite.

My "job" during this time in my life was teaching English to executives in downtown. I had classes in the morning and then a break till lunch. I would walk the few miles to get to Providencia where my next



Little Creek. One of those places that we get to ride thanks to our public lands. Photo by Lukas Brinkerhoff

students would be waiting. Along the way was the Parque Forestal which was a city park by all definitions. There were a bunch of trees, benches, grass and plenty of people to watch. I would sit down and write descriptions of things I saw and breath the dirtiest air ever for an hour or so just to feel some semblance of an escape.

The second spot was behind the small community I lived in and was known as El Cerro Renca. There was a giant cross on top and it was entirely surrounded by people. Luckily, the couple mile rule is applicable even in South America and a jaunt up its steep slopes would leave me alone to

ponder how loud the city was and to gather my thoughts. The cross was a bit rickety, but the peak was always the objective when I would head that direction. Once on top, I would just sit and listen. I would often be rebuked upon returning home for overstaying my time and missing obligations that I didn't care about. While I lived in Santiago, there was never a time of more than a couple of months that I didn't make it to the top of that hill.

To say that public lands are important to me would be understating one of the most obvious parts of my life. Almost everything that I feel

Riding the Goose is not a Euphemism.



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The latest mesa built by the BLM and designed by the DMBTA. (Wire Mesa) Photo by Lukas Brinkerhoff

passionate about has to do with using and visiting open spaces. And before anyone accuses me of being an outsider, I'm as Utahn as they come. Born and raised right here in St. Geezy. I can remember the frustration of hunting with my dad and not being able to access certain pieces of land thanks to private ownership, probably my earliest memories of open spaces and one of the reasons I feel so strongly about keeping public lands public.

If we were to say there was a problem with public lands, we would have to recognize the Tragedy of the Commons (don't know what that is, Google it). Managing open spaces is to attempt to create spaces where each user group's demands can be met without damaging the experience of the others.

Over the past decade or so, I've worked with multiple land manag-

ers from the Forest Service, BLM, State and local municipalities. Each experience was unique for sure, but they all had the underlying theme of wanting to work with me, with the exception of the State. Sure, there are restrictions and parameters within which they must operate, rules that help ensure that all interests are brought to the table. The one thing I've learned over the years is, that like most public workers, these folks are overworked, under-thanked and often not properly compensated for the time and passion they put into their work.

The most important take-away from my years of trying to get mountain bike trails built on public lands would come in the form of trying. I've found that most of us would love for trails to just appear, or for land managers to put them in without any effort on our part. However, as

cliché as it is, the squeaky wheel will get the oil. If you want a certain type of trail or activity to be available for you on public lands, you need to get involved. Offer to help, bring plans, do what you can to make their job easier. In my experience that is all it takes to get what you want.

As I sit here typing, having just returned from yet another escape into the Red Cliffs Desert Reserve (a place local county officials would love to build a giant road through) to ride my bike and clear my head, I can't imagine living anywhere else. And at the same time, I can't imagine living in my home town if the spaces that I grew up with were lost. If there were homes on top of the red rocks that I ride, if there were roads through the wilderness areas that are my sanctuaries or if the mesas that are my cathedrals were drilled for oil extraction. One thing's for sure, I

will be doing everything within my power to make sure my sacred places stay open.

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

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MOUNTAIN BIKING

Park City Working to Preserve Bonanza Flat - Looks to Community to Raise Funds



The Wasatch Crest Trailhead at Guardsman Pass is part of the Bonanza Flat parcel. Park City is looking to preserve the land, but needs to raise approximately \$3million more out of \$35 million total. Photo by Slyfox Moonwillow

By Tom Diegel

If you're a mountain biker in the Wasatch you've undoubtedly ridden Round Valley's rolling singletrack, Park City's aspen-laden alpine trails, and the iconic Wasatch Crest trail. How about having a new and convenient area that is as-yet undeveloped with trails, is twice the size of Round Valley, has all the rolling aspen potential of Park City, and not only potentially alleviates the notorious parking cluster at the Guardsman Pass trailhead but also connects to the new Wasatch Over Wasatch (WOW) trail? What/where is this amazing land located? Enter Bonanza Flat!

Bonanza Flat is the big area that lies below Empire Pass at the top of Park City and to the east of Guardsman Pass where it goes over into Big Cottonwood Canyon. No doubt many riders mounting up for the Crest at the Guardsman trailhead have looked down towards Midway and thought "wow, there's a lot of

great trail potential down there!" and indeed there is. Mountain Trails could have a huge canvas to put in not only a big network of great mountain bike trails but also winter fat bike and Nordic trails. But there's a big catch: it is currently privately owned and The Community needs to step up to transform this opportunity into reality!

Bonanza Flat has long been a target for developers; not only is the gently rolling terrain fairly easy to build on, it's adjacent to the tony areas of Park City and Deer Valley, and has great views into the Wasatch Back. It also has water rights, which is the golden egg for real estate developers in the local mountains. Talisker – the Canadian company that owns The Canyons and much of Park City Mountain Resort, which it has in turn leased to Vail Resorts – was the owner of this 1350 acre parcel at the top of Big Cottonwood, and had grand plans to develop it a la what they did to The Canyons.

Fortunately for The Community, Talisker was unable to develop the land, which went into foreclosure, such that a bank ended up with the land, and now the bank wants to sell it. The agreed-upon price is \$38 million, and once The City of Park City (not PCMR) found out it was available, the City immediately put up a \$25M bond to the PC voters who overwhelmingly approved it. That leaves a \$13M shortfall to be raised. There is a high level of confidence that other local government entities will be able to make up \$10M of that deficit, which leaves \$3M in question.

Utah Open Lands has a long history of purchasing vulnerable lands in Utah and is spearheading a coalition of nine local non profits to get their constituents to make up that \$3M difference. In addition to Utah Open Lands, Wasatch Backcountry Alliance, Save Our Canyons, Mountain Trails Foundation, The Nature Conservancy, Summit Land Conservancy, Sierra Club, Friends of Alta and Winter Wildlands Alliance are all rallying their members for donations. Zions Bank recently to donating \$100,000 and pledged a \$300,000.00 matching grant.

According to Mountain Trails Foundations' trail master Rick Fournier, Bonanza Flat represents a huge opportunity for new trails. Not only is the rolling terrain almost perfect for a mountain bike park, but it has the opportunity to put this park in as a connection from the Crest and Park City's trails to the WOW trail, for an unprecedented connection from the Wasatch Front to the Back on killer singletrack. It's important to note that the existing Crest parking area at Guardsman Pass is within the Bonanza Flat par-

Salt Lake County Bicycle Advisory Committee News for March 2017

The Salt Lake County Bicycle Advisory Committee enters 2017 with a Board full of fresh faces and energy to lead its efforts. Aaron Searle replaces Betsy Byrne as elected chair, while newcomer Kaleb Holt steps into the vice-chair position. The group looks forward to opportunities and development throughout the year to benefit the community and fulfill its role advising County Mayor Ben McAdams in all bicycle-related matters. We encourage the public to attend our meetings held the second Wednesday of each month at the County Government Complex in room N2-800. Complete details and a listing of 2017 meetings can be found at: www.slco.org/bicycle.

As of January, northern Utah has seen more snow than locals have become accustomed to in these drought years. Nevertheless, it is still possible to spot bicyclists at any hour of the day on roads and bike paths. Concerned citizens have repeated the request that city parks and roadways are plowed as well as well-ridden bike paths. With added lanes in the city this has been no small task this season and efforts to clear these paths are appreciated, no matter whoever is leading the charge. As the county's population continues to grow the number of bicyclists will continue to grow with it. This year is a great year to make a resolution to support bicycling infrastructure and safety throughout the state.

The committee already has an active year planned with the Utah Bike Summit in Ogden this year on March 14th as well as the National Bike Summit in Washington D.C the same month. We expect to build on a successful 2016 and will continue to pursue our mission and goals with partners and assistance from the Mayor's office. You can help us out by attending meetings, providing valuable feedback through one of our communications channels (Twitter, Facebook, the County website), and linking us to community resources and organizations. Have a cause or organization that you think can benefit from our efforts? Let it be known, attend one of our meetings or ask them to; we will even give them time on our agenda (when possible) to explain themselves and their needs!

For more information, visit bicycle.slco.org

-Ian Scharine

cel, and though Park City's developers have generally been good about maintaining trailheads, it's likely that they will be more focused on creating an "exquisite mountain experience" for wealthy homeowners than they are on improving traffic-challenged trailheads. If the Bonanza Flat area is preserved, Fournier estimates that there will be multiple nearby trailheads with connections to the Crest to disperse the parking load. And if you think that global warming may not necessarily be a hoax perpetrated by the Chinese, note that Park City's wintertime fat biking and Nordic ski opportunities may need higher elevations to create viable snowy trails, which Mountain Trails is looking forward to generating as well.

The Wasatch has long had a history of private entities generating development plans and fighting against the public that seeks Mountainous open spaces for solace

and recreation, etc. With few opportunities for large parcels to be purchased and preserved for public use, this is the best time in recent memory for mountain bikers and others to step up and purchase valuable land that will result in great new trails. The deadline for donations is March 15th, so take the opportunity now to go to Utah Open Lands website (www.savebonanzaflats.org) and create a donation to help preserve land and create new trails!



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BIKE INDUSTRY NEWS

Interbike Removes Salt Lake City as an Option for 2018 in Response to State of Utah's Public Lands Stance



Utah company Flat Attack is one of many exhibitors at Interbike, which today announced that they won't consider Salt Lake City as an option for future shows due to the State of Utah's stance on public lands. Photo by Dave Ittis

By Dave Ittis

February 16, 2017 - Interbike today announced that they are removing Salt Lake City from consideration for the relocation of the industry's trade show. The move comes in response to Governor Herbert's stance on public lands and the State's request to revoke the Bear's Ears National Monument and reduce the size of the Grand Staircase National Monument. The tie between the two is that the show's owners, Emerald Expositions, also own Outdoor Retailer, the twice annual outdoor industry trade show that has been in Salt Lake City for many years.

Interbike has been looking for a new location starting in 2018, and Utah had been one of the top 4 choices; the other 3 are Las Vegas (where the show currently takes place), Denver, Colorado, and Anaheim, California. A survey was sent to the bicycle industry and bicycle shops this winter. According to a statement made to Bicycle Retailer, Denver and Salt Lake City were the two leading candidates for hosting the trade show in 2018. Hus told Bicycle Retailer, "Denver is in the lead (among retailers). There is the perception that it

will be a good place for the show. There is more to the picture that we have to consider when it comes to costs and the outdoor demo and other issues. Denver and Salt Lake City want our business in a big way," he said.

In a February 16, 2017 press release, Interbike stated:

Today officials from Emerald Expositions (parent company to Interbike and Outdoor Retailer) met via teleconference with Utah Governor Herbert. In light of the outcome of the call today, and the ongoing debate over the issue of public land use, Interbike will not include the state of Utah in the RFP process for future show locations.

"We will continue with the RFP process in the other locations that we've been in contact with for Interbike," said Pat Hus, Vice President of Interbike. "Other than removing Utah from the process, nothing has changed from our standpoint. Interbike is committed to finding the best location for the cycling community, and we hope to have a more definitive direction in approximately 60 days."

Darrell Denny, EVP Emerald Expositions, further commented:

BIKE INDUSTRY NEWS

North American Handmade Bicycle Show Removes Utah As Option for Future Shows

By Dave Ittis

NAHBS will still be held this year in Utah from March 10-12, 2017

February 21, 2017 - The North American Handmade Bicycle Show, which is coming to Salt Lake City on March 10-12, 2017, announced today in a statement that they would not be returning to Utah after this year's show unless Utah officials change their policy on public lands. Outdoor Retailer and Interbike also recently removed Utah from consideration for future shows.

Show director Don Walker said, "When we were negotiating the show, Governor Herbert hadn't begun his assault on public lands. His agenda for the state of Utah has the ability to curtail the recreation of

our exhibitors and their customers. If not for signed contracts, booked airfares, hotels and the builders depending on the show taking place, we too would be relocating" said Don Walker, founder of NAHBS. "Our goal is to spotlight frame builders and the cycling industry partners that support them. NAHBS moves the location each year to accommodate the needs of builders across the country. Regardless of our schedule we would not chose to bring the show back to Utah unless serious changes are made by government officials."

NAHBS also stated, "Unfortunately moving the show this year is not an option. March 10th-12th NAHBS will take place in Salt Lake City and NAHBS look forward to spending time with all the small builders and craftsmen

that the show was founded for. We hope that Utah will come support these businesses in light of recent events."

Utah politicians recently approved resolutions asking the President to rescind the Bear's Ears National Monument and to shrink the Grand Staircase Escalante National Monument. Outdoor Retailer followed this action by removing Utah from consideration for future shows. Interbike, owned by Emerald Expositions which also owns Outdoor Retailer, followed suit. The estimated impact from these two shows (not including NAHBS) is \$66.5 million in direct spending.

For more information on the NAHBS show, please visit: www.2017.handmadebicycleshow.com/

"Emerald Expositions will also not extend the request for proposal to Utah for relocating the Outdoor Retailer tradeshow."

Visit Salt Lake - the group that books trade shows at the Salt Palace in Salt Lake City, has been working on getting the show to Salt Lake City diligently. Cycling Utah asked Scott Beck about the show prior to today's announcement about why Interbike should choose Salt Lake City. Beck stated, "Salt Lake is a great place for trade show organizers to do business. InterBike is owned by Emerald Expositions, the same owner of the Outdoor Retailer Markets that stage in Salt Lake each summer and winter. The organizers know Salt Lake, they love the Salt Palace Convention Center and the exhibitors love our right to work state and all that comes with our incredibly accessible airport, and the way our community welcomes conventions (think big fish little pond kind of stuff), combine all of the business reasons with an incredibly bicycle friendly city, Salt Lake becomes a very viable destination for the InterBike trade show." Beck also said that the show would have contributed at least \$18 million in direct spending to Utah's economy.

Interbike had 22,802 attendees in 2015 and over 1400 brands at the show. With an approximate expenditure of \$942 per person by attendees to Utah trade shows, this represents about \$21.5 million in direct spending that Utah will potentially lose from just the Interbike show alone. The total between the three shows is approximately \$66 million.

Outdoor Retailer has been vocal about the recent stance of Utah's governmental leadership on public lands. The Governor and Legislature have put forth a resolution to the federal government asking that the new Bear's Ears National Monument be dissolved. Outdoor Retailer respond-

ed after a teleconference with the Governor with the following statement:

Outdoor Retailer Responds to Meeting with Utah Governor Herbert

Today officials from Outdoor Retailer, Outdoor Industry Association, Patagonia, The North Face and REI met via teleconference with Utah Governor Herbert. In light of the outcome of the call today, Outdoor Retailer will not include the state of Utah in the RFP process for future show locations.

"We are doing the work necessary to procure an alternative location for Outdoor Retailer," said Marisa Nicholson, show director for Outdoor Retailer. "Though we may wish it different, this is far from a snap of the fingers thing to make happen. Convention centers and hotels are not sitting idle. In every instance at every potential venue, there are hurdles that have to be cleared and that simply cannot be done overnight. We expect that our current proposal process, which we initiated before any of the company withdrawal announcements last week, will take between 60 and 90 days. Salt Lake City has been hospitable to Outdoor Retailer and our industry for the past 20 years, but we are in lockstep with the outdoor community and are working on finding

our new home."

Darrell Denny, EVP Emerald Expositions, further commented: "Emerald Expositions will also not extend the request for proposal to Utah for relocating the Interbike tradeshow."

Outdoor Retailer is the only gathering where the entire industry comes together to conduct commerce, share best practices and exchange ideas. There is no other event where the most respected iconic brands and retailers - large, medium and small in size - show up "en force." Our industry has a unique, maybe even singular, opportunity to coalesce, organize, speak and lay plans to make a difference around public land awareness in such a way that it is not only heard but that it can make a positive difference and we urge you to be part of this movement at Summer Market.

To find out more, please visit unity.outdoorretailer.com.

The departure of Outdoor Retailer, along with the removal of Salt Lake as an option for Interbike, will cost Utah at least \$66.5 million in direct spending.

According to Pat Hus, show director, the 2017 show will be held in Las Vegas at the Mandalay Bay Convention Center from September 20-23. An announcement on the 2018 show is expected in the next 60 days.



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EDITORIAL

Editorial: Utah's Politicians and the Outdoor Industry's Leaders Need to Resume Negotiations on Public Lands, Outdoor Retailer, and Interbike

By Dave Iltis

Outdoor Retailer to Leave - Public Lands, Bicycling, and Utah's Economy Suffer As Utah Politicians and National Outdoor Leaders Drop the Ball

Editorial, February 19, 2017: The Outdoor Retailer Trade Show and Interbike (both owned by Emerald Expositions) announced on February 16, 2017 that due to lack of support for public lands by the Governor and leaders of the State of Utah that the Outdoor Retailer Show will be leaving Utah; and Interbike, the bicycle industry's yearly trade show, will no longer consider Utah as an option. Outdoor Industry leaders were particularly angry about the push to rescind the brand new Bear's Ears National Monument and to sell off public lands. Those issues were a line in the sand that could not be crossed.

Cycling Utah calls for Utah's politicians and the outdoor industry's leaders to get back to the table as soon as possible, in person, in Utah, and as soon as possible to negotiate a future that is good for Utah's public lands, cycling, and the economy and people of Utah. Governor Herbert, Representatives and Senators Stewart, Chaffetz, Love, Bishop, Hatch and Lee, the Utah Legislature, and Mayors Biskupski and McAdams and leaders from the Outdoor Industry Association, Outdoor Retailer, Peter Metcalf, Yvon Chouinard, Patagonia, REI, and Emerald Expositions – need to sit down, look to the future, and resume negotiations.

The Outdoor Industry Association had asked for four items from the Governor: 1. To "revoke any support for the sale or transfer of America's public lands to the states." 2. To "cease on any effort to nullify the Antiquities Act, an authority that grants Congress the ability to designate public lands." 3. To "(halt) any support to rescind the designation of the Bears Ears area as a National Monument." 4. "That the governor embrace and actively support the outdoor recreation economy's role in the state by supporting the public lands that provide the backbone of the industry's sales."

The Governor did not meet those requests, and Outdoor Retailer made the decision to leave Utah and took Utah off the table as a possible host for the Interbike tradeshow.

What Can You Do?

•Call or Email Governor Gary Herbert and other Utah Politicians. The comment line for Gov. Herbert is 801-538-1045 or www.utah.gov/governor/contact/

•Call or email the Outdoor Industry Association 303.444.3353 or info@outdoorindustry.org

•Ask them to resume negotiations.

This debacle is going to cost the state of Utah and Salt Lake City at least \$66.5 million in direct spending from the twice yearly trade show plus the opportunity cost of not hosting Interbike (\$45 million from Outdoor Retailer and \$21.5 million from Interbike). And today, the Salt Lake Tribune reports that Outdoor Retailer was considering adding 2 more shows a year. They also report that the total lost impact to Utah will be \$500 million! A strong voice for public lands in Utah disappears. The future of cycling in Utah suffers. The people suffer. No one wins.

The Interbike tradeshow and bicycling are collateral damage, caught up in the fallout over the Outdoor Retailer Show leaving Utah. Interbike is about as large as Outdoor Retailer, and had Emerald Expositions had narrowed their options for the 2018 show to include Salt Lake City (as well as Denver, Las Vegas, and Anaheim). No more. Interbike has been held in Las Vegas for about 20 years. Las Vegas has great accommodations as far as hotel rooms, but has much to be desired for actual bicycling. Because of Utah leaders' stance on public lands, Interbike will no longer consider Utah and will now likely move to wherever Outdoor Retailer moves too since they can negotiate a package deal for both events. The best money is on Denver, Colorado as the new location for Outdoor Retailer and Interbike.

Salt Lake City is the perfect location for Interbike. It is the crossroads of the West, with world class mountain biking and road biking nearby. Deer Valley or Park City would be a perfect location for the Outdoor Demo. Salt Lake City has a strong bike culture, and a growing bicycle industry with many bike companies in Salt Lake City, Park City, and nearby Ogden. It has a very strong bicycle retail sector. And, as far as accommodations, the convention center, hotels, and downtown restaurants are well equipped to handle a large show like Interbike.

Utah has been poised to become the bike industry's leading state. Had Interbike relocated to Utah, it's probable that a number of new bike companies would have moved their headquarters here. This may still happen with the great work that Ogden, the Governor's Office of Economic Development, and Park City are doing, But the loss of the Outdoor Retailer show, the lost opportunity of Interbike and the associated negative publicity puts bike industry growth in Utah at risk. It means fewer new voices for cycling, fewer new cyclists, and fewer cycling jobs. The

departure of the shows is more than just a departure of dollars – it's a departure of cycling culture – and an incredibly bad choice for our future.

Many of the companies that attend Outdoor Retailer have looked to Utah as an ideal place to locate their business and retail operations: Black Diamond, Petzl, REI, Patagonia, and Gregory Packs are just a few of the companies who have decided to make Utah their home. Utah's politicians want to see more 'local' control over the land, and more options for extractive mineral industries. Tourism and outdoor recreation bring in big dollars for Utah - \$12 billion in consumer spending, 122,400 jobs, \$856 million in state tax revenue, and \$3.6 billion in wages and salaries according to the Outdoor Industry Association. Cycling Utah estimates bicycling in Utah to contribute in the neighborhood of \$500 million in consumer and industry spending along with 2000 to 3000 jobs. Then there are the harder to measure benefits like millions in health savings, better air, and a happier populace. Will Utah lose all of this? No, but the continued growth will be slowed or even reversed. The State of Utah needs to value the economic engine that is the outdoor industry.

The unwillingness of Utah's politicians to work through this with the outdoor industry is appalling.

The Outdoor Industry Association, Outdoor Retailer, Peter Metcalf, Yvon Chouinard, Patagonia, REI, and Emerald Expositions are responsible for this mess too. They drew a line in the sand with positions and editorials (from Metcalf and Chouinard) on the lack of support by Utah politicians on the Bear's Ears and sale of public lands. After many years of negotiation and progress, they are leaving, and the game is over.

Utah's politicians wouldn't budge. Outdoor Retailer and Interbike will likely move to Colorado, a state with great public lands that has a supportive governor and a supportive outlook. The threat to leave was an awesome political statement, but it's a once and done action. There's no going back.

Does Colorado really need the help to preserve public lands? Probably. Voices for preservation are needed everywhere. But Utah arguably needs the voice and leverage of the outdoor industry more than any other state. Is the outdoor industry going to speak out in Utah for the next 20 years? Or are they going to leave with just an editorial or two this year, and silence going in to the future? What are your companies going to do to continue the fight for public lands in Utah? And for bicycling in Utah?

Mayors Biskupski and McAdams of Salt Lake City and Salt Lake County were missing in action too. The Outdoor Retailer show is incredibly important to our local economy.

GEAR PICKS

Silca Reaches Perfection With Wrenches



(Editor's note: We inadvertently left off this part of the article in our Winter issue)

By Steven Sheffield

Best Hex Wrenches Ever

Hands down, the Silca HX-ONE Home & Travel Essential Kit (MSRP \$125.00) includes the best hex keys I've ever had the privilege of twisting; these have been the most exact fitting wrenches I've ever laid my hands on, which when you're tightening or loosening the titanium bolts on your Campagnolo Super-Record components is important ... no chance of rounding off these keys or the bolts.

Included with the hex wrenches is Silca's proprietary magnetic adapter, which turns the 6mm hex wrench into a 1/4" socket driver, which can fit any common 1/4"

bit. Included in the kit are the 6 most common Torx sizes, 2 Phillips head, and 2 Flat head driver bits. It is doubtful that you will find a fastener that you won't be able to remove or install with the tools in this kit.

With the beautiful beechwood storage box, you almost want to just put these tools on display rather than using them, but that would be a waste. They're truly a joy not only to behold, but to hold.

Like the pumps, this is not an inexpensive purchase, but with the same 25-year warranty as all Silca products, they're built to last a lifetime.

Silca Superpista and Superpista Ultimate Pumps

For more information, visit Silca: www.silca.cc

Interbike would have been too. Yet, there was no outcry by the Mayors to keep the show here. No public plea to the Governor or the Legislature. No outcry that the loss of Outdoor Retailer will impact Salt Lake City and Salt Lake County much more than the rest of the state. Our restaurants, hotels, and convention center will suffer. The people who work for those businesses will suffer too. And, we'll lose future jobs from businesses that won't locate here because they won't come to Salt Lake City for the tradeshow and they won't be exposed to the great public lands, cycling, and outdoor opportunities that Utah has to offer.

Thanks to the short sighted thinking of both the Outdoor Retailer folks, the Governor and other lead politicians in the state of Utah, public lands and the people and businesses who make their living from them will suffer. Utah bicycling will lose out on great things in the future. The economy of Utah will suffer. The people of Utah will suffer. And, the outdoor industry as a whole will be set back. Most importantly, the land

and environment will suffer in the long run.

Now please get back to the table and work things out.

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The Huntsman 140 is a fundraising road cycling event on Saturday, June 17, 2017 near Huntsman Cancer Institute in Salt Lake City, Utah. All funds raised through this one-day non-competitive ride go to Huntsman Cancer Foundation (HCF) to support cancer research at the Huntsman Cancer Institute (HCI). Each rider is encouraged to fundraise \$500.

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